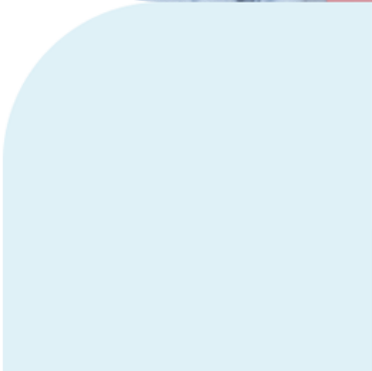
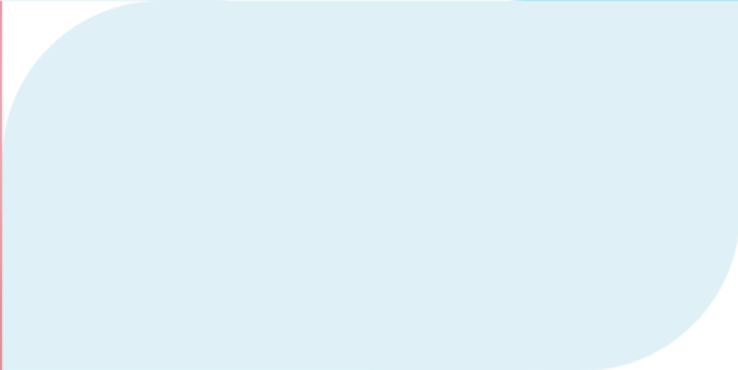




Test report



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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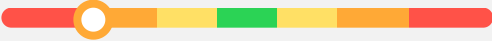



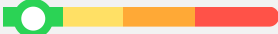



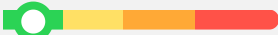



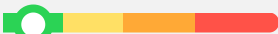



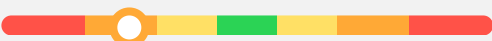
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Your test results


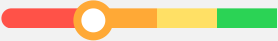






How to interpret your results

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.


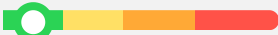




Determination of aerobic bacteria

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


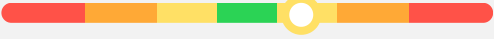
Determination of anaerobic bacteria

Name	Your value	Unit	Reference value	Scale
Bifidobacterium spp	 $2,0 \times 10^7$	CFU/g faeces	$10^9 - 10^{11}$	
Bacteroides spp	 $2,0 \times 10^9$	CFU/g faeces	$10^9 - 10^{11}$	
Lactobacillus spp	 $3,0 \times 10^5$	CFU/g faeces	$10^5 - 10^7$	
Clostridium spp	 $< 1,0 \times 10^5$	CFU/g faeces	$< 1,0 \times 10^5$	









Mycological stool examination

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





pH value

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


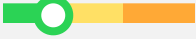


Digestive residues

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	


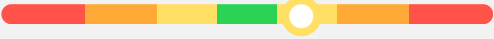
Detection of indigestion

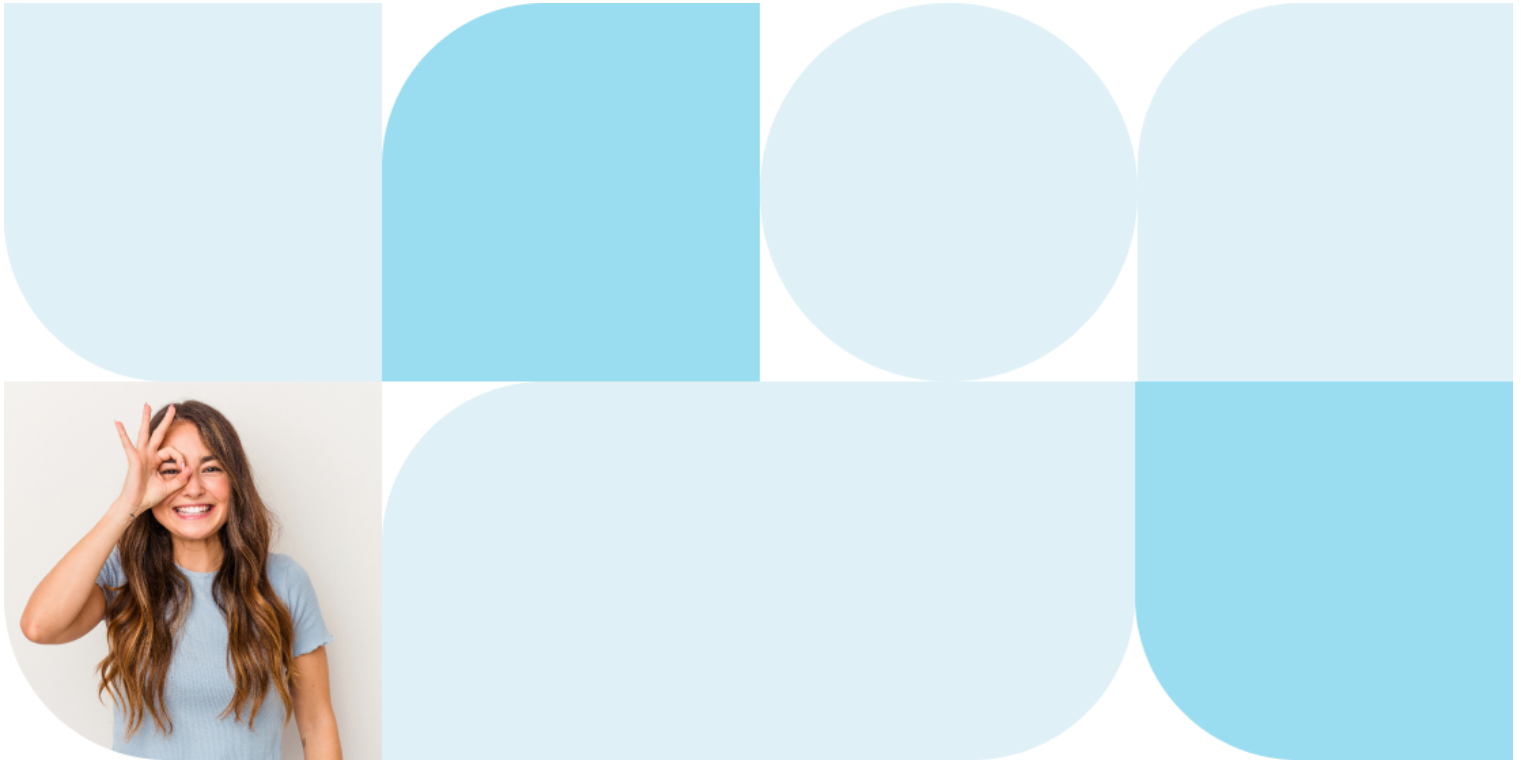
Name	Your value	Unit	Reference value	Scale
Pancreatic elastase	 352.10	µg/g	> 200	
Bile acids in stool	 130.00	µmol/l	< 70	

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	




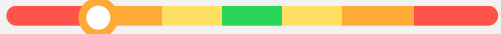
Extended Information

Explanation of your test results

The **microbiome** are made up of bacteria and other microorganisms that are normally present in the **intestine**. The **intestine** are the **large intestine** (colon) and **small intestine**. It includes the **immune system**, **probiotics**, **digestion** and **absorption** of nutrients. **Probiotics** are the **beneficial** bacteria that are found in the **intestine**. **Probiotics** are found in **fermented** foods and **supplements**. **Probiotics** are found in **fermented** foods and **supplements**. **Probiotics** are found in **fermented** foods and **supplements**.

Determination of aerobic bacteria

Escherichia coli



Name	Your value	Unit	Reference value	Scale
Escherichia coli	 2,0 x 10 ⁴	CFU/g faeces	10 ⁶ - 10 ⁷	

Escherichia coli belongs to the **Gram-negative** bacteria. **Escherichia coli** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**.

Escherichia coli is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**.

Escherichia coli is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**.



Escherichia coli Biovare

Name	Your value	Unit	Reference value	Scale
Escherichia coli Biovare	 < 1,0 x 10 ⁴	CFU/g faeces	< 1,0 x 10 ⁴	

Escherichia coli Biovare is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli Biovare** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli Biovare** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**.


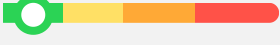
Escherichia coli Biovare is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli Biovare** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Escherichia coli Biovare** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**.

Proteus spp

Name	Your value	Unit	Reference value	Scale
Proteus spp	 < 1,0 x 10 ⁴	CFU/g faeces	< 1,0 x 10 ⁴	


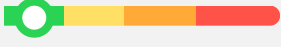
Proteus spp is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Proteus spp** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**. **Proteus spp** is a **rod-shaped** bacterium that lives in the **intestine** and **environment**.

Klebsiella spp

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


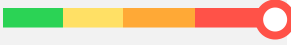
High levels of Klebsiella spp indicate a concentration of the species. Elevated levels are found in the faeces and stool of people with various conditions, including gastrointestinal disorders. Elevated levels of Klebsiella spp are common after prolonged use of antibiotics.

Pseudomonas spp

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

Elevated levels of Pseudomonas spp indicate a concentration of the species. Elevated levels are found in the faeces and stool of people with various conditions.

Enterobacter spp


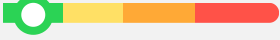
Name	Your value	Unit	Reference value	Scale
Enterobacter spp	 $2,0 \times 10^7$	CFU/g faeces	$< 1,0 \times 10^4$	

Enterobacter spp are found in the gastrointestinal tract. Pseudomonas spp are found in the faeces and stool of people with various conditions. High levels of the genus and species are often found in the faeces and stool of people with various conditions, including gastrointestinal disorders. Pseudomonas spp are found in the faeces and stool of people with various conditions, including gastrointestinal disorders. High levels of the genus and species are often found in the faeces and stool of people with various conditions, including gastrointestinal disorders.

Enterobacter spp are common bacteria in the gut and are often found in the faeces and stool of people with various conditions. High levels of the genus and species are often found in the faeces and stool of people with various conditions, including gastrointestinal disorders. Enterobacter spp are found in the faeces and stool of people with various conditions, including gastrointestinal disorders.

If the faeces are contaminated by a high concentration of pseudomonas bacteria, it may be a sign of a condition. The presence of the species in the faeces and stool is often found in the faeces and stool of people with various conditions, including gastrointestinal disorders. High levels of the genus and species are often found in the faeces and stool of people with various conditions, including gastrointestinal disorders.

Serratia spp

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


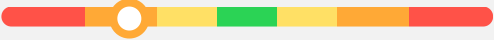
Normal appearance for levels of infections. Normal levels also often occur in people with diarrhea.

Hafnia spp

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

Normal levels of Hafnia species are often in people with diarrhea and/or acute stress. These are people with increased discomfort.

Enterococcus spp


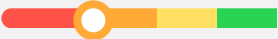
Name	Your value	Unit	Reference value	Scale
Enterococcus spp	 $6,0 \times 10^4$	CFU/g faeces	$10^6 - 10^7$	

Enterococcus predominantly inhabits aquatic and soil environments. They are not found in normal colonisation of the small intestine. Infections by small intestine infections.

Low levels promote the colonisation of enterococci infections by the using antibiotic therapy.

Determination of anaerobic bacteria

Bifidobacterium spp



Name	Your value	Unit	Reference value	Scale
Bifidobacterium spp	 $2,0 \times 10^7$	CFU/g faeces	$10^9 - 10^{11}$	

Bifidobacteria are beneficial among other things to prevent against potentially pathogenic microbes. In the presence of disturbance they will not be detected. Bifidobacteria are not found in normal colonisation of the small intestine. Infections by small intestine infections. The production of bifidobacteria is inhibited, which leads to a decrease in the number of bifidobacteria and thus to the growth and spread of pathogenic bacteria.

Healthy bifidobacteria are beneficial to the colonisation of the small intestine. Bifidobacteria are not found in normal colonisation of the small intestine. Infections by small intestine infections. The production of bifidobacteria is inhibited, which leads to a decrease in the number of bifidobacteria and thus to the growth and spread of pathogenic bacteria.

Low levels of bifidobacteria are often found in people with diarrhea. In people with acute stress, Bifidobacteria are not found in normal colonisation of the small intestine. Bifidobacteria are not found in normal colonisation of the small intestine.

Bacteroides spp



Name	Your value	Unit	Reference value	Scale
Bacteroides spp	 2,0 x 10 ⁹	CFU/g faeces	10 ⁹ - 10 ¹¹	

Bacteroides species belong to the genus Bacteroides. They are anaerobic, gram-negative, rod-shaped bacteria. They are found in the human gut and are considered normal flora.

As with all bacteria, most Bacteroides are harmless. However, some species can cause infections in the gut. B. fragilis is the most common Bacteroides species found in the human gut. These bacteria are the most common cause of gut infections, such as diverticulitis.


The low levels of Bacteroides species in the human gut are due to the presence of other bacteria and the presence of other species. The low levels are also due to the production of other species, such as B. fragilis. The low levels are also due to the presence of other species, such as B. fragilis.

Lactobacillus spp

Name	Your value	Unit	Reference value	Scale
Lactobacillus spp	 3,0 x 10 ⁵	CFU/g faeces	10 ⁵ - 10 ⁷	

Lactobacillus is a bacterial species that lives in the small intestine of the human gut. It is a gram-positive, rod-shaped bacterium. It is found in the human gut and is considered normal flora. It is also found in the human gut and is considered normal flora.

Clostridium spp

Name	Your value	Unit	Reference value	Scale
Clostridium spp	 < 1,0 x 10 ⁵	CFU/g faeces	< 1,0 x 10 ⁵	

Clostridium species are anaerobic, gram-positive, rod-shaped bacteria. They are found in the human gut and are considered normal flora. They are also found in the human gut and are considered normal flora.

Mycological stool examination

The mycological examination is used to detect any overgrowth of yeast and fungi. A possible fungal overgrowth is a result of unfavorable conditions in the intestine, which can be a sign for various malfunctions of the immune system.

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 naturally part of the commensal flora. They can become pathogenic in people with weakened immune systems and also 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 facultative pathogens, which means they can cause disease. However, they are not considered to be a major cause of disease. Candida albicans causes up to 80% of all fungal infections.

Often the cause of infection with human fungus infections are often associated with yeast. The most common of infections, candida albicans, are not harmful or become harmful in weakened people.


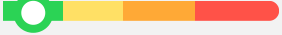
If the immune system is weakened by an increased amount of pathogenic bacteria, stress, or a change in pH value in the intestine, they can multiply with ease in the gut. This promotes the overgrowth of the organism and causes an overgrowth of pathogenic bacteria. Various metabolic byproducts are produced, which can cause the damage in the intestine and other vital organs such as the liver and kidneys.

Yeast

Name	Your value	Reference value
Yeast	Negative	Negative

Yeast is a type of fungus that naturally occurs in the digestive system. An overgrowth of yeast is a sign of a weakened immune system. Fungal overgrowth can lead to various symptoms.


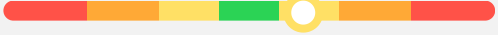
Geotrichum candidum

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 found in soil, water, and other environments. It is a common member of the normal flora of the human gut. The presence of Geotrichum candidum in the stool is not necessarily indicative of a health problem.

Geotrichum candidum is a fungus that can be found in soil, water, and other environments. It is a common member of the normal flora of the human gut. The presence of Geotrichum candidum in the stool is not necessarily indicative of a health problem.

The properties of the stool - pH-value


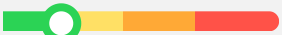
Name	Your value	Unit	Reference value	Scale
pH	 6.70		5,8 - 6,5	

The pH value of the stool is a measure of the acidity or alkalinity of the stool. A normal pH value is between 5.5 and 7.5. A pH value of 6.70 is within the normal range. The pH value of the stool can be affected by the diet, the use of antibiotics, and other factors.

The pH value of the stool is a measure of the acidity or alkalinity of the stool. A normal pH value is between 5.5 and 7.5. A pH value of 6.70 is within the normal range. The pH value of the stool can be affected by the diet, the use of antibiotics, and other factors.



Digestive residues

Quantitative determination of fat

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


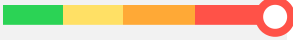
The quantitative determination of fat in the stool is a measure of the amount of fat that is not absorbed in the small intestine. A normal value is less than 3.5 g/100g. A value of 3.40 g/100g is within the normal range.

Quantitative determination of nitrogen

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



The quantitative determination of nitrogen in the stool is a measure of the amount of nitrogen that is not absorbed in the small intestine.

Quantitative determination of sugar

Name	Your value	Unit	Reference value	Scale
Quantitative determination of sugar	 4.10	g/100g	< 2,5	

Normal levels often decrease following colonoscopy. Common causes for high findings are dietary changes, medications, infections, inflammation due to the colonoscopy procedure and stress with altered bowel function.


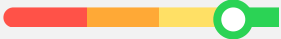
Quantitative determination of water

Name	Your value	Unit	Reference value	Scale
Quantitative determination of water	 80.10	g/100g	75 - 85	

Low levels indicate a reduced passage through the intestine. Normal levels indicate an increased passage in the large intestine.


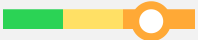
Detection of indigestion

Pancreatic elastase

Name	Your value	Unit	Reference value	Scale
Pancreatic elastase	 352.10	µg/g	> 200	

Decreased levels are present when the function of the pancreas and biliary duct system is impaired. This can be caused by acute and chronic pancreatitis, pancreatic cancer, biliary obstruction, and other conditions. The test result also correlates with increased pancreatic function, gallstones, acute and chronic pancreatitis.

Bile acids in stool


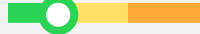
Name	Your value	Unit	Reference value	Scale
Bile acids in stool	 130.00	µmol/l	< 70	

Bile acids are responsible for emulsifying other things. The absorption of cholesterol, vitamins of fat-soluble vitamins is decreased in decreased bile acid levels. Normally, approximately 95% of the bile acids are reabsorbed in the small intestine. A possible cause for an increased level in the stool is a malabsorption of bile acids in the small intestine or a decreased absorption of bile acids in the large intestine. A reduced absorption in the small intestine is associated with an increased intestinal permeability and increased gas production leading to flatulence.

Normal levels indicate impaired ability of breaking down fat in the food.

Detection of malabsorption

Calprotectin


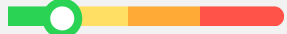
Name	Your value	Unit	Reference value	Scale
Calprotectin	 42.15	mg/l	< 50	

Calprotectin is a marker for inflammation in the gastrointestinal tract. Elevated levels may be due to various drugs, bacteria, food allergies, intestinal infections, trauma, or conditions like Crohn's disease and ulcerative colitis. Levels of calprotectin levels are elevated in Crohn's disease.

The elevation of levels in the stool is directly correlated with the severity of inflammation. In Crohn's disease, the highest levels are found in the rectum, while in ulcerative colitis, the highest levels are found in the sigmoid colon. The elevation of levels in the stool is directly correlated with the severity of inflammation. In Crohn's disease, the highest levels are found in the rectum, while in ulcerative colitis, the highest levels are found in the sigmoid colon.

Regardless of the cause of the elevated levels, the elevation of levels in the stool is directly correlated with the severity of inflammation. In Crohn's disease, the highest levels are found in the rectum, while in ulcerative colitis, the highest levels are found in the sigmoid colon. The elevation of levels in the stool is directly correlated with the severity of inflammation. In Crohn's disease, the highest levels are found in the rectum, while in ulcerative colitis, the highest levels are found in the sigmoid colon.

Alfa-1 antitrypsin


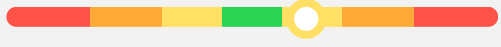
Name	Your value	Unit	Reference value	Scale
Alfa-1 antitrypsin	 24.79	mg/dl	< 27,5	

Alfa-1 antitrypsin is a protein that is produced by the liver and is used by the body to fight off infections.

Elevated levels of alfa-1 antitrypsin in the blood are a marker of liver disease. The elevation of levels in the blood is directly correlated with the severity of liver disease. In Crohn's disease, the highest levels are found in the rectum, while in ulcerative colitis, the highest levels are found in the sigmoid colon.

Regardless of the cause of the elevated levels, the elevation of levels in the blood is directly correlated with the severity of liver disease. In Crohn's disease, the highest levels are found in the rectum, while in ulcerative colitis, the highest levels are found in the sigmoid colon. The elevation of levels in the blood is directly correlated with the severity of liver disease. In Crohn's disease, the highest levels are found in the rectum, while in ulcerative colitis, the highest levels are found in the sigmoid colon.

Mucosal immunity

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

Secretory IgA antibodies target and prevent pathogens from attaching to the surface receptors in the intestinal mucosa. Secretory IgA that binds to bacteria and pathogens in the gut can neutralize them and suppresses their ability to adhere to host-generated antigens.

Low levels of secretory IgA may be associated with an increased risk of respiratory infections, as well as large intestine dysfunction, which leads to a chronic susceptibility to infections. This means that low levels are associated with disease states such as Crohn's disease, increased susceptibility to infections, autoimmune diseases, and conditions of large intestine in the gut. Low levels of secretory IgA may also be associated with other conditions.

High levels may indicate an increased activity of defense systems in the intestinal mucosa, which may be due to chronic inflammation or infections.

Low levels, supplements of probiotics are recommended.

How can you use the results

Use the information provided throughout the report by Functional Medicine in the report to address your personal health and other concerns that improve health. Your health is important, so understand the information the program described below. The program usually takes between 1-6 months to complete.

1. Remove

Remove anything that is causing harm or stress that may interfere with your optimal health and overall health. Examples of common stressors include: stress, bacteria, parasites, and other factors that affect your health. If you suspect that you have a problem, you should consult with your doctor to get a proper diagnosis.

2. Replace

Support the digestive system with suitable digestive support. For example, take a probiotic with your digestive system to help with digestion, increase food intake, and improve overall health.

3. Reintroduce

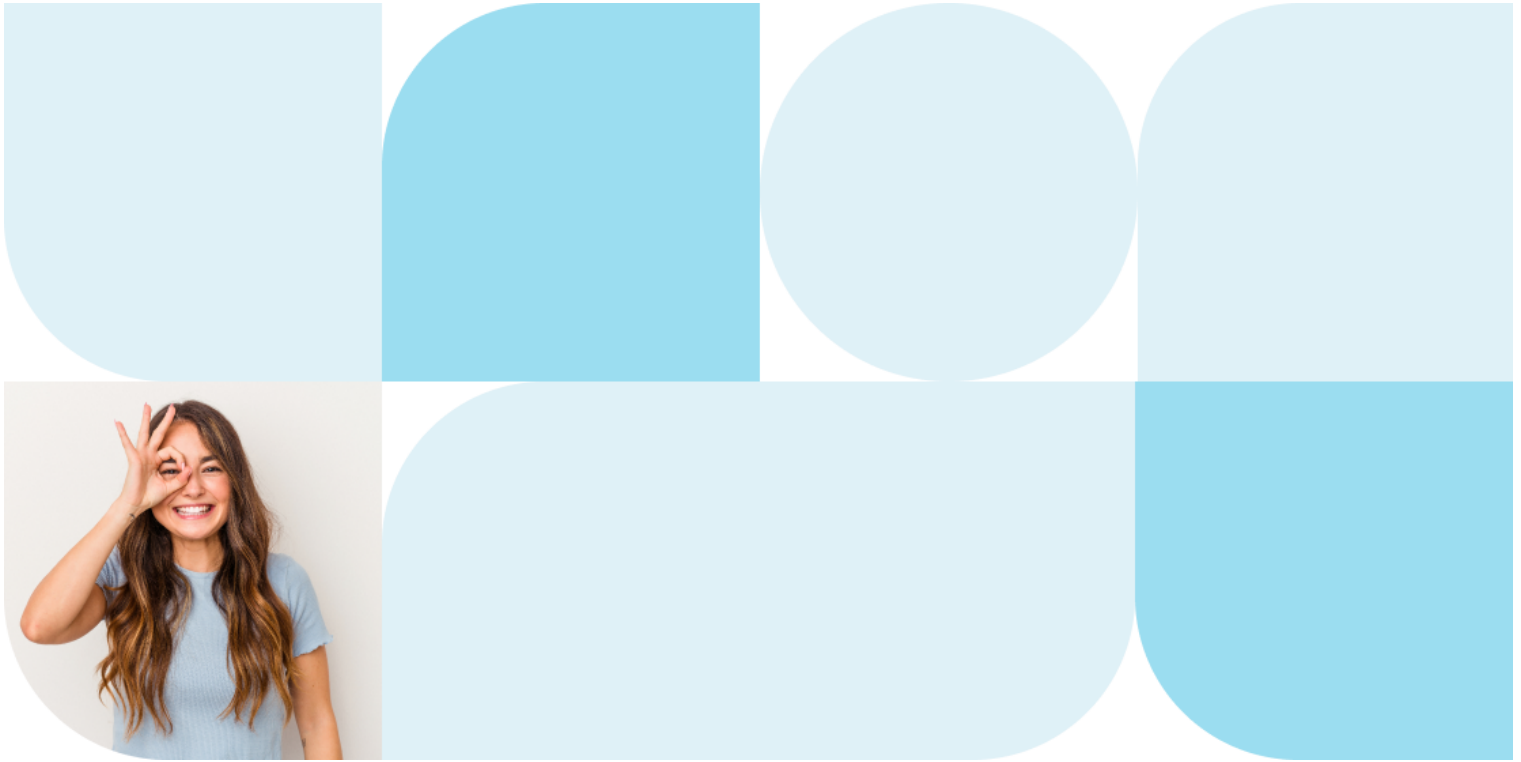
Reintroduce the immune system with stress. Use probiotics to help with digestion. These probiotics are designed to help the immune system and overall health.

4. Repair

Support the immune system. Examples of substances to support the immune system include: vitamins, minerals, and other factors that help with digestion. Use probiotics to help with digestion.

5. Rebalance - Remedy the lifestyle

Rebalance the immune system. Use probiotics to help with digestion.



Other information

Leaky gut

The integrity of your intestine is the health of the body. In addition to absorbing nutrients, it also acts as a barrier to our environment. The intestinal mucosa contains proteins that act as barriers to the body and are essential.

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

- A rich and diverse population of intestinal microorganisms
- Adequate production of substances that support the intestinal mucosa
- Adequate levels of various nutrients
- An undamaged intestinal epithelial surface

The intestinal mucosa is a complex system. The intestinal mucosa is a barrier to the body and is essential for the body's health. It is composed of various cells and proteins that act as barriers to the body and are essential.

The mucosa produced by the intestinal mucosa is essential for the integrity of the body and the intestine. It prevents the mucosa from being damaged by various factors that lead to increasing intestinal permeability.

In addition, a high level of diversity in the intestine with the mucosa is essential for the absorption of nutrients and the prevention of various diseases. In the case of a leaky gut, the mucosa is damaged and the barrier to the body is compromised, leading to various health problems.

High diversity in the intestine is essential for the body's health and the prevention of various diseases. It is essential for the body's health and the prevention of various diseases.

The intestinal mucosa is a complex system that acts as a barrier to the body and is essential for the body's health. It is composed of various cells and proteins that act as barriers to the body and are essential. The intestinal mucosa is a barrier to the body and is essential for the body's health. It is composed of various cells and proteins that act as barriers to the body and are essential.

It is essential for the body's health and the prevention of various diseases. It is essential for the body's health and the prevention of various diseases. It is essential for the body's health and the prevention of various diseases.

Leaky gut and its significance

A well-functioning intestine is essential for the body's health and the prevention of various diseases. It is essential for the body's health and the prevention of various diseases. It is essential for the body's health and the prevention of various diseases.

If the intestinal permeability increases, large amounts of substances pass into the circulatory system. The increased amount of substances can lead to various health problems and diseases.

The immune system against these substances - on the immune system is affected, which in the long run leads to...
...in addition, there are other immunological processes of the immune system - glomerular function...
...which prevents the body from the "leaky gut" - however, both in food changes or food intolerances and many others...
...allergic and also "leaky gut" - in the long run - antibodies - antibodies, which lead to the body's own...
...even self-inflicted antibodies, which leads to - glomerular and - thus, explain the immune system's permeability...
...immune system's permeability - however, the body's own immune system is affected by, among other things, such as...
...multiple autoimmune diseases. The immune system's permeability is a permeability, which can be a result during...
...some of these autoimmune diseases.

Underlying causes of increased intestinal permeability

One of all various immune diseases affect the permeability of the immune system, which can be a result of...
...with increased intestinal permeability, which leads to various types of intolerance and...
...diseases, as well as other immune diseases. However, permeability - among other things, is...
...the body's own immune system and immune permeability. Furthermore, allergies, antibodies in the immune...
...system, as well as various autoimmune diseases affect the permeability of the immune system...
...from the immune system to the immune system.

Causes of increased intestinal permeability are:

- In autoimmune diseases
- Food intolerance
- Food intolerance
- Intestinal permeability
- Low stomach acid
- Microbial dysbiosis
- Allergies and various immune diseases (leaky gut, parasites, immune system)
- Stress
- Drugs
- Heavy metals
- Toxins

Milder intestinal inflammation

Mild intestinal inflammation can be a consequence of different diseases and can occur in different parts of the...
...intestine. What often happens is that the small intestine (the upper part of the large intestine) is affected, which leads...
...to various symptoms, including food intolerance, which is often in the intestine, which can be a result of...

In case of a leaky gut in the small intestine, it is good to identify various underlying factors that you are...
...a well-balanced diet should be followed to reduce the stress on the gut. However, this can be achieved by eating...
...foods, such as the intake of large, heavy meals, as well as eating various foods that are sometimes...
...with proper gut health.

- Food processing capabilities (leaky gut, stress, parasites, autoimmune diseases)
- Food intake (high protein, low fiber)
- Food intake (high protein, low fiber)
- Food intake (high protein, low fiber)
- Beverage intake (coffee, alcohol, sugar, and other substances)

It is important to note that the results of this test are based on a single stool sample. Different testing methods can produce different results, and the results of this test may vary from other tests.

Being vegetarian provides a diet rich in fiber, which is beneficial for gut health. If you are vegetarian, the results of this test are likely to be more favorable.

Foods that are usually well tolerated:

- Apples, bananas, berries, milk and yogurt
- Eggs, all lean meats and poultry
- Cooked vegetables
- Fermented dairy products
- Fruits
- Rice, pasta

Nutritional deficiencies

Deficiencies in the microbiome lead to impaired nutrient uptake. If you have any digestive issues, it is likely a good idea to get tested for any deficiencies of vitamins B12, iron, magnesium, etc.

MCT oil

MCT oil is composed of medium-chain triglycerides, which are used to describe all the different types of fats. MCT oil is a healthy and beneficial source of energy. The medium-chain fatty acids are absorbed independently of bile acids and digestive enzymes, making them a good choice for those who have difficulty digesting fats.

Fiber-rich food

Fiber is a carbohydrate that the body cannot digest. It is found in many fruits, vegetables, and grains. Fiber is important for gut health, as it helps to regulate the digestive system and can help to prevent constipation. It also helps to lower cholesterol and blood sugar levels.

- Fiber helps to regulate the digestive system by adding bulk to the stool, which helps to move it through the intestines. It also helps to regulate the pH of the gut, which is important for the growth of beneficial bacteria.
- Fiber helps to lower cholesterol levels. The gut bacteria that break down fiber produce short-chain fatty acids, which have been shown to lower cholesterol levels.
- Fiber helps to lower blood sugar levels. The gut bacteria that break down fiber produce short-chain fatty acids, which have been shown to improve insulin sensitivity and lower blood sugar levels.
- Fiber helps to regulate the growth of gut bacteria. The gut bacteria that break down fiber produce short-chain fatty acids, which have been shown to regulate the growth of gut bacteria.
- Fiber helps to regulate the growth of gut bacteria. The gut bacteria that break down fiber produce short-chain fatty acids, which have been shown to regulate the growth of gut bacteria.

The general diet recommendations for this test are to eat a diet rich in fiber, fruits, and vegetables. It is also important to stay hydrated and to exercise regularly.

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

The human large intestine is home to a vast community of bacteria. This support an environment and intestinal health by producing important metabolic products and other nutrients. Most substances that bacteria produce depend on the substrate in the intestine, as food components that can serve as fuel for the bacteria. Based on their metabolic products, the bacteria can be divided into several groups in the gut: commensals in the intestine, as if the substrate (bacteria) themselves group is a bacteria, the intestinal environment is slightly acidic, commensals are those that are able to survive in this environment.

High-protein foods and other consuming high protein and fatty foods are used by the commensal bacteria in the intestine, as the metabolic products produced by a bacteria (pathogenic commensal) are not those that are used for energy and growth, but for energy and growth in the large intestine. This is not done, as the other food supports the intestine, as which supports growth and energy and growth in the large intestine.

It is not recommended to eat large amounts of the substrate (bacteria) with commensal gut, as the results of the acid present should therefore be kept in a balanced and moderate healthy diet.

Some ways to reduce fat and protein intake

- Eat less of high-fat and high-protein foods
- Avoid excessive intake of high-fat foods
- Eat less of all red meat and poultry
- Replace with low-protein and whole grains
- Prepare the food yourself by, for example, steaming or boiling in the water rather than broiling, grilling or frying
- Drink more water and eat more green leafy

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

