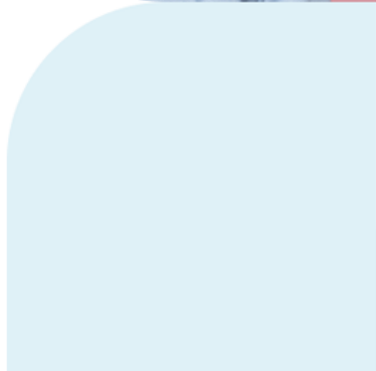
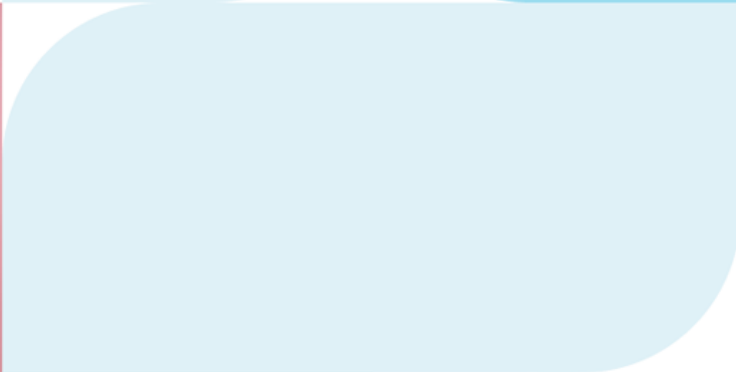




Test report



At-home test



Gut Microbiome Test Large

 Lab test

 Stool

Name: **Sample Report** Date of test: **07/20/2023** Analysis-ID: **DUMMY-17**

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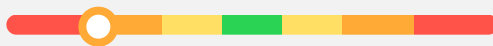
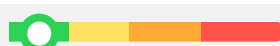
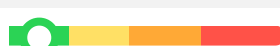
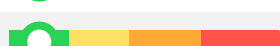
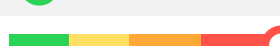
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Your test results

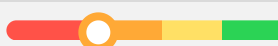
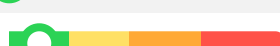
How to interpret your results

If the arrow on the scale is within the green area, your value is good. If the arrow is within the yellow, orange or red area, it indicates a deviation. Some parameters can not be set too high or too low, in which case the scale starts or ends on the green area, this is completely correct. For an explanation of the various parameters, please see Part 2 entitled Extended information.

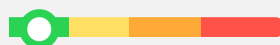
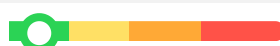
Determination of aerobic bacteria

Name	Your value	Unit	Reference value	Scale
Escherichia coli	 2,0 x 10 ⁴	CFU/g faeces	10 ⁶ - 10 ⁷	
Escherichia coli Biovare	 < 1,0 x 10 ⁴	CFU/g faeces	< 1,0 x 10 ⁴	
Proteus spp	 < 1,0 x 10 ⁴	CFU/g faeces	< 1,0 x 10 ⁴	
Klebsiella spp	 < 1,0 x 10 ⁴	CFU/g faeces	< 1,0 x 10 ⁴	
Pseudomonas spp	 < 1,0 x 10 ⁴	CFU/g faeces	< 1,0 x 10 ⁴	
Enterobacter spp	 2,0 x 10 ⁷	CFU/g faeces	< 1,0 x 10 ⁴	
Serratia spp	 < 1,0 x 10 ⁴	CFU/g faeces	< 1,0 x 10 ⁴	
Hafnia spp	 < 1,0 x 10 ⁴	CFU/g faeces	< 1,0 x 10 ⁴	
Enterococcus spp	 6,0 x 10 ⁴	CFU/g faeces	10 ⁶ - 10 ⁷	

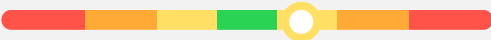
Determination of anaerobic bacteria

Name	Your value	Unit	Reference value	Scale
Bifidobacterium spp	 2,0 x 10 ⁷	CFU/g faeces	10 ⁹ - 10 ¹¹	
Bacteroides spp	 2,0 x 10 ⁹	CFU/g faeces	10 ⁹ - 10 ¹¹	
Lactobacillus spp	 3,0 x 10 ⁵	CFU/g faeces	10 ⁵ - 10 ⁷	
Clostridium spp	 < 1,0 x 10 ⁵	CFU/g faeces	< 1,0 x 10 ⁵	

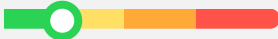
Mycological stool examination

Name	Your value	Unit	Reference value	Scale
Candida spp	 < 1,0 x 10 ³	CFU/g faeces	< 1,0 x 10 ³	
Candida albicans	 < 1,0 x 10 ³	CFU/g faeces	< 1,0 x 10 ³	
Yeast	Negative	Negative		
Geotrichum candidum	 < 1,0 x 10 ³	CFU/g faeces	< 1,0 x 10 ³	

pH value

Name	Your value	Unit	Reference value	Scale
pH	 6.70		5,8 - 6,5	

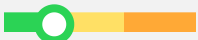
Digestive residues

Name	Your value	Unit	Reference value	Scale
Quantitative determination of fat	 3.40	g/100g	< 3,5	
Quantitative determination of nitrogen	 0.50	g/100g	< 1,0	
Quantitative determination of sugar	 4.10	g/100g	< 2,5	
Quantitative determination of water	 80.10	g/100g	75 - 85	

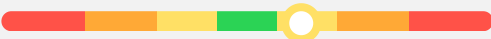
Detection of indigestion

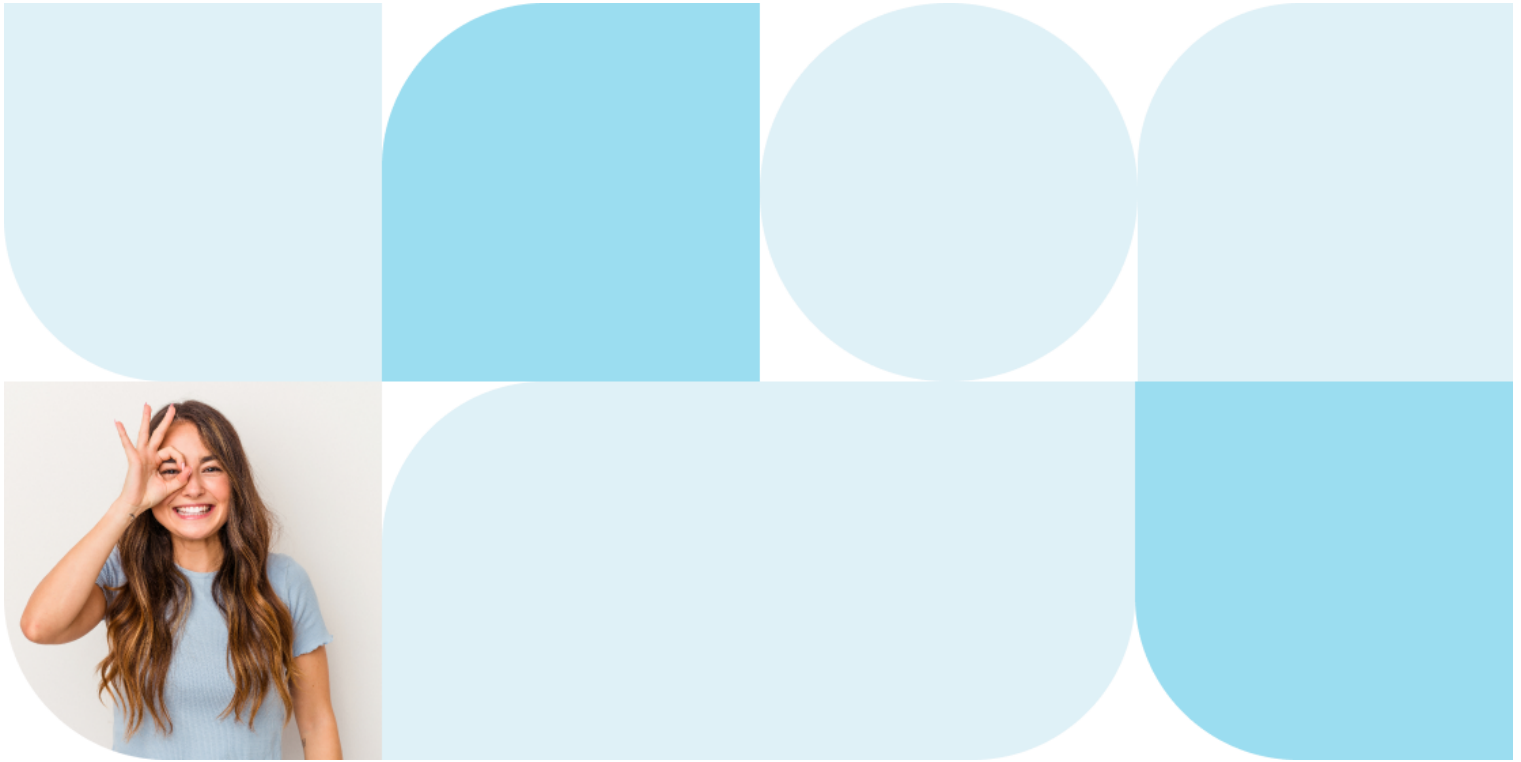
Name	Your value	Unit	Reference value	Scale
Pancreatic elastase	 352.10	µg/g	> 200	
Bile acids in stool	 130.00	µmol/l	< 70	

Detection of malabsorption

Name	Your value	Unit	Reference value	Scale
Calprotectin	 42.15	mg/l	< 50	
Alfa-1 antitrypsin	 24.79	mg/dl	< 27,5	

Mucosal immunity

Name	Your value	Unit	Reference value	Scale
Secretory IgA	 2454.39	CFU/g faeces	510 - 2040	



Extended Information

Klebsiella spp

Name	Your value	Unit	Reference value	Scale
Klebsiella spp	 $< 1,0 \times 10^4$	CFU/g faeces	$< 1,0 \times 10^4$	

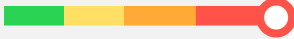
High levels of Klebsiella spp. are associated with a higher risk of infection. Klebsiella spp. are common in the gut microbiome and are often found in the faeces. High levels of Klebsiella spp. are often found in the faeces of people with a recent history of antibiotic use.

Pseudomonas spp

Name	Your value	Unit	Reference value	Scale
Pseudomonas spp	 $< 1,0 \times 10^4$	CFU/g faeces	$< 1,0 \times 10^4$	

Normal levels of Pseudomonas spp. are low in the gut microbiome. High levels of Pseudomonas spp. are often found in the faeces of people with a recent history of antibiotic use.

Enterobacter spp

Name	Your value	Unit	Reference value	Scale
Enterobacter spp	 $2,0 \times 10^7$	CFU/g faeces	$< 1,0 \times 10^4$	

Enterobacter spp. are common in the gut microbiome. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. High levels of Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use.

Enterobacter spp. are common in the gut microbiome. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. High levels of Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use.

If the number of Enterobacter spp. is high, it may indicate a higher risk of infection. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. High levels of Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use. Enterobacter spp. are often found in the faeces of people with a recent history of antibiotic use.

Mycological stool examination

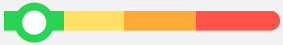
The mycological stool examination is used to detect any overgrowth of yeast and fungi. A possible fungal overgrowth is a result of different conditions in the intestine, which is not a clear marker for overgrowth of the bacteria.

Candida spp

Name	Your value	Unit	Reference value	Scale
Candida spp	 < 1,0 x 10 ³	CFU/g faeces	< 1,0 x 10 ³	

Candida species are part of the normal flora of the human gut. They can become pathogenic in people with weakened immune systems and cause fungal infections.

Candida albicans

Name	Your value	Unit	Reference value	Scale
Candida albicans	 < 1,0 x 10 ³	CFU/g faeces	< 1,0 x 10 ³	

Candida albicans belongs to the group of fungi. It is the most common cause of fungal infections. It can cause oral thrush, vaginal yeast infections, and skin infections. It is also a common cause of systemic fungal infections.

Candida albicans is a yeast that can cause infections in the gut. It is often found in the gut of people with weakened immune systems. It can cause oral thrush, vaginal yeast infections, and skin infections. It is also a common cause of systemic fungal infections.

If the intestinal flora is not balanced, it can lead to an overgrowth of Candida albicans. This can happen due to a variety of factors, including a diet high in sugar, the use of antibiotics, and a weakened immune system. The overgrowth of Candida albicans can lead to a variety of symptoms, including bloating, gas, and diarrhea. It can also lead to more serious complications, such as oral thrush and vaginal yeast infections.

Yeast

Name	Your value	Reference value
Yeast	Negative	Negative

Yeast is a type of fungus that normally lives in the digestive system. It can cause issues if it overgrows. Negative = no overgrowth. Positive = overgrowth. Your result should be negative.

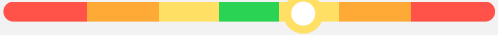
Geotrichum candidum

Name	Your value	Unit	Reference value	Scale
Geotrichum candidum	 < 1,0 x 10 ³	CFU/g faeces	< 1,0 x 10 ³	

Geotrichum candidum is a fungus that can be isolated from soil, water, untreated vegetables, fruits and dairy products. This fungus is also often detected in stool samples.

Geotrichum candidum is a fungus that can be isolated from soil, water, untreated vegetables, fruits and dairy products. This fungus is also often detected in stool samples.

The properties of the stool - pH-value

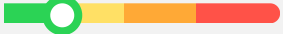
Name	Your value	Unit	Reference value	Scale
pH	 6.70		5,8 - 6,5	

The pH value of the stool can indicate if there are any conditions of gastric distress or the presence in the intestine. A low pH value often occurs in combination with a消化不良 (dyspepsia) or an excessive ingestion of food. A high pH value, which is often associated with a high pH value, can be a sign of a bacterial overgrowth of the gut, which can produce various metabolic products in the intestine and other metabolic products that change the pH value of the stool.

An overgrowth of bacteria in the intestine can lead to a high pH value, which can be a sign of a bacterial overgrowth of the gut, which can produce various metabolic products in the intestine and other metabolic products that change the pH value of the stool.

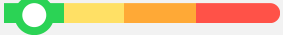
Digestive residues

Quantitative determination of fat

Name	Your value	Unit	Reference value	Scale
Quantitative determination of fat	 3.40	g/100g	< 3,5	

Quantitative determination of fat in the stool can be used to determine the amount of fat in the stool. A high fat content in the stool can be a sign of a malabsorption of fat, which can be caused by a variety of factors, including a deficiency of bile acids, a deficiency of pancreatic enzymes, or a deficiency of intestinal enzymes.

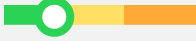
Quantitative determination of nitrogen

Name	Your value	Unit	Reference value	Scale
Quantitative determination of nitrogen	 0.50	g/100g	< 1,0	

Quantitative determination of nitrogen in the stool can be used to determine the amount of nitrogen in the stool. A high nitrogen content in the stool can be a sign of a malabsorption of nitrogen, which can be caused by a variety of factors, including a deficiency of bile acids, a deficiency of pancreatic enzymes, or a deficiency of intestinal enzymes.

Detection of malabsorption

Calprotectin

Name	Your value	Unit	Reference value	Scale
Calprotectin	 42.15	mg/l	< 50	

Calprotectin is a marker for inflammation in the gastrointestinal tract. Elevated levels may be due to acute or chronic inflammation, including inflammatory bowel disease, celiac disease, and Crohn's disease. A positive result may indicate a need for further investigation.

The calprotectin level is a blood test that measures the amount of calprotectin in the blood. Calprotectin is a protein that is produced by white blood cells in response to inflammation. Elevated levels of calprotectin are often found in people with inflammatory bowel disease, celiac disease, and Crohn's disease. A positive result may indicate a need for further investigation.

Regardless of the cause of the elevated levels, it is important to have the inflammation treated. According to studies, this treatment particularly well by the addition of phosphatidylcholine (lecithin), which also supports the formation of an effective immune barrier by stabilizing and strengthening the mucosa. Because inflammatory reactions are primarily caused by phosphatidylcholine (lecithin) deficiency, which is further exacerbated in the case of TMAO. In addition, lecithin can also be used to treat inflammation in the gut. It is also effective in reducing the risk of infection and improving the overall effect by reducing inflammation. Lecithin is a natural and safe substance.

Alfa-1 antitrypsin

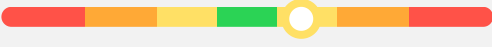
Name	Your value	Unit	Reference value	Scale
Alfa-1 antitrypsin	 24.79	mg/dl	< 27,5	

Alfa-1 antitrypsin is a protein that is produced by the liver. It is a marker for liver disease and is often found in people with liver disease.

Elevated levels of alfa-1 antitrypsin are often found in people with liver disease. This is because the liver produces alfa-1 antitrypsin in response to inflammation. A positive result may indicate a need for further investigation.

Regardless of the cause of the elevated levels, it is important to have the inflammation treated. According to studies, this treatment particularly well by the addition of phosphatidylcholine (lecithin), which also supports the formation of an effective immune barrier by stabilizing and strengthening the mucosa. Because inflammatory reactions are primarily caused by phosphatidylcholine (lecithin) deficiency, which is further exacerbated in the case of TMAO. In addition, lecithin can also be used to treat inflammation in the gut. It is also effective in reducing the risk of infection and improving the overall effect by reducing inflammation. Lecithin is a natural and safe substance.

Mucosal immunity

Name	Your value	Unit	Reference value	Scale
Secretory IgA	 2454.39	CFU/g faeces	510 - 2040	

Secretory IgA neutralizes antigens and prevents pathogenic bacteria, viruses or fungi from attaching to the surface mucosa in the intestinal mucosa. Secretory IgA that binds to bacteria or viruses is called "secretory IgA" and is found in the gut. Secretory IgA is the first line of defense against pathogens in the gut. Secretory IgA is also found in saliva, tears and breast milk. Secretory IgA is the most abundant antibody in the gut.

Low levels of secretory IgA may indicate a decreased ability to fight off infections in the gut. This may be due to a variety of factors, including a weakened immune system, chronic stress, or a diet that is low in fiber. Low levels of secretory IgA may also be a sign of a chronic infection in the gut. Low levels of secretory IgA may also be a sign of a chronic condition, such as Crohn's disease or ulcerative colitis.

High levels of secretory IgA may indicate an increased ability to fight off infections in the gut. This may be due to a variety of factors, including a strong immune system, a diet that is high in fiber, or a chronic infection in the gut. High levels of secretory IgA may also be a sign of a chronic condition, such as Crohn's disease or ulcerative colitis.

At low levels, supplements of probiotics may be recommended.

How can you use the results

Our assessment protocol developed by the Institute for Functional Medicine, in the context of the 12-step protocol, is designed to help you understand your health and other conditions that may be affecting you. From here, we will help you understand the results of the program described below. The program usually takes between 3-6 months to complete.

1. Remove

First, we identify any immediate health or lifestyle factors that may be affecting your health. Examples of common factors are: allergens, stress, bacteria, parasites, and gut health. We will help you understand the results of the program described below. The program usually takes between 3-6 months to complete.

2. Replace

Support the digestive system with suitable digestive support. For example, take a probiotic with a good digestive system. Examples of common factors are: allergens, stress, bacteria, parasites, and gut health. We will help you understand the results of the program described below. The program usually takes between 3-6 months to complete.

3. Reintroduce

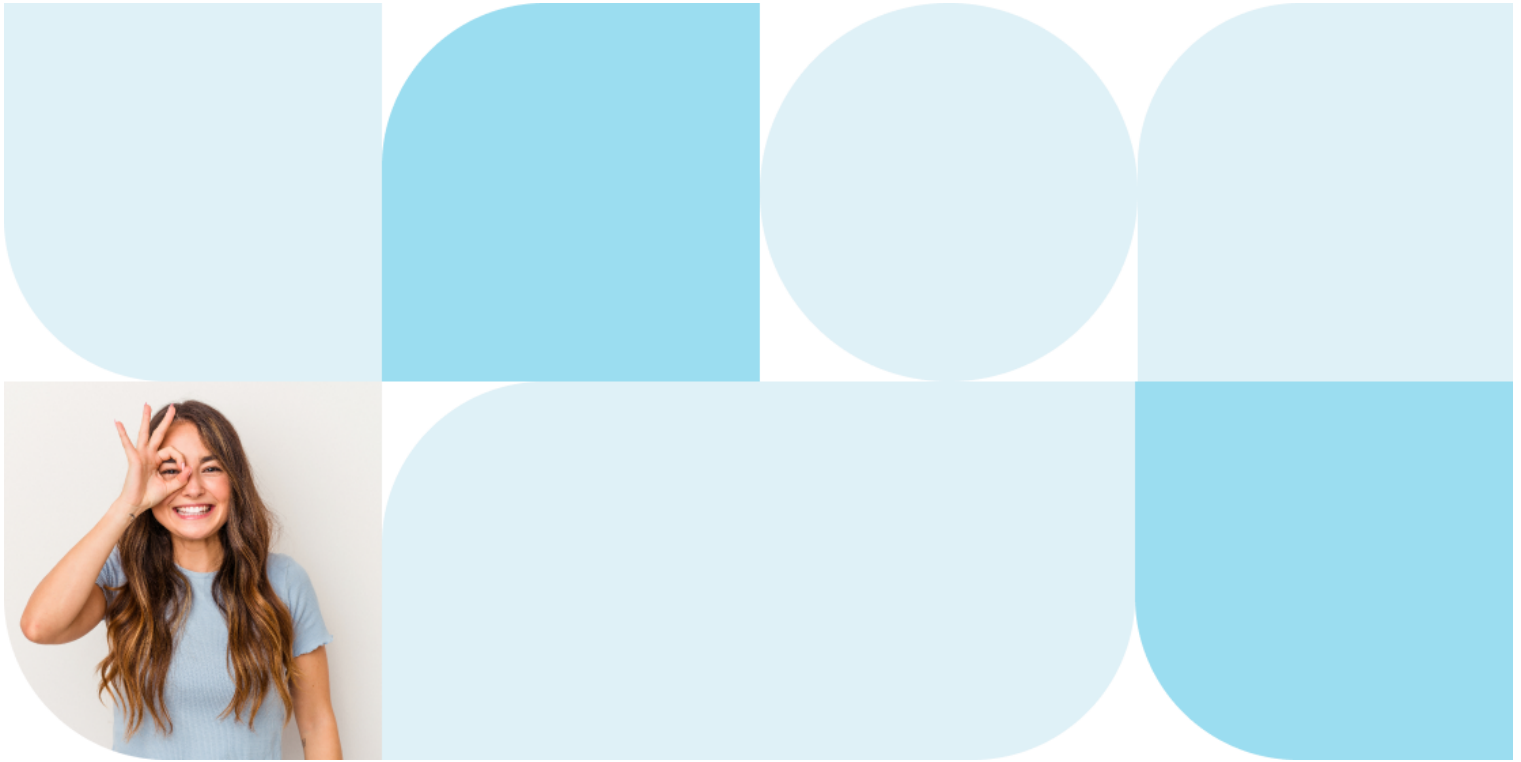
Reintroduce the immune system with dietary and lifestyle changes. Examples of common factors are: allergens, stress, bacteria, parasites, and gut health. We will help you understand the results of the program described below. The program usually takes between 3-6 months to complete.

4. Repair

Support the immune system. Examples of common factors are: allergens, stress, bacteria, parasites, and gut health. We will help you understand the results of the program described below. The program usually takes between 3-6 months to complete.

5. Rebalance - Remedy the lifestyle

Reintroduce the immune system with dietary and lifestyle changes. Examples of common factors are: allergens, stress, bacteria, parasites, and gut health. We will help you understand the results of the program described below. The program usually takes between 3-6 months to complete.



Other information

Leaky gut

The integrity of your integumentary health of the body is critical in maintaining nutrients in your body important for your health. The intestinal mucosa acts as a protective barrier between the body and the environment.

In order to perform its role correctly, the intestine must:

- maintain a healthy population (see intestinal) and composition
- adequate production of substances that support the intestinal mucosa
- adequate levels of secretions (e.g. mucus)
- an undamaged intestinal epithelial surface

The intestinal area is important in preventing pathogens from entering the body. The intestinal mucosa is a barrier that prevents pathogens from entering the body. The intestinal mucosa is a barrier that prevents pathogens from entering the body.

The mucus produced by the intestinal mucosa is important for the integrity of the body. It prevents the mucus from entering the body. It prevents the mucus from entering the body.

In addition, mucus is a barrier that prevents pathogens from entering the body. It prevents the mucus from entering the body. It prevents the mucus from entering the body.

Mucus is a barrier that prevents pathogens from entering the body. It prevents the mucus from entering the body. It prevents the mucus from entering the body.

The intestinal mucosa is a barrier that prevents pathogens from entering the body. It prevents the mucus from entering the body. It prevents the mucus from entering the body.

If there are any of the above conditions for a healthy gut, the body is in a state of health. It prevents the mucus from entering the body. It prevents the mucus from entering the body.

Leaky gut and its significance

A well functioning digestive system is important for the body. It prevents the mucus from entering the body. It prevents the mucus from entering the body.

If the intestinal permeability increases, large amounts of substances pass into the circulatory system. The increased amount of substances can be very dangerous for the body. It prevents the mucus from entering the body.

The immune system against these substances – on the intestinal immune is affected, which is the large intestine. Damage to the intestinal immune, which further increases the intestinal permeability, which makes it more permeable to substances. There are other immunological reactions of the immune system – like against harmful food components, which cause the body has to the “leaky gut” disease. But in food changes or food intolerance and many others will also give rise. People with a “leaky gut” are – in the long run – produce antibodies, which lead to the body even more permeable and further the body begins to – give up and that leads to the fact that a permeable immune system is not enough. Therefore, the fact that a permeable immune system is not enough is a problem. Multiple substances and substances in the body – this can only mean that a permeable immune system is not enough during some of these substances.

Underlying causes of increased intestinal permeability

One of all various intestinal diseases affect the permeability of the intestine. Diseases such as Crohn's and ulcerative colitis are linked to increased intestinal permeability. Other diseases and various types of intolerance such as lactose, fructose etc. also affect intestinal permeability. Diseases associated with – among them of course is food intolerance – also damage the intestinal immune and increase its permeability. Furthermore, infections, inflammation in the intestinal area, toxins, as well as various and diverse physical and mental stressors can affect the permeability of the intestinal immune due to the immune system for many.

Causes of increased intestinal permeability can be:

- In autoimmune diseases
- Celiac disease
- Food intolerance
- Intestinal permeability disease
- Low stomach acid
- Stress and physical stress
- Infections and various intestinal infections (bacteria, parasites, fungus and yeast)
- Alcohol
- Drugs
- Heavy metals
- Radiation stress

Milder intestinal inflammation

Mild intestinal inflammation can be a consequence of different diseases and is often seen in different parts of the intestine. What often happens is that the small intestine or the large part of the large intestine is affected, which leads to certain symptoms. Intolerance of food has a tendency to occur in the intestine, which can cause irritation.

In case of a lesion in the small intestine, it is good to select the correct and suitable foods that you are intolerant to. It is not recommended that should be developed to reduce the stress on the gut. This can be accomplished by eating smaller meals – made in the instead of large. Heavy meals are not recommended because they can sometimes interfere with proper gastrointestinal function.

- Food producing gas (like cabbage, beans, onions, peas, mushrooms, legumes)
- Fast sugar (like glucose and the similar)
- Foods high in fat (fried food, fatty – all kind of fatty substances)
- Foods high in sugar (Sweets, products containing sugar and other carbohydrates)
- Beverages: Alcohol, coffee, carbonated beverages, and drinks that contain a lot of salt

It can be hard to figure out the best way to manage your gut health. There are many different ways to do this. Different testing methods can also help you to figure out the best way to manage your gut health.

Being consistent with your diet is a key to a healthy gut. It is important to eat a variety of foods. If you change your diet, it can take a while for your gut to adjust.

Foods that are usually well tolerated:

- Fermented foods like yogurt, kefir, and sauerkraut
- Eggs - all the nutrients and healthy fats
- Cooked vegetables
- Probiotic-rich foods like kombucha
- Fruits
- Nuts and seeds

Nutritional deficiencies

There are many different ways to figure out if you have any nutritional deficiencies. It can be a good idea to get a blood test to see if you have any deficiencies of vitamins, minerals, and other nutrients.

MCT oil

MCT oil is a type of oil that is made from coconut oil. It is a good source of healthy fats and can be used in many different ways. It can be used to cook with, to make smoothies, or to add to your food. It can also be used to help with digestion and to improve your gut health.

Fiber-rich food

Fiber is a type of carbohydrate that the body cannot digest. It is found in many different foods, including fruits, vegetables, and whole grains. Fiber is important for your health because it helps to keep your digestive system working properly. It can also help to lower your risk of heart disease and other health problems.

- Fiber helps to keep your digestive system working properly. It helps to keep your bowels moving and prevents constipation. It also helps to keep your blood sugar levels stable and can help to lower your risk of heart disease.
- Fiber helps to keep your bowels moving. This helps to prevent constipation and can help to keep your blood sugar levels stable. It also helps to keep your cholesterol levels low and can help to lower your risk of heart disease.
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The general recommendation for fiber is to get 25-30 grams of fiber per day. For adults, this is the same for both men and women. For children, the recommendation is 14 grams of fiber per 1,000 calories.

Type of food	Food	Fibers in g/100 g
Legumes (uncooked)	Broad beans	16,4
	Brown beans	16,4
	Mung beans	16,0
	Soybeans	15,3
	White beans	15,8
Fruits	Pomegranate	10,0
	Passion fruit	15,9
	Raisins	9,7
	Dried apricots	12,0
	Dried figs	18,5
Vegetables	Avocado	4,8
	Brussels sprouts	4,5
	Artichoke	5,0
	Sun-dried tomatoes	12,7
	Wheat sprouts	14,0
Grains	Oatmeal	15,0
	Oat bran	18,0
	Hard bread (wholegrain)	24,0
	Wheat bran	37,5
	Wheat germ	30,5

Support your intestinal flora through the right diet and beverage

We have a large number of bacteria in our gut. They support our metabolism and intestinal immune by producing important metabolic products and other nutrients. Which substances the bacteria produce depends on the substrate in the intestine, i.e. food components that can not be broken down by the body. Based on these metabolic products they support either the acid or the basic environment in the intestine. For the acidifying bacteria the main group is *Lactobacillus*, the intestinal environment is slightly acidic. Some acidophilic bacteria are acid producers while some are acid consumers. Bacteria prefer an acidic environment.

Integrated food sources like consuming high protein and fatty foods are used by the acidophilic bacteria in the intestine. For the metabolic products produced by a bacterial population in the intestine, you can stress the acid or the alkaline environment and in turn the acidophilic bacteria in the large intestine. This can be done on the other hand, support an acidic intestine, which supports beneficial and probiotic bacteria, pathogenic and non-probiotic.

A well-balanced diet can largely balance the acidifying bacteria with certain and probiotic. The results of the acid protein should therefore be high in a balanced and moderate healthy diet.

Some ways to reduce fat and protein intake

- Use less of fat and vegetables
- Avoid excessive intake of high fat foods
- Use less oil and meat products
- Replace with low protein and whole grains
- Prepare the food mostly by the steaming, boiling or baking in the oven rather than broiling, grilling or frying
- Make sure the food source is good food

This report does not replace your medical consultation. Always consult your healthcare provider for any symptoms or concerns.

