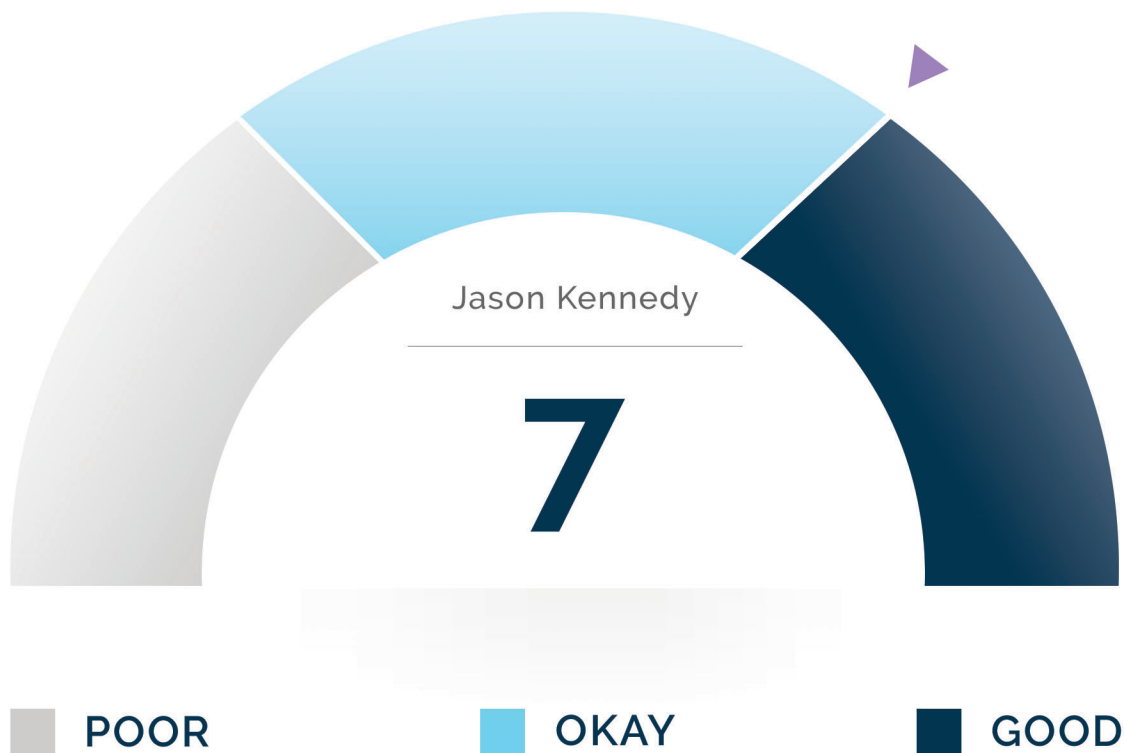


B I O H M

GUT REPORT

Important! Please Read: The BIOHM Gut Report is for personal research purposes only. The BIOHM Gut Report is not approved to, nor is it intended to diagnose any disease or condition. You should always consult a physician regarding any questions pertaining to your own health and wellness. The comparative data in this report is based on data from the National Institutes of Health (NIH) Human Microbiome project and research conducted at Case Western Reserve University, Center for Medical Mycology

YOUR GUT HEALTH ON JULY 20TH, 2018



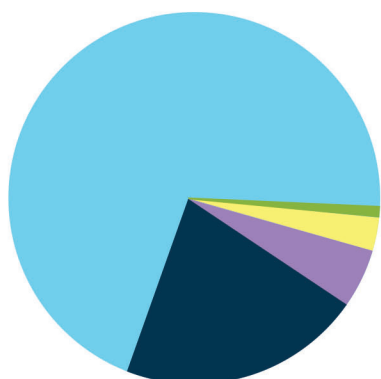
YOUR GUT SCORE

The BIOHM Gut Score compares the diversity of your gut microbiome to the diversity of normal gut microbiomes. The higher the number, the better. Meaning you have MORE diversity of bacteria and fungi. Which also means you have better overall digestive health. More = better when it comes to diversity.

YOUR GUT'S BACTERIAL AND FUNGAL COMMUNITIES

What is phylum? Phylum is a major family of microorganisms (such as bacteria and fungi) It's important to analyze because it gives us a good basis for determining overall gut health. The charts below show how your phylum compares to people who have a normal balance gut.

NORMAL

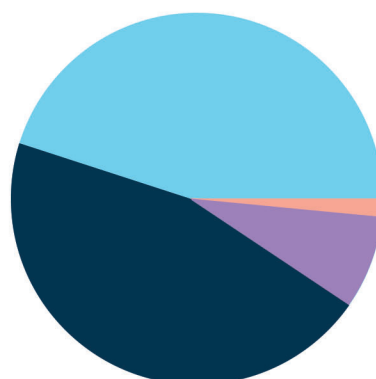


Bacterial Phyla

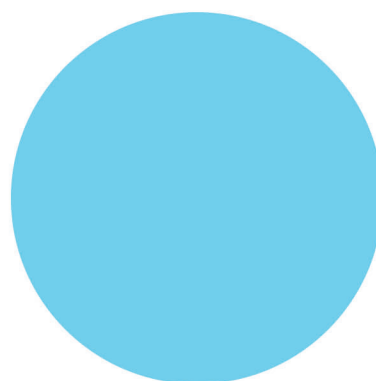


Fungal Phyla

YOURS

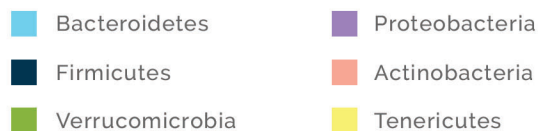


Bacterial Phyla

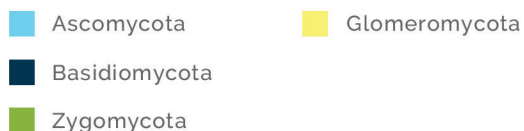


Fungal Phyla

BACTERIAL PHYLA KEY



FUNGAL PHYLA KEY



PART 3

YOUR GUT'S BACTERIAL AND FUNGAL COMMUNITIES

The results in Part III reflect the specific bacterial and fungal species found in your gut's microbiome.

- The blue dot is your result; the % indicates how much of each community in your gut (bacterial and fungal) is made up of this microorganism.
- The blue bar represents the range in which your level falls for each organism. Your goal is for all levels to fall between the 2 blue lines, which represents the normal, balanced gut level.
- ⊕ Indicates a beneficial strain, based on supporting literature
- ⊗ Indicates a pathogenic strain, based on supporting literature.
- ⊖ Indicates a neutral strain.
- The color blocks tell you whether your levels are low, high, or in the normal, balanced range compared to the normal gut microbiome.

■ LOW

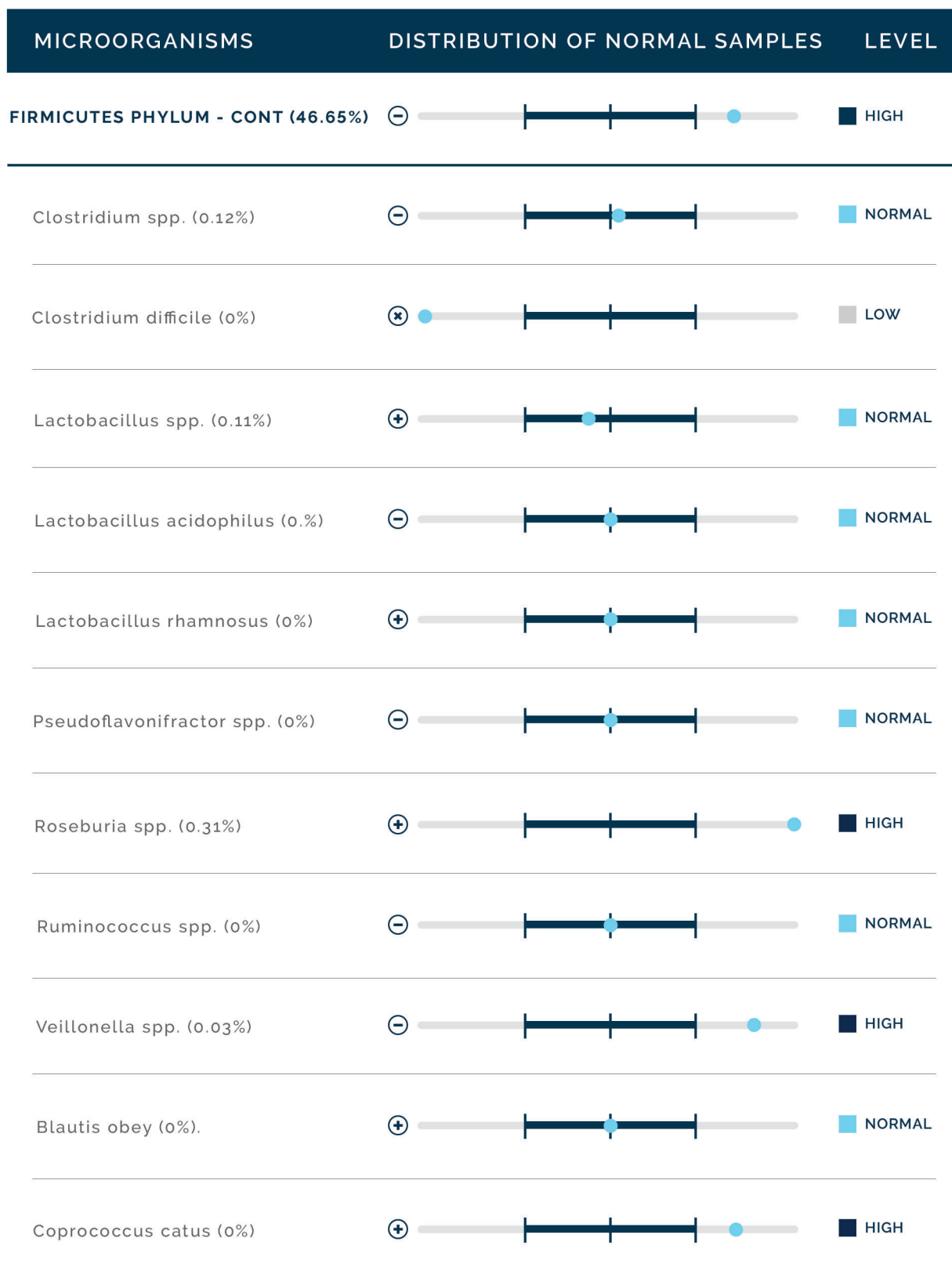
■ NORMAL

■ HIGH













PART 3



PART 3



PART 3

MICROORGANISMS	DISTRIBUTION OF NORMAL SAMPLES	LEVEL
FIRMICUTES PHYLUM - CONT (46.65%) ⊖		HIGH
Coprococcus eutactus (0.01%)		NORMAL
Faecalibacterium prausnitzii (1.19%)		HIGH
Ruminococcus albus. (0%)		LOW
Streptococcus agalactiae (0%)		NORMAL
Streptococcus cactus (0%)		NORMAL
FUSOBACTERIA PHYLUM (0.02%) ⊖		NORMAL
Fusobacterium spp.(0%)		NORMAL
PROTEOBACTERIA PYLUM (11.8%) ⊖		HIGH
Desulfovibrio piger. (0%)		NORMAL
Escherichia coli (0.03%)		LOW
Oxalobacter formigenes (0%)		NORMAL

PART 3

MICROORGANISMS	DISTRIBUTION OF NORMAL SAMPLES	LEVEL
VERRUCOMICROBIA PHYLUM (0.03%)	⊖	■ NORMAL
Akkermansia muciniphila (0%)	⊕	■ NORMAL
ASCOMYCOTA PHYLUM (99.94%)	⊖	■ NORMAL
Candida spp.(0.03%)	⊗	■ NORMAL
Candida albicans (0%)	⊗	■ NORMAL
Candida tropicalis (0%)	⊗	■ NORMAL
Phichia spp. (0%)	⊕	■ LOW
Saccharomyces spp. (0%)	⊕	■ LOW
Saccharomyces cerevisiae (0%)	⊕	■ LOW
BASIDIOMYCOTA PHYLUM (0.06%)	⊖	■ NORMAL
ZYGOMYCOTA PHYLUM (0%)	⊖	■ NORMAL

GUT RECOMMENDATIONS

YOUR GUT'S BALANCE

YOUR GUT SCORE: 7 OUT OF 10 (PRETTY GOOD!)

When it comes to your gut's balance, the key to remember is the more diverse your gut's bacteria and fungi are, the better. So while your report will show you how you measure up for each particular organism, our goal is to help you make your gut as diverse as possible.

With a Gut Score of 7, you're already doing quite well. With a few tweaks and optimizations, your gut's diversity should be in great shape!

FACTORS THAT IMPACT YOUR GUT'S BALANCE

So what can impact your gut's balance? There are actually a number of factors. Specifically, your gut can be impacted by:

- Genetics
- Diet
- Exercise
- Environmental toxins
- Sleeping habits

In the following section, we'll list out the specific steps you can take to optimize your gut.

GUT RECOMMENDATIONS

YOUR GUT REPORT TAKEAWAYS

Let's go over a few key takeaways from your results:

- Your gut diversity is pretty good!
- Many of your bacterial and fungal levels are within a normal and healthy range
- A few of your levels are out of balance
- Two of your major bacterial families (phyla) are slightly out of balance (Bacteroides and Firmicutes)
- Several of your good types of organisms are low (Bifidobacteria and Lactobacillus)

YOUR RECOMMENDATIONS

With a Gut Score of 7 you're actually doing pretty well! By implementing the recommendations listed below, you'll be well on your way to an optimized gut!

DIETARY RECOMMENDATIONS

Overall, your diet is pretty optimized for your gut. There are a few things you could do to throw you over the top:

Increase your plant intake (ideally in whole food form)

- Plant fiber intake is associated with an increase in the production of good gut organisms
- While you're eating some plants, we'd really like to see you get 9 daily servings of a variety of whole fruits, vegetables, and leafy greens.
- You should also include other plant-based foods like beans, lentils, nuts, seeds, and whole grains

GUT RECOMMENDATIONS

Improve protein sources

- You eat quite a bit of red meat. Unfortunately red meat has been linked to an increase in firmicutes (which is not good) and red meat is correlated with less than optimal gut balance
- We'd ideally like you to remove red meat as a source of protein
- Preferred sources are seafood and poultry
- Work on increasing your omega-3 fatty acids, as increased levels of omega-3's are highly correlated to gut diversity
- Omega-3 fatty acid sources to consider are seafood, walnuts, flax and chia seeds

LIFESTYLE RECOMMENDATIONS

While you're doing some great things for your lifestyle, such as sleeping well, there are a few areas you could improve:

Stress Management

- You indicated that you're very stressed. This can have an enormous impact on your gut. You may not have realized it, but this could be the biggest issue impacting your gut.
- Look for a realistic way to manage your stress. On the simple end of the spectrum are breathing exercises, but you'll see the most results through incorporating more meaningful de-stressing regimens into your life, such as a yoga or meditation practice.

Incorporate Exercise

- Ongoing exercise has an extremely high correlation to a well-balanced gut
- While you're exercising occasionally, see if you can get your routine up to at least three times a week

GUT RECOMMENDATIONS

SUPPLEMENT RECOMMENDATIONS

Supplements can be a great way to ensure you're doing all you can to complement your diet and lifestyle, especially when it comes to optimizing your gut. Based on your results, we highly recommend incorporating the following supplements:

TO OPTIMIZE YOUR GUT



BIOHM Probiotic

You may want to consider fortifying your good gut diversity with BIOHM Probiotic. BIOHM is different than other probiotics because:

- BIOHM is proven to balance both the bacteria and fungi in your gut
- BIOHM is proven to break down digestive biofilm
- BIOHM is non-GMO, gluten-free, soy-free and synthetic free
- Each capsule contains 30 billion CFU's



BIOHM Prebiotic

You can optimize your gut's environment by creating an ideal feeding ground for probiotic organisms. While many prebiotic only contain dietary fiber, BIOHM's prebiotic combines dietary fiber with the power of digestive enzymes to efficiently build an optimal environment for probiotics to thrive in your gut. Think of it as putting fuel on your probiotic fire.

GUT RECOMMENDATIONS

UPGRADES TO YOUR CURRENT REGIMEN



Metagenics Phyto Multi

You're using a store-brand multivitamin. I highly recommend you upgrade your multivitamin to Metagenics Phyto Multi. You'll be adjusting from a synthetic and generic product to:

- A well-balanced formulation of 27 different vitamins covering all your daily needs
- A proprietary blend of 13 concentrated extracts and phytonutrients with scientifically tested biological activity to protect cells and help maintain DNA stability
- A product from Metagenics, a company with over 30 years of research, 300+ publications on their innovations, and over 137 scientific and clinical staff on hand.



OmegaGenics EPA-DHA 720

You're currently using a low quality fish oil. I personally recommend OmegaGenics EPA-DHA 720. You'll be optimizing from a generic fish oil to:

- A product made with concentrated and purified sources of omega-3 fatty acids from sustainably sourced, cold-water fish
- Each capsule contains 430 mg EPA and 290mg DHA
- Every formula is tested for purity and stability with antioxidants to maintain freshness
- Natural lemon-lime flavor
- A product from Metagenics, a company with over 30 years of research, 300+ publications on their innovations, and over 137 scientific and clinical staff on hand.