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.

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

Your Wellness Index

9

A high Wellness Index indicates a diverse and balanced gut microbiome, which supports overall health through a well-functioning microbial ecosystem

The Wellness Index is an advanced scoring system that evaluates the impact of the gut microbiome on overall health. This index is developed using thousands of health data points and AI-powered deep learning models, providing valuable insights into digestive system function, immune performance, chronic conditions, and general well-being.

The Wellness Index is not a diagnostic tool, but it can serve as a guide for health monitoring and early risk assessment. By tracking your Wellness Index regularly, you can support your gut health and work towards a more balanced microbiome in the long term.

Your Microbiome Diversity

2.7

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.

Firmicutes/Bacteroidetes (F/B) Ratio

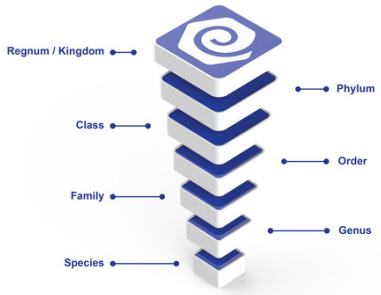
1.5

Your F/B ratio is within the optimal range. This balance is commonly seen in healthy individuals and supports metabolic stability and immune resilience. Keep up the good work! Your personalized nutrition guide will help you maintain this microbial balance.

The Firmicutes/Bacteroidetes (F/B) ratio reflects the balance between the two dominant bacterial groups in your gut. This balance plays a key role in energy regulation, immune function, and gut barrier integrity.

The ratio varies naturally between individuals and is influenced by factors such as diet, lifestyle, and genetics. While no single value defines good or bad health, this marker can provide meaningful insight into your microbiome's current balance.

Your Taxonomic Analysis



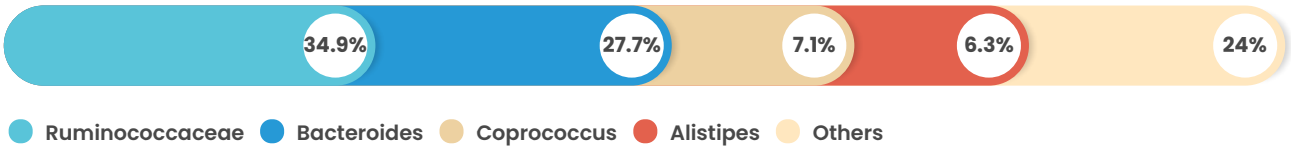
"**Taxonomy**" is the science in which every living thing is classified and named by scientists according to their common character within a given system. Every living thing in nature has a taxonomic classification. For example, the domestic cats living among us are classified "house cat and its close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

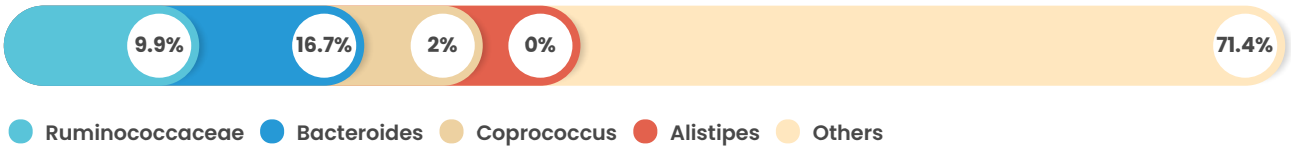
Genus Level

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

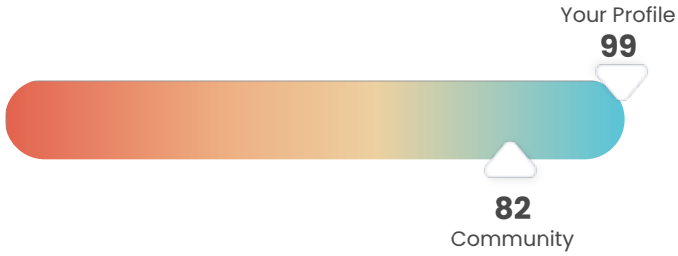


World Average



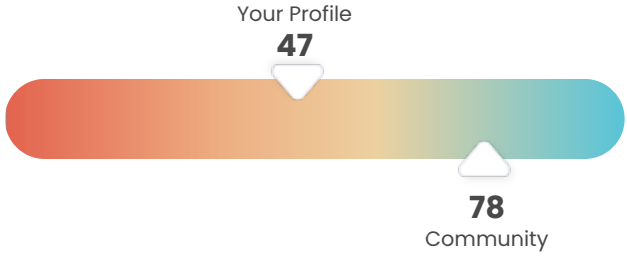
Important Bacteria

Alistipes

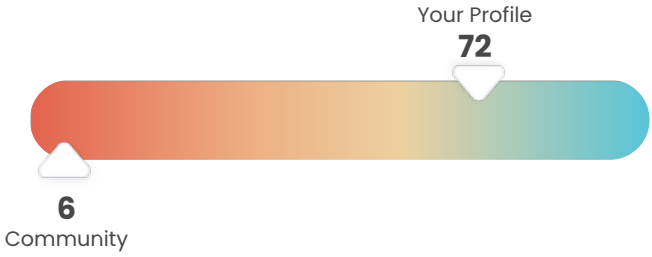


Prevotella

Akkermansia



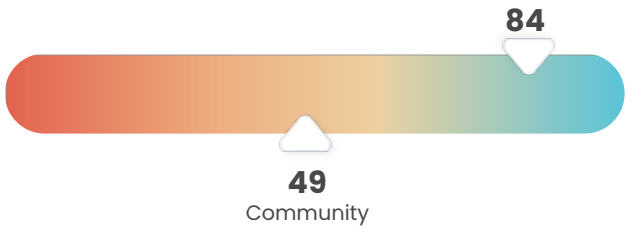
Eubacterium



Bifidobacterium

Your Profile

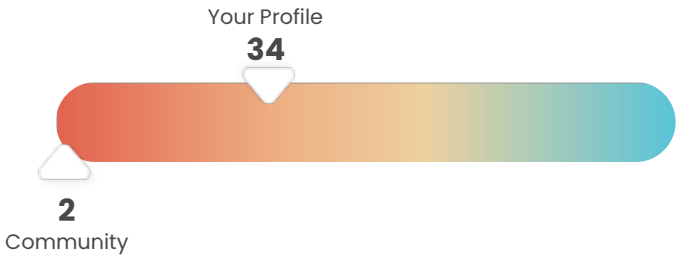
Bacteroides



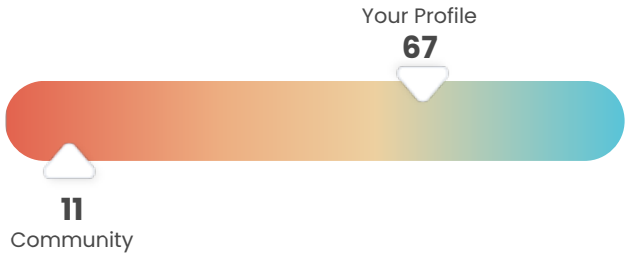
Collinsella

Haemophilus

Roseburia



Phascolarctobacterium



Your Similar Profiles

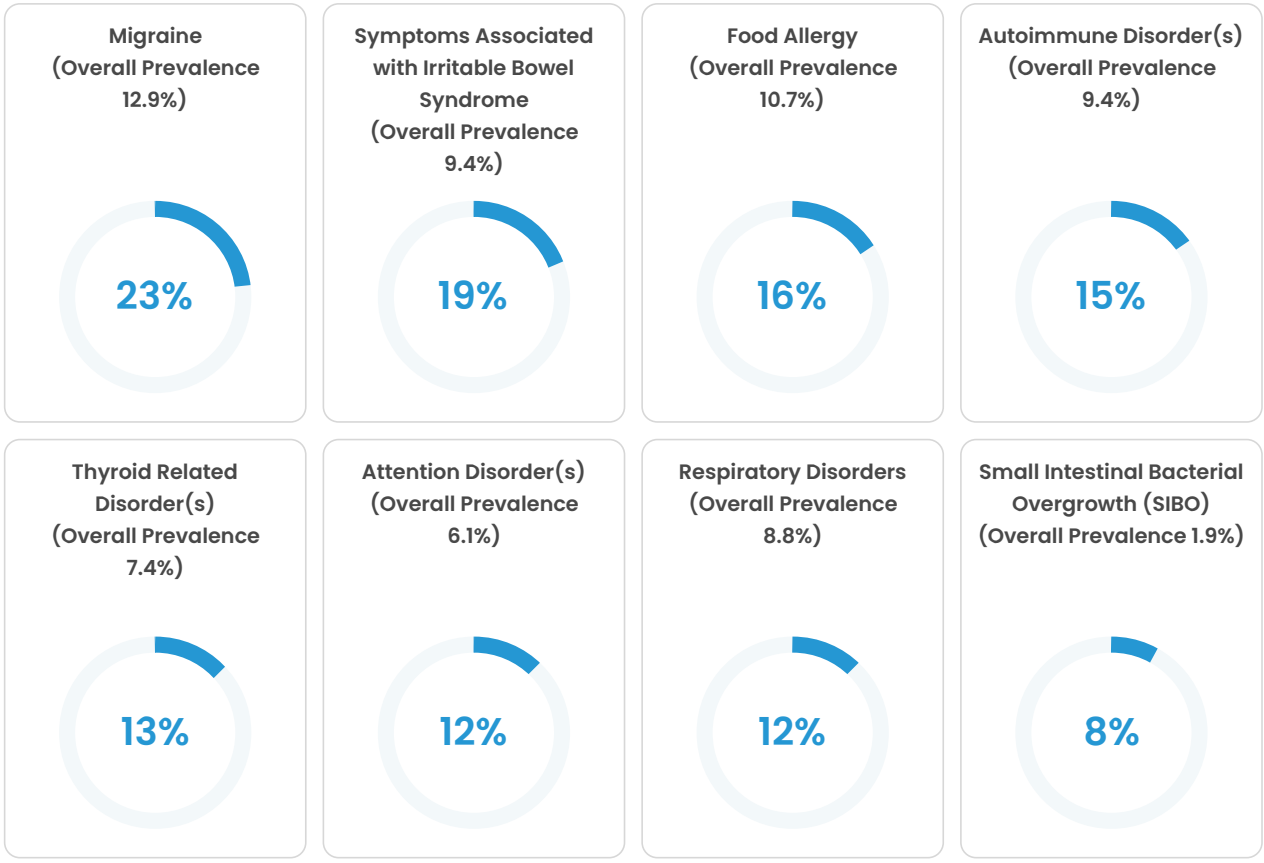
Studies have shown that 90% of chronic diseases are linked to gut microbiome imbalance. As a result of these studies, it has also been observed that individuals with similar microbiome profiles may develop similar disorders.

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

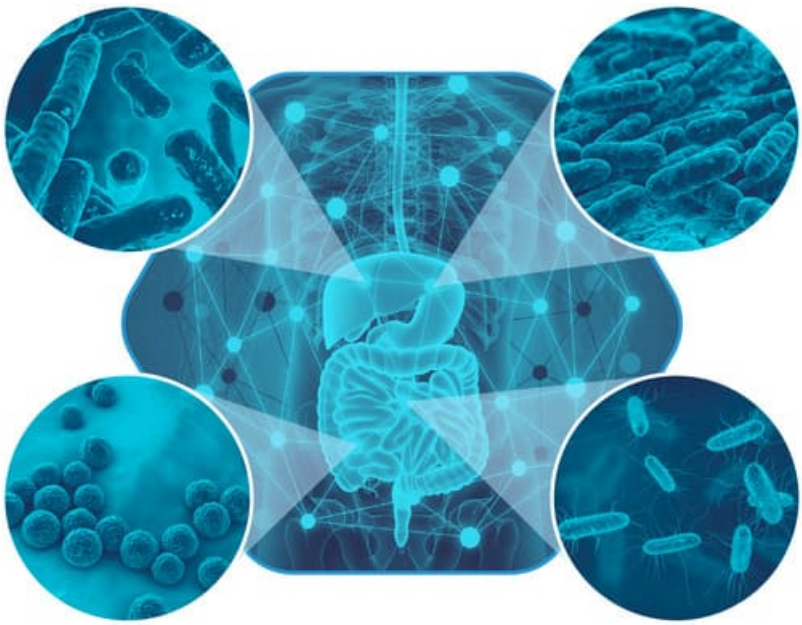
Our artificial intelligence algorithm has generated gut scores for 13 different parameters based on the type and number of bacteria in your gut.

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.

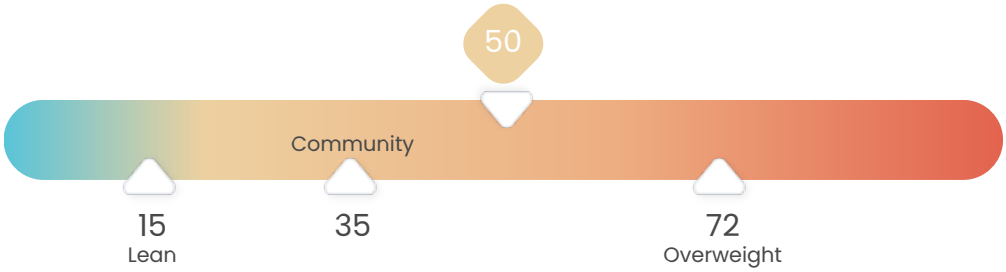
The personalized nutrition plan we lay out has been clinically proven to help you achieve and sustain good scores in each of the areas we assess.



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.

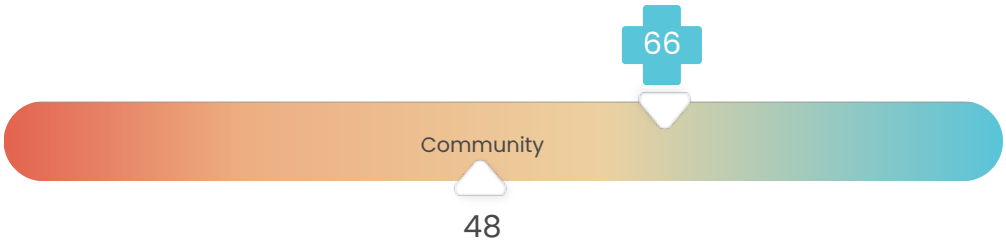


Macronutrient Metabolism

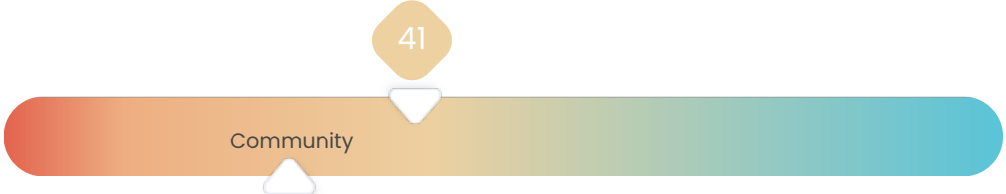
These scores evaluate the amount and activity of key microorganisms involved in carbohydrate, protein and fat metabolisms.

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

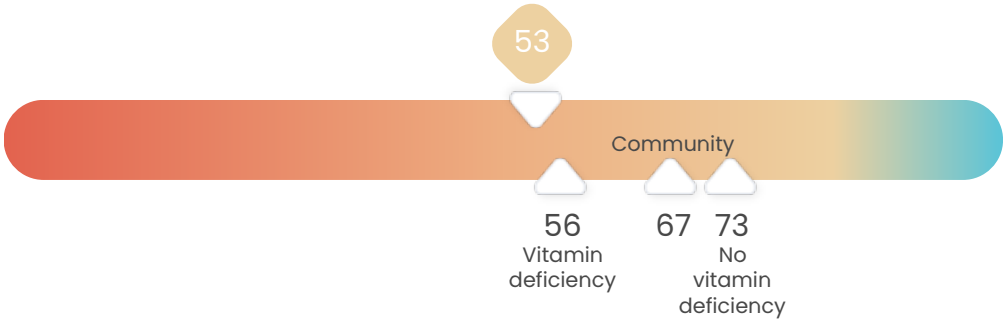


Fat Metabolism	29

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.



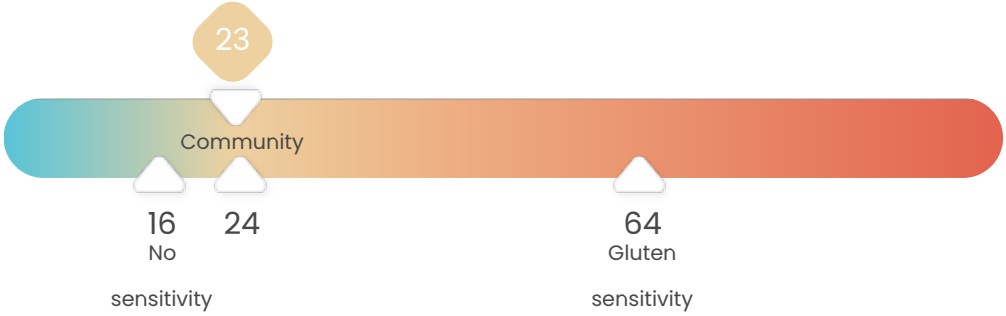
Lactose and Gluten Sensitivity

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

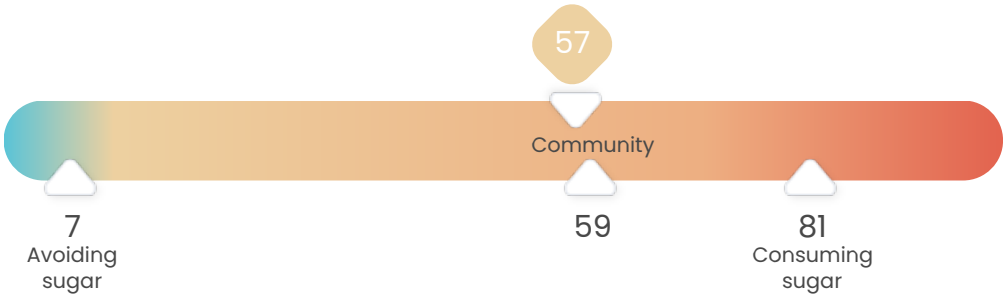


Sugar Index

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

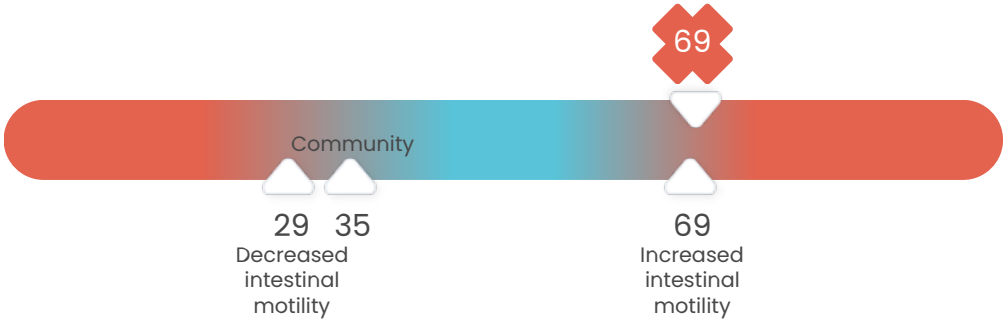
This score evaluates the bacteria directly related to a body's ability to metabolize processed foods.

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.

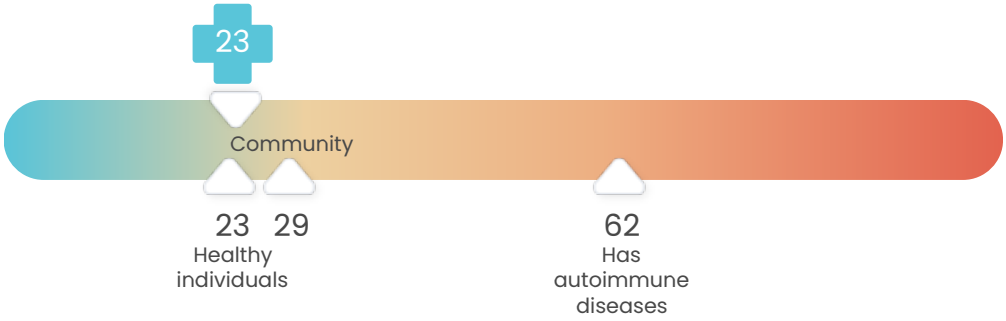
Also note, antibiotic damage can also occur when consuming certain foods, predominantly animal proteins, that may contain trace amounts of antibiotics.

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.

Pathogenic Bacteria

Name	Status	Abundance (%)
Campylobacter	Not Detected	-
Campylobacter jejuni	Not Detected	-
Campylobacter coli	Not Detected	-
Campylobacter upsaliensis	Not Detected	-
Campylobacter lari	Not Detected	-
Clostridium difficile	Not Detected	-
Plesiomonas shigelloides	Not Detected	-
Salmonella	Not Detected	-
Yersinia enterocolitica	Not Detected	-
Vibrio parahaemolyticus	Not Detected	-
Vibrio vulnificus	Not Detected	-
Vibrio cholerae	Not Detected	-
Helicobacter pylori	Not Detected	-
Campylobacter coli	Not Detected	-

Parasites

Name	Status	Abundance (%)
Cryptosporidium	Not Detected	-
Entamoeba histolytica	Not Detected	-
Giardia intestinalis	Not Detected	-

Fungi / Yeast

Name	Status	Abundance (%)
Candida	Not Detected	-
Candida albicans	Not Detected	-

Dysbiotic / Overgrowth Bacteria

Name	Status	Abundance (%)
Bacillus	Not Detected	-
Enterococcus faecalis	Not Detected	-
Staphylococcus	Not Detected	-
Staphylococcus aureus	Not Detected	-
Streptococcus	Not Detected	-

Potential Autoimmune Triggers

Name	Status	Abundance (%)
Citrobacter	Not Detected	-
Citrobacter freundii	Not Detected	-
Fusobacterium	Not Detected	-
Klebsiella	Not Detected	-
Klebsiella pneumoniae	Not Detected	-
Mycobacterium avium	Not Detected	-
Prevotella copri	Not Detected	-
Proteus	Not Detected	-
Proteus mirabilis	Not Detected	-

ENBIOSIS

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	Garlic 9
Artichoke 9	Celery 8	Honey 8

Foods That Fit With You!

Whole Wheat Flour 7	Ice Cream 7	Soy Sauce 7
Octopus 7	Quince 7	Cherry 7

Foods To Avoid!

Peanut 3	Pumpkin Seed 3	Hazelnut Oil 3
Butter 3	Chicken 3	Ripened Cheese 3

Milk and Dairy Products

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

Cheese Types

	Tofu	6	
	Halloumi	6	
	Swiss Cheese	6	
	Gorgonzola	6	
	Gouda	6	
	Brie	6	
	Feta Cheese	6	
	White Cheese (Low Fat)	5	
	White Cheese (Full Fat)	5	
	Goat Cheese	4	
	Sheep Cheese	4	
	Mozzarella Cheese	4	
	Ricotta Cheese	4	
	Mascarpone	3	
	Gruyère Cheese	3	
	Roquefort Cheese	3	
	Cheddar Cheese	3	
	Herbed Cheese	3	
	Ripened Cheese	3	
	Cream Cheese	2	
	Curd Cheese	2	
	Parmesan Cheese	1	

Meat and Eggs

	Pork 8		Sausage (Pork) 7
	Egg White 6		Duck 5
	Turkey 5		Veal 4
	Chicken Egg 4		Sausage (Veal) 4
	Goat 3		Beef 3
	Chicken 3		Mutton 2
	Lamb 2		

Fish and Seafood

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

Bread and Cereals

	Oat	8	
	Whole Wheat Bread	7	
	Wheat Bran	7	
	Soy Flour	7	
	Rice Flour	7	
	Cornmeal	6	
	Amaranth	6	
	Pasta	6	
	Sorghum Flour	6	
	Tortilla	6	
	Wheat Germ	6	
	Wheat Bran Pasta	6	
	Oat Flour	6	
	Bulgur Wheat	6	
	Whole Wheat Flour	7	
	Quinoa	7	
	Buckwheat	7	
	Rye Flour	7	
	Wheat	7	
	Oat Bread	6	
	Whole Grain Bread	6	
	Rye Bread	6	
	Barley	6	
	Tapioca Starch	6	
	Corn	6	
	Brown Rice	6	
	Whole Grain Flour	6	
	Wheat Bran Bread	6	

	Rice Paper	5	
	Gluten-Free Bread	5
	Whole Grain Flakes	5
	Rice Noodle	5
	Semolina	5
	Cornstarch	5
	Millet	5
	Rice	5
	Cornflakes	5
	Corn Bran	5
	Rice Bran	5
	Oat Bran	5
	Noodle	5
	White Bread	5
	White Flour	4	

Legume and Legume-based Products

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

Vegetables

	Leek	10		Onion	10
	Garlic	9		Artichoke	9
	Celery	8		Tomato	8
	Lettuce	8		Spinach	7
	Bell Pepper	7		Chili	7
	Okra	7		Jerusalem Artichoke	7
	Cubanelle Pepper	7		Cassava	7
	Asparagus	7		Pea	7
	Pumpkin	6		Dill	6
	Cucumber	6		Kohlrabi	6
	Fennel	6		Winter Squash	6
	Zucchini	6		Chard	6
	Chicory	6		Cilantro	6
	Chives	6		Basil	6

	Red Onion	6		Carrot	6
	Parsley	6		Potato	6
	Mushroom	6		Sweet Potato	6
	Broccoli	6		Beetroot	5
	Brussel Sprout	5		Collard	5
	Lemon Grass	5		Purslane	5
	Red Sweet Pepper	5		Button Mushroom	5
	Chanterelle Mushroom	5		Aubergine	5
	Shallot	5		Kale	5
	Black Carrot	5		Radicchio	5
	Sorrel	5		Green Bean	5
	Scallion	4		Cauliflower	4
	Radish	4		Turnip	4
	Rocket	4		Purple Cabbage	4
	White Cabbage	4		Cress	4

Fruits

	Banana 8		Orange 7
	Blueberry 7		Grapefruit 7
	Fig 7		Quince 7
	Cherry 7		Aronia Berries 7
	Sweet Cherry 7		Dried Apple 6
	Kumquat 6		Japanese Plum 6
	Cranberry 6		Watermelon 6
	Lime 6		Raisin 6
	Peach 6		Dried Apricot 6
	Coconut 6		Date 6
	Redcurrant 6		Pear 6
	Apple 6		Apricot 6
	Red-Purple Grape 6		Cornelian Cherry 6
	Acai Berry 6		Raspberry 6

	Lemon	6	
	Tangerine	6
	Pomegranate	6
	Dried Plum	5
	Kiwi	5
	Mango	5
	Melon	5
	Strawberry	5
	Papaya	5
	Black Elderberry	5
	Banana (Green, unripe)	5
	Black Grape	5
	Persimmon	5
	Gooseberry	5
	Damson Plum	5
	Blackberry	5
	Tart Cherry	5
	Nectarine	5
	Pineapple	5
	White Mulberry	4
	Black Mulberry	4
	Dried Mulberry	4

Oil and Fats

	Sesame Seed Oil	6	
	Avocado Oil	6	
	Avocado	6	
	Peanut Oil	5	
	Green Olive	5	
	Linseed Oil	5	
	Black Olive	5	
	Soy Oil	4	
	Olive Oil	4	
	Ghee	3	
	Coconut Oil	3	
	Canola Oil	3	
	Cottonseed Oil	3	
	Corn Oil	3	
	Sunflower Oil	3	
	Butter	3	
	Hazelnut Oil	3	
	Lard	1	
	Tallow	0	

Nut and Seeds

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

Drinks

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

Tangerine Juice 5

Green Tea 5

Herb, Spice and Sauces

 Star Anise	8	 Cinnamon	7
 Ginger	7	 Black Pepper	7
 Soy Sauce	7	 Caraway Seed	7
 Turmeric	6	 Salt	6
 Thyme	6	 Rosemary	6
 Allspice	6	 Ketchup	6
 Bay Leaf	6	 Oyster Sauce	6
 Barbecue Sauce	6	 Curry Powder	6
 Cumin Seeds	6	 Garam Masala	6
 Sriracha Sauce	6	 Hoisin Sauce	5
 Worcestershire Sauce	5	 Fish Sauce	5
 Wasabi	5	 Tarragon	5
 Mint	5	 Marjoram	5
 Mustard	4		

Supplements

Whey Protein Supplement 7

Fish Oil Supplement 7

Krill Oil Supplement 7

Spirulina 6

Psyllium 6

Others

	Honey 8		Milk Powder 7
	Agave Syrup 7		Ice Cream 7
	Dark Chocolate 6		Coffee Creamer 6
	Tahini 6		White Sugar 6
	Apple Vinegar 6		Brown Sugar 6
	Cacao Nibs 6		Yeast 6
	Grape Molasses 5		Almond Butter 5
	Pickled Cucumber 5		Olive Paste 5
	Milk Chocolate 5		Seaweed 5
	Cocoa Powder 5		Sauerkraut 5

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
8

Inulin Prebiotic Pure Powder
Now
6.7

GastroThera
Klaire Labs
6

GastroThera™ Powder
Klaire Labs
6

MegaSporeBiotic
Microbiome Labs
5.8

MegaPre™ Capsules
Microbiome Labs
5.8

Prebiotic +
Thorne
5.7

Regularity Guard
Perque
5.6

HLC Synbiotic Intensive
Dr. Mercola
5.4

FLORASSIST Prebiotic Chewable
Life Extension
5.4

Probiotics

Ther-Biotic Factor 4
Klaire Labs

10

HMF Intensive
Genestra

10

GI Flora Dairy Free
Allergy Research Group

10

FloraMend Prime Probiotic
Thorne

10

Ther-Biotic Detox Support
Klaire Labs

9.9

Probiotic-5
Pure Encapsulations

9.9

Enterogenic Intensive 100
Integrative Therapeutics

9.9

UltraFlora Women's
Metagenics

9.9

Probiotic Synergy
Designs for Health

9.8

Probiotic G.I.
Pure Encapsulations

9.8

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