



**MICROBIOME ANALYSIS REPORT &  
PERSONALIZED NUTRITION GUIDE**









**ENBIOSIS**

**Microbiome Analysis Report**

## Microbiome Analysis Report

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 mental health
-  Is vitally important for sleep quality



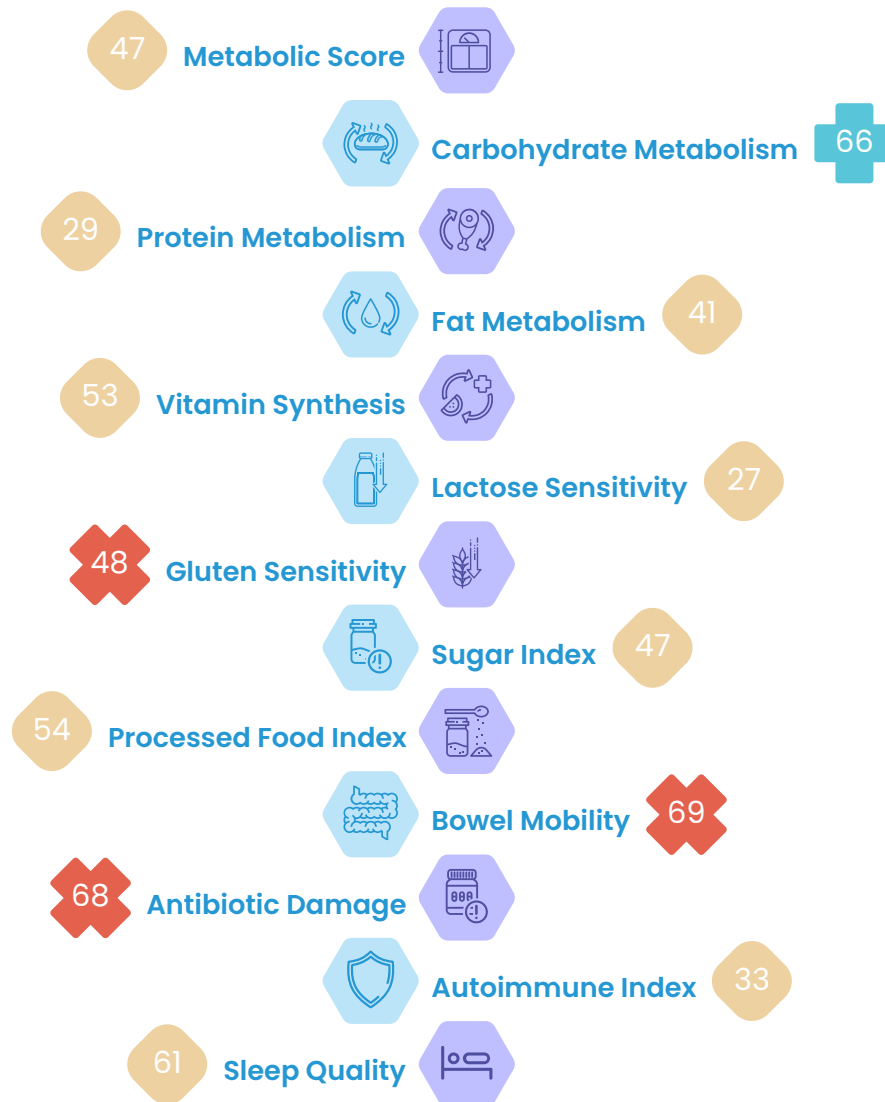
## WELCOME TO YOUR MICROBIOME WORLD

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.



### Gut Scores



## Your Microbiome Age

36

*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 microbiome's age? Based on the science, that may very well be possible with personalized lifestyle and nutrition.

## Your Microbiome Diversity

2.6

*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.*

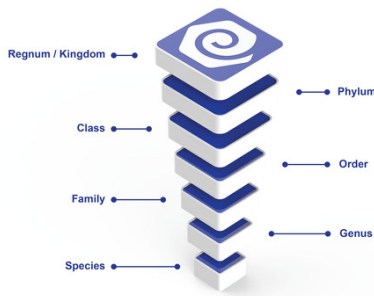
The microbiome diversity score is an important indicator of general health that outlines the number of bacterial species present in the intestines and how evenly distributed each species is.

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



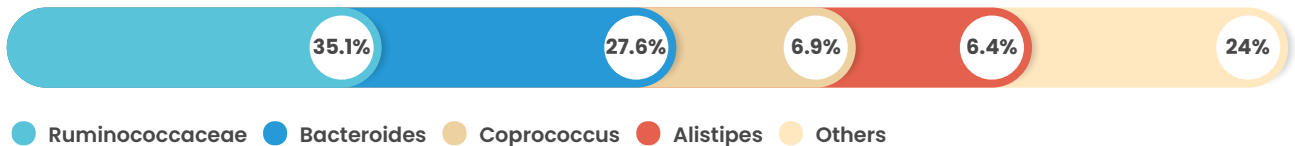
**“Taxonomy”** is the science in which every living thing is classified and named by scientists according to their common character within a given system. Every living thing in nature has a taxonomic classification. For example, the domestic cats living among us are classified “house cat and its close 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.*

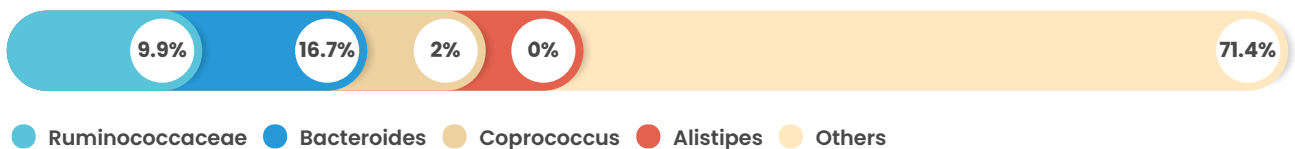
### Genus Level

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.

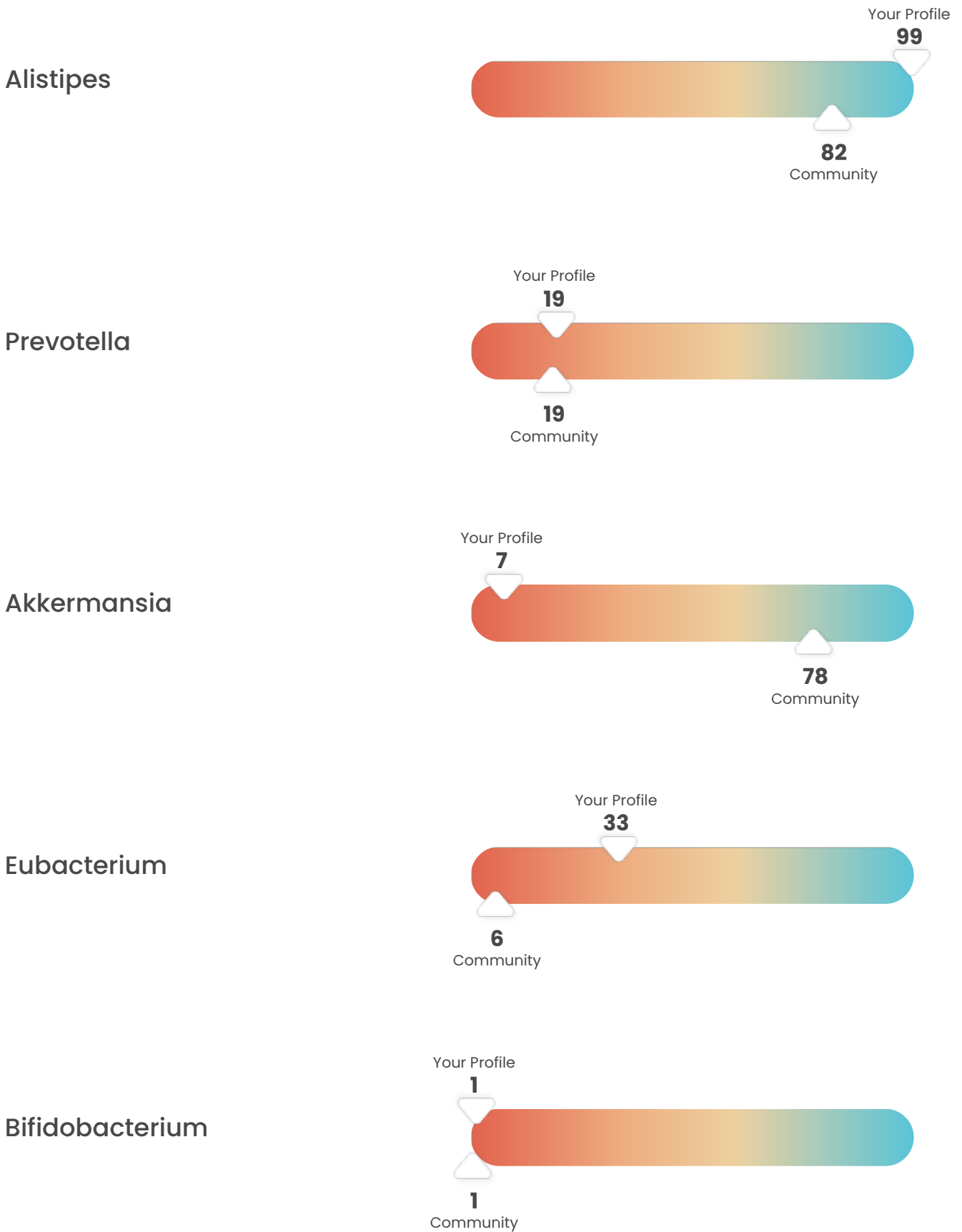
#### Your Profile

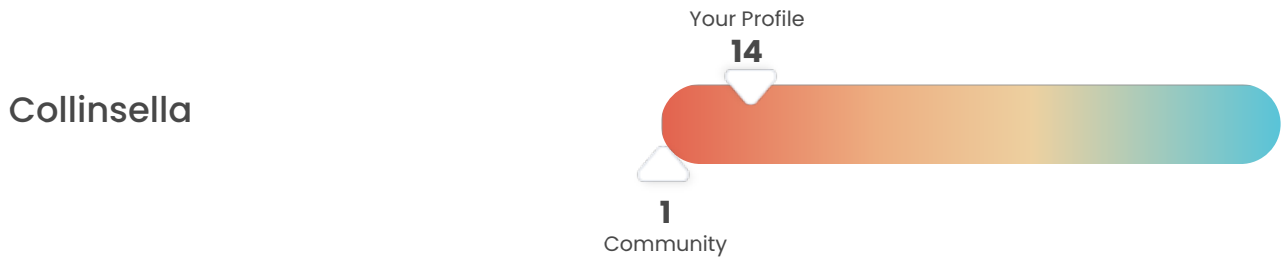


#### World Average



## Important Bacteria







## Your Similar Profiles

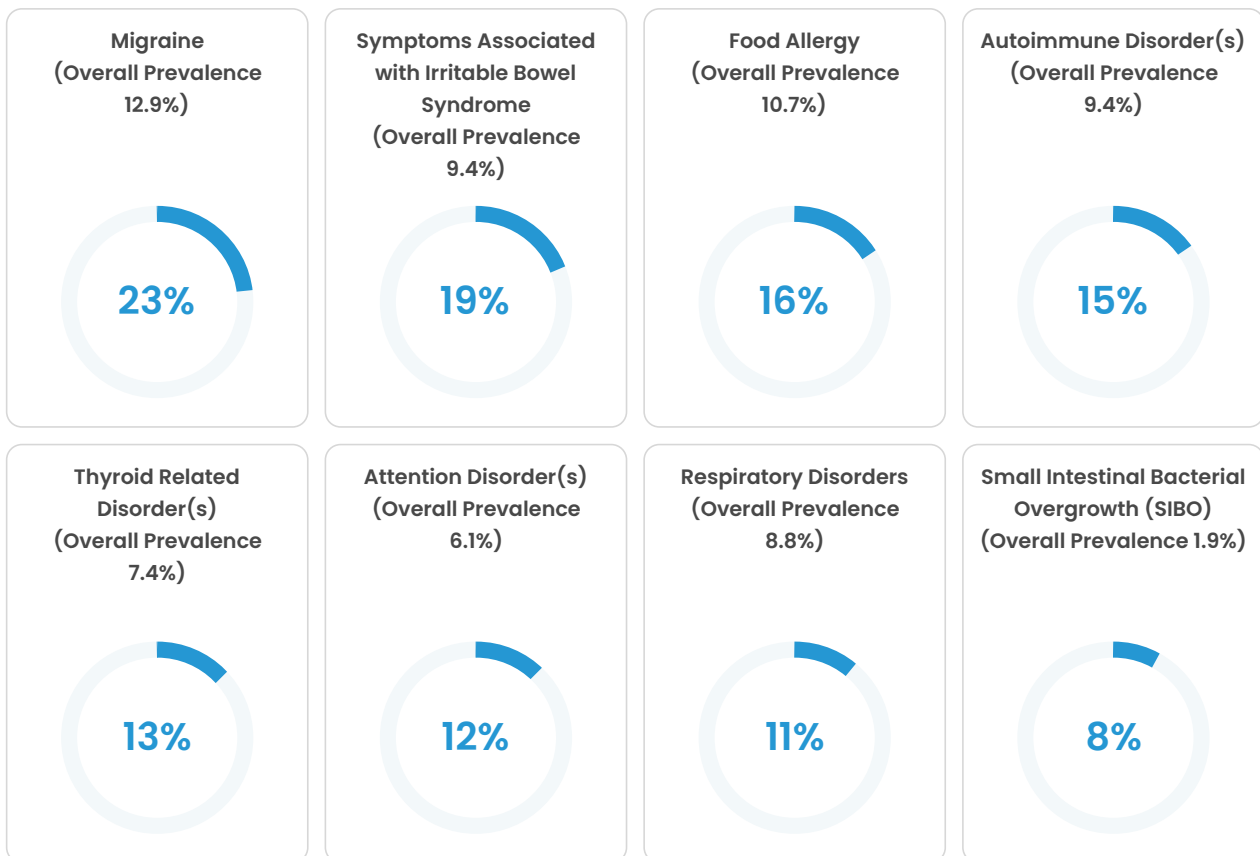
Studies have shown that 90% of chronic diseases are linked to gut microbiome imbalance. As a result of these studies, it has also been observed that individuals with similar microbiome profiles may develop similar disorders.

Our 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.

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



**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.

## Your Gut Scores

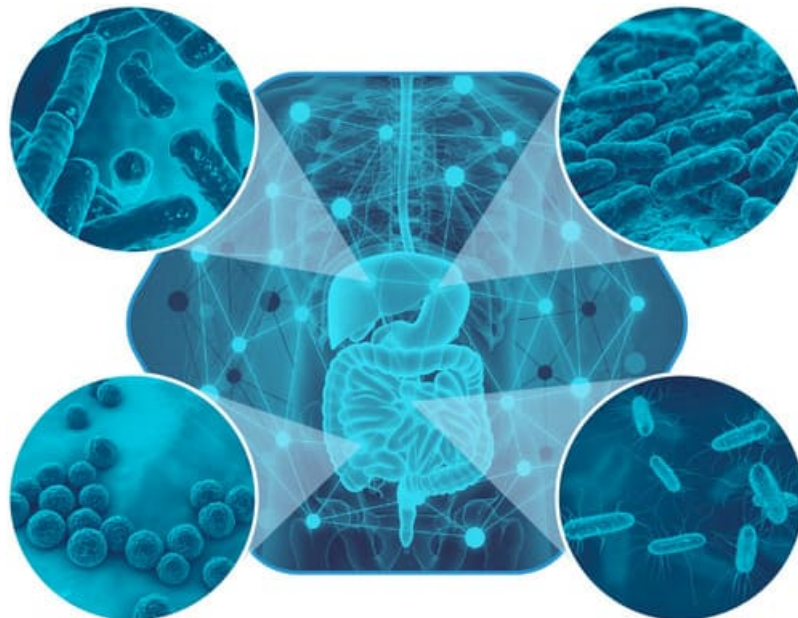
Our artificial intelligence algorithm has generated gut scores for 13 different parameters based on the type and number of bacteria in your gut.

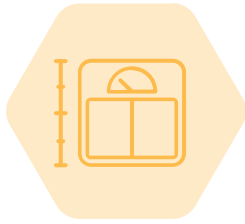
Do not interpret this report based on your current weight, health status, or how you are currently feeling. Here we are offering you a glimpse into what is happening in your inner world and possible predispositions.

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. Again, the diet plan we lay out for you takes this into consideration and caters to the need to maintain those particular bacteria.

The community score indicates the average value of all our data from communities around the globe. Because there are regional differences when it comes to microbiome profiles, we include data from various projects and initiatives that are collected from a variety of countries in order to provide the most accurate score.

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.

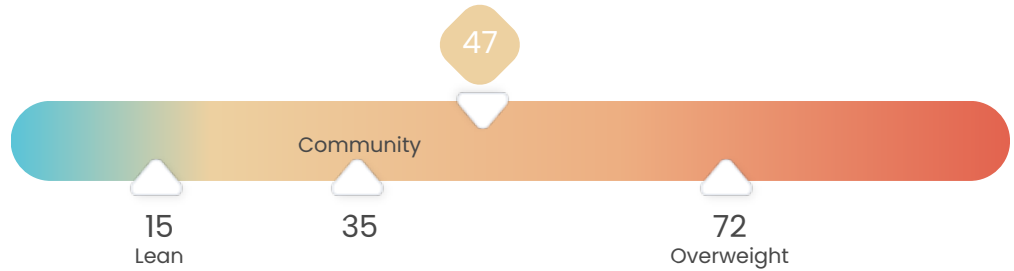




## Metabolic Score

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.



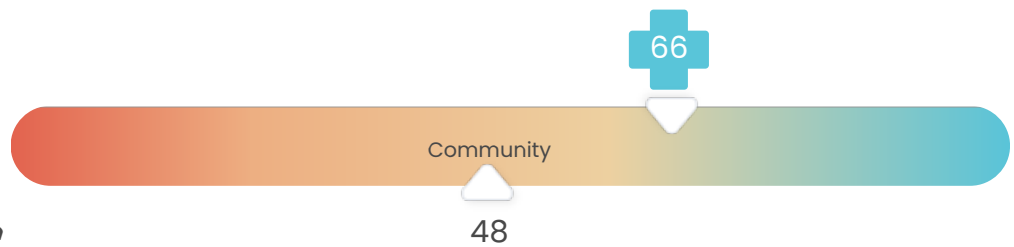
## Macronutrient Metabolism

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.



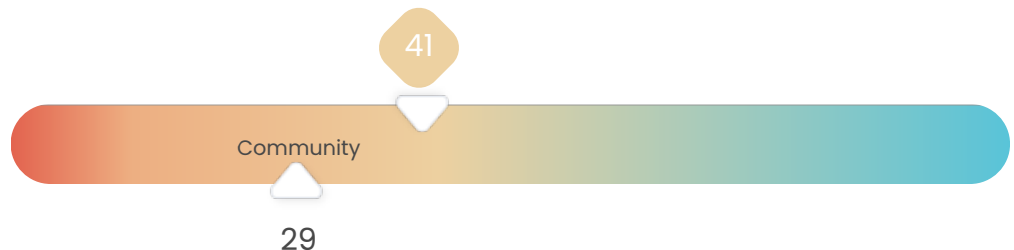
*Carbohydrate Metabolism*

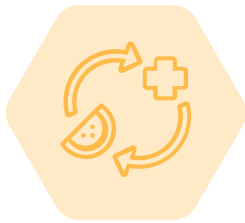


*Protein Metabolism*



*Fat Metabolism*

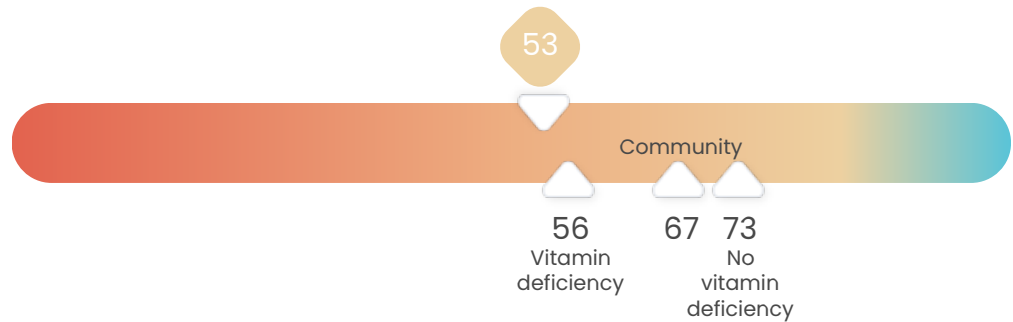




## Vitamin Synthesis

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.

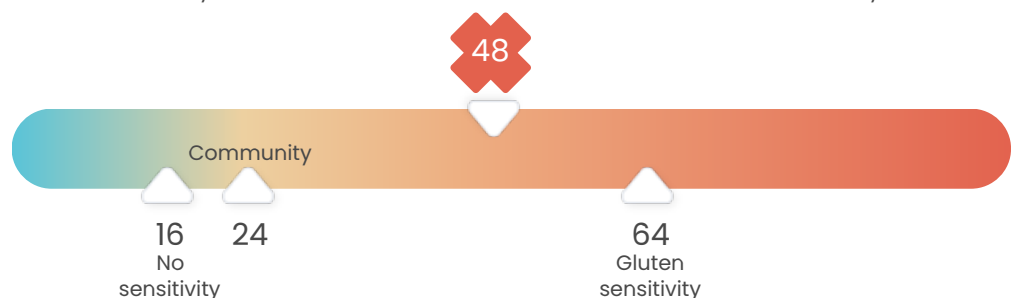
High scores indicate that your body may have difficulty processing lactose/ gluten while low or average scores indicate that your body is in a position to effectively and efficiently process lactose/gluten.



Lactose Sensitivity



Gluten Sensitivity



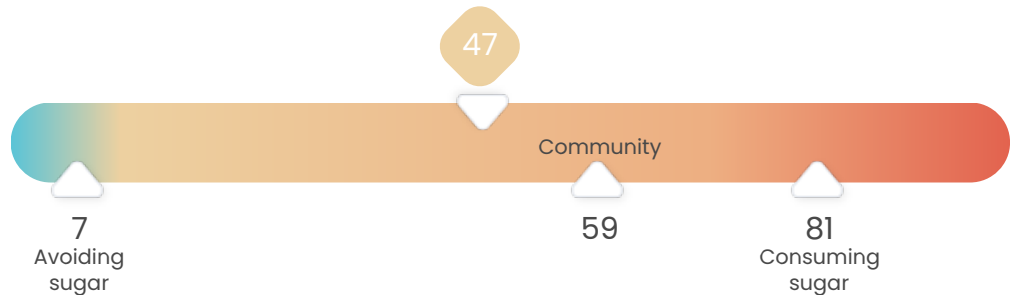


## Sugar Index

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.

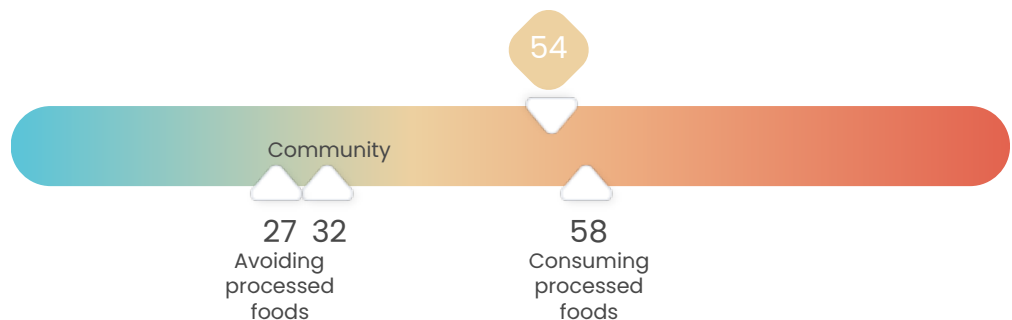
A low score indicates that your body's microbiome is not struggling to process sugars. This either indicates that you do not consume an excessive amount of sugar or that your body can effectively and efficiently process whatever amount of sugar that is consumed.

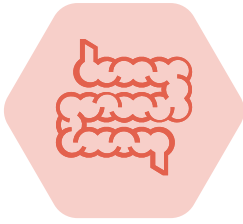


## Processed Food Index

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.

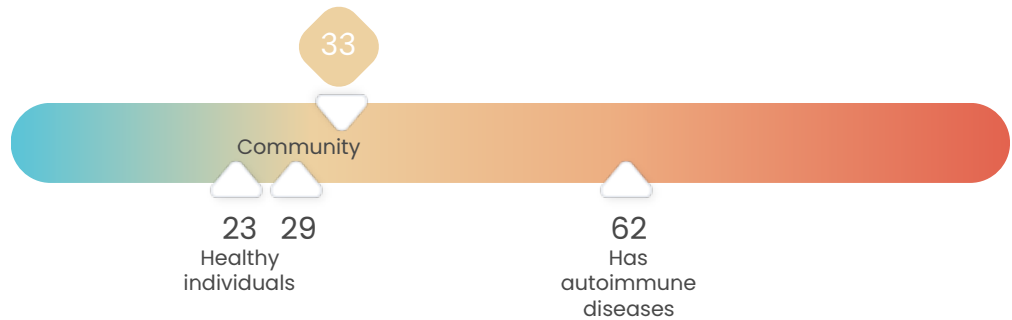




## Autoimmune Index

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

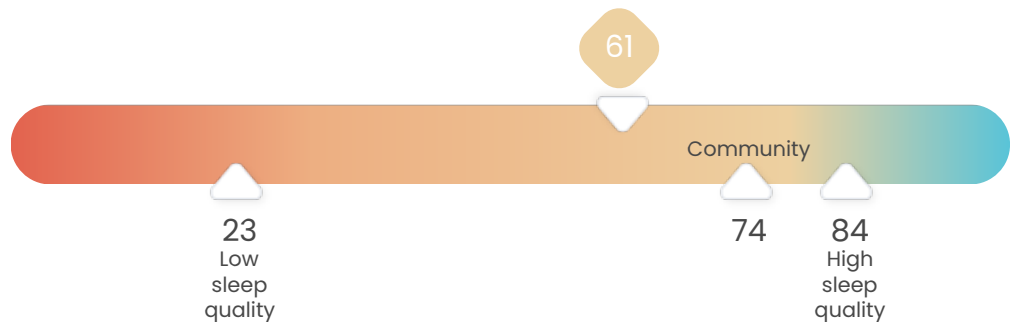
A high score could indicate that you'd be prone to autoimmunity, however, is not meant to be used for diagnostic purposes.



## 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.





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## Nutrient Scores Report



## Manage Your Nutrition!

Different bacterial species require different nutrients. The purpose of a personalized diet is to increase the number of bacteria needed to maintain the balance of the microbiome, while reducing the number of bacteria that cause an imbalance. This personalized nutrition guide helps balance your microbiome by selectively feeding the right bacteria in your gut.

You can modulate your microbiome to achieve better health by knowing which foods are most beneficial and consuming more of those foods.

This report presents you with the most suitable and specific foods for your needs, along with their scores.

The scores are interpreted as follows:

Eat less of the **nutrients that are scored between 0 and 3**

Eat **nutrients that are scored between 4 and 7** for a balanced and varied diet

Enrich your diet with the **nutrients that are scored between 8 and 10**

## Please keep in mind that,

**Microbiome analysis is not a food intolerance test.** While the foods with high scores may be just what your microbiome needs, they can also be the foods that you are allergic or intolerant to. If you are aware of such allergy or intolerance, you must disregard the recommendation containing those foods.

## Here's Your Food!

Leek	10	Onion	10	Artichoke	9
Garlic	9	Honey	8	Tuna	8














## Foods That Fit With You!

Orange	7	Agave Syrup	7	Okra	7
Fish Oil Supplement	7	Bell Pepper	7	Octopus	7

## Foods To Avoid!

Coconut Oil	3	Peanut	3	Sausage (Veal)	3
Goat	3	Canola Oil	3	Pine Nut	3














## Milk and Dairy Products

	Soy Milk	7		Sheep Milk	6
	Goat Milk	6		Coconut Milk	5
	Cream	5		Buffalo Milk	5
	Almond Milk	5		Yoghurt (Full Fat)	0
	Oat Milk	0		Cow Milk (Full Fat)	0
	Yoghurt (Fat Free)	0		Heavy Cream	0
	Cow Milk (Low Fat)	0		Pasteurized Milk	0
	Sour Cream	0			





























## Cheese Types

	Brie	0		Gorgonzola	0
	Swiss Cheese	0		Halloumi	0
	Gouda	0		White Cheese (Low Fat)	0
	Cheddar Cheese	0		Mascarpone	0
	Goat Cheese	0		White Cheese (Full Fat)	0
	Gruyère Cheese	0		Feta Cheese	0
	Sheep Cheese	0		Curd Cheese	0
	Cream Cheese	0		Herbed Cheese	0
	Ripened Cheese	0		Roquefort Cheese	0
	Ricotta Cheese	0		Parmesan Cheese	0
	Mozzarella Cheese	0		Tofu	0

## Meat and Eggs

	Pork	8		Sausage (Pork)	7
	Egg White	6		Turkey	5
	Duck	5		Sausage (Veal)	3
	Beef	3		Veal	3
	Chicken Egg	3		Chicken	3
	Goat	3		Mutton	2
	Lamb	2			

## Fish and Seafood

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


















## Bread and Cereals

	Whole Wheat Flour			Oat Flour	
	Wheat Bran Bread			Bulgur Wheat	
	Brown Rice			Wheat Bran Pasta	
	Quinoa			Buckwheat	
	Sorghum Flour			Whole Wheat Bread	
	Tortilla			Oat	
	Corn			Wheat	
	Barley			Whole Grain Flour	
	Millet			Wheat Bran	
	Noodle			Semolina	
	Corn Bran			Rice Bran	
	Amaranth			Rice	
	Whole Grain Bread			Oat Bran	
	Pasta			Rye Bread	





























	White Bread			Rice Flour	
	Gluten-Free Bread			Whole Grain Flakes	
	Cornflakes			White Flour	
	Rice Paper			Cornmeal	
	Soy Flour			Wheat Germ	
	Tapioca Starch			Rice Noodle	
	Rye Flour			Cornstarch	
	Oat Bread				
































## Legume and Legume-based Products

























































	White Bean	7		Soybean Sprout	6
	Beansprouts	6		Chickpea	6
	Green Lentil	6		Pigeon Pea	6
	Shell Bean	6		Broad Bean	6
	Red Lentil	5		Edamame	5
	Mung Beans	5		Beluga Lentils	5
	Yellow Pea	5		Kidney Bean	5
	Soybean	5		Black Bean	5
	Soy Meat	4			






















## Vegetables

	Leek	10		Onion	10
	Artichoke	9		Garlic	9
	Lettuce	8		Tomato	8
	Celery	8		Okra	7
	Spinach	7		Chili	7
	Jerusalem Artichoke	7		Cassava	7
	Asparagus	7		Pea	7
	Bell Pepper	7		Basil	6
	Cilantro	6		Aubergine	6
	Cubanelle Pepper	6		Sweet Potato	6
	Black Carrot	6		Carrot	6
	Pumpkin	6		Potato	6
	Chicory	6		Broccoli	6
	Winter Squash	6		Red Onion	6




















	Chives	6		Parsley	6
	Dill	6		Fennel	6
	Zucchini	6		Cucumber	6
	Chard	6		Green Bean	5
	Brussel Sprout	5		Collard	5
	Beetroot	5		Kohlrabi	5
	Radicchio	5		Sorrel	5
	Lemon Grass	5		Red Sweet Pepper	5
	Purslane	5		Radish	5
	Kale	5		Shallot	5
	Scallion	4		Rocket	4
	Cauliflower	4		Purple Cabbage	4
	White Cabbage	4		Cress	4
	Turnip	4		Button Mushroom	0
	Chanterelle Mushroom	0			

## Fruits


















	Banana			Orange	
	Sweet Cherry			Aronia Berries	
	Blueberry			Fig	
	Grapefruit			Quince	
	Apricot			Pear	
	Peach			Tangerine	
	Cornelian Cherry			Lemon	
	Apple			Red-Purple Grape	
	Date			Lime	
	Pomegranate			Raisin	
	Black Grape			Redcurrant	
	Acai Berry			Raspberry	
	Coconut			Kumquat	
	Watermelon			Cranberry	

	Japanese Plum	6		Dried Apricot	6
	Dried Apple	6		Dried Plum	5
	Damson Plum	5		Gooseberry	5
	White Mulberry	5		Black Elderberry	5
	Persimmon	5		Strawberry	5
	Banana (Green, unripe)	5		Dried Mulberry	5
	Black Mulberry	5		Melon	5
	Kiwi	5		Mango	5
	Papaya	5		Tart Cherry	5
	Blackberry	5		Pineapple	5
	Nectarine	5			





























## Oil and Fats

	Avocado Oil	6		Sesame Seed Oil	6
	Avocado	6		Peanut Oil	5
	Linseed Oil	5		Olive Oil	4
	Soy Oil	4		Coconut Oil	3
	Corn Oil	3		Cottonseed Oil	3
	Sunflower Oil	3		Hazelnut Oil	3
	Canola Oil	3		Lard	2
	Green Olive	0		Butter	0
	Tallow	0		Ghee	0
	Black Olive	0			

## Nut and Seeds

	Grape Seed	6		Chestnut	6
	Almond	6		Macadamia	6
	Chia Seed	5		Flaxseed	5
	Poppy Seed	5		Sesame	5
	Walnut	5		Hazelnut	5
	Pecan	5		Sunflower Seed	4
	Pistachio	4		Cashew	3
	Pumpkin Seed	3		Peanut	3
	Pine Nut	3			

## Drinks

	Yellow Tea	6		Sage Tea	6
	Matcha	6		Hibiscus Tea	6
	Coffee	6		Apple Juice	5
	Oolong Tea	5		Black Tea	5
	Green Tea	5		Pomegranate Juice	5
	Tart Cherry Juice	5		Lemon Juice	5
	Apricot Juice	5		Tomato Juice	5
	Carrot Juice	5		Orange Juice	5
	Pear Juice	5		Grape Juice	5
	Grapefruit Juice	5		Chamomile Tea	5
	Lemon Balm Tea	5		Mineral Water	5
	Tangerine Juice	5		Vodka	0
	Whiskey	0		Red Wine	0
	Kvass	0		White Wine	0
































Beer








Rose Wine











































## Herb, Spice and Sauces

	Star Anise	7		Black Pepper	7
	Cinnamon	7		Caraway Seed	7
	Ginger	7		Salt	6
	Thyme	6		Allspice	6
	Ketchup	6		Rosemary	6
	Turmeric	5		Marjoram	5
	Bay Leaf	5		Cumin Seeds	5
	Wasabi	5		Tarragon	5
	Mint	5		Curry Powder	5
	Fish Sauce	5		Garam Masala	5
	Mustard	4		Sriracha Sauce	0
	Worcestershire Sauce	0		Hoisin Sauce	0
	Barbecue Sauce	0		Oyster Sauce	0
	Soy Sauce	0			

## Supplements

	Krill Oil Supplement	7		Fish Oil Supplement	7
	Spirulina	6		Psyllium	6
	Whey Protein Supplement	0			

## Others

	Honey			Agave Syrup	
	Ice Cream			Brown Sugar	
	White Sugar			Coffee Creamer	
	Cacao Nibs			Tahini	
	Grape Molasses			Seaweed	
	Almond Butter			Cocoa Powder	
	Dark Chocolate			Milk Powder	
	Pickled Cucumber			Sauerkraut	
	Yeast			Milk Chocolate	
	Olive Paste			Apple Vinegar	



**ENBIOSIS**

**Supplements Report**

## Know Which Supplements Are Best for You!

By producing health-promoting molecules, regulating our metabolism, and communicating with our organs, probiotic organisms can have a significantly beneficial impact on human health and modulate our immune system. With their boosting effect on probiotics, prebiotics serve as nutrient sources for these beneficial bacteria. However, not every probiotic and prebiotic supplement works for everyone.

The mode of action of probiotics is through a synergistic microbiome interaction via diverse pathways in unique ways. It has been difficult and unpredictable to determine if a certain probiotic supplement would be effective on an individual since every individual's microbiome needs are unique. Since each bacterium requires different prebiotics to be nourished, the prebiotic needs of individuals also differ.

This microbiome analysis captures the needs of a person's microbiome by analyzing the whole genomic content of the microbiome at high resolution. By revealing the functional properties of your microbiome at the genetic level, we detect which enzymes your gut microbes are capable of producing, which health-promoting pathways are missing in your microbiome, and which bacteria would fill in this gap along with which prebiotic will nourish it and act as beneficial partners. Through an intensive evaluation of how they would act synergistically by introducing new molecules, closing gapped metabolic/signaling pathways in the ecosystem, and promoting the circles of other beneficial organisms by cross-feeding, the algorithms propose and rate the fittest probiotics and prebiotics for you.



## Prebiotics



**NutraFlora FOS**  
Now



**Inulin Prebiotic Pure Powder**  
Now

6.7



**GastroThera**  
Klaire Labs

6



**GastroThera™ Powder**  
Klaire Labs

6



**MegaPre™ Capsules**  
Microbiome Labs

5.8



**MegaSporeBiotic**  
Microbiome Labs

5.8



**Prebiotic +**  
Thorne

5.7



**Regularity Guard**  
Perque

5.6



**FLORASSIST Prebiotic Chewable**  
Life Extension

5.4



**Poly-Prebiotic Powder**  
Pure Encapsulations

5.3

## Probiotics



**GI Flora Dairy Free**  
Allergy Research Group

10



**Ther-Biotic Factor 4**  
Klaire Labs

10



**Probiotic-5**  
Pure Encapsulations

10



**Ther-Biotic Detox Support**  
Klaire Labs

10



**FloraMend Prime Probiotic**  
Thorne

10



**HMF Intensive**  
Genestra

10



**UltraFlora Women's**  
Metagenics

9.9



**Enterogenic Intensive 100**  
Integrative Therapeutics

9.9



**Pro-5**  
Klaire Labs

9.8



**Probiotic G.I.**  
Pure Encapsulations

9.8





**ENBIOSIS**

**ENBDEMO**