



YOUR
GUTMAP

MICROBIOME









MICROBIOME

Microbiome Analysis Report

Microbiome Analysis Report

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 for 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.

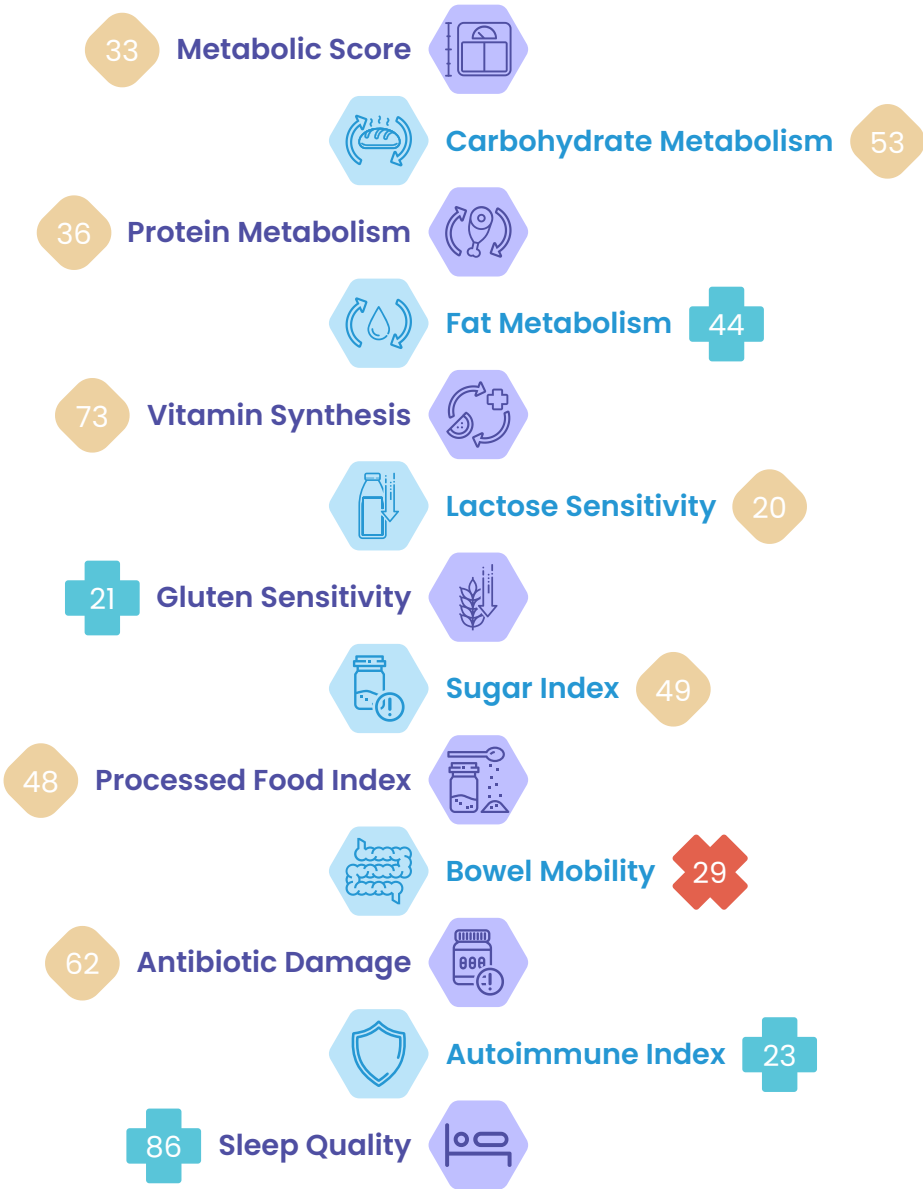
Your Microbiome Age

36

Your Microbiome Diversity

3.1

Gut Scores



Your Microbiome Age

36

It appears your microbiome is aging faster than you. However, with the personalized nutrition plan we've put together for you, you've begun your journey toward rejuvenating your microbiome and improving your health!.

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 Microbiome Diversity

3.1

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.

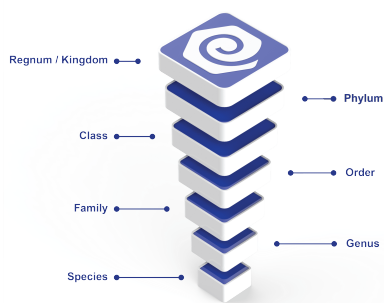
The microbiome diversity score is an important indicator of general health that outlines the number of bacterial species present in the intestines and how evenly distributed each species is.

The scores in the range of 0-5, 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 5-8, which are color-coded yellow, indicate an average or moderately good diversity and distribution.

The scores in the range of 8-10, which are color-coded blue, indicate that the individual has a very good/excellent diversity and a well-balanced distribution.

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.

Your Taxonomic Analysis

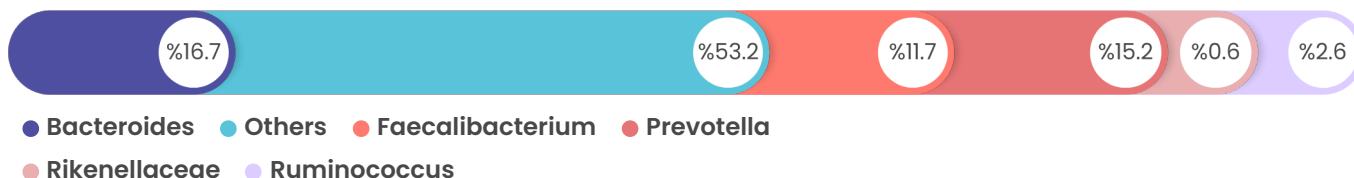
Genus Level

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

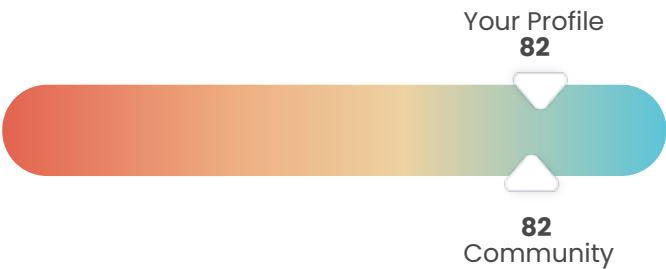


World Average



Important Bacteria

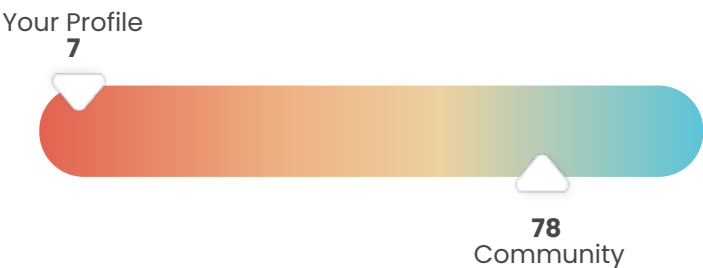
Alistipes



Prevotella



Akkermansia



Eubacterium



Bifidobacterium



Collinsella



Haemophilus



Roseburia



Phascolarctobacterium



Your Similar Profiles

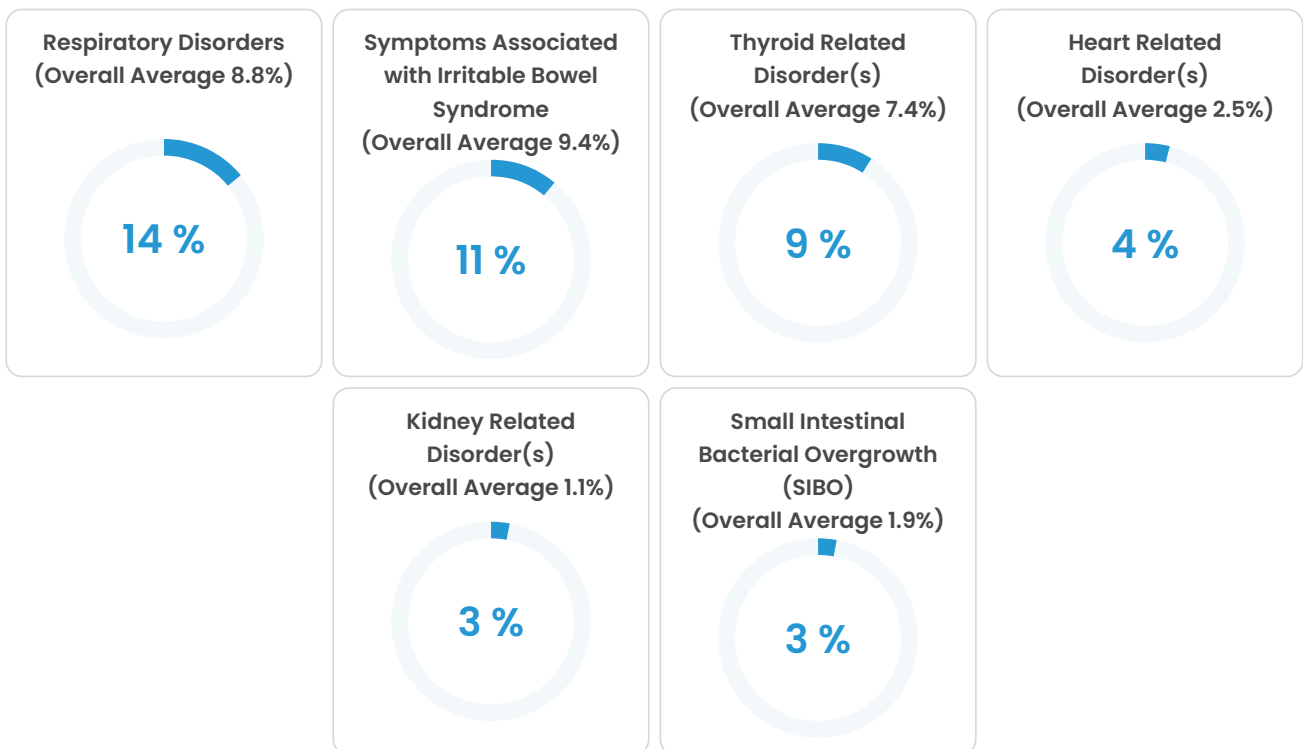
Studies have shown that 90% of chronic diseases are linked to gut microbiome imbalance. As a result of these studies, it has also been observed that individuals with similar microbiome profiles may develop similar disorders.

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

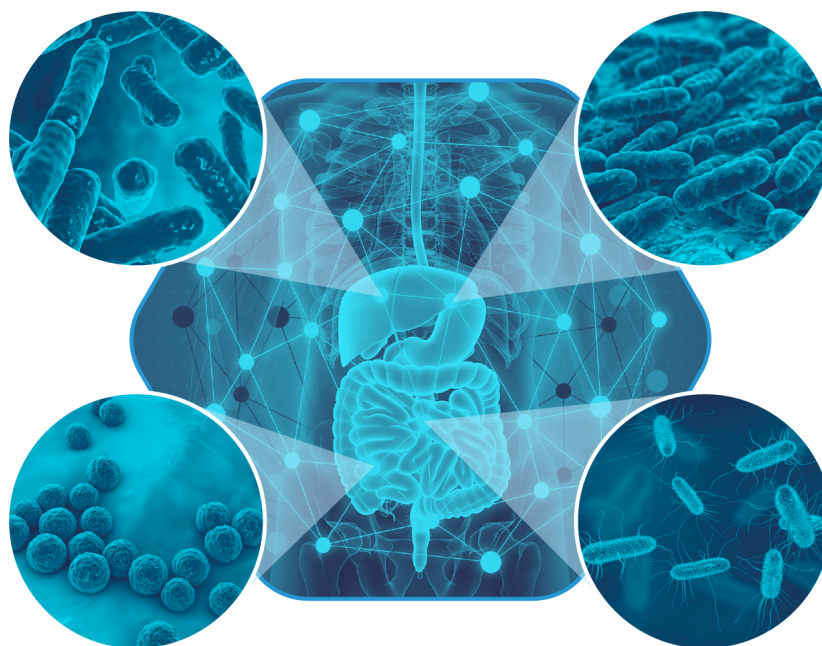
Our artificial intelligence algorithm has generated gut scores for 13 different parameters based on the type and number of bacteria in your gut.

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.



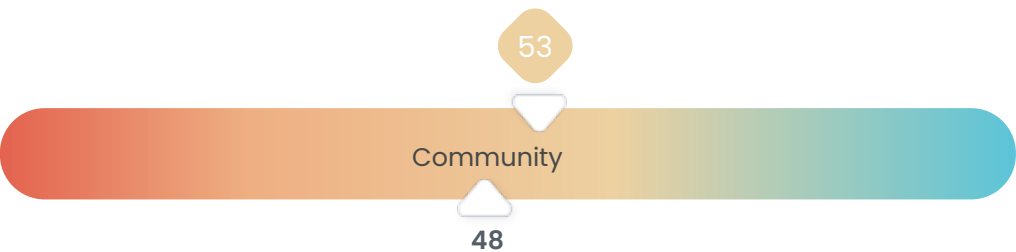
Macronutrient Metabolism

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.



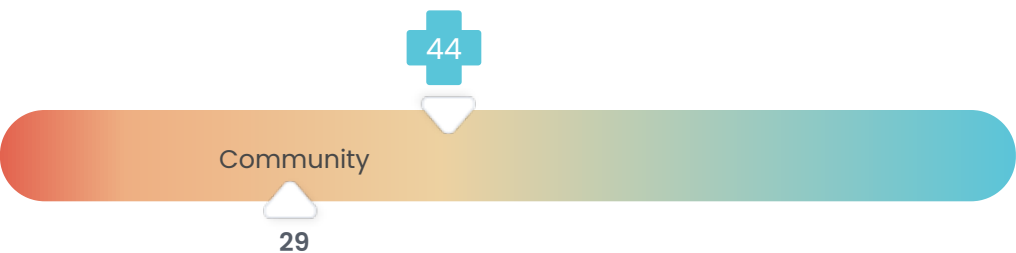
Carbohydrate Metabolism



Protein Metabolism



Fat Metabolism

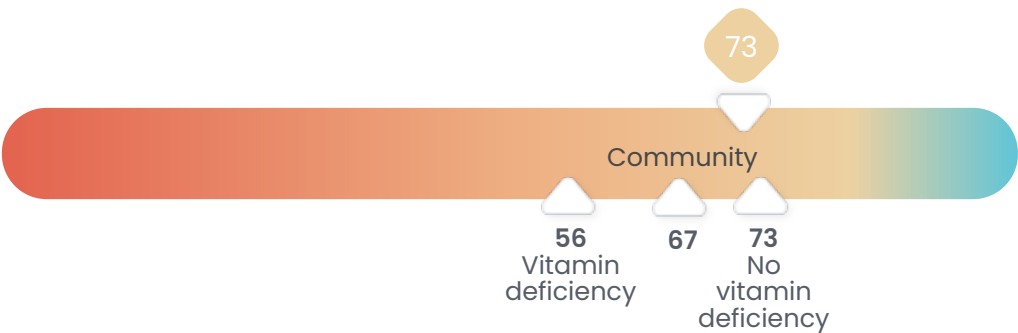




Vitamin Synthesis

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.

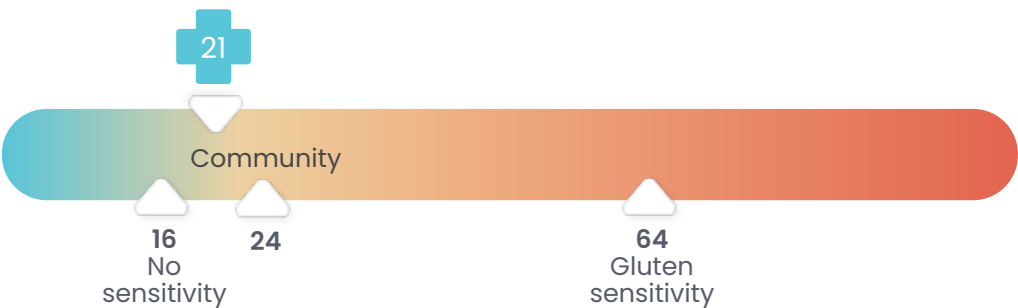
High scores indicate that your body may have difficulty processing lactose/ gluten while low or average scores indicate that your body is in a position to effectively and efficiently process lactose/gluten.



Lactose Sensitivity



Gluten Sensitivity



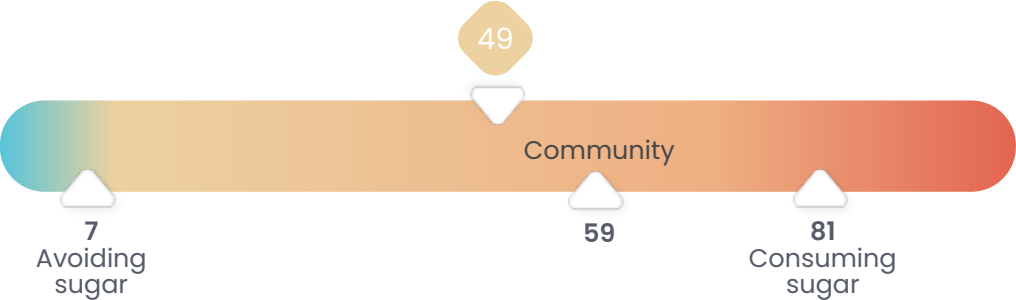


Sugar Index

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.

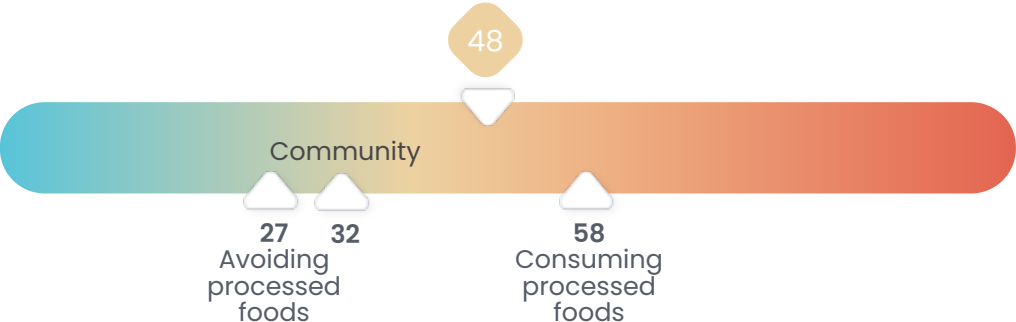
A low score indicates that your body's microbiome is not struggling to process sugars. This either indicates that you do not consume an excessive amount of sugar or that your body can effectively and efficiently process whatever amount of sugar that is consumed.

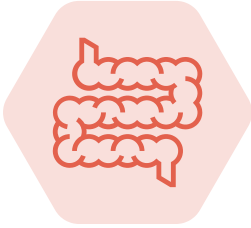


Processed Food Index

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.

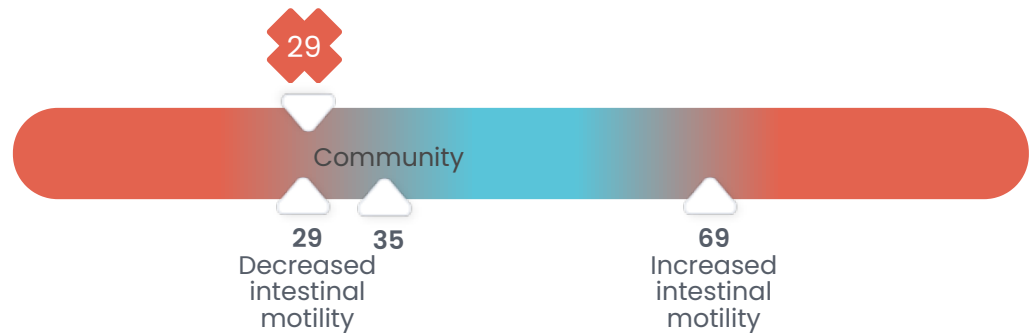




Bowel Mobility

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.

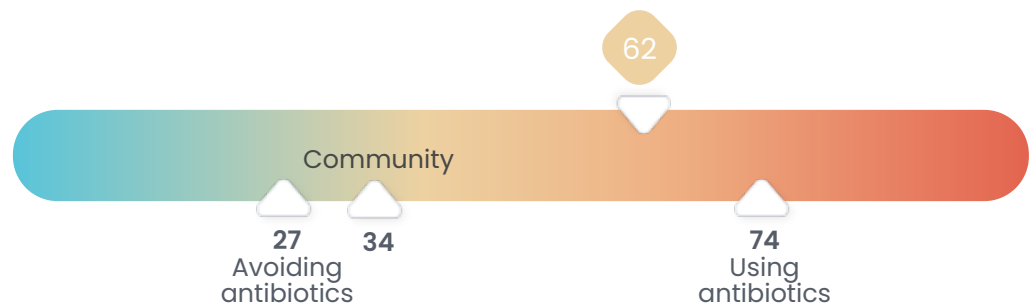


Antibiotic Damage

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.

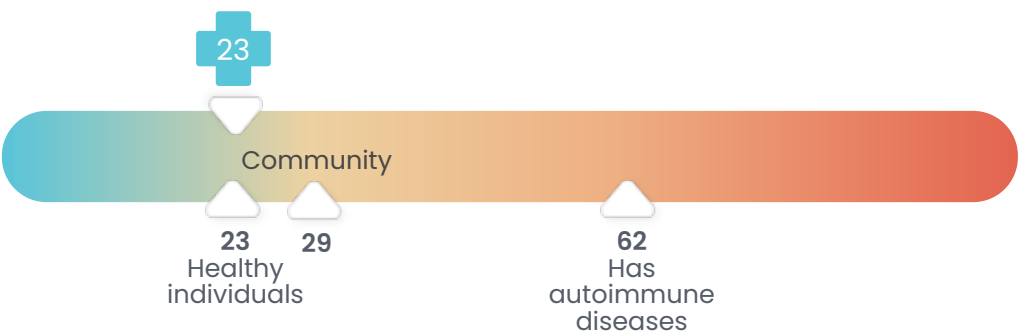




Autoimmune Index

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.





MICROBIOME

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!

White Flour	10	Black Carrot	9	Fenugreek	9
Red Pepper	9	Parsley	9	Cress	9

Foods That Fit With You!

Sage Tea	7	Butter	7	Buttermilk	7
Whole Grain Flour	7	Sunflower Oil	7	Cottage Cheese	7

Foods To Avoid!

Veal	3	Turmeric	3	Liver	3
Cherry	3	Cow Milk (Full Fat)	3	Pork	3

Nutrient Scores

Milk and Dairy Products

	Yoghurt (Fat Free)	8		Cream	8
	Clotted Cream	7		Kefir	7
	Buttermilk	7		Sheep Milk	6
	Buffalo Milk	6		Pasteurized Milk	6
	Cow Milk (Low Fat)	6		Goat Milk	5
	Yoghurt (Full Fat)	5		Soy Milk	4
	Cow Milk (Full Fat)	3			
























Cheese Types

	Cottage Cheese	7		Kasseri Cheese	6
	Gruyère Cheese	6		Goat Cheese	6
	Sheep Cheese	6		Cream Cheese	6
	Herbed Cheese	6		Tofu	6
	Mozarella Cheese	6		Ezine Cheese	6
	Roquefort Cheese	6		Ricotta Cheese	6
	Ripened Cheese	6		White Cheese (Full Fat)	5
	Aged Kasseri Cheese	5		Tulum Cheese	5
	Cheddar Cheese	5		White Cheese (Low Fat)	5
	Parmesan Cheese	4		Curd Cheese	4

Meat and Eggs

	Lamb	8		Goat	7
	Beef	7		Tongue	7
	Intestines	7		Turkey	6
	Mutton	6		Brain	6
	Chicken	5		Kidney	5
	Heart	5		Chicken Egg	4
	Veal	3		Liver	3
	Pork	3		Sausage (Veal)	3
	Sausage (Pork)	3			














Fish and Seafood

	Caviar	8		Seabream	8
	Shrimp	7		Oyster	7
	Bass	7		Lobster	7
	Mussel	7		Sardine	7
	Herring	7		Anchovy	7
	Hake	7		Crab	7
	Saurel	6		Cod	6
	Flounder	6		Tuna	6
	Gilthead Bream	6		Mackerel	6
	Bonito	6		Bluefish	6
	Swordfish	6		Salmon	5
	Trout	5			

Bread and Cereals

	White Flour	10		White Bread	9
	Cornflakes	9		Cornstarch	9
	Rice	9		Semolina	9
	Pasta	8		Corn	8
	Cornmeal	8		Oat Bread	8
	Gluten-Free Bread	8		Noodle	8
	Amaranth	7		Rice Flour	7
	Rice Bran	7		Whole Wheat Bread	7
	Whole Grain Flakes	7		Oat Flour	7
	Whole Grain Flour	7		Oat Bran	7
	Oat	7		Whole Wheat Flour	7
	Lavash	7		Wheat Bran Pasta	7
























Bread and Cereals

	Brown Rice	7		Wheat	7
	Corn Bran	7		Soy Flour	6
	Bulgur Wheat	6		Whole Grain Bread	6
	Quinoa	6		Rye Bread	6
	Wheat Bran	6		Buckwheat	6
	Rye Flour	6		Wheat Bran Bread	5
	Wheat Germ	5			

























Legume and Legume-based Products

	Kidney Bean	9		Fermented Soybean	9
	Red Lentil	8		Shell Bean	7
	Green Lentil	7		Chickpea	7
	Soybean Sprout	7		Broad Bean	6
	White Bean	6		Soybean	6
	Soy Meat	6			













Vegetables

	Jerusalem Artichoke	9		Red Pepper	9
	Black Carrot	9		Turnip	9
	Rocket	9		Aubergine	9
	Potato	9		Parsley	9
	Purslane	9		Sweet Potato	9
	Kale	9		Artichoke	9
	Cress	9		Purple Sweet Potato	9
	Shallot	8		Green Bean	8
	Vine Leaf	8		Garlic	8
	Radish	8		Onion	8
	Brussel Sprout	8		Beetroot	8
	Asparagus	8		Collard	8

























Vegetables

	Carrot	8		Tomato	8
	Cowpea	8		Purple Cabbage	8
	Pumpkin	7		Pea	7
	Broccoli	7		Cauliflower	7
	Celery	7		White Cabbage	7
	Mushroom	6		Cucumber	6
	Cubanelle Pepper	6		Spinach	5
	Okra	4		Dill	4
	Bell Pepper	4		Leek	4
	Lettuce	4		Gai Lan	4
	Bok Choy	3		Water Spinach	3
	Chili	3		Taro Root	2

Fruits

	Nectarine	9		Silverberry	9
	Tart Cherry	9		Tamarind	9
	Pineapple	9		Cornelian Cherry	9
	Strawberry	9		Pomegranate	9
	Black Mulberry	9		Plum	9
	Dried Mulberry	9		Blackberry	9
	White Mulberry	9		Apricot	8
	Redcurrant	8		Black Elderberry	8
	Black Grape	8		Banana (Green, unripe)	8
	Red-Purple Grape	8		Bergamot Orange	8
	Raspberry	8		Peach	8
	Blueberry	8		Papaya	8





Fruits















	Mango	8		Tangerine	8
	Lemon	8		Raisin	8
	Date	8		Kiwi	8
	Melon	8		Pear	8
	Acai Berry	8		Apple	7
	Grapefruit	7		Coconut	7
	Dried Apricot	7		Banana	7
	Orange	7		Quince	7
	Jujube	7		Dried Plum	6
	Japanese Plum	6		Kumquat	5
	Dried Apple	5		Rosehip	5
	Fig	5		Cherry	3

Fruits

	Bitter Melon			Durian	
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Oil and Fats











	Green Olive	9		Black Olive	9
	Safflower Oil	8		Corn Oil	8
	Avocado	7		Hazelnut Oil	7
	Canola Oil	7		Soy Oil	7
	Butter	7		Olive Oil	7
	Sunflower Oil	7		Cottonseed Oil	7
	Tallow	7		Sesame Seed Oil	7
	Avocado Oil	7		Peanut Oil	7

Nut and Seeds		
	Chia Seed	9
	Flaxseed	9
	Pumpkin Seed	8
	Chestnut	8
	Grape Seed	8
	Sunflower Seed	7
	Cashew	7
	Sesame	7
	Peanut	7
	Pine Nut	7
	Pistachio	6
	Hazelnut	6
	Walnut	4
	Almond	4











Drinks

	Pear Juice	8		Carrot Juice	8
	Apricot Juice	8		Mineral Water	8
	Tangerine Juice	8		Pomegranate Juice	8
	Oolong Tea	8		Rose Wine	8
	Sahlep	8		Black Tea	8
	Tart Cherry Juice	8		Grape Juice	8
	Tomato Juice	8		Apple Juice	8
	Green Tea	8		White Wine	8
	Sage Tea	7		Beer	7
	Coffee	7		Orange Juice	7
	Lemon Juice	7		Grapefruit Juice	7
	Red Wine	6			



















Herb, Spice and Flavourings

	Fenugreek	9
	Mustard	8
	Mint	8
	Star Anise	5
	Cinnamon	2
	Liquorice	9
	Thyme	8
	Salt	7
	Turmeric	3
	Ginger	1

Supplements

	Fish Oil Supplement			Krill Oil Supplement	
	Psyllium			Whey Protein Supplement	
	Spirulina				

Others

	Mallow	9		Olive Paste	9
	Cacao Nibs	8		Seaweed	8
	Almond Butter	8		Dark Chocolate	8
	Milk Chocolate	8		Coffee Creamer	8
	Cocoa Powder	8		Grape Molasses	7
	White Sugar	7		Ice Cream	7
	Vinegar	7		Yeast	7
	Milk Powder	6		Water Chestnut	6
	Honey	4		Tahini	4



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