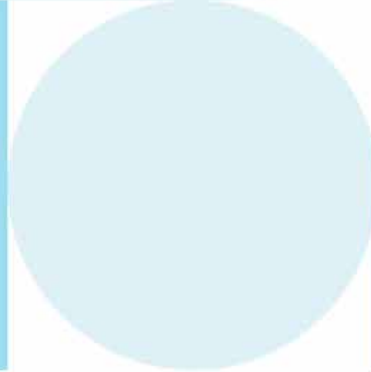
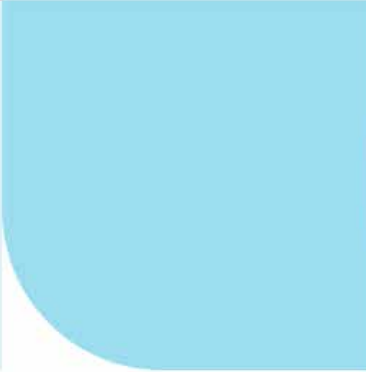
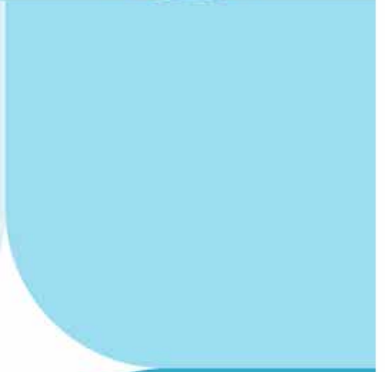
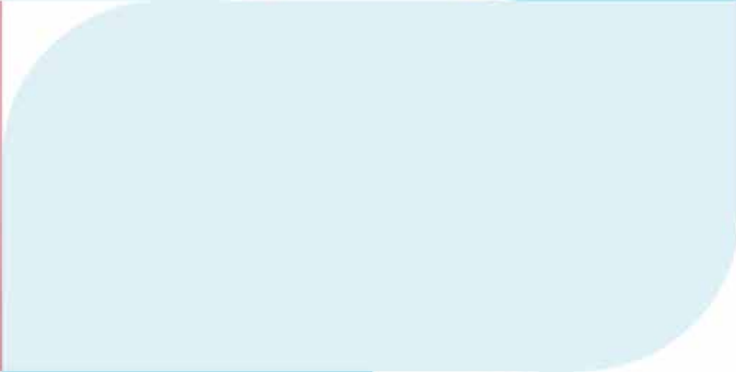




Test report



At-home test



Akkermansia Test

 Lab test

 Stool

Name: **Sample Report** Date of test: **02/15/2024** Analysis-ID: **DUMMY-64**

Akkermansia Test - Your results

Name	Your value	Unit	Reference value	Scale
Akkermansia muciniphila	 6,3 x 10 ⁸	KBE/g Stool	> 1,5 x 10 ¹⁰	
Faecalibacterium prausnitzii	 3,2 x 10 ¹⁰	KBE/g Stool	> 5,0 x 10 ¹⁰	

In-Depth

Akkermansia muciniphila

Name	Your value	Unit	Reference value	Scale
Akkermansia muciniphila	 6,3 x 10 ⁸	KBE/g Stool	> 1,5 x 10 ¹⁰	

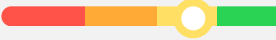
Akkermansia muciniphila is a strictly anaerobically growing, gram-negative bacterium that breaks down mucus (mucosa) but at the same time stimulates the mucus to produce more mucus and antimicrobially active molecules. High levels of Akkermansia indicate a thick mucus layer. Low levels often occur together with a reduced mucus production which allows pathogens, pollutants and allergens to penetrate the mucus membrane and cause inflammation.

By breaking down mucus, Akkermansia muciniphila provides essential nutrients for Faecalibacterium prausnitzii – the main producer of butyrate/butyric acid. Butyric acid plays a key role as an energy supplier for intestinal epithelial cells and protects the intestinal mucosa. Studies have shown that probiotics (specifically mucus) and polyphenols increase levels of Akkermansia muciniphila.

Features of Akkermansia:

- stabilization of the mucus barrier
- antiobesity effect by supporting fat mass reduction (BMP-1/2)

Faecalibacterium prausnitzii

Name	Your value	Unit	Reference value	Scale
Faecalibacterium prausnitzii	 3,2 x 10 ¹⁰	KBE/g Stool	> 5,0 x 10 ¹⁰	

Inflammatory diseases in the intestinal mucosa are often characterized by an increase in mucin-degrading bacteria in the stool (alpha-diversity and protease production). Another indicator of inflammatory mucosa irritation can be the absence of the anaerobic bacterium Faecalibacterium prausnitzii. Faecalibacterium prausnitzii appears to occur only in humans and is found in the mucosa.

Faecalibacterium prausnitzii produces butyrate/butyric acid and various substances that have an anti-inflammatory effect by blocking NF-κB activation and IL-6 production.

Butyric acid can protect against, among other things, bowel cancer. Low amounts of Faecalibacterium prausnitzii occur in Crohn's disease, in bowel cancer and in diseases that accompany inflammatory mucosal changes, for example diseases in the colon, appendix, celiac or IBS.

