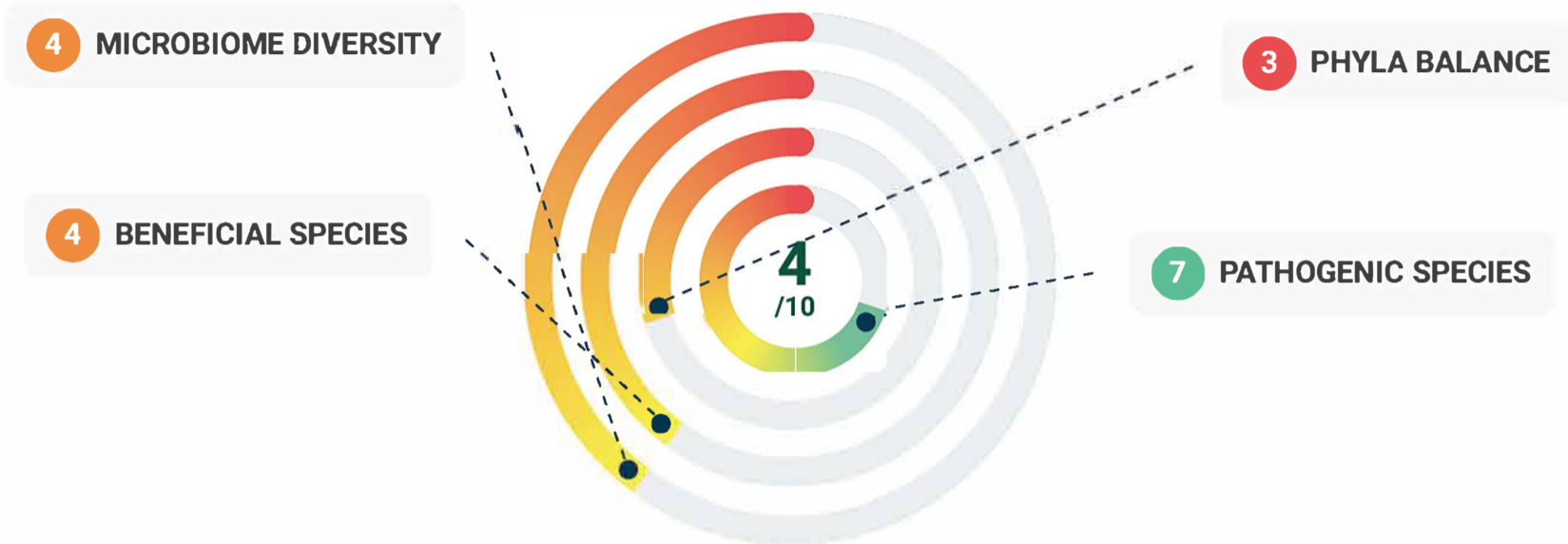




Gut Score™



BEHIND YOUR GUT SCORE™

Your Gut Score is based on four criteria: your Microbiome Diversity, your Phyla Balance, your Beneficial Species levels, and your Pathogenic Species levels. The sections below break down your scores for each of the criteria making up the Gut Score so you can better see where the imbalances lie. However, the four criteria considered for the Gut Score aren't all equal! Your overall Phyla Balance, for instance, is a far more important piece of the equation and overall health of your microbiome than your Beneficial Species.



MICROBIOME DIVERSITY 4/10 Okay

Diversity describes how many different kinds of bacteria and fungi are in your microbiome. Research suggests more microbiome diversity is associated with better health.

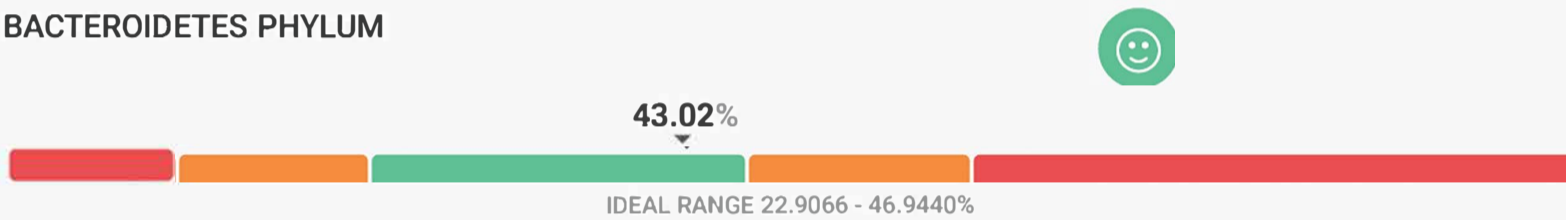


PHYLA BALANCE
3/10 Poor

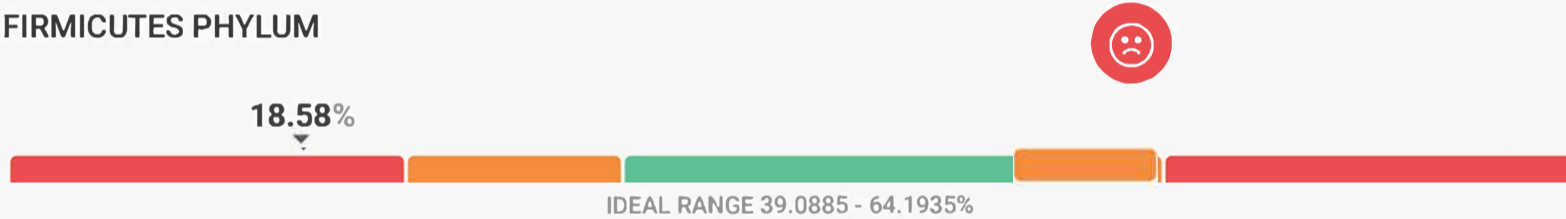
A **phylum** is a grouping of similar species, and those species can be beneficial (good), pathogenic (bad), or neutral (see Beneficial Species, Pathogenic Species, and Additional Species for more detail). Based on the research, a healthy microbiome is associated with the presence of a few major phyla balanced together, like Bacteroidetes, Firmicutes, and Proteobacteria, where Proteobacteria makes up a small amount, and Bacteroidetes and Firmicutes compose the majority. Ascomycota is the dominant fungal phylum. A higher score for Phyla Balance indicates that your microbiome is closer to an ideal phyla composition.

Microorganisms

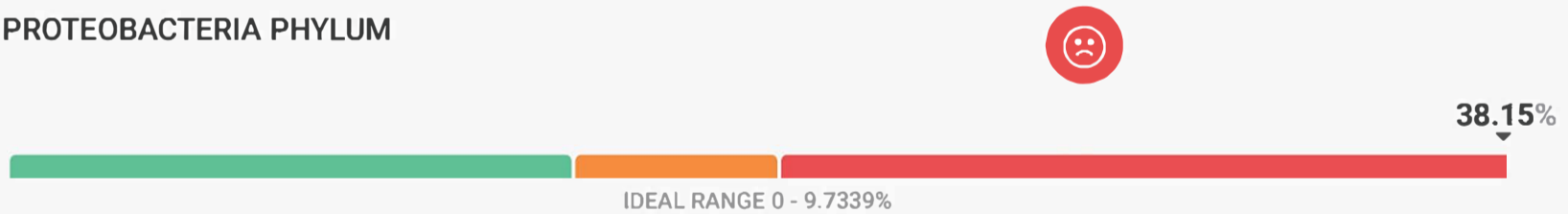
BACTEROIDETES PHYLUM



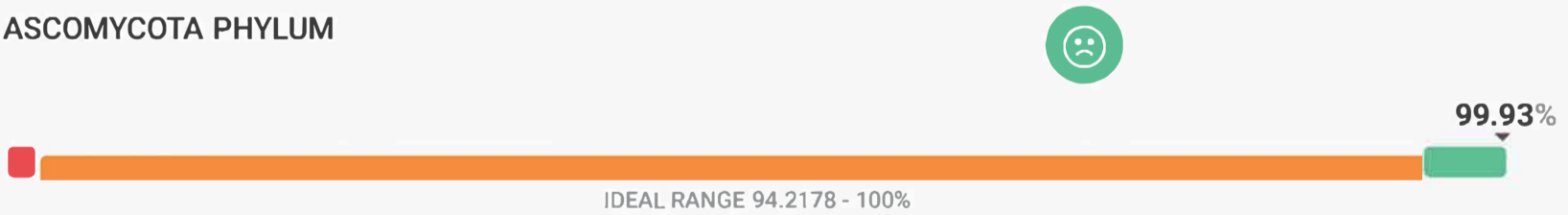
FIRMICUTES PHYLUM



PROTEOBACTERIA PHYLUM



ASCOMYCOTA PHYLUM





BENEFICIAL SPECIES
4/10 Okay

The Good Guys

Beneficial species are those microbes that provide specific benefit to the host, aka, YOU! There are many, but the most prominent ones of the human microbiome include the five bacterial and two fungal species shown below.

Microorganisms

Bifidobacterium spp.



0.00327%



Prevotella spp.



0.00491%



Faecalibacterium prausnitzii



0.6794%



Lactobacillus spp.



0%



Roseburia spp.



0.2177%



Akkermansia muciniphila



0%



Pichia spp.



0.00507%



Saccharomyces spp.



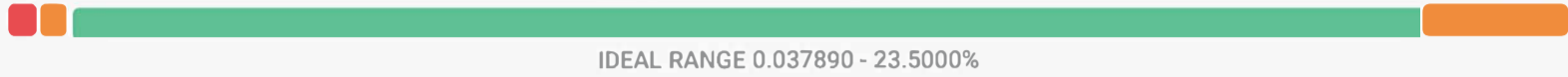
0.00507%



Saccharomyces cerevisiae



0.00507%





PATHOGENIC SPECIES
7/10 Good

The Bad Guys

Pathogenic species are particular microbes that, especially when out of balance with the rest of the microbiome, can cause disease, inflammation, and damage to the host (YOU). There are many potential pathogens, but a healthy microbiome is able to keep these in check. The five prominent pathogens we look out for are the two bacterial and three fungal species shown below.

Microorganisms

Clostridium difficile



0%



IDEAL RANGE 0 - 0.000009%

Escherichia coli



1.72%

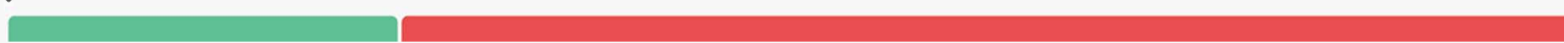


IDEAL RANGE 0 - 0%

Helicobacter pylori



0%



IDEAL RANGE 0 - 0%

Citrobacter freundii



0.00084%



IDEAL RANGE 0 - 0%

Candida spp.



0.0355%



IDEAL RANGE 0 - 0.339700%

Candida albicans



0.0101%



IDEAL RANGE 0 - 0.086990%

Candida tropicalis



0%



IDEAL RANGE 0 - 0.005000%



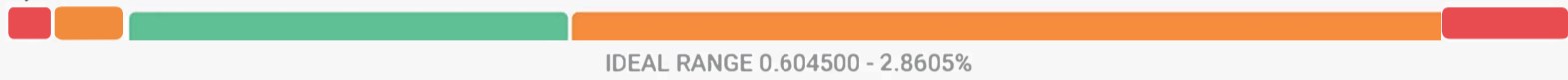
ADDITIONAL SPECIES

Our testing can detect up to a thousand different bacterial and fungal species in a person's microbiome. We have isolated a subset of yours here. These represent the ones of medical significance that can impact your well being and are used to determine your gut profile score.

Microorganisms

ACTINOBACTERIA PHYLUM

0.0917%



IDEAL RANGE 0.604500 - 2.8605%

Collinsella aerofaciens

0.00164%



IDEAL RANGE 0 - 4.3000%

Bacteroides spp.

0%



IDEAL RANGE 10.8050 - 33.3333%

Barnesiella spp.

0%



IDEAL RANGE 0 - 0.099900%

Odoribacter spp.

0%



IDEAL RANGE 0 - 0.399900%

Anaerotruncus Spp.

0.0196%



IDEAL RANGE 0 - 0.100000%

Citrobacter spp.





Clostridium spp.



0.6368%



Coprococcus catus



0%



Coprococcus eutactus



0%



Ruminococcus spp.



2.78%



Ruminococcus albus



0%



Streptococcus agalactiae



0%



Veillonella spp.



0.00655%



FUSOBACTERIA PHYLUM



0.00164%

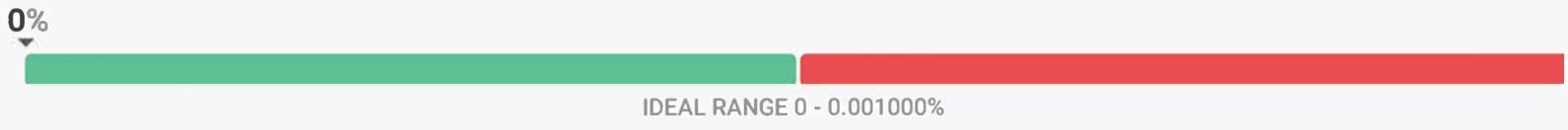


Fusobacterium spp.





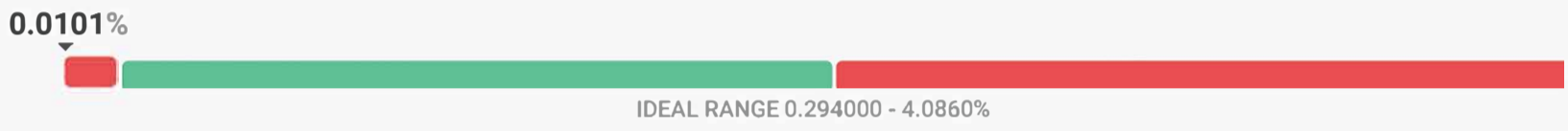
Oxalobacter formigenes



VERRUCOMICROBIA PHYLUM



BASIDIOMYCOTA PHYLUM



ZYGOMYCOTA PHYLUM

