



Sample ID
24687567

Laboratory
European accredited lab

Method
Norgen Biotek Corp.

Sample drawing
17 January 2023

Received
19 January 2023

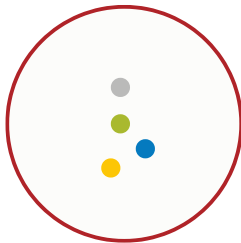
Material
Stool

Analysed
17 February 2023

Your personal gut microbiome report

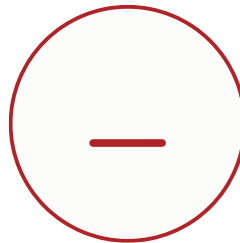
The aim of the gut microbiome analysis is to examine all bacteria in your stool using next-generation gene analysis, determining the 16S gene of the bacteria. It is thus possible to classify these organisms in the intestine and draw conclusions about your health by utilizing our knowledge database.

Microbial composition



Improvable!

Nutrition



Improvable!

Health



Improvable!

Your microbial composition is improvable. Your diversity is below average. Try to improve it. You seem to have a balanced diet. However, your intestinal bacteria could help you utilize the ingested food even more efficiently. There is room for improvement of your health, especially regarding the following health conditions: Weight, Gut-liver axis, Gut-heart axis, Joint health, Inflammation.

You can find your personal recommendations for improvement in the section "Recommendations" on page 22.

Please note: The detection of a microorganism by this analysis does not imply any association with a disease. Similarly, failure to detect a microorganism by this analysis does not exclude the presence of a disease-causing microorganism. Other organisms may also be present which are not detected by this analysis. This analysis is not a substitute for established methods of identifying microorganisms or their antimicrobial sensitivity profile.