

**& MICROBIOME ANALYSIS REPORT  
PERSONALIZED NUTRITION GUIDE**









## Microbiome Analysis Report

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From birth, your microbiome is significantly impacted by the world around you. And while environmental factors and genetics certainly play a role, dietary changes and nutritional influences account for 50-60% of the factors that alter your microbiome. Ingesting foods that increase or decrease certain bacteria can end up wreaking havoc, resulting in imbalance and manifesting into dysfunction. Fortunately, we know how foods behave relative to microorganisms and because we've mapped your entire microbiome, we have the most personalized dietary recommendations within this report needed for you to achieve true balance within your microbiome and optimal overall health.

### A healthy microbiome:

-  Plays an important role in maintaining the ideal weight
-  Maintains a strong immune system
-  Supports the structure and function of the digestive system
-  Promotes healthy, radiant skin
-  Supports the structure of the brain and the production and balance of the chemicals necessary for mental health
-  Is vitally important for sleep quality



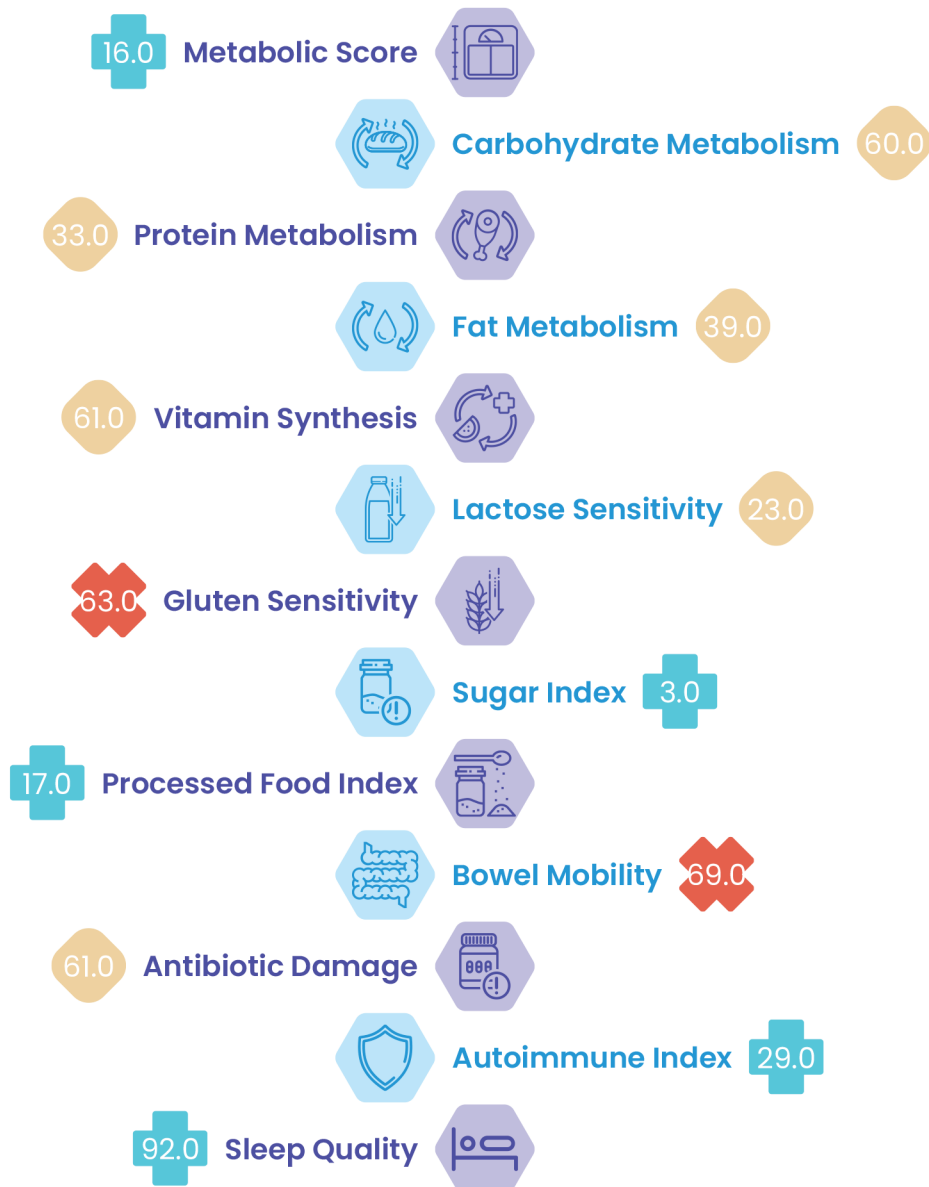
## WELCOME TO YOUR MICROBIOME WORLD

Let's look at the dashboard of your microbiome world. Here you'll find your microbiome age, the level of bacterial diversity and gut scores for the 13 of the most clinically important areas of your body.

Remember, while this information does not represent any type of diagnosis, we are offering you a detailed look into the level of balance, or imbalance, within your gut. And as a result of these scores have laid out a personalized nutrition guide to renew and balance your microbiome.

Your Microbiome Age **25**      **4.1** Your Microbiome Diversity

### Gut Scores





## Your Microbiome Age:

25

*It appears that your microbiome is younger than you! The personalized nutrition plan we've put together for you, will help you keep your microbiome young longer!*

If the microbiome age is less than the chronological age or closer to the chronological age, it indicates that your bacterial profile mirrors that of someone who is roughly your age or younger. On the other hand, if your microbiome age is older than your chronological age it can indicate the opposite, that your bacterial profile is more consistent with that of someone older than yourself.

We can't change our age, but what about our microbiome's age? Based on the science, that may very well be possible with personalized lifestyle and nutrition.

## Your Microbiome Diversity

4.1

*Poor, with need for improvement: Although you have a pretty low level of diversity, our personalized nutrition plan will help you improve it and achieve a more diverse microbiome.*

The microbiome diversity score is an important indicator of general health that outlines the number of bacterial species present in the intestines and how evenly distributed each species is.

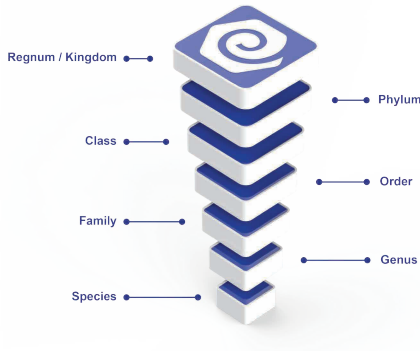
The scores in the range of 0-5, which are color-coded red, indicate an insufficient number and uneven distribution of the bacterial species in the gut.

The scores in the range of 5-8, which are color-coded yellow, indicate an average or moderately good diversity and distribution.

The scores in the range of 8-10, which are color-coded blue, indicate that the individual has a very good/excellent diversity and a well-balanced distribution.



## Your Taxonomic Analysis



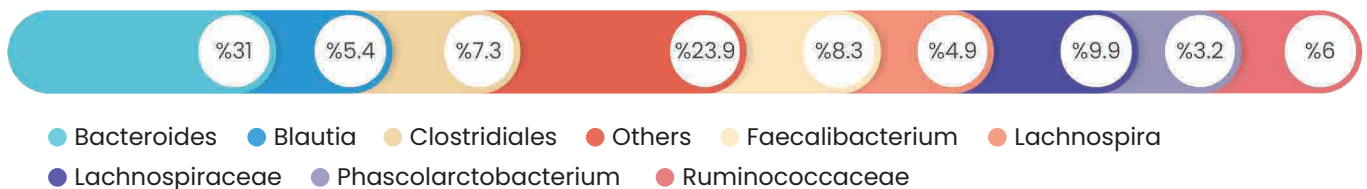
"Taxonomy" is the science in which every living thing is classified and named by scientists according to their common character within a given system. Every living thing in nature has a taxonomic classification. For example, the domestic cats living among us are classified "house cat and its close relatives" as a genus, "felines" as a family, "Carnies" as an order, "Chordals" as a phylum, as "Animals" as the regnum. Each group here is called "taxa" and bacteria are likewise grouped in different taxa according to their common character.

*Taxonomic analysis denotes level ratios at the stage of the genus, family and branch of bacteria that exist in your microbiome.*

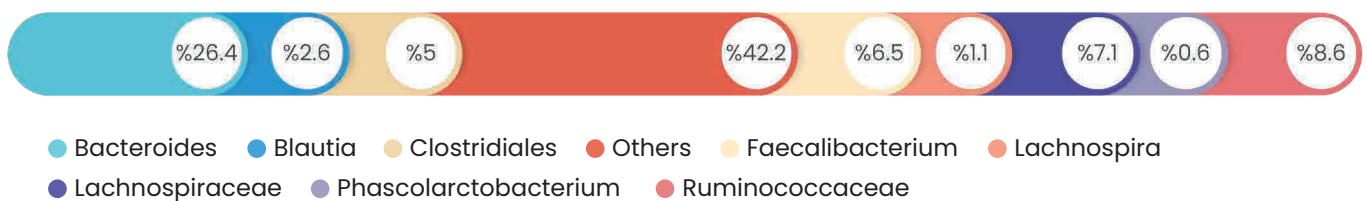
## Your Genus Level

The proportions of bacteria found in the gut microbiome are profiled at the genus level. You can compare your own profile with the profiles of people around the world.

### Your Profile



### World Average



## Your Similar Profiles

Studies have shown that 90% of chronic diseases are linked to gut microbiome imbalance. As a result of these studies, it has also been observed that individuals with similar microbiome profiles may develop similar disorders.

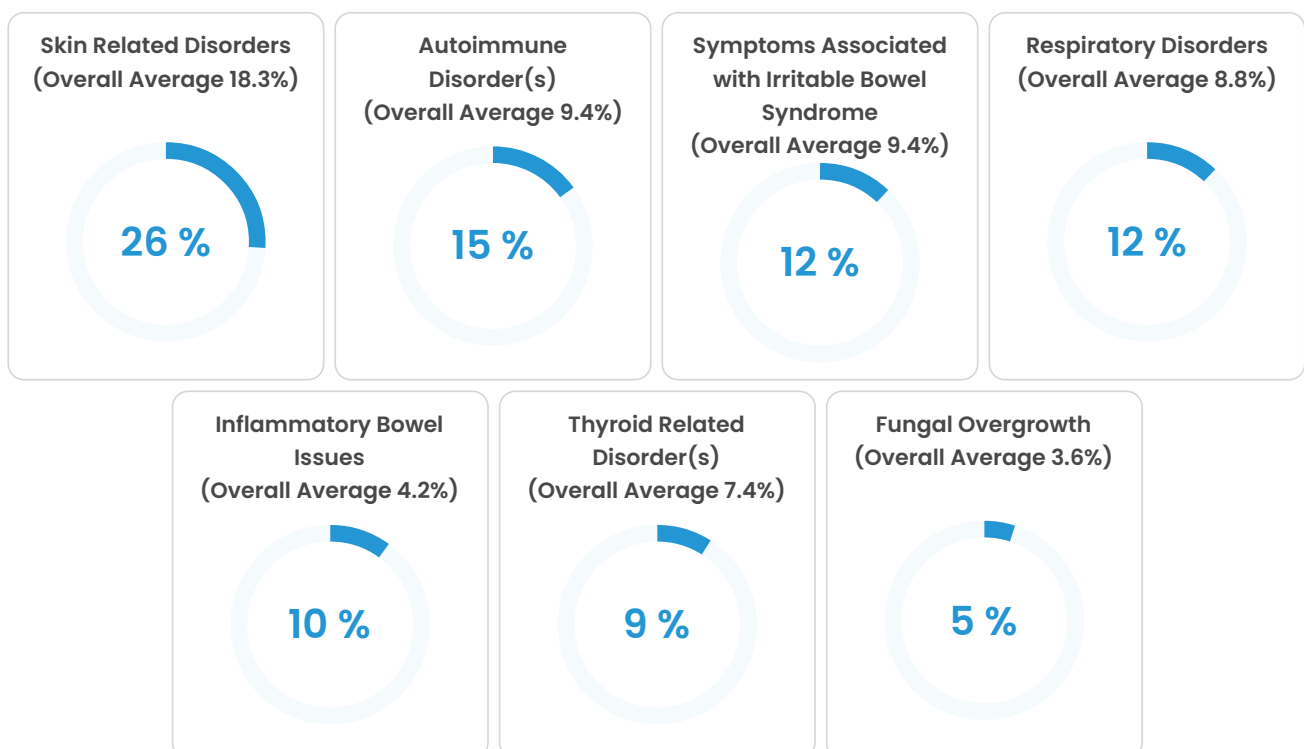
Unique AI algorithms analyze microbiome profiles similar to yours, along with the lifestyle and health data from those profiles. The results of this analysis indicate those conditions that people with a similar to your microbiome profile have developed.

These data are not meant to be used for diagnostic purposes, but rather provide you with an opportunity to assess potential health risks and take steps to support each of these systems within an effort to maintain optimal health.

The personalized nutrition guide we have prepared for you will also help support you in all of these areas.

Note: 'Overall Average' simply indicates how a particular condition compares to the entirety of the population of our microbiome biobank. Therefore, the only conditions listed are those that have a percentage above the Overall Average.

**The people within our database who have a similar microbiome profile with you presented with the following:**



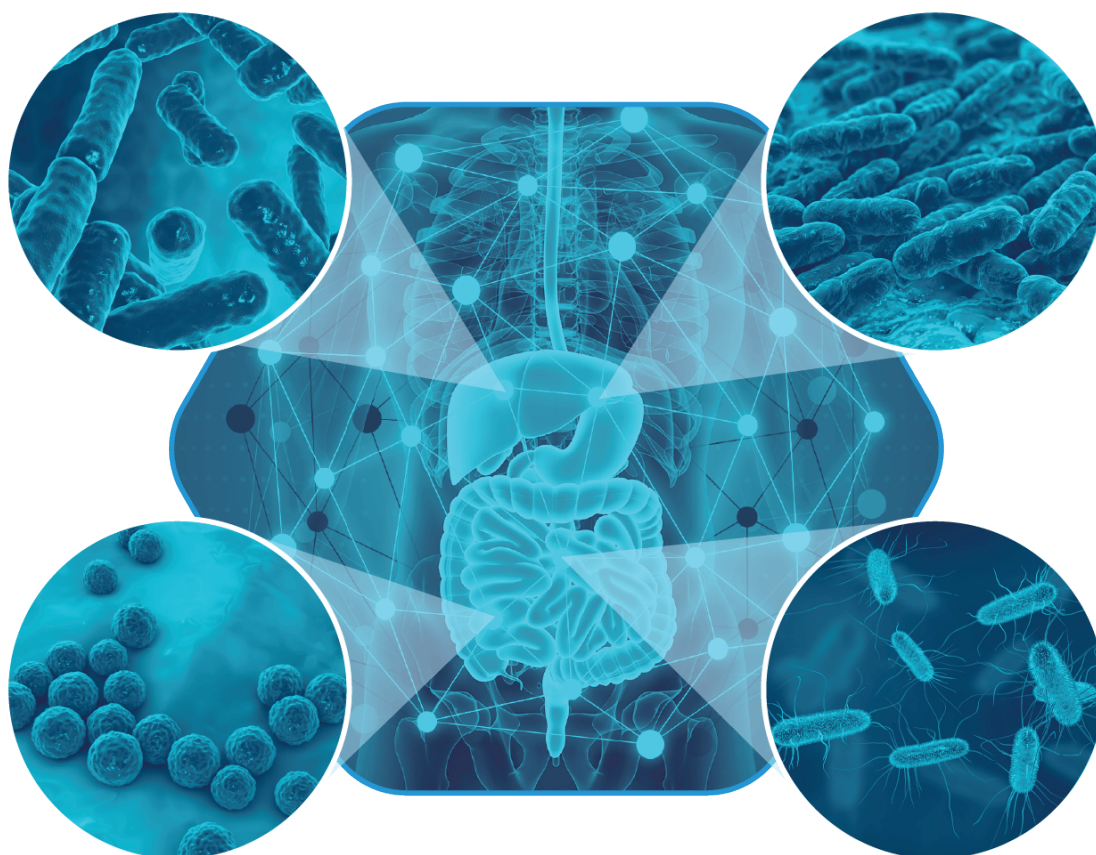
## Your Gut Scores

Our artificial intelligence algorithm has generated gut scores for 13 different parameters based on the type and number of bacteria in your gut.

Do not interpret this report based on your current weight, health status, or how you are currently feeling. Here we are offering you a glimpse into what is happening in your inner world and possible predispositions.

Each parameter is scored on a scale from 0 to 100. The red section of the line indicates that the score is outside the determined reference value and should be adjusted. Whereas the blue section indicates that the score is within the healthy limits and should be maintained.

The personalized nutrition plan we lay out has been clinically proven to help you achieve and sustain good scores in each of the areas we assess.



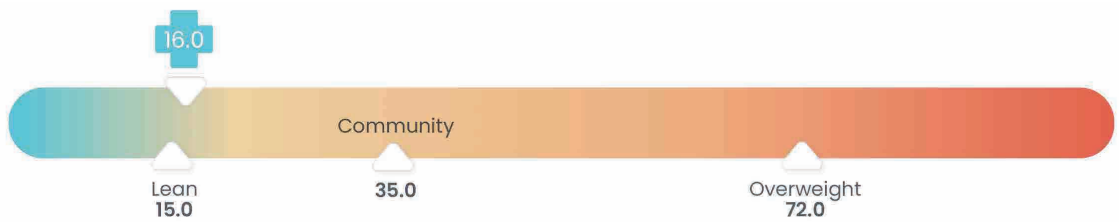


### Metabolic Score



This score shows the tendency of an individual to lose or gain weight.

A high score indicates that you have a microbiome profile that is prone to weight gain, while a low score indicates that you are prone to maintain your ideal body weight and are more easily able to stay fit.

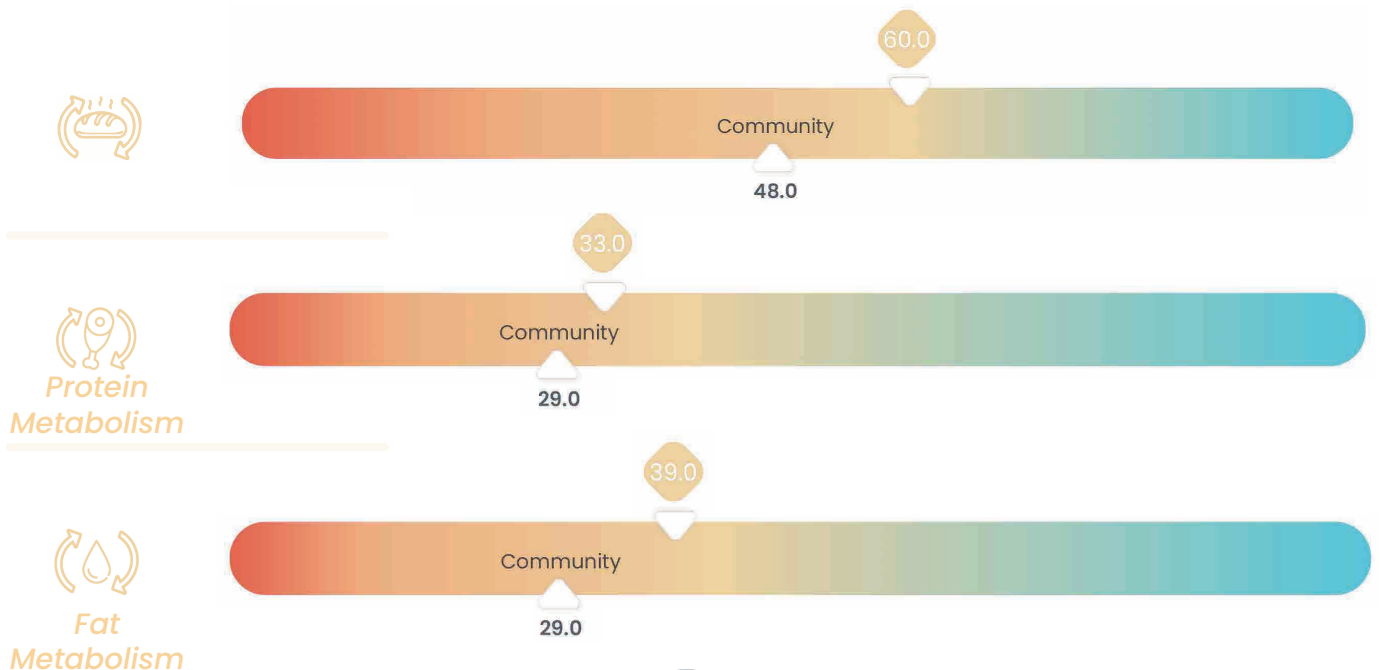


### Macronutrient Metabolism

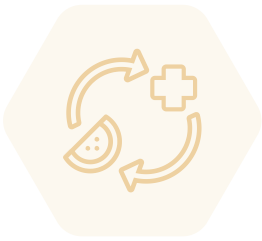


These scores evaluate the amount and activity of key microorganisms involved in carbohydrate, protein and fat metabolisms.

High scores indicate a large variety of bacteria within the gut that can aid in the body's ability to digest and utilize these macronutrients.

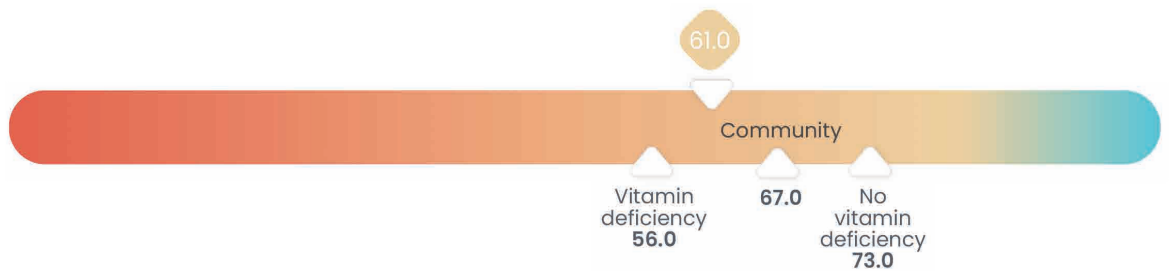


### Vitamin Synthesis



This score shows the number of vitamin-synthesizing bacteria in a person's gut and doesn't indicate any deficiency in blood.

A high score indicates that your microbiome profile is similar to the profile of individuals without vitamin deficiency while a low score indicates a similar profile of individuals with vitamin deficiency.



### Lactose and Gluten Sensitivity

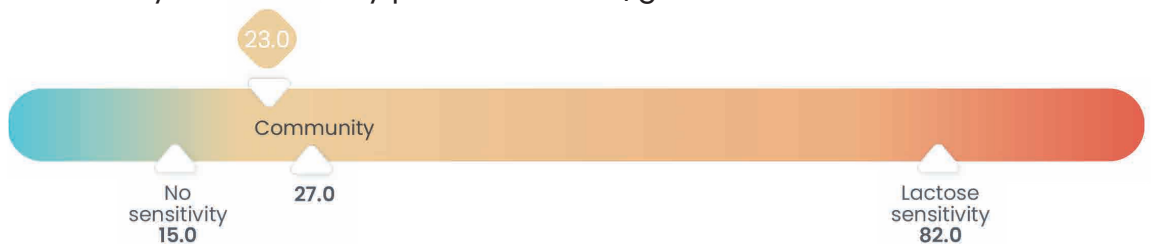


These scores evaluate the bacteria that are known to contribute to a body's ability to process lactose and gluten. They evaluate the risk of developing lactose or gluten sensitivity, however, are not meant to be used for diagnostic purposes.

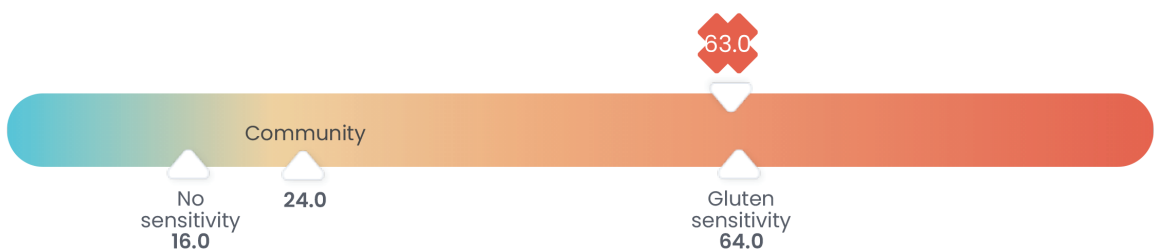
High scores indicate that your body may have difficulty processing lactose/gluten while low or average scores indicate that your body is in a position to effectively and efficiently process lactose/gluten.



Lactose Sensitivity



Gluten Sensitivity



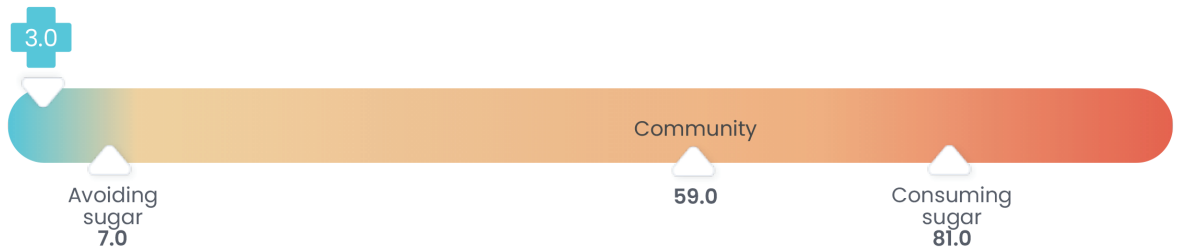
## Sugar Index



This score evaluates the amount activity of bacteria widely known to be associated with sugar metabolism.

A high score reflects the excessive amount and excessive activity of bacteria known for metabolizing sugar. Therefore, we can surmise that either your body is taking in too much sugar or it is struggling to metabolize the small to moderate amounts of sugar that is being consumed.

A low score indicates that your body's microbiome is not struggling to process sugars. This either indicates that you do not consume an excessive amount of sugar or that your body can effectively and efficiently process whatever amount of sugar that is consumed.



## Processed Food Index

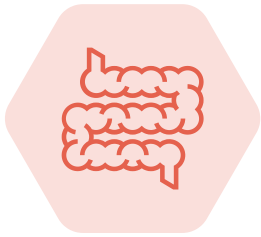


This score evaluates the bacteria directly related to a body's ability to metabolize processed foods.

You can evaluate your own score by comparing it with the average of individuals who consume/do not consume processed foods throughout society and the general population.

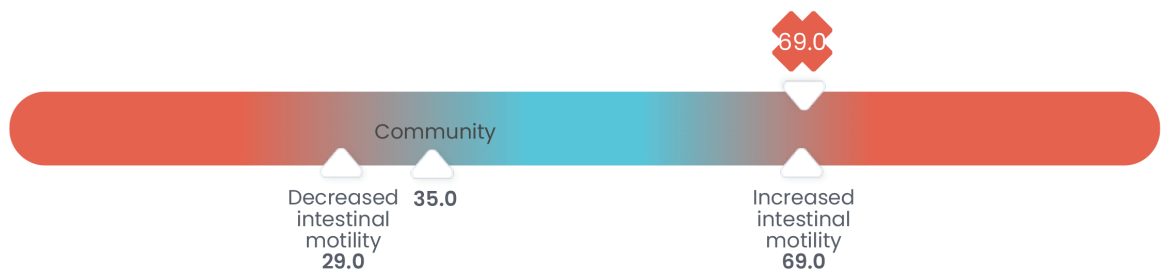


## Bowel Mobility



This score shows the intestinal motility and highlights the proneness to constipation or diarrhea.

Having either a high or low score is consistent with having an increase in bowel mobility or decrease in bowel mobility. As such, it is ideal to land in the middle.



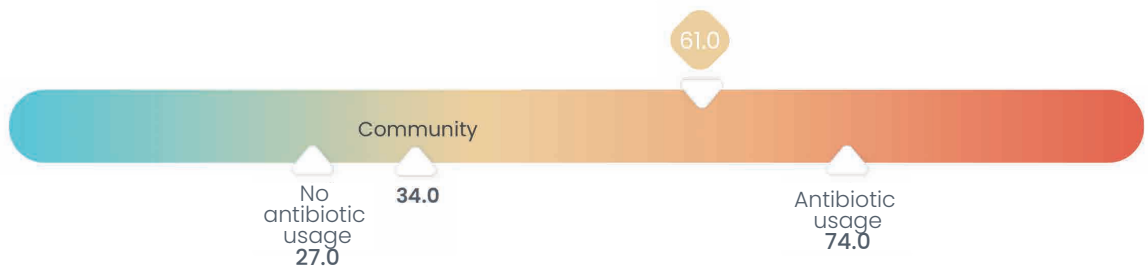
## Antibiotic Damage



This score indicates the antibiotic damage that has occurred recently or has not improved since last usage.

Also note, antibiotic damage can also occur when consuming certain foods, predominantly animal proteins, that may contain trace amounts of antibiotics.

Your score is compared with scores of individuals who have not used antibiotics in the last year and individuals who have used antibiotics regularly in the last 2 months.

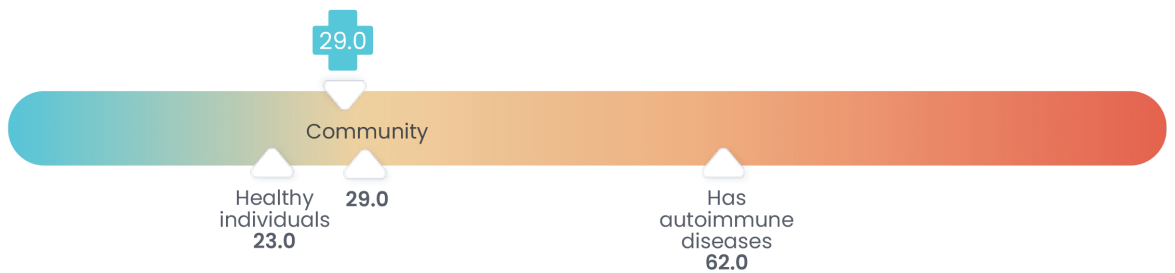


## Autoimmune Index



This score demonstrates the bacterial groups associated with autoimmune diseases and offers an insight into a possibility to experience these diseases.

A high score could indicate that you'd be prone to autoimmunity, however, is not meant to be used for diagnostic purposes.



## Sleep Quality



This score indicates the potential/tendency of microbiome to promote quality sleep.

Your score is compared with scores of individuals with high quality sleep and those suffering from sleep disorders/low sleep quality.







## Nutrient Scores Report

**Dear Demo,**

**You are on the way of discovering your microbiome world. This Personalized Nutrition Guide will show you the way to healthy and sustainable living. We will do that by introducing you to the foods that will help you create a balanced and diverse microbiome.**

Food Scores will help you manage bacteria in your gut.

The diversity and amount of bacteria in your microbiome depend on where and how you were born, your diet, the medication you use, past and present illnesses and environmental conditions.

You can now customize your diet using the Nutrient Scores Report.

It's time to stop labeling food as "good" or "bad", and focus on the food that is right for you!



## Manage Your Nutrition!

Your microbiome is the world inside you that reflects you.

The nutritional scores we offer you are special for you to homogeneously diversify and balance your microbiome!

Now we will score the nutrients in a way that will suit you best and present our recommendations.

Eat less **nutrients scored between 0-3**.

Consume **nutrients that are scored between 4-7** to be balanced and varied

We'll ask you to enrich the **nutrients that are scored between 8 and 10** in the nutrient suggestions.

While doing this;

While shaping your diet, discover the foods you have not tried before and create alternative options instead of eating the same food every day with the scores we offer you.

## You shouldn't forget,

Create different meals from each of the foods that enrich the nutrition guide and adjust the amount to enjoy the nutritional scores!

**This is not a food intolerance test.** Foods with high scores may be the most suitable foods for the microbiome or the foods that the microbiome needs because they have not consumed for a long time. For this reason, you can also see the foods with allergies and / or intolerance in the recommended food scores.



## Here's Your Food!

Soybean	10	Liver	9	Fig	9
Cow Milk (Full Fat)	9	Potato	8	Saurel	8

## Foods That Fit With You!

Bluefish	7	White Bean	7	Mallow	7
Okra	7	Salmon	7	Orange	7

## Foods To Avoid!

Sage Tea	3	Caviar	3	Fish Oil Supplement	3
Jerusalem Artichoke	3	Rice Flour	3	Seaweed	3




## Nutrient Scores

### Milk and Dairy Products















	<b>Cow Milk (Full Fat)</b>	<b>9</b>		<b>Goat Milk</b>	<b>9</b>
	<b>Buffalo Milk</b>	<b>9</b>		<b>Soy Milk</b>	<b>7</b>
	<b>Cow Milk (Low Fat)</b>	<b>7</b>		<b>Sheep Milk</b>	<b>6</b>
	<b>Pasteurized Milk</b>	<b>6</b>		<b>Clotted Cream</b>	<b>5</b>
	<b>Yoghurt (Full Fat)</b>	<b>5</b>		<b>Cream</b>	<b>4</b>
	<b>Kefir</b>	<b>3</b>		<b>Buttermilk</b>	<b>3</b>
	<b>Yoghurt (Fat Free)</b>	<b>3</b>			


























## Cheese Types

	<b>Curd Cheese</b>			<b>Parmesan Cheese</b>	
	<b>Aged Kasserri Cheese</b>			<b>Roquefort Cheese</b>	
	<b>White Cheese (Full Fat)</b>			<b>Mozarella Cheese</b>	
	<b>Ripened Cheese</b>			<b>Gruyère Cheese</b>	
	<b>Cheddar Cheese</b>			<b>Ricotta Cheese</b>	
	<b>White Cheese (Low Fat)</b>			<b>Ezine Cheese</b>	
	<b>Herbed Cheese</b>			<b>Cream Cheese</b>	
	<b>Sheep Cheese</b>			<b>Goat Cheese</b>	
	<b>Kasserri Cheese</b>			<b>Tulum Cheese</b>	
	<b>Cottage Cheese</b>			<b>Tofu</b>	














## Meat and Eggs

	Liver	9		Veal	8
	Chicken	8		Chicken Egg	7
	Mutton	6		Lamb	6
	Beef	6		Kidney	6
	Heart	6		Turkey	5
	Goat	3		Tongue	3
	Brain	2		Intestines	2













## Fish and Seafood

	Trout	8		Saurel	8
	Bluefish	7		Salmon	7
	Flounder	7		Swordfish	7
	Cod	7		Bonito	6
	Herring	6		Gilthead Bream	6
	Mackerel	5		Hake	5
	Bass	5		Sardine	5
	Lobster	4		Anchovy	4
	Crab	4		Tuna	4
	Mussel	4		Oyster	4
	Shrimp	3		Caviar	3
	Seabream	2			

## Bread and Cereals

	Oat	10		Whole Grain Bread	10
	Wheat Bran Bread	10		Wheat Bran	10
	Wheat Germ	8		Rice Bran	6
	Whole Grain Flakes	6		Rye Flour	5
	Rye Bread	5		Corn Bran	5
	Brown Rice	5		Whole Wheat Flour	4
	Oat Bran	4		Soy Flour	4
	Whole Grain Flour	4		Corn	4
	Oat Flour	4		Lavash	4
	Whole Wheat Bread	4		Wheat Bran Pasta	4
	Bulgur Wheat	3		Cornstarch	3
	Wheat	3		Rice Flour	3

## Bread and Cereals

	Oat Bread	3		Noodle	3
	White Bread	2		Buckwheat	2
	Quinoa	2		Pasta	2
	Cornflakes	2		Cornmeal	2
	Gluten-Free Bread	2		Semolina	2
	Amaranth	1		Rice	1
	White Flour	0			





















## Legume and Legume-based Products

	<b>Soybean</b>	<b>10</b>		<b>Broad Bean</b>	<b>10</b>
	<b>White Bean</b>	<b>7</b>		<b>Shell Bean</b>	<b>6</b>
	<b>Green Lentil</b>	<b>6</b>		<b>Chickpea</b>	<b>6</b>
	<b>Soybean Sprout</b>	<b>5</b>		<b>Soy Meat</b>	<b>5</b>
	<b>Kidney Bean</b>	<b>2</b>		<b>Fermented Soybean</b>	<b>2</b>
	<b>Red Lentil</b>	<b>1</b>			

## Vegetables

	Dill	9		Bell Pepper	9
	Leek	9		Lettuce	9
	Broccoli	9		Spinach	9
	Cauliflower	8		Radish	8
	Mushroom	8		Rocket	8
	Potato	8		Cubanelle Pepper	8
	Green Bean	8		Okra	7
	Celery	7		Cucumber	6
	Parsley	6		Pea	6
	Purple Cabbage	6		Asparagus	5
	Collard	5		Brussel Sprout	5
	Red Pepper	5		Beetroot	5

## Vegetables

	Cress	4		Tomato	4
	Carrot	4		Kale	4
	Aubergine	4		Purslane	4
	Turnip	4		Sweet Potato	4
	Onion	3		Black Carrot	3
	Garlic	3		Vine Leaf	3
	Pumpkin	3		Cowpea	3
	Artichoke	3		Jerusalem Artichoke	3
	Shallot	2		Purple Sweet Potato	2

## Fruits














	Fig	9		Apple	9
	Rosehip	9		Redcurrant	9
	Red-Purple Grape	9		Raisin	9
	Cherry	9		Grapefruit	8
	Raspberry	8		Pomegranate	8
	Black Grape	8		Blueberry	8
	Orange	7		Tangerine	7
	Lemon	6		Acai Berry	6
	Pear	6		Banana	5
	Dried Mulberry	5		Apricot	5
	Japanese Plum	5		Dried Apple	5
	White Mulberry	5		Kiwi	5

## Fruits





























	Peach	5		Black Mulberry	5
	Tart Cherry	4		Plum	4
	Strawberry	4		Papaya	4
	Bergamot Orange	4		Tamarind	4
	Banana (Green, unripe)	4		Blackberry	4
	Pineapple	4		Kumquat	4
	Mango	3		Melon	3
	Cornelian Cherry	3		Date	3
	Coconut	3		Dried Apricot	3
	Nectarine	2		Black Elderberry	2
	Dried Plum	2		Silverberry	2
	Quince	2			



## Oil and Fats

	<b>Butter</b>	8		<b>Tallow</b>	8
	<b>Safflower Oil</b>	8		<b>Hazelnut Oil</b>	5
	<b>Canola Oil</b>	5		<b>Corn Oil</b>	5
	<b>Soy Oil</b>	5		<b>Olive Oil</b>	5
	<b>Sunflower Oil</b>	5		<b>Cottonseed Oil</b>	5
	<b>Green Olive</b>	4		<b>Black Olive</b>	4
	<b>Avocado</b>	3			








## Nut and Seeds

	<b>Walnut</b>			<b>Almond</b>	
	<b>Pistachio</b>			<b>Cashew</b>	
	<b>Hazelnut</b>			<b>Pumpkin Seed</b>	
	<b>Peanut</b>			<b>Pine Nut</b>	
	<b>Sunflower Seed</b>			<b>Chestnut</b>	
	<b>Sesame</b>			<b>Grape Seed</b>	
	<b>Flaxseed</b>			<b>Chia Seed</b>	











## Drinks

	<b>Tangerine Juice</b>			<b>Red Wine</b>	
	<b>Pear Juice</b>			<b>Beer</b>	
	<b>Carrot Juice</b>			<b>Coffee</b>	
	<b>Apricot Juice</b>			<b>Pomegranate Juice</b>	
	<b>Orange Juice</b>			<b>Tart Cherry Juice</b>	
	<b>Grape Juice</b>			<b>Tomato Juice</b>	
	<b>Lemon Juice</b>			<b>Grapefruit Juice</b>	
	<b>Sage Tea</b>			<b>Mineral Water</b>	
	<b>Oolong Tea</b>			<b>Sahlep</b>	
	<b>Apple Juice</b>			<b>White Wine</b>	
	<b>Rose Wine</b>			<b>Black Tea</b>	
	<b>Green Tea</b>				


















## Herb, Spice and Flavourings

	Mint	10		Fenugreek	10
	Turmeric	4		Liquorice	4
	Mustard	3		Salt	3
	Thyme	3			

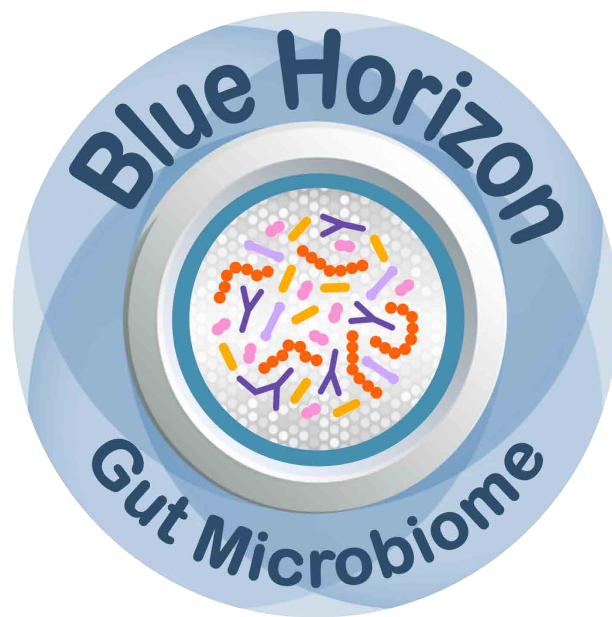
## Supplements

	<b>Spirulina</b>			<b>Whey Protein Supplement</b>	
	<b>Psyllium</b>			<b>Fish Oil Supplement</b>	
	<b>Krill Oil Supplement</b>				

## Others

	Honey	9		Tahini	9
	Milk Powder	9		Ice Cream	9
	Mallow	7		Olive Paste	6
	Almond Butter	6		Grape Molasses	4
	Milk Chocolate	4		Coffee Creamer	4
	Yeast	4		Seaweed	3
	White Sugar	3		Cocoa Powder	3
	Vinegar	3		Cacao Nibs	2
	Dark Chocolate	1			





Demo