

MICROBIOME ANALYSIS REPORT & PERSONALIZED NUTRITION GUIDE



Microbiome Analysis Report

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From birth, your microbiome is significantly impacted by the world around you. And while environmental factors and genetics certainly play a role, dietary changes and nutritional influences account for 50-60% of the factors that alter your microbiome. Ingesting foods that increase or decrease certain bacteria can end up wreaking havoc, resulting in imbalance and manifesting into dysfunction. Fortunately, we know how foods behave relative to microorganisms and because we've mapped your entire microbiome, we have the most personalized dietary recommendations within this report needed for you to achieve true balance within your microbiome and optimal overall health.

A healthy microbiome:

- **Plays an important role in maintaining the ideal weight**
- **Maintains a strong immune system**
- **Supports the structure and function of the digestive system**
- **Promotes healthy, radiant skin**
- **Supports the structure of the brain and the production and balance of the chemicals necessary mental health**
- **Is vitally important for sleep quality**



WELCOME TO YOUR MICROBIOME WORLD

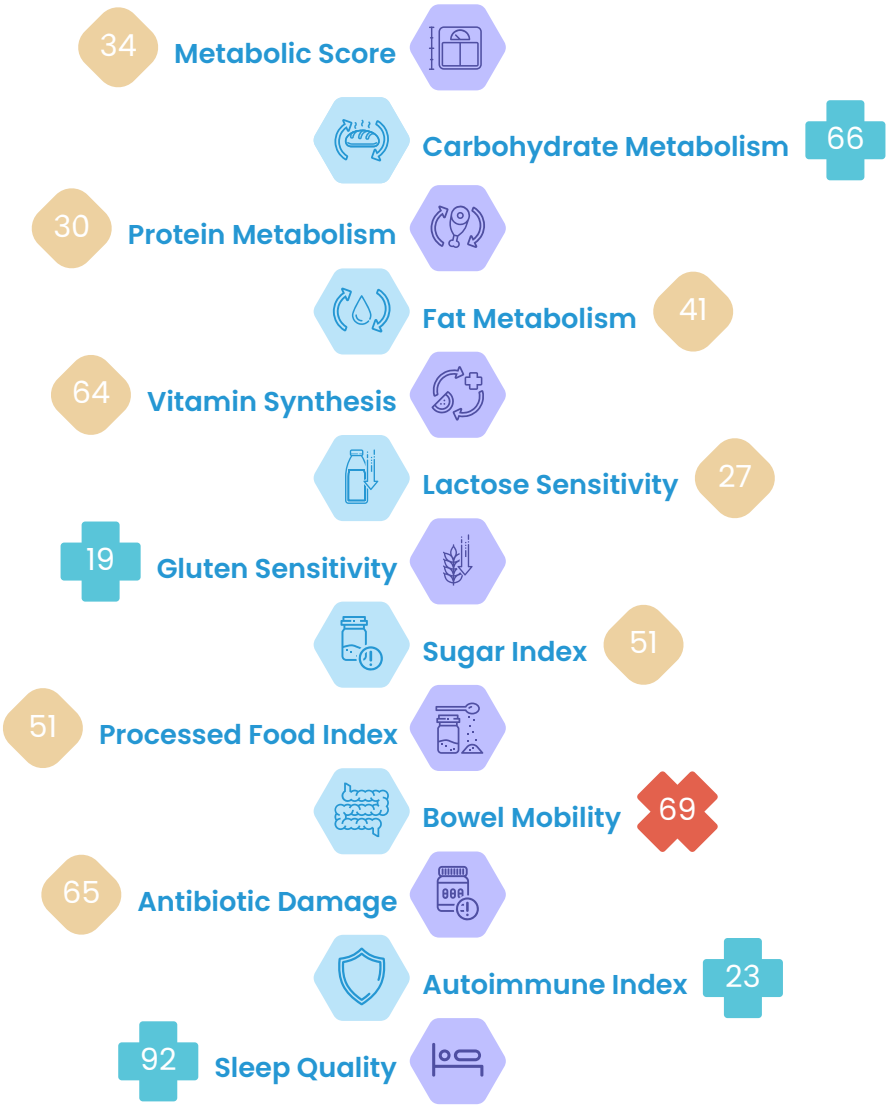
Let's look at the dashboard of your microbiome world. Here you'll find your microbiome age, the level of bacterial diversity and gut scores for the 13 of the most clinically important areas of your body.

Remember, while this information does not represent any type of diagnosis, we are offering you a detailed look into the level of balance, or imbalance, within your gut. And as a result of these scores have laid out a personalized nutrition guide to renew and balance your microbiome.

Your Microbiome Age 35

0.2 Your Microbiome Diversity

Gut Scores



Your Microbiome Age



It appears your microbiome reflects your actual age. However, with the personalized nutrition plan we've put together for you, you've begun your journey toward rejuvenating your microbiome and making it younger!

If the microbiome age is less than the chronological age or closer to the chronological age, it indicates that your bacterial profile mirrors that of someone who is roughly your age or younger. On the other hand, if your microbiome age is older than your chronological age it can indicate the opposite, that your bacterial profile is more consistent with that of someone older than yourself.

We can't change our age, but what about microbiome's age? Based on the science, that may very well be possible with personalized lifestyle and nutrition.

Your Wellness Index



Your Wellness Index is high, indicating a low risk of chronic disease. The microbiome profile is not associated with chronic disease–linked microbial patterns.

The Wellness Index is an advanced scoring system that evaluates the impact of the gut microbiome on overall health. This index is developed using thousands of health data points and AI-powered deep learning models, providing valuable insights into digestive system function, immune performance, chronic conditions, and general well-being.

The Wellness Index is not a diagnostic tool, but it can serve as a guide for health monitoring and early risk assessment. By tracking your Wellness Index regularly, you can support your gut health and work towards a more balanced microbiome in the long term.

Your Microbiome Diversity

0.2

Poor, With Need For Improvement: Although you have a pretty low level of diversity, our personalized nutrition plan will help you improve it and achieve a more diverse microbiome.

The microbiome diversity score is an important indicator of general health that outlines the number of bacterial species present in the intestines and how evenly distributed each species is.

The scores in the range of 0-2.94, which are color-coded red, indicate an insufficient number and uneven distribution of the bacterial species in the gut.

The scores in the range of 2.94-6.17, which are color-coded yellow, indicate an average or moderately good diversity and distribution.

The scores in the range of 6.17-10, which are color-coded blue, indicate that the individual has a very good/excellent diversity and a well-balanced distribution.

Firmicutes/Bacteroidetes (F/B) Ratio

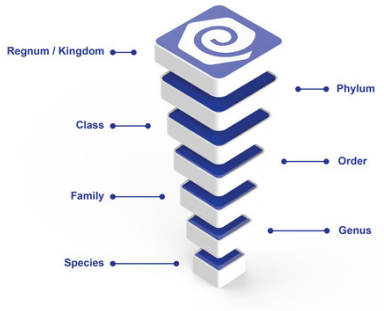
1.5

Your F/B ratio is within the optimal range. This balance is commonly seen in healthy individuals and supports metabolic stability and immune resilience. Keep up the good work! Your personalized nutrition guide will help you maintain this microbial balance.

The Firmicutes/Bacteroidetes (F/B) ratio reflects the balance between the two dominant bacterial groups in your gut. This balance plays a key role in energy regulation, immune function, and gut barrier integrity.

The ratio varies naturally between individuals and is influenced by factors such as diet, lifestyle, and genetics. While no single value defines good or bad health, this marker can provide meaningful insight into your microbiome's current balance.

Your Taxonomic Analysis



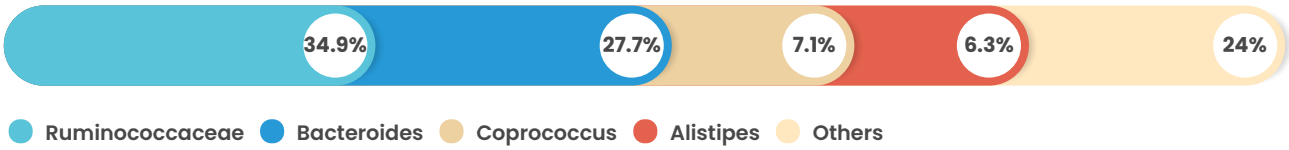
"**Taxonomy**" is the science in which every living thing is classified and named by scientists according to their common character within a given system. Every living thing in nature has a taxonomic classification. For example, the domestic cats living among us are classified "house cat and its close relatives" as a genus, "felines" as a family, "Carnies" as an order, "Chordals" as a phylum, as "Animals" as the regnum. Each group here is called "taxa" and bacteria are likewise grouped in different taxa according to their common character.

Taxonomic analysis denotes level ratios at the stage of the genus, family and branch of bacteria that exist in your microbiome.

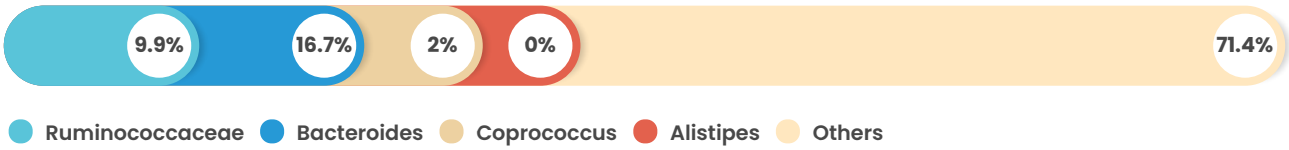
Genus Level

The proportions of bacteria found in the gut microbiome are profiled at the genus level. You can compare your own profile with the profiles of people around the world.

Your Profile

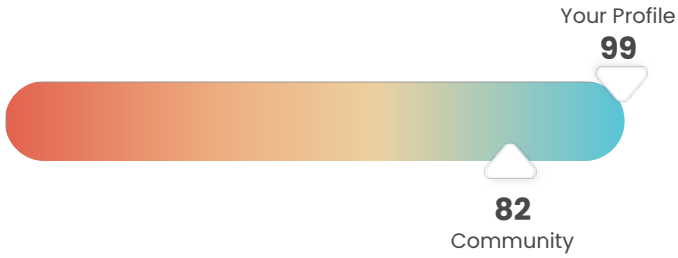


World Average



Important Bacteria

Alistipes



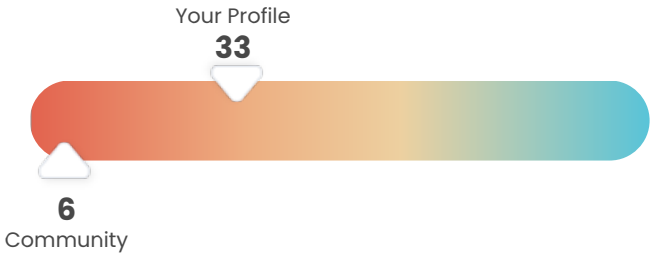
Prevotella



Akkermansia



Eubacterium



Bifidobacterium



Collinsella



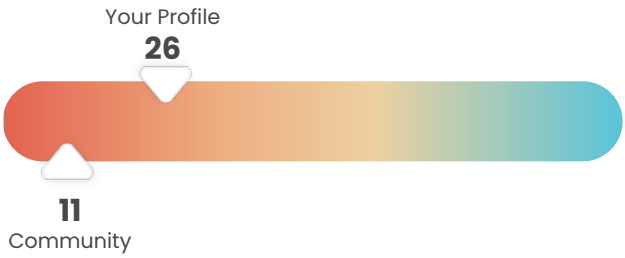
Haemophilus



Roseburia



Phascolarctobacterium



Your Similar Profiles

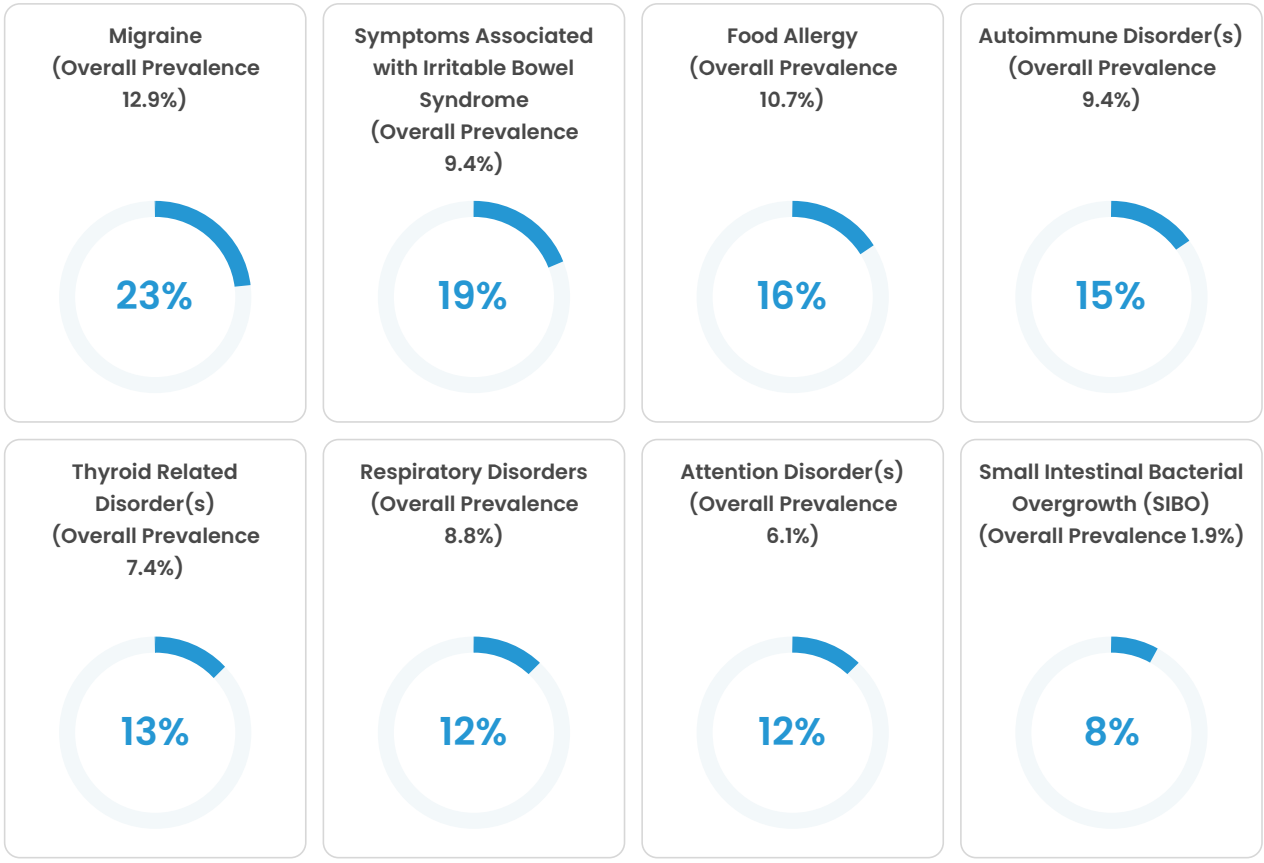
Studies have shown that 90% of chronic diseases are linked to gut microbiome imbalance. As a result of these studies, it has also been observed that individuals with similar microbiome profiles may develop similar disorders.

Our unique AI algorithms analyze microbiome profiles similar to yours, along with the lifestyle and health data from those profiles. The results of this analysis indicate those conditions that people with a similar to your microbiome profile have developed.

These data are not meant to be used for diagnostic purposes, but rather provide you with an opportunity to assess potential health risks and take steps to support each of these systems within an effort to maintain optimal health.

The personalized nutrition guide we have prepared for you will also help support you in all of these areas.

The people within our database who have a similar microbiome profile with you presented with the following:



Note: Overall average, simply indicates how a particular condition compares to the entirety of the population of our microbiome biobank. Therefore, the only conditions listed are those that have a percentage above the Overall Average.

Your Gut Scores

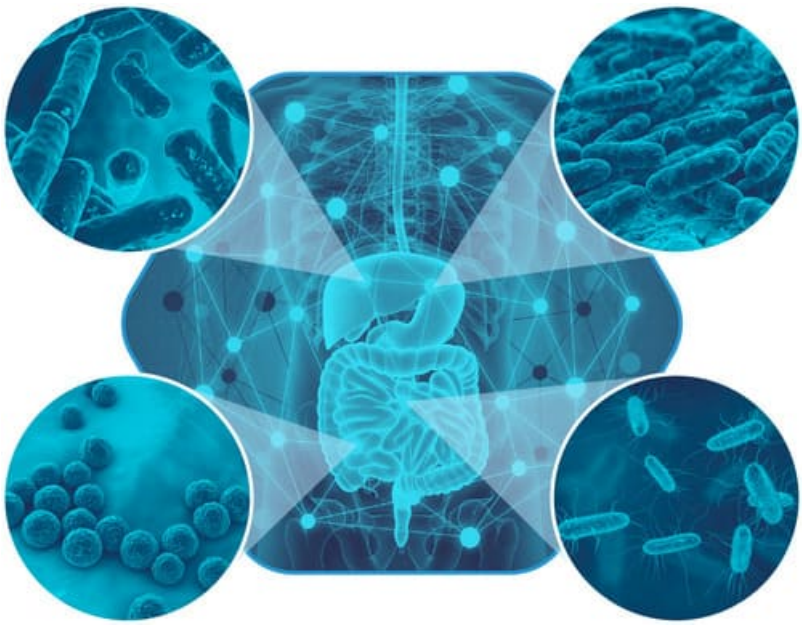
Our artificial intelligence algorithm has generated gut scores for 13 different parameters based on the type and number of bacteria in your gut.

Do not interpret this report based on your current weight, health status, or how you are currently feeling. Here we are offering you a glimpse into what is happening in your inner world and possible predispositions.

Each parameter is scored on a scale from 0 to 100. The red section of the line indicates that the score is outside the determined reference value and should be adjusted. Whereas the blue section indicates that the score is within the healthy limits and should be maintained. Again, the diet plan we lay out for you takes this into consideration and caters to the need to maintain those particular bacteria.

The community score indicates the average value of all our data from communities around the globe. Because there are regional differences when it comes to microbiome profiles, we include data from various projects and initiatives that are collected from a variety of countries in order to provide the most accurate score.

The personalized nutrition plan we lay out has been clinically proven to help you achieve and sustain good scores in each of the areas we assess.



Metabolic Score

This score shows the tendency of an individual to lose or gain weight.

A high score indicates that you have a microbiome profile that is prone to weight gain, while a low score indicates that you are prone to maintain your ideal body weight and are more easily able to stay fit.

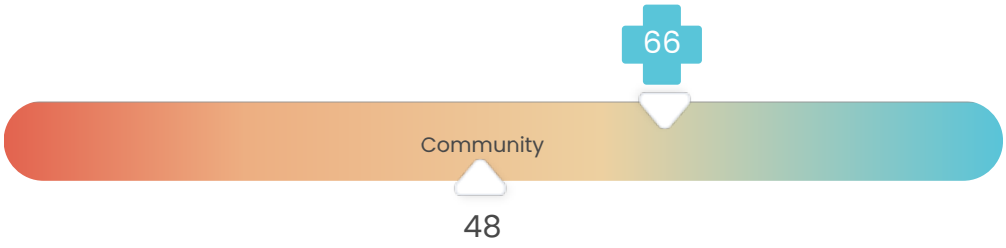


Macronutrient Metabolism

These scores evaluate the amount and activity of key microorganisms involved in carbohydrate, protein and fat metabolisms.

High scores indicate a large variety of bacteria within the gut that can aid in the body's ability to digest and utilize these macronutrients.

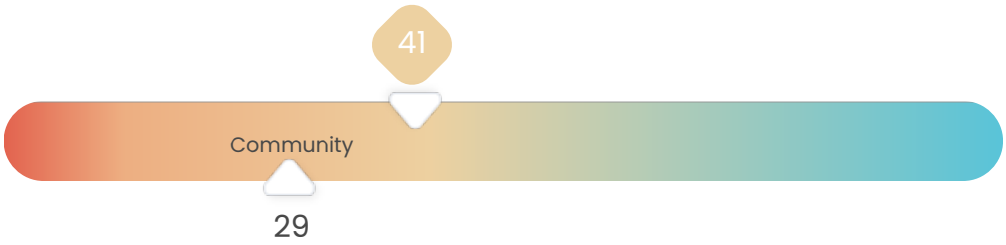
Carbohydrate Metabolism



Protein Metabolism



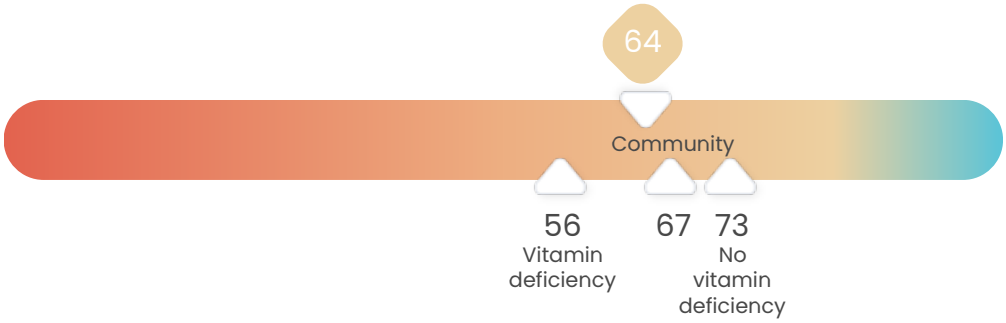
Fat Metabolism



Vitamin Synthesis

This score shows the number of vitamin-synthesizing bacteria in a person's gut and doesn't indicate any deficiency in blood.

A high score indicates that your microbiome profile is similar to the profile of individuals without vitamin deficiency while a low score indicates a similar profile of individuals with vitamin deficiency.



Lactose and Gluten Sensitivity

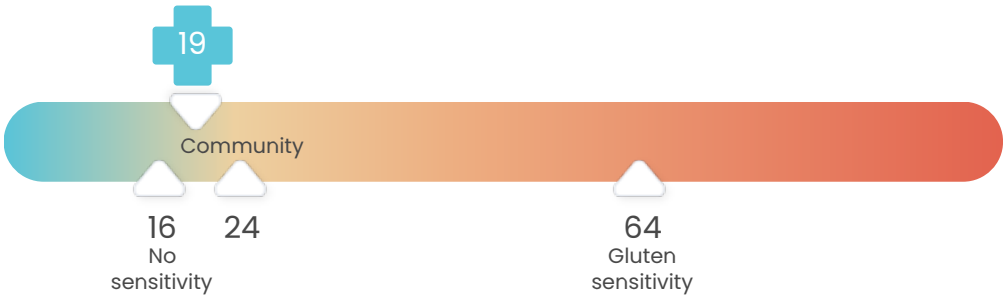
These scores evaluate the bacteria that are known to contribute to a body's ability to process lactose and gluten. They evaluate the risk of developing lactose or gluten sensitivity, however, are not meant to be used for diagnostic purposes.

High scores indicate that your body may have difficulty processing lactose/ gluten while low or average scores indicate that your body is in a position to effectively and efficiently process lactose/gluten.

Lactose Sensitivity



Gluten Sensitivity

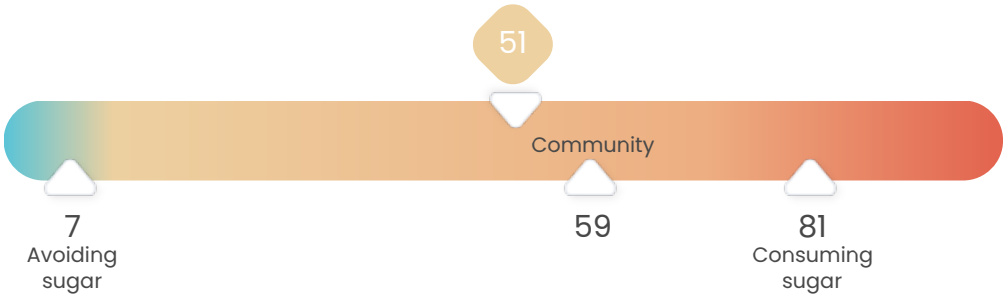


Sugar Index

This score evaluates the amount activity of bacteria widely known to be associated with sugar metabolism.

A high score reflects the excessive amount and excessive activity of bacteria known for metabolizing sugar. Therefore, we can surmise that either your body is taking in too much sugar or it is struggling to metabolize the small to moderate amounts of sugar that is being consumed.

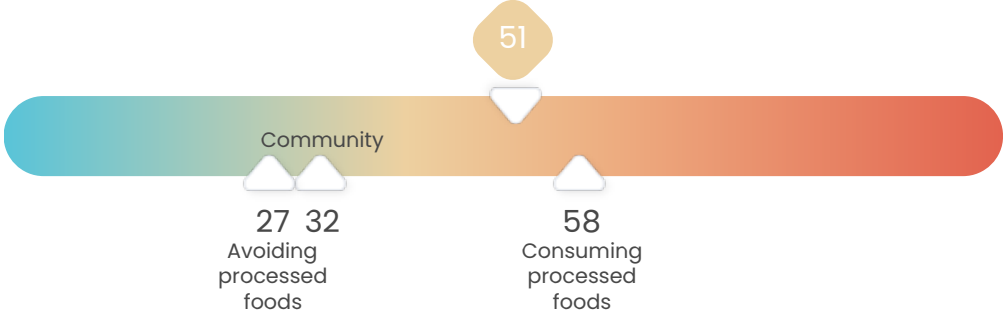
A low score indicates that your body's microbiome is not struggling to process sugars. This either indicates that you do not consume an excessive amount of sugar or that your body can effectively and efficiently process whatever amount of sugar that is consumed.



Processed Food Index

This score evaluates the bacteria directly related to a body's ability to metabolize processed foods.

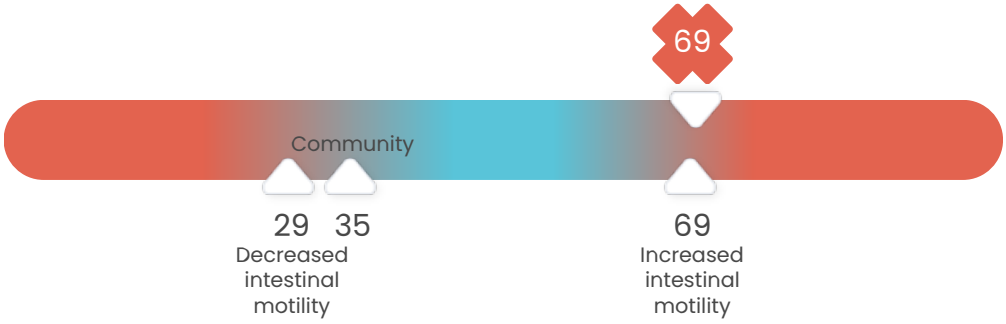
You can evaluate your own score by comparing it with the average of individuals who consume/do not consume processed foods throughout society and the general population.



Bowel Mobility

This score shows the intestinal motility and highlights the proneness to constipation or diarrhea.

Having either a high or low score is consistent with having an increase in bowel mobility or decrease in bowel mobility. As such, it is ideal to land in the middle.

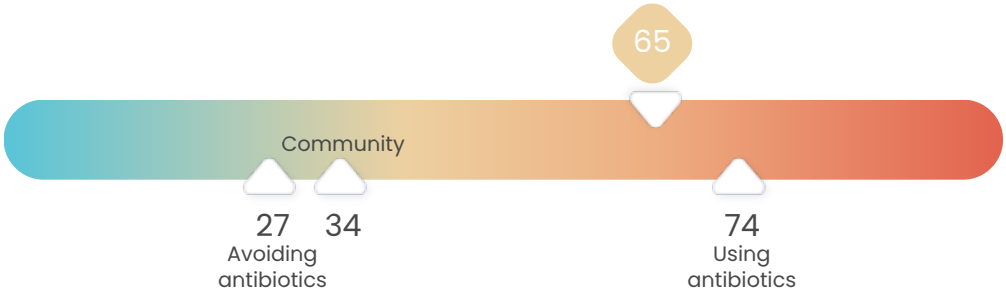


Antibiotic Damage

This score indicates the antibiotic damage that has occurred recently or has not improved since last usage.

Also note, antibiotic damage can also occur when consuming certain foods, predominantly animal proteins, that may contain trace amounts of antibiotics.

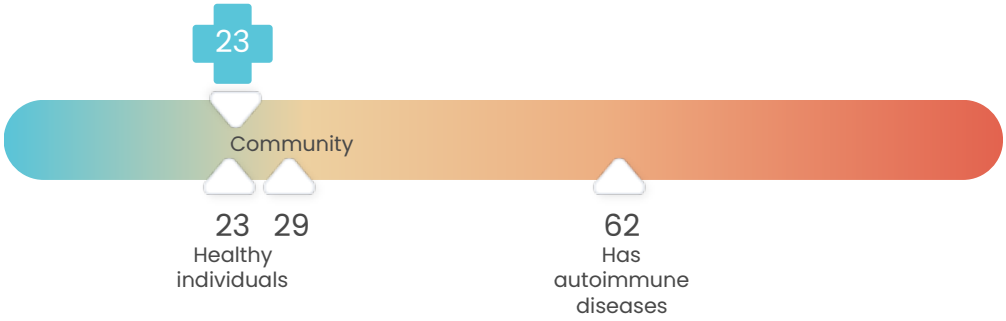
Your score is compared with scores of individuals who have not used antibiotics in the last year and individuals who have used antibiotics regularly in the last 2 months.



Autoimmune Index

This score demonstrates the bacterial groups associated with autoimmune diseases and offers an insight into a possibility to experience these diseases.

A high score could indicate that you'd be prone to autoimmunity, however, is not meant to be used for diagnostic purposes.



Sleep Quality

This score indicates the potential/tendency of microbiome to promote quality sleep.

Your score is compared with scores of individuals with high quality sleep and those suffering from sleep disorders/low sleep quality.



Pathogenic Bacteria

Name	Status	Abundance (%)
Campylobacter	Not Detected	-
Campylobacter jejuni	Not Detected	-
Campylobacter coli	Not Detected	-
Campylobacter upsaliensis	Not Detected	-
Campylobacter lari	Not Detected	-
Clostridium difficile	Not Detected	-
Plesiomonas shigelloides	Not Detected	-
Salmonella	Not Detected	-
Yersinia enterocolitica	Not Detected	-
Vibrio parahaemolyticus	Not Detected	-
Vibrio vulnificus	Not Detected	-
Vibrio cholerae	Not Detected	-
Helicobacter pylori	Not Detected	-
Campylobacter coli	Not Detected	-

Parasites

Name	Status	Abundance (%)
Cryptosporidium	Not Detected	-
Entamoeba histolytica	Not Detected	-
Giardia intestinalis	Not Detected	-

Fungi / Yeast

Name	Status	Abundance (%)
Candida	Not Detected	-
Candida albicans	Not Detected	-

Dysbiotic / Overgrowth Bacteria

Name	Status	Abundance (%)
Bacillus	Not Detected	-
Enterococcus faecalis	Not Detected	-
Staphylococcus	Not Detected	-
Staphylococcus aureus	Not Detected	-
Streptococcus	Not Detected	-

Potential Autoimmune Triggers

Name	Status	Abundance (%)
Citrobacter	Not Detected	-
Citrobacter freundii	Not Detected	-
Fusobacterium	Not Detected	-
Klebsiella	Not Detected	-
Klebsiella pneumoniae	Not Detected	-
Mycobacterium avium	Not Detected	-
Prevotella copri	Not Detected	-
Proteus	Not Detected	-
Proteus mirabilis	Not Detected	-



Nutrient Scores Report

Manage Your Nutrition!

Different bacterial species require different nutrients. The purpose of a personalized diet is to increase the number of bacteria needed to maintain the balance of the microbiome, while reducing the number of bacteria that cause an imbalance. This personalized nutrition guide helps balance your microbiome by selectively feeding the right bacteria in your gut.

You can modulate your microbiome to achieve better health by knowing which foods are most beneficial and consuming more of those foods.

This report presents you with the most suitable and specific foods for your needs, along with their scores.

The scores are interpreted as follows:

Eat less of the **nutrients that are scored between 0 and 3**

Eat **nutrients that are scored between 4 and 7** for a balanced and varied diet

Enrich your diet with the **nutrients that are scored between 8 and 10**

Please keep in mind that,

Microbiome analysis is not a food intolerance test. While the foods with high scores may be just what your microbiome needs, they can also be the foods that you are allergic or intolerant to. If you are aware of such allergy or intolerance, you must disregard the recommendation containing those foods.

Here's Your Food!

Leek 10	Buckwheat 10	Oat 10
Soya Milk 9	Honey 9	Artichoke 9

Foods That Fit With You!

Rice Noodle 7	Red Onion 7	Coffee 7
Tuna 7	Chicken 7	Spinach 7

Foods To Avoid!

Swiss Cheese 3	Lamb 3	Corn Oil 3
Cottonseed Oil 3	Soy Oil 3	Gouda 3

Milk and Dairy Products

	Soya Milk	9	
	Yoghurt (Fat Free)	7	
	Almond Milk	5	
	Oat Milk	5	
	Whole Milk	5	
	Semi-Skimmed Milk	5	
	Yoghurt (Full Fat)	4	
	Sheep Milk	4	
	Goat's Milk	4	
	Buffalo Milk	3	
	Sour Cream	3	
	Coconut Milk	3	
	Cream	2	
	Double Cream	2	

Cheese Types

	Tofu 7		White Cheese (Low Fat) 5
	Swiss Cheese 3		Gouda 3
	White Cheese (Full Fat) 3		Brie 3
	Halloumi 3		Goats Cheese 3
	Cheddar Cheese 3		Feta Cheese 3
	Gorgonzola 3		Sheep's Cheese 3
	Curd Cheese 3		Cream Cheese 3
	Herbed Cheese 3		Ripened Cheese 3
	Mozzarella Cheese 3		Roquefort Cheese 3
	Gruyère Cheese 2		Ricotta Cheese 2
	Parmesan Cheese 2		

Meat and Eggs

	Egg White	7		Chicken	7
	Turkey	7		Sausage (Pork)	5
	Pork	5		Goat	5
	Veal	5		Sausage (Veal)	4
	Mutton	4		Duck	4
	Beef	4		Chicken Egg	3
	Lamb	3			

Fish and Seafood

	Mussel	9		Prawn	8
	Crab	8		Oyster	8
	Squid	8		Hake	8
	Octopus	8		Lobster	8
	Caviar	8		Sea Bream	7
	Tuna	7		Mackerel	6
	Herring	6		Cod	6
	Salmon	6		Bluefish	6
	Flounder	6		Trout	6
	Saurel	5		Sardine	5
	Bonito	5		Swordfish	5
	Anchovy	5		Gilthead Bream	5
	Sea Bass	5			

Bread and Cereals

	Oat	10		Buckwheat	10
	Quinoa	9		Brown Rice	8
	Soya Flour	8		Rye Bread	8
	Wholemeal Flour	8		Amaranth	8
	Oat Bread	8		Sweetcorn	8
	Rice Noodle	7		Wheat	7
	Wheat Germ	7		Rice Flour	7
	Oat Bran	7		Whole Grain Flakes	7
	Rye Flour	7		Whole Grain Bread	7
	Rice Bran	7		Wheat Bran	7
	Sorghum Flour	7		Whole Grain Flour	7
	Oat Flour	7		Gluten-Free White Bread	6
	Wholewheat Pasta	6		Bulgur Wheat	6
	Wheat Bran Bread	6		Wholemeal Bread	6

	Corn Bran	6	
	Rice	6
	Cornflakes	6
	Cornmeal	6
	Tapioca Starch	5
	White Bread	5
	Egg Noodle	5
	Pasta	5
	Rice Paper	4
	Cornflour	4
	White Flour	4
	Semolina	4

Legume and Legume-based Products

	Soya Bean 8		Green Lentil 7
	Cannellini Bean 7		Edamame 7
	Beluga Lentils 7		Chickpea 7
	Red Lentil 7		Broad Bean 7
	Veggie Mince (Soy) 7		Mung Beans 7
	Cranberry Bean 6		Beansprouts 5
	Soybean Sprout 5		Kidney Bean 5

Vegetables

	Leek	10		Artichoke	9
	Asparagus	9		Garlic	8
	Tomato	8		Jerusalem Artichoke	8
	Garden Peas	8		Shallot	7
	Coriander	7		Chives	7
	Lemon Grass	7		Celery	7
	Chilli	7		Sweet Pepper	7
	Lettuce	7		Pumpkin	7
	Spinach	7		Basil	7
	Red Onion	7		Okra	7
	Cucumber	6		Black Carrot	6
	Red Sweet Pointed Pepper	6		Aubergine	6
	Dill	6		Spring Onions	6
	Potato	6		Courgette	6

	Parsley	6	
	Chard	5	
	Butternut Squash	5	
	Fennel	5	
	Kale	5	
	Green Pointed Pepper	5	
	Radish	5	
	Sweet Potato	5	
	Purslane	5	
	Broccoli	5	
	Carrot	5	
	Brussel Sprout	5	
	Beetroot	5	
	Green Bean	4	
	Red Cabbage	4	
	White Cabbage	4	
	Collard	4	
	Cauliflower	4	
	Turnip	4	
	Rocket	3	
	Cress	3	
	Onion	0	

Fruits

	Pineapple	7		Pomegranate	7
	Orange	7		Mango	7
	Banana	7		Lime	7
	Black Grape	6		Kaki	6
	Lemon	6		Nectarine	6
	Redcurrant	6		Quince	6
	Raspberry	6		Fig	6
	Banana (Green, unripe)	6		Blueberry	6
	Peach	6		Papaya	6
	Easy Peelers	6		Cornelian Cherry	6
	Red-Purple Grape	6		Grapefruit	6
	Apple	6		Japanese Plum	5
	Dried Apple	5		Dried Plum	5
	Kumquat	5		Acai Berry	5

	Raisin	5		Date	5
	Blackberry	5		Kiwi	5
	Apricot	5		Melon	5
	Strawberry	5		Pear	5
	Dried Apricot	5		White Mulberry	4
	Coconut	4		Black Mulberry	4
	Damson Plum	4		Black Elderberry	4
	Sour Cherry	4		Dried Mulberry	4

Oil and Fats

	Avocado	5		Green Olive	4
	Black Olive	4		Olive Oil	3
	Sunflower Oil	3		Corn Oil	3
	Cottonseed Oil	3		Soy Oil	3
	Hazelnut Oil	3		Coconut Oil	3
	Avocado Oil	3		Rapeseed Oil	2
	Groundnut Oil	2		Sesame Seed Oil	2
	Butter	1		Tallow	1
	Ghee	0			

Nut and Seeds

	Chestnut	6		Flaxseed	5
	Macadamia	5		Grape Seed	5
	Almond	5		Pistachio	5
	Cashew	4		Peanut	4
	Pine Nut	4		Walnut	4
	Hazelnut	4		Chia Seed	4
	Pecan	4		Pumpkin Seed	4
	Sunflower Seed	4		Sesame	4

Drinks

 Beer	8	 Pomegranate Juice	7
 Coffee	7	 Matcha	7
 Grape Juice	6	 Oolong Tea	6
 Black Tea	6	 Green Tea	6
 Sage Tea	6	 Orange Juice	6
 Tomato Juice	6	 Lemon Juice	6
 White Wine	6	 Apple Juice	6
 Yellow Tea	6	 Whiskey	6
 Grapefruit Juice	6	 Lemon Balm Tea	5
 Chamomile Tea	5	 Vodka	5
 Red Wine	5	 Carrot Juice	5
 Tangerine Juice	5	 Mineral Water	5
 Pear Juice	5	 Apricot Juice	5
 Sour Cherry Juice	5	 Rose Wine	4

Herb, Spice and Sauces

	Black Pepper	7		Soy Sauce	7
	Thyme	7		Star Anise	7
	Tarragon	7		Garam Masala	7
	Cumin Seeds	7		Wasabi	6
	Sriracha Sauce	6		Hoisin Sauce	6
	Worcestershire Sauce	6		Rosemary	6
	Oyster Sauce	6		Ginger	6
	Cinnamon	6		Fish Sauce	5
	Curry Powder	5		Barbecue Sauce	5
	Salt	5		Turmeric	5
	Mint	4		Mustard	3

Supplements



Whey Protein Supplement 7



Spirulina 6



Krill Oil Supplement 6



Fish Oil Supplement 6



Psyllium 5

Others

	Honey 9		Agave Syrup 7
	Yeast 7		Cocoa Powder 7
	Tahini 5		Seaweed 5
	Brown Sugar 5		White Sugar 5
	Dark Chocolate 5		Olive Paste 5
	Cacao Nibs 5		Grape Molasses 5
	Almond Butter 3		Coffee Creamer 3
	Milk Chocolate 3		Milk Powder 3
	Ice Cream 2		



Supplements Report

Know Which Supplements Are Best for You!

By producing health-promoting molecules, regulating our metabolism, and communicating with our organs, probiotic organisms can have a significantly beneficial impact on human health and modulate our immune system. With their boosting effect on probiotics, prebiotics serve as nutrient sources for these beneficial bacteria. However, not every probiotic and prebiotic supplement works for everyone.

The mode of action of probiotics is through a synergistic microbiome interaction via diverse pathways in unique ways. It has been difficult and unpredictable to determine if a certain probiotic supplement would be effective on an individual since every individual's microbiome needs are unique. Since each bacterium requires different prebiotics to be nourished, the prebiotic needs of individuals also differ.

This microbiome analysis captures the needs of a person's microbiome by analyzing the whole genomic content of the microbiome at high resolution. By revealing the functional properties of your microbiome at the genetic level, we detect which enzymes your gut microbes are capable of producing, which health-promoting pathways are missing in your microbiome, and which bacteria would fill in this gap along with which prebiotic will nourish it and act as beneficial partners. Through an intensive evaluation of how they would act synergistically by introducing new molecules, closing gapped metabolic/signaling pathways in the ecosystem, and promoting the circles of other beneficial organisms by cross-feeding, the algorithms propose and rate the fittest probiotics and prebiotics for you.



Prebiotics



Inulina
Lactina

6



Fibra Prebiótica
Fakulti

5.5

Probiotics



BiGaia Drop
Abbott

8.9



SHOTGUNDEMO