



Gut flora Test
TEST RESULT

Your gut diversity

Countless bacteria tangle around the intestines, viruses, fungi, as well as other living microorganisms, which are defined as microorganisms or even microbes. Billions of these microbes are mainly found in the gut and on the skin. About 40 billion bacterial cells and only 30 billion human cells are found in the human body. ^{1, 2}

What's more, there are up to 1,000 species of bacteria in the human gut microbiome, and each of them plays a different role in your body. Most of them are extremely important for your health, while others may cause diseases. ³ Altogether, these microbes may weigh as much as 1-2 kg, which is roughly the weight of your brain. Together, they function as an extra organ in your body and play a huge role in your health.

According to your request, we examined your stool sample to analyse several parameters that can provide information on the composition of your intestinal flora:

- + Gut microbiome diversity
- + The composition of your intestinal flora evaluated on the strain level
- + Desired bacteria
- + Undesired bacteria

The test results and classification are based on the comparison with reference data which was measured in healthy volunteer studies. Please note that if a value should fall within the expected range, it does not necessarily mean that you are healthy - as well as a value outside the expected range may not necessarily represents disease. This test is not used to diagnose diseases!

Your gut diversity	Measurement results
Diversity index	Defective
Genetic diversity	Defective
Dysbiosis index	Balanced
Darm-Typ	Bacteroides type

The composition of your intestinal flora evaluated on the strain level	Measurement results
Actinobacteria	Sporadic
Bacteroidetes	Sporadic
Firmicutes	Sporadic
Proteobacteria	Sporadic

Desired bacteria	Measurement results
Acidulation flora	Sporadic
Butyrate producing-bacteria	Sporadic
Bacteria that protect the gastric mucosa	Normal

Measurement results	Undesirable bacteria
Clostridia	Not detected
ESKAPE (hospital-acquired infection)	Sporadic
Hydrogen sulphide producing bacteria	Normal

Your result report

Species diversity

Species diversity is the term that describes the number of all different types of bacteria in the gut. The various bacterial species should be higher in a healthy and diverse intestinal bacterial flora. The more pronounced the bacterial biodiversity is, the more varied is their functions.

The genetic diversity is outside **outside** the normal range.

Who can be affected by the loss of genetic diversity?

Genetic diversity can stem from various reasons. The possible cause of low genetic diversity of 'good' gut bacteria may be related to a one-sided diet (with few anti-inflammatory foods), including exposure to toxic substances in the environment and

There is a small amount of information available on the internet. The content is not intended to be used as a substitute for professional medical advice.

Do you have any questions about your results?

Do you have any questions about your results? The only way to get a clear answer is to talk to your doctor. They can help you understand what your results mean for you.

Summary

Summary of your results. Your results show a normal range of values for all the tests. This means that you are healthy and there are no signs of any disease. Your doctor will discuss this with you.

Do you have any questions about your results? [Click here for more information.](#)

Thank you for using our service. We hope you are satisfied with your results.

Remaining pages will be shown in the your individual results report of your cerascreen health test.

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