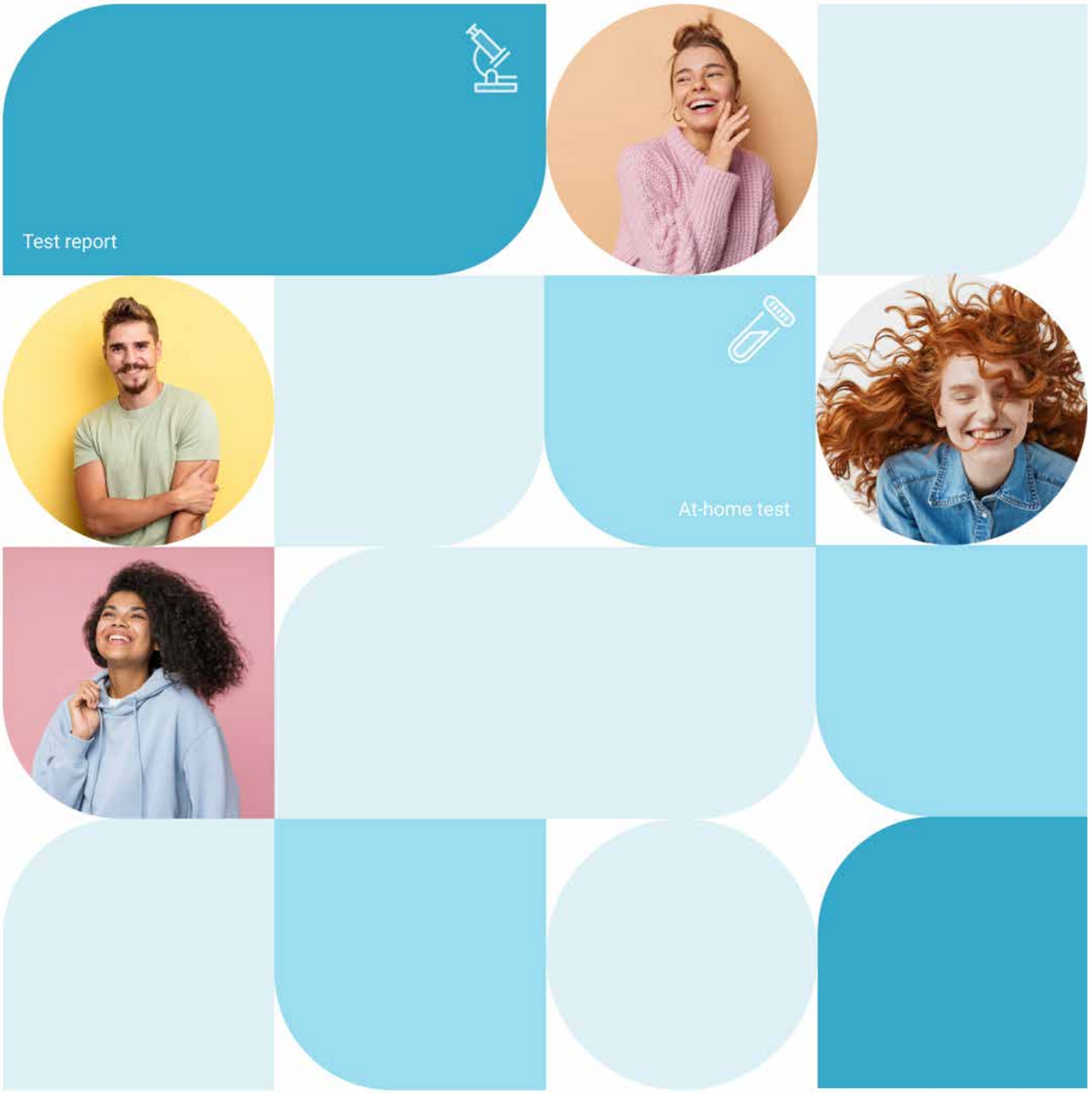

Leaky Gut Test

Lab test Stool

Name: **Sample Report** Date of test: **02/21/2024** Analysis-ID: **DUMMY-58**

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Your test results

Leaky gut

Name	Your value	Reference value	Scale
Zonulin	70.48 ng/ml	<55 ng/ml	70.48

Zonulin is a protein that modulates the permeability of the tight junctions in the intestinal mucosa. This is so that nutrients and other molecules can pass. In the case of increased intestinal permeability (so-called "leaky gut"), these tight junctions are more open than usual and larger protein molecules that are not normally allowed to pass through can pass.

Elevated levels are associated with increased intestinal permeability and low levels indicate a tight and stable intestinal mucosa. Increased intestinal permeability may cause inflammatory mucosal reactions and sensitization. Increased values are often measured in patients with celiac disease, type 1 diabetes and many other autoimmune diseases.

In case of elevated zonulin values the following is recommended:

A) Supplementing with broad-spectrum probiotics that support the intestinal flora and directly affect the stabilization of tight junctions.

B) Supplementing with lecithin/phosphatidylcholine that support the intestinal mucosa.

C) Supplementing with humic acids that cover the mucosa as a film that passively reduces the permeability of the intestinal mucosa. In addition, humic acids promote mucus production and neutralize toxins.

Leaky gut and its significance

Underlying causes of increased intestinal permeability

Causes of increased intestinal permeability can be:

How can you use the results

5R is a treatment protocol developed by the Institute for Functional Medicine in the United States to restore gastrointestinal health and other problems that originate there from. If you have any imbalances, we recommend that you follow the program as described below. The program usually takes between 3-6 months to complete.

1. Remove

Find and exclude any microbes, foods or toxins that may interfere with normal intestinal function and exclude them. Examples of antimicrobial herbs are Allicin/garlic extract, berberine, caprylic acid, grape seed extract, olive leaf extract and oil of oregano. If you suspect food intolerances or a toxin load, we offer food intolerance testing and heavy metals tests.

2. Replace

Support the digestive system with suitable digestive support. For example, betaine HCl with pepsin, digestive enzymes or herbs such as cardamom, cinnamon, fennel, gentian, ginger and turmeric.

3. Reinoculate

Balance the intestinal flora with dietary fiber, prebiotic foods and prebiotic supplements. Choose probiotics according to the intestinal bacteria you are low on according to the test results.

4. Repair

Support the intestinal mucosa. Examples of substances to support the intestinal mucosa are aloe vera, B-vitamins, essential fatty acids, L-glutamine, Marshmallow root and vitamin A.

5. Rebalance

Balance your lifestyle, diet, exercise, sleep and stress.

This test does not replace a medical consultation. Always seek medical attention if you experience severe symptoms.

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