



THE BIOHM 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.*



FOR PERSONAL RESEARCH PURPOSES ONLY

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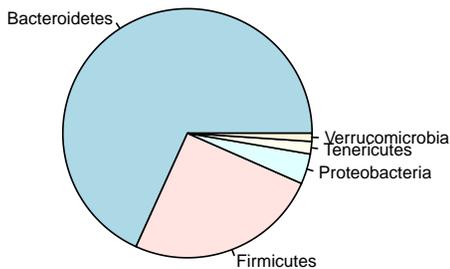
BIOHM Gut Report Comprehensive Profile — Source: Stool

Understanding your BIOHM GutReport

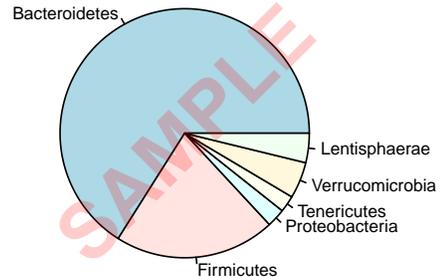
PART I

The results in Part I will show you how your phylum of overall bacteria and fungi compares to what has been found in people with normal gut balance. **What is phylum?** Phylum is a major grouping of microorganisms (such as fungi). Use the example chart below as a guide to understand your results.

Normal Bacterial Phylum



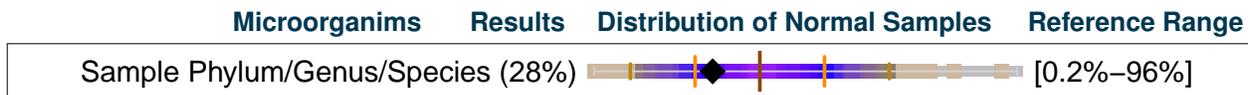
Your Bacterial Phylum



The pie chart on the left shows average phylum levels. The pie chart on the right is your result, showing your phylum level of bacteria or fungi.

PART II

The results in Part II reflect the specific bacterial and fungal genus and species found in your gut’s microbiome. Use the example chart and legend below to understand your results.



- ◆ The black diamond is your result. The number on the left is the percentage of this microorganism in your gut.
- The color spectrum represents the range of levels of this microorganism found in normal guts.
- [0.2%-96%] The numbers on the right show the specific range of levels of this microorganism found in normal guts.
- The tallest line is the average level of this microorganism found in normal guts.
- The level of this microorganism in about 68% of people with normal guts falls within the two orange lines on the left and right of average.
- The level of this microorganism in about 95% of people with normal guts falls in between the shorter brown lines on the outside.

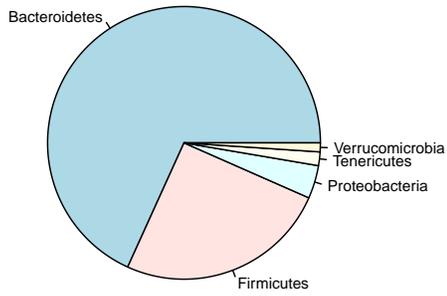
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PART I

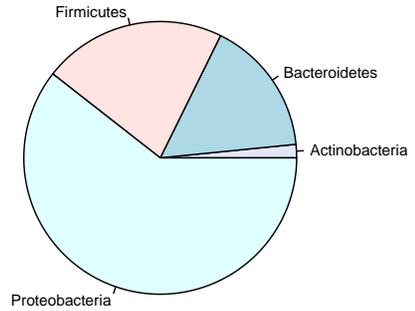
Your Gut's Bacterial and Fungal Phyla

The charts in this section show how your phyla of overall bacteria and fungi compares to what has been found in people with normal gut balance.

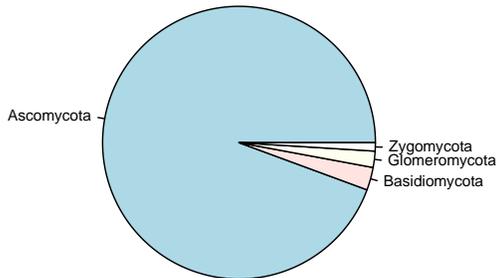
Normal Bacterial Phylum



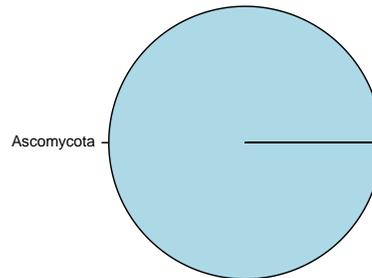
Your Bacterial Phylum



Normal Fungal Phylum



Your Fungal Phylum



PART II

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

Your Gut’s Bacterial Genus and Species

Microorganisms	Results	Distribution of Normal Samples	Reference Range
Bacteroidetes Phylum			
Bacteroidetes Phylum	(16.03%)		[9.5%–98.6%]
Bacteroides spp.	(3.95%)		[0%–1.7%]
Barnesiella spp.	(0%)		[0%–0%]
Prevotella spp.	(0.07%)		[0%–10%]
Prevotella copri	(0.02%)		[0%–4.1%]
Odoribacter spp.	(0.01%)		[0%–0.4%]
Firmicutes Phylum			
Firmicutes Phylum	(21.6%)		[1.3%–85.5%]
Anaerotruncus spp.	(0%)		[0%–0.1%]
Butyrivibrio spp.	(0.01%)		[0%–0.1%]
Blautia obeum	(0%)		[0%–0%]
Clostridium spp.	(0.18%)		[0%–22.2%]
Clostridium difficile	(0%)		[0%–0%]
Coprococcus eutactus	(0%)		[0%–0%]
Coprococcus catus	(0%)		[0%–0%]
Streptococcus agalactiae	(0%)		[0%–0%]
Faecalibacterium prausnitzii	(0.2%)		[0%–1.9%]
Lactobacillus spp.	(0.05%)		[0%–9.8%]
Lactobacillus acidophilus	(0%)		[0%–0%]
Lactobacillus rhamnosus	(0%)		[0%–0%]
Pseudoflavonifractor spp.	(0%)		[0%–0%]
Roseburia spp.	(0.02%)		[0%–2%]
Ruminococcus spp.	(0%)		[0%–0%]
Ruminococcus albus	(0%)		[0%–0%]
Veillonella spp.	(0%)		[0%–0.1%]

Microorganisms	Results	Distribution of Normal Samples	Reference Range
Actinobacteria Phylum			
Actinobacteria Phylum	(1.58%)		[0%–2.9%]
Collinsella aerofaciens	(0.01%)		[0%–4.3%]
Bifidobacterium spp.	(0.2%)		[0%–16%]
Bifidobacterium breve	(0%)		[0%–0%]
Bifidobacterium adolescentis	(0.01%)		[0%–3.3%]
Bifidobacterium animalis	(0%)		[0%–0.1%]
Bifidobacterium pseudolongum	(0%)		[0%–0.2%]
Bifidobacterium longum	(0.01%)		[0%–1.3%]
Proteobacteria Phylum			
Proteobacteria Phylum	(60.22%)		[0%–52.7%]
Desulfovibrio piger	(0%)		[0%–0%]
Escherichia coli	(0.03%)		[0%–0%]
Escherichia coli–Nissle strain	(0%)		[0%–0%]
Oxalobacter formigenes	(0%)		[0%–0%]
Euryarchaeota Phylum			
Euryarchaeota Phylum	(0%)		[0%–0%]
Methanobrevibacter smithii	(0%)		[0%–0%]
Fusobacteria Phylum			
Fusobacteria Phylum	(0.02%)		[0%–0.8%]
Fusobacterium spp.	(0%)		[0%–0.2%]
Verrucomicrobia Phylum			
Verrucomicrobia Phylum	(0.1%)		[0%–25.7%]
Akkermansia muciniphila	(0%)		[0%–0%]

Your Gut's Fungal Genus and Species

Microorganisms	Results	Distribution of Normal Samples	Reference Range
Important Fungi			
Ascomycota	(99.76%)		[9%–100%]
Candida Spp.	(0%)		[0%–60%]
Candida albicans	(0%)		[0.1%–18.7%]
Candida tropicalis	(0%)		[0%–20%]
Saccharomyces Spp.	(0%)		[0.2%–26.5%]
Saccharomyces boulardii	(0%)		[0%–0%]
Saccharomyces cerevisiae	(0%)		[0.2%–23.5%]
Saccharomyces pastorianus	(0%)		[0%–0.1%]
Pichia Spp.	(0%)		[0.1%–2.1%]
Pichia fermentans	(0%)		[0.5%–1.6%]
Aspergillus Spp.	(0%)		[0.1%–13.4%]
Fusarium solani	(0%)		[0.1%–0.1%]