

GutHealthRX

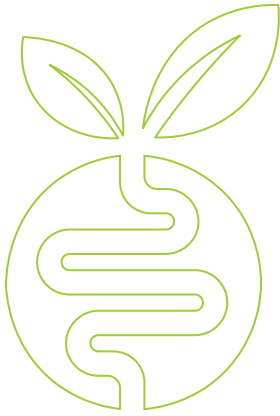
Gut Microbiome Panel

*Maintain a "**Healthy Gut**" by assessing how your gut microbes are working with your body to optimize your health.*



HealthyGut[®]RX

Welcome to Your Personal Report



Congratulations!

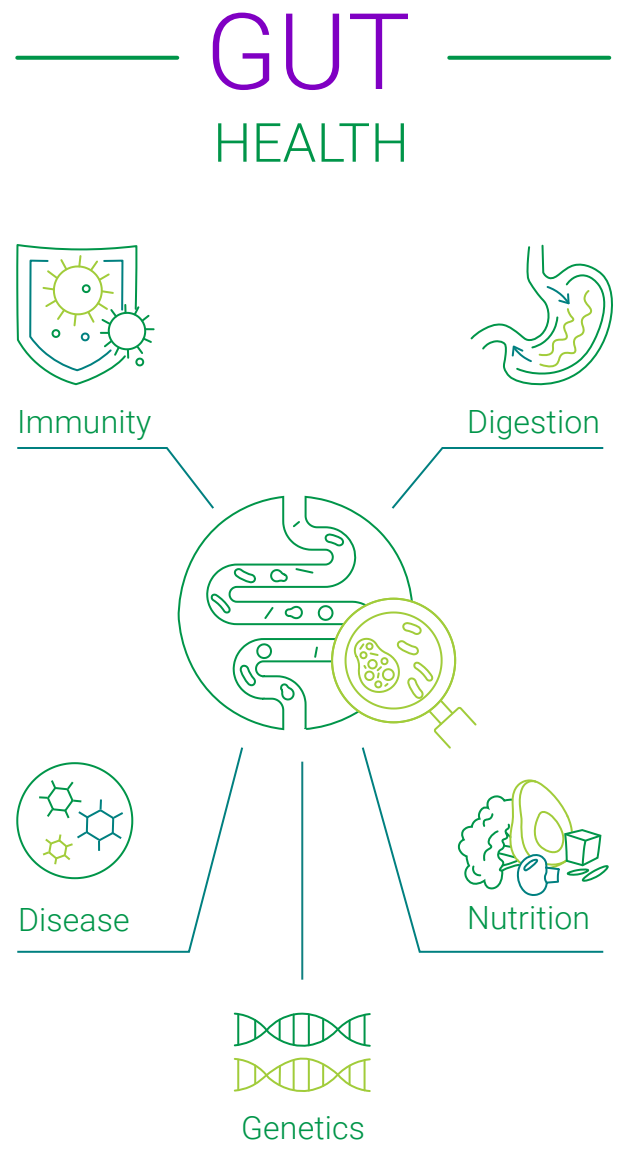
You're about to receive innovative insights about your body that, until now, have never been available. Your gut microbiome is a community of tiny organisms in the digestive system that help digest food, absorb nutrients, support our immune system, and ultimately impact our overall health. Your report will provide you with the information that you need to understand the health of your gut microbiome and which specific nutrients can help you to optimize your gut microbiome on a very personal and individual level.

What Is Microbiome Testing?

Gut microbiome testing is like a detective mission for your body. It involves using a stool sample to uncover information about the bacteria and other tiny organisms living in the gut. With today's advanced technologies, we can identify these tiny communities living within the gut microbiome, and by comparing multiple samples, we can find patterns that may be linked to your health or certain conditions. This ultimately enables us to give you personalized advice on how to make it even better. It's like getting a special plan to help your body's tiny inhabitants thrive.

Why Is Your Microbiome Important?

The gut microbiome is important in several ways, including playing a role in digestion and absorption of food, immune system regulation, hormone regulation, protection against pathogens, and energy metabolism. In this report, we assess how your gut microbes are working together and with your body to optimize your health, and, where appropriate, identify specifically where you could improve your nutrition to optimize the health of your microbes, thereby improving the health of your body.



The intention of this report is to provide insight into the gut microbiome. It does not diagnose disease, medical conditions, or replace the advice of your healthcare practitioner.

My Recommendations

Based on the results of your gut microbiome test, we've pinpointed specific nutrients, foods, and supplements that can help rebalance your gut microbes, moving them toward a healthier state. The personalized supplement contains all the essential nutrients identified for your gut health, complementing the food recommendations to optimize your diet and promote the overall health of your gut microbiome.



Your Recommended Precision Supplement

Each of the individual nutrients needed to optimize the health of your gut microbiome have been combined into a unique formula specific to you.

- ✓ *Targeted support for maximal benefits*
- ✓ *Adjustable formula based on your needs*
- ✓ *30-day supply, delivered each month*

✓ Recommended Foods

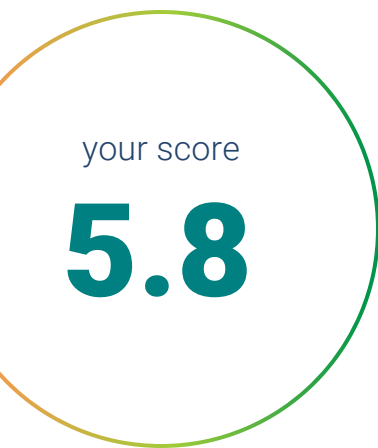
- Tofu
- Swiss Chard
- Kale
- Brussels Sprouts
- Turmeric

⊘ Foods To Limit

- Leeks
- Whole Wheat
- Seaweed



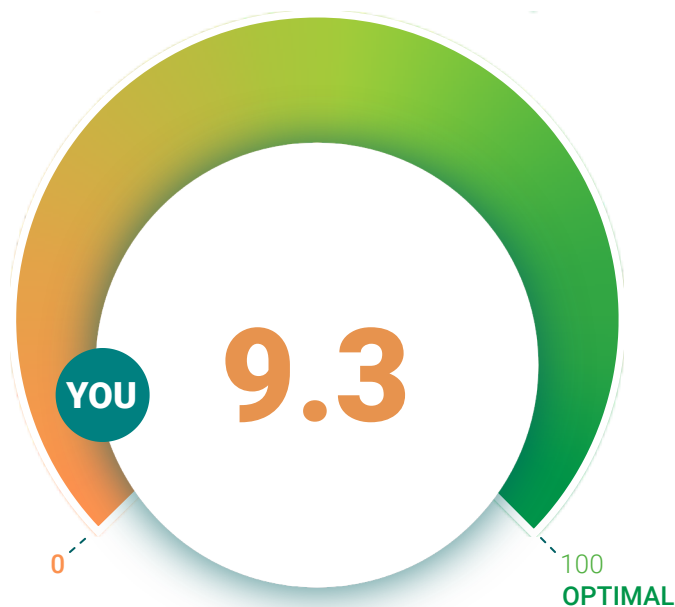
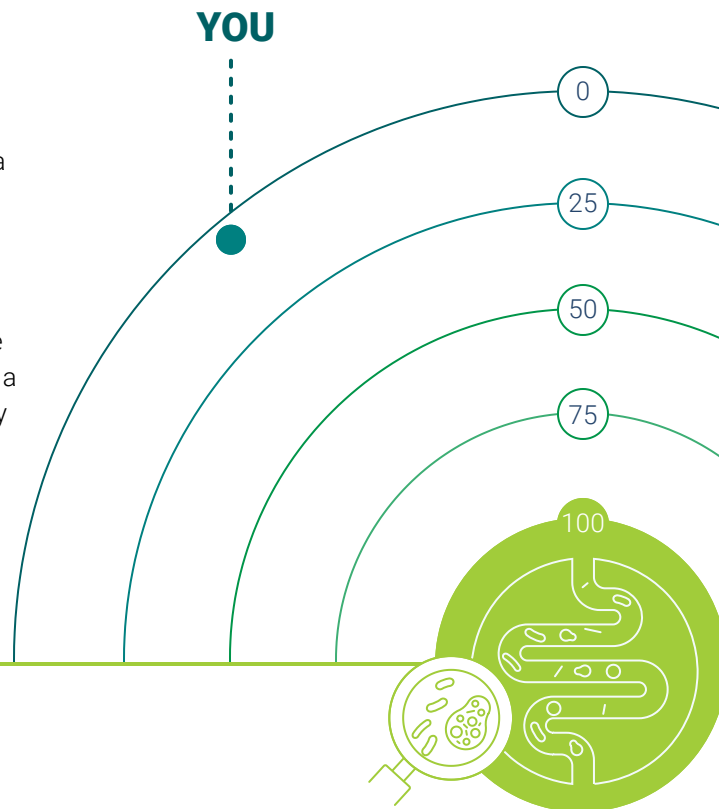
My Overall Gut Health



My Overall Gut Score

What does my score mean?

A healthy gut goes beyond just the bacteria present or absent. It also looks at what the bacteria are making and are capable of making. All of these factors come into play when looking at overall gut microbiome health and your gut score takes all of these factors into consideration. This score is on a scale from 0-100 with 100 being a perfectly optimized gut health score.



Alpha Diversity

Your Alpha Diversity level is

LOW

Alpha diversity refers to the diversity of microorganisms within a single sample, such as the gut microbiome. It provides insight into the richness and evenness of species present in that sample. A higher alpha diversity indicates a more varied and balanced bacterial community, which is often associated with better overall gut health.

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My Health Scores

The gut microbiome can influence multiple areas of our health. The following health scores indicate how the microbes within your gut are interacting with each other and with your body to impact or contribute to specific areas of your health. A higher score indicates a more positive contribution.





Heart Health

The Heart Health score assesses substances produced by the gut bacteria that can impact how healthy your heart is. These substances have been linked to conditions that affect heart health.

your score
39.2



Leaky Gut

The Leaky Gut score assesses substances produced by gut bacteria that are linked to a weakened gut barrier. This can lead to harmful substances leaking into the bloodstream, potentially causing health problems.

your score
24.2



Respiratory Health

The Respiratory Health score assesses factors related to lung health and includes factors that potentially impact inflammatory activity in the lungs, which can impact risk of respiratory issues.

your score
32.9



Digestive Health

The Digestive Health score evaluates factors linked to digestive well-being. These include factors that impact inflammatory signals, immune responses, regulate energy for gut cells, and contribute to overall digestive health.

your score
39.5



Skin Health

The Skin Health score focuses on factors relevant to skin well-being, including the production of compounds shown to benefit skin health and those that influence certain skin conditions.

your score
40.6



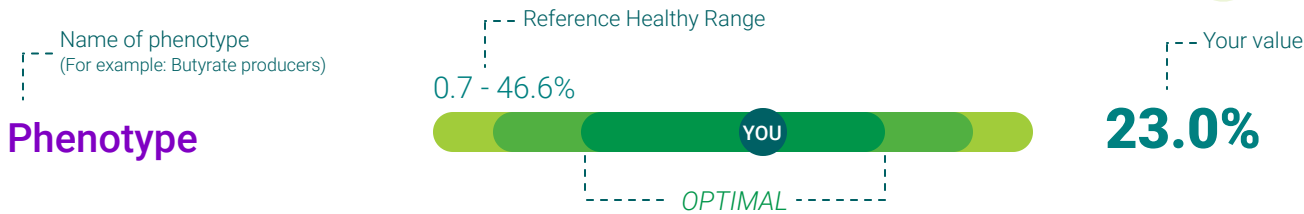
Metabolic Health

The Metabolic Health score assesses factors influencing metabolic processes in the body, including the production of compounds that can impact glucose control, appetite regulation, and other metabolic processes.

your score
37.0

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Phenotype Key



Phenotype Short Chain Fatty Acid Producers

Short chain fatty acids (SCFA) are the beneficial products of carbohydrate fermentation that are associated with a diverse microbiome and overall health. The percentage of SCFAs producers is shown below.

Butyrate producers

Butyrate is produced by microbial fermentation and plays an integral role in maintaining digestive health by regulating gene expression, cell differentiation, gut tissue development, immune modulation, oxidative stress reduction, and more.

8.2 - 55.2%

16.1%

Propionate producers

Propionate is known to have a significantly positive impact on the immune system, including improving lung health and increasing resistance to infection. It is typically converted to glucose in the liver and may prevent some lipogenic effects of acetate.

11.7 - 76.6%

21.1%

Acetate producers

Acetate production is tightly regulated within the microbiome. It is largely utilized for cholesterol synthesis and lipogenesis, and excessive production combined with insufficient butyrate production can lead to fat gain, particularly around the liver.

51.8 - 96.9%

96.7%

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Phenotype Sugar Utilization

Polysaccharides and mono/oligosaccharides are utilized for biosynthesis and energy metabolism in gut colonizing bacteria. These phenotypes display the potential of present bacteria to utilize the following sugars. The percentage of sugars utilizers is shown below.

FOS utilizers

20.6 - 82.4%

Fructo-oligosaccharides (FOS) is a prebiotic with positive impact on the diversity and abundance of the microbiome. Dietary sources of FOS are onions, garlic, chicory and artichokes. Bacteria who utilize FOS can be helpful in weight loss and correcting constipation.

81.8%

Arabinose utilizers

9.2 - 53.7%

Arabinose is a prebiotic that promotes diversity within the microbiome. Dietary sources of arabinose are whole grains, apples and citrus fruits and fermented foods. Bacteria who utilize arabinose can be helpful with blood sugar balancing, metabolic syndrome.

17.4%

Inositol utilizers

1.7 - 16.2%

Inositol is important for microbiome adaptation and diversity. Dietary sources are fiber rich foods, such as beans, nuts and seeds, citrus and melons. Inositol can be beneficial for metabolic syndrome, lipid imbalances, insulin resistance.

5.1%

Lactose utilizers

14.0 - 71.6%

Lactose intolerance is a common medical problem marked by bloating, diarrhea, abdominal pain, or cramping, resulting from a reduction in the lactase enzyme. Colonic bacterial adaptation can significantly improve symptoms of intolerance.

61.0%

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Phenotype Vitamin Production

B Vitamins are precursors of nearly all metabolic coenzymes universally essential in all lifeforms. With the exception of B12, which is dispensable for some bacterial species, all B vitamins that are not able to be produced, must be retrieved through exogenous sources. The percentage of vitamin producers is shown below.

Thiamine (B1) producers

32.2 - 86.1%

Thiamin is a water-soluble B vitamin that plays a critical role in energy metabolism, particularly in the brain and nervous system, as well as in the growth and function of cells. Some bacteria are able to produce thiamin, while others are not.

81.9%

Riboflavin (B2) producers

56.5 - 93.4%

Riboflavin is a B-vitamin that is a component of two important coenzymes required for energy production and fatty acid metabolism, as well as metabolism of drugs and steroids. Some bacteria are able to produce riboflavin, while others are not.

88.7%

Niacin (B3) producers

48.3 - 92.4%

Niacin is a B-vitamin required for the coenzyme NAD, which is involved in more than 400 enzymatic reactions in the body. Notably, NAD works to convert food into energy for our cells. Some bacteria are able to produce niacin, while others are not.

86.6%

Pantothenate (B5) producers

28.9 - 87.3%

Pantothenate is a B-vitamin that plays a major role in energy production, particularly the breakdown of fatty acids. It may play a role in reducing lipid production in certain individuals. Some bacteria are able to produce pantothenate, while others are not.

74.5%

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Phenotype Vitamin Production

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Pyridoxine (B6) producers

41.6 - 89.7%



Pyridoxine is a B-vitamin required for coenzymes that play a role in enzymatic reactions mostly concerning protein metabolism, immune function, and brain development during pregnancy. Some bacteria are able to produce pyridoxine, while others are not.

80.3%

Biotin (B7) producers

6.8 - 67.6%



Biotin is a B-vitamin that plays a critical role in energy production, histone modification, gene regulation, and cell signaling. Signs of deficiency include skin rashes, hair loss, and brittle nails. Some bacteria are able to produce biotin, while others are not.

13.3%

Folate (B9) producers

44.5 - 92.6%



Folate is a B-vitamin that is required to synthesize DNA, metabolize amino acids, enable methylation, and prevent anemia, as well as protect against neural tube defects in pregnancy. Some bacteria are able to produce folate, while others are not.

83.6%

Cobalamin (B12) producers

16.5 - 79.1%



Cobalamin is a B-vitamin that is important in synthesizing DNA and red blood cells, brain and nervous system function, and metabolism. It is required to prevent megaloblastic anemia. Some bacteria are able to produce cobalamin, while others are not.

33.1%

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Phenotype Amino Acid Production

Amino acids are indispensable for microbiome health. Bacteria that are not capable of producing amino acids require exogenous sources from diet or other bacteria. The percentage of amino acids producers is shown below.

Cysteine producers

71.8 - 98.5%



Cysteine is a nonessential sulfur containing amino acid in the methionine - homocysteine pathway and one of three amino acids that build glutathione. Cysteine is beneficial as an antioxidant, assists with collagen formation and immune system regulation.

97.6%

Tryptophan producers

45.4 - 90.2%



Tryptophan is an essential amino acid with an important role in the gut-brain axis (GBS). Tryptophan is important in the production of neurotransmitters that regulate mood, particularly depression, and intestinal barrier integrity.

81.5%

Histidine producers

61.4 - 97.2%



Histidine is an essential amino acid and precursor to histamine. Histidine and its derivatives have important roles in the immune response, blood clotting pathways, and detoxification.

94.1%

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