Gut Chex®

ABOUT THIS TEST

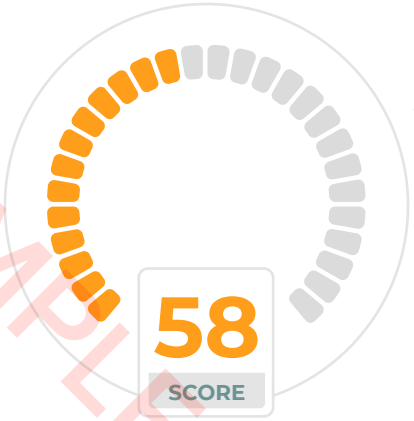
PATIENT	TEST ORDERED BY	SAMPLE DETAILS	PERFORMED BY
Name: Patient Name	Name: Doctor Name	Type:	Laboratory: Agiomix FZ-LLC Labs
DOB: DD-MM-YYYY	License #:	Receipt Date: DD-MM-YYYY	License #: 3650734
Gender: Gender	Authority: ABC Hospital	Report Date: DD-MM-YYYY	Authority: Dubai Health Authority
ID:			Test ID:

REPORT SUMMARY

GUT HEALTH SCORES

THE GUT HEALTH SCORE REFLECTS OVERALL GUT MICROBIOME HEALTH, CALCULATED BASED ON KEY FACTORS SUCH AS BACTERIAL DYSBIOSIS, MICROBIOME DIVERSITY, PATHOGEN LEVELS, AN PROBIOTIC PRESENCE

71 - 100	OPTIMAL
31 - 70	MODERATE
0 - 30	NEEDS IMPROVEMENT



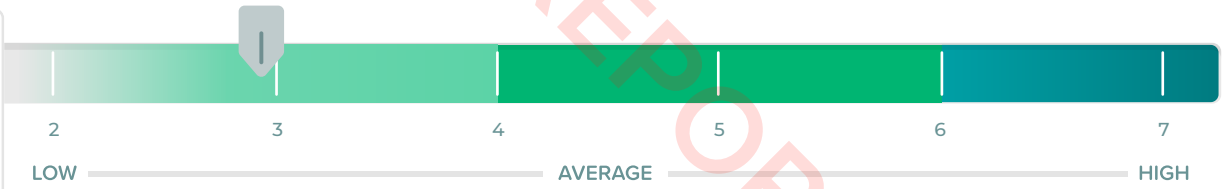
SAMPLE REPORT

SHANNON DIVERSITY INDEX

2.9

YOUR GUT DIVERSITY SCORE

REFERENCE RANGE
1 - 7



A higher gut diversity score is usually associated with better health

Gut microbiome diversity refers to the variety and abundance of different types of microorganisms present in the gut. This diversity is a crucial aspect of a healthy gut ecosystem. A diverse gut microbiome typically includes a wide range of microbial species, each playing a unique roles in digestion, metabolism, immune regulation, and overall health.

Probiotics Levels

ABUNDANCE LACTOBACILLUS	13.01	ABUNDANCE BIFIDOBACTERIUM	0.6

ABOVE AVERAGE
AVERAGE
BELOW AVERAGE

CLASSIFICATION OVERVIEW AND KEY RATIO INDEX

F/B FIRMICUTES TO BACTEROIDETES RATIO	4.71 (0.9 to 2.5)	P/B PROTEOBACTERIA TO BACTEROIDES RATIO	0.12 (< 0.3)				
1.44% PROTEOBACTERIA	30.21% ACTINOBACTERIA	56.45% FIRMICUTES	0.00% VERRUCOMICROBLA	0.01% FUSOBACTERIA	11.39% BACTEROIDETES	0.00% EURYARCHAEOTA	

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ABOUT THIS TEST

GUT HEALTH RISKS

DYSBIOSIS INDICATORS

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
STAPHYLOCOCCUS	26.53	≤ 10	Dysbiotic and Overgrowth Bacteria
DESULFOVIBRIO	< dl	≤ 10	
BACILLUS	42.48	≥ 10	
PSEUDOMONAS AERUGINOSA	10	≤ 10	
PSEUDOMONAS	< dl	≤ 10	
ENTEROCOCCUS FAECIUM	10	≤ 10	
METHANOBACTERIACEAE	10	≤ 10	
ENTEROCOCCUS FAECALIS	< dl	≤ 10	
BACTEROIDES FRAGILIS	< dl	≥ 10	Gut Health
ESCHERICHIA	0.9	≤ 10	
AKKERMANSIA MUCINIPHILA	< dl	≥ 10	
ROSEBURIA	6.53	≥ 10	
ENTEROBACTER	< dl	≤ 10	
BIFIDOBACTERIUM	0.6	≥ 10	
FAECALIBACTERIUM PRAUSNITZII	0.1	≥ 10	
ENTEROCOCCUS	8.81	≤ 10	
LACTOBACILLUS	13.01	≥ 10	

SAMPLE REPORT

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ABOUT THIS TEST

GUT HEALTH RISKS

AUTOIMMUNE

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
STAPHYLOCOCCACEAE	26.6	≤ 10	Celiac Disease
ENTEROBACTERIACEAE	0.54	≤ 10	
LACTOBACILLUS	13.01	≥ 10	
KLEBSIELLA PNEUMONIAE	< dl	≤ 10	Inflammation and Autoimmune Health
PROTEUS	13.6	≤ 10	
KLEBSIELLA	< dl	≤ 10	
ENTEROBACTER	< dl	≤ 10	
FUSOBACTERIUM	0.38	≤ 10	
CITROBACTER	10	≤ 10	
PREVOTELLA	16.88	≥ 10	
CITROBACTER FREUNDII	10	≤ 10	
PSEUDOBUTYRIVIBRIO	11.6	≥ 10	Psoriatic Arthritis
AKKERMANSIA MUCINIPHILA	< dl	≥ 10	
PROTEUS MIRABILIS	13.6	≤ 10	Rheumatoid Arthritis, Ankylosing Spondylitis

CARDIOVASCULAR HEALTH

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
COLLINSELLA	18.88	≤ 10	Atherosclerosis
LANCEFIELDELLA PARVULLA	12.09	≤ 10	Cardiovascular Disease
TYZZERELLA	< dl	≤ 10	
SOLOBACTERIUM MOOREI	11.43	≤ 10	
ROSEBURIA INTESTINALIS	13.53	≥ 10	
KLEBSIELLA AEROGENES	10	≤ 10	
LACTOBACILLUS RUMINIS	12.51	≤ 10	Stroke
ATOPOBIUM	12.04	≤ 10	

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ABOUT THIS TEST

GUT HEALTH RISKS

CHRONIC INFLAMMATORY DISORDERS

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
ENTEROCOCCUS	8.81	≤ 10	Crohn's Disease
VEILLONELLA	< dl	≤ 10	
RUMINOCOCCUS GNAVUS	0.13	≤ 10	
FAECALIBACTERIUM PRAUSNITZII	0.1	≥ 10	
AKKERMANSIA MUCINIPHILA	< dl	≥ 10	
FAECALIBACTERIUM PRAUSNITZII	0.1	≥ 10	IBD (Inflammatory Bowel Disease)
ROSEBURIA	6.53	≥ 10	
PHASCOLARCTOBACTERIUM	1.3	≤ 10	
FAECALIBACTERIUM	32.6	≥ 10	
CLOSTRIDIUM	7.19	≤ 10	
DESULFOVIBRIO PIGER	< dl	≤ 10	
RUMINOCOCCACEAE	19.71	≥ 10	
BIFIDOBACTERIUM	0.6	≥ 10	IBS (Irritable Bowel Syndrome)
ENTEROBACTERIACEAE	0.54	≤ 10	
RUMINOCOCCUS	6.95	≥ 10	
CLOSTRIDIUM	7.19	≤ 10	
DOREA	99.24	≥ 10	
LACTOBACILLUS	13.01	≥ 10	
BACTEROIDES	3.79	≥ 10	SIBO (Small Intestinal Bacterial Overgrowth)
PEPTOSTREPTOCOCCUS	< dl	≤ 10	
CLOSTRIDIUM	7.19	≤ 10	
ESCHERICHIA COLI	0.82	≤ 10	
ACINETOBACTER	< dl	≤ 10	

DIGESTIVE EFFICIENCY

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
EUBACTERIUM RECTALE	20.67	≥ 10	Digestive Insufficiency

SAMPLE REPORT

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ABOUT THIS TEST

GUT HEALTH RISKS

FOOD INTOLERANCES

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
BIFIDOBACTERIUM BREVE	10	≤ 10	Lactose
BIFIDOBACTERIUM BIFIDUM	10	≤ 10	
STREPTOCOCCUS	11.69	≤ 10	
BIFIDOBACTERIUM LONGUM	0.33	≤ 10	
ENTEROCOCCUS	8.81	≤ 10	
LACTOBACILLUS	13.01	≥ 10	
LACTOCOCCUS	10	≥ 10	
BIFIDOBACTERIUM ANIMALIS	10	≤ 10	
BIFIDOBACTERIUM ADOLESCENTIS	0.89	≤ 10	
BACILLUS SUBTILIS	10	≥ 10	
LACTOBACILLUS	13.01	≥ 10	Oxalates
ENTEROCOCCUS FAECALIS	< dl	≤ 10	
BIFIDOBACTERIUM	0.6	≥ 10	
PROVIDENCIA RETTGERI	10	≥ 10	
OXALOBACTER	12.93	≥ 10	

GUT BARRIER

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
AKKERMANSIA MUCINIPHILA	< dl	≥ 10	Intestinal Permeability
ENTEROBACTERIACEAE	0.54	≤ 10	
LACTOBACILLUS	13.01	≥ 10	SCFA Production (Support Gut Lining Integrity)
PSEUDOBUTYRIVIBRIO	11.6	≥ 10	
EUBACTERIUM	1.49	≥ 10	
BIFIDOBACTERIUM	0.6	≥ 10	
ROSEBURIA	6.53	≥ 10	

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ABOUT THIS TEST

GUT HEALTH RISKS

GUT-BRAIN AXIS

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
SERRATIA MARCESCENS	10	≤ 10	ADHD
ESCHERICHIA	0.9	≤ 10	
LACTOBACILLUS	13.01	≥ 10	Alzheimer's Disease
ENTEROCOCCUS	8.81	≤ 10	Anxiety
STREPTOCOCCUS	11.69	≤ 10	
LACTOBACILLUS	13.01	≥ 10	
ESCHERICHIA	0.9	≤ 10	
LACTOCOCCUS	10	≥ 10	
LACTOBACILLUS FERMENTUM	10	≤ 10	Autism
BACTEROIDES CACCAE	1.16	≥ 10	
BACTEROIDES THETAIOTAOMICRON	13.36	≤ 10	
LACTOBACILLUS REUTERI	10	≥ 10	
BACTEROIDES OVATUS	12.39	≥ 10	
ENTEROCOCCUS FAECALIS	< dl	≤ 10	
LACTOBACILLUS BREVIS	10	≥ 10	
LACTOBACILLUS HELVETICUS	10	≥ 10	
KLEBSIELLA OXYTOCA	10	≤ 10	
PARABACTEROIDES	6.16	≤ 10	
BREVIBACTERIUM CASEI	10	≤ 10	
ENTEROBACTER AEROGENES	10	≤ 10	
LACTOBACILLUS	13.01	≥ 10	
MORGANELLA MORGANII	10	≤ 10	
STREPTOCOCCUS	11.69	≤ 10	
LACTOCOCCUS	10	≥ 10	

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ABOUT THIS TEST

GUT HEALTH RISKS

GUT-BRAIN AXIS

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
ENTEROCOCCUS	8.81	≤ 10	Autism
BACTEROIDES FRAGILIS	< dl	≥ 10	
BACTEROIDES UNIFORMIS	8.5	≥ 10	
STREPTOCOCCUS THERMOPHILUS	< dl	≥ 10	
KLEBSIELLA PNEUMONIAE	< dl	≤ 10	
ENTEROBACTER CLOACAE	10	≤ 10	
BIFIDOBACTERIUM	0.6	≥ 10	
LACTOCOCCUS	10	≥ 10	Depression
STREPTOCOCCUS	11.69	≤ 10	
SERRATIA MARCESCENS	10	≤ 10	
ESCHERICHIA	0.9	≤ 10	
STAPHYLOCOCCUS AUREUS	33.49	≤ 10	
LACTOBACILLUS	13.01	≥ 10	

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ABOUT THIS TEST

GUT HEALTH RISKS

LIVER HEALTH

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
LACTOBACILLUS	13.01	≥ 10	Alcohol-Associated Dysbiosis
RUMINOCOCCACEAE	19.71	≥ 10	Alcohol-Related Liver Cirrhosis
ESCHERICHIA COLI	0.82	≤ 10	
LACHNOSPIRACEAE	15.93	≥ 10	
ENTEROBACTERIACEAE	0.54	≤ 10	
FAECALIBACTERIUM PRAUSNITZII	0.1	≥ 10	Alcoholic Hepatitis
STREPTOCOCCUS	11.69	≤ 10	
ENTEROBACTERIACEAE	0.54	≤ 10	
CLOSTRIDIUM	7.19	≤ 10	Liver Cirrhosis
VEILLONELLA	< dl	≤ 10	
RUMINOCOCCUS	6.95	≥ 10	Non Alcoholic Steatohepatitis
FUSOBACTERIUM	0.38	≤ 10	Primary Sclerosing Cholangitis
ENTEROCOCCUS	8.81	≤ 10	
VEILLONELLA	< dl	≤ 10	

METABOLIC HEALTH

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
ESCHERICHIA COLI	0.82	≤ 10	Obesity, Diabetes
BACTEROIDES CACCAE	1.16	≥ 10	
CLOSTRIDIUM RAMOSUM	10	≥ 10	
CLOSTRIDIUM HATHEWAYI	6.62	≤ 10	
RUMINOCOCCUS OBEUM	4.77	≥ 10	
EGGERTHELLA LENTA	1.87	≤ 10	
AKKERMANSIA MUCINIPHILA	< dl	≥ 10	
CHRISTENSENELLA MINUTA	2.01	≤ 10	

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ABOUT THIS TEST

MICROBIAL TOXINS & HARMFUL METABOLITES

HARMFUL BACTERIAL BY PRODUCTS

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
ESCHERICHIA COLI	0.82	≤ 10	Colibactin (Excess may Damage DNA and Promote Cancer Risk)
STREPTOCOCCUS PYOGENES	10	≤ 10	D-Lactate (Excess may Lead to Acidosis and Cause Brain Fog)
ENTEROCOCCUS FAECALIS	< dl	≤ 10	
KLEBSIELLA PNEUMONIAE	< dl	≤ 10	
CLOSTRIDIUM PERFRINGENS	30.22	≤ 10	
BACTEROIDES FRAGILIS	< dl	≥ 10	
STREPTOCOCCUS AGALACTIAE	10	≤ 10	
ENTEROBACTER CLOACAE	10	≤ 10	
TURICIBACTER SANGUINIS	10	≤ 10	
STAPHYLOCOCCUS AUREUS	33.49	≤ 10	
ESCHERICHIA COLI	0.82	≤ 10	
LACTOBACILLUS FERMENTUM	10	≤ 10	Ethanol (Excess may Promote Liver Damage and Oxidative Stress)
WEISSELLA CONFUSA	10	≤ 10	
KLEBSIELLA PNEUMONIAE	< dl	≤ 10	
ALLOBACULUM	10	≥ 10	
DESULFOVIBRIONALES	< dl	≤ 10	Hydrogen Sulfide (Excess may Impair Gut Barrier and Cause Inflammation)
KLEBSIELLA	< dl	≤ 10	
FUSOBACTERIUM NUCLEATUM	10	≤ 10	
DESULFOTOMACULUM	10	≤ 10	
DESULFOSPOROSINUS	10	≤ 10	
SYNTROPHOBACTERALES	10	≤ 10	
METHANOSPHAERA STADTMANAE	10	≤ 10	Methane (Excess may Slow Gut Motility and Cause Constipation)
METHANOBREVIBACTER	10	≤ 10	

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MICROBIAL TOXINS & HARMFUL METABOLITES

TOXIN REACTIVATOR

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
SALMONELLA	< dl	≤ 10	Beta-Glucuronidase (Excess may Reverse Detoxification and Reactivate Toxins)
CORYNEBACTERIUM MASSILIENSE	10	≤ 10	
KLEBSIELLA PNEUMONIAE	< dl	≤ 10	
LACTOBACILLUS GASSERI	10	≥ 10	
ESCHERICHIA COLI	0.82	≤ 10	
CLOSTRIDIUM PERFRINGENS	30.22	≤ 10	
RUMINOCOCCUS GNAVUS	0.13	≤ 10	
STREPTOCOCCUS AGALACTIAE	10	≤ 10	

MICROBIAL BENEFICIAL COMPOUNDS

NUTRIENT PRODUCTION

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
FINEGOLDIA MAGNA	10	≤ 10	Equol Production (a Phytoestrogen with Bone-Protective and Antioxidant Effects, and Deficiency is Associated with Osteoporosis Risk)
EGGERTHELLA	12.27	≥ 10	
CORIOBACTERIACEAE	102.07	≥ 10	
VEILLONELLA	< dl	≤ 10	
PHASCOLARCTOBACTERIUM FAECIUM	< dl	≤ 10	
STREPTOCOCCUS INTERMEDIUS	10	≤ 10	
LACTOBACILLUS MUCOSAE	10	≤ 10	
LACTOCOCCUS GARVIEAE	10	≤ 10	
ADLERCREUTZIA EQUOLIFACIENS	10	≥ 10	
BIFIDOBACTERIUM ANIMALIS	10	≤ 10	
BACTEROIDES OVATUS	12.39	≥ 10	
BIFIDOBACTERIUM	0.6	≥ 10	Vitamin Biosynthesis (Folate, K2, B2, B12, MK7)
VEILLONELLA	< dl	≤ 10	
LACTOBACILLUS	13.01	≥ 10	
BACILLUS SUBTILIS	10	≥ 10	
BACTEROIDES FRAGILIS	< dl	≥ 10	
ESCHERICHIA COLI	0.82	≤ 10	

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MICROBIAL BENEFICIAL COMPOUNDS

PLANT METABOLITE MODULATION

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
BACTEROIDES THETAIOTAOMICRON	13.36	≤ 10	Myrosinase Production (Converts Dietary Glucosinolates into Cancer-Preventive Compounds, but Reduced Activity Limits Detox Benefits)
ESCHERICHIA COLI	0.82	≤ 10	
LACTOBACILLUS ACIDOPHILUS	12.47	≤ 10	
PEDIOCOCCUS PENTOSACEUS	10	≤ 10	
BREVIBACTERIUM CASEI	10	≤ 10	
LACTOBACILLUS GASSERI	10	≥ 10	
ENTEROBACTER CLOACAE	10	≤ 10	
STAPHYLOCOCCUS AUREUS	33.49	≤ 10	
BIFIDOBACTERIUM LONGUM	0.33	≤ 10	
BIFIDOBACTERIUM ADOLESCENTIS	0.89	≤ 10	
BIFIDOBACTERIUM PSEUDOCATENULATUM	10	≤ 10	

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MICROBIAL BENEFICIAL COMPOUNDS

SHORT CHAIN FATTY ACIDS

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
BACTEROIDES	3.79	≥ 10	Acetate Production (Enhances Metabolism and Cardiovascular Health, and Deficiency is Associated with Obesity and Diabetes)
FUSOBACTERIUM	0.38	≤ 10	
STREPTOCOCCUS	11.69	≤ 10	
ENTEROCOCCUS	8.81	≤ 10	
AKKERMANSIA	< dl	≥ 10	
CLOSTRIDIUM	7.19	≤ 10	
PEPTOSTREPTOCOCCUS	< dl	≤ 10	
VEILLONELLA	< dl	≤ 10	
LACTOBACILLUS	13.01	≥ 10	
RUMINOCOCCUS	6.95	≥ 10	
ATOPOBIUM	12.04	≤ 10	
PREVOTELLA	16.88	≥ 10	
BIFIDOBACTERIUM	0.6	≥ 10	
PROPIONIBACTERIUM	10	≥ 10	
COPROCOCCUS	115.58	≥ 10	
ANAEROSTIPES	8.56	≥ 10	Butyrate Production (Supports Gut Barrier Integrity and Reduces Inflammation, and Low Levels are Linked to IBD and Metabolic Disorders)
ROSEBURIA	6.53	≥ 10	
FAECALIBACTERIUM PRAUSNITZII	0.1	≥ 10	
COPROCOCCUS	115.58	≥ 10	
CATENIBACTERIUM	11.97	≥ 10	
PEPTONIPHILUS	1.17	≤ 10	
ANAEROTRUNCUS	13.74	≥ 10	
EUBACTERIUM RECTALE	20.67	≥ 10	
ROSEBURIA	6.53	≥ 10	

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MICROBIAL BENEFICIAL COMPOUNDS

SHORT CHAIN FATTY ACIDS

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
PSEUDOBUTYRIVIBRIO	11.6	≥ 10	Butyrate Production (Supports Gut Barrier Integrity and Reduces Inflammation, and Low Levels are Linked to IBD and Metabolic Disorders)
ALLOBACULUM	10	≥ 10	
CLOACIBACILLUS	10	≤ 10	
CLOSTRIDIUM	7.19	≤ 10	
FUSOBACTERIUM	0.38	≤ 10	
BLAUTIA	23.72	≥ 10	
PEPTOSTREPTOCOCCUS	< dl	≤ 10	
FAECALIBACTERIUM	32.6	≥ 10	
BUTYRICIMONAS	20.34	≥ 10	
EUBACTERIUM	1.49	≥ 10	
RUMINOCOCCUS	6.95	≥ 10	Equol Production (a Phytoestrogen with Bone-Protective and Antioxidant Effects, and Deficiency is Associated with Osteoporosis Risk)
PREVOTELLA	16.88	≥ 10	Propionate Production (Regulates Immunity and Protects Nerves, While Low Levels are Linked to Neuroinflammation and Chronic Disease)
BACTEROIDES	3.79	≥ 10	
MEGASPHAERA ELSDENII	10	≥ 10	
SELENOMONAS	10	≥ 10	
PROPIONIBACTERIUM	10	≥ 10	
CLOACIBACILLUS	10	≤ 10	
ESCHERICHIA COLI	0.82	≤ 10	
VEILLONELLA	< dl	≤ 10	
COPROCOCCUS CATUS	< dl	≥ 10	

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MICROBIOME BALANCE & COMPOSITION

BENEFICIAL MICROBES

BACTERIA	RESULT	HEALTHY RANGE	POTENTIAL ASSOCIATION
FAECALIBACTERIUM	32.6	≥ 10	Probiotics
ROSEBURIA	6.53	≥ 10	
AKKERMANSIA	< dl	≥ 10	
RUMINOCOCCUS	6.95	≥ 10	
BLAUTIA	23.72	≥ 10	
DOREA	99.24	≥ 10	Protective Gram-Positive Bacteria
BUTYRIVIBRIO	< dl	≥ 10	
LACHNOSPIRA	25.07	≥ 10	
COPROCOCCUS	115.58	≥ 10	
VEILLONELLA	< dl	≤ 10	Symbionts
EUBACTERIUM	1.49	≥ 10	

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GUT PATHOGENS

COMMON GUT BACTERIAL PATHOGENS

VIBRIO PARAHAEMOLYTICUS	NOT DETECTED	VIBRIO CHOLERAE	NOT DETECTED
HELICOBACTER PYLORI	NOT DETECTED	YERSINIA ENTEROCOLITICA	NOT DETECTED
EDWARDSIELLA TARDA	NOT DETECTED	PLESIOMONAS SHIGELLOIDES	NOT DETECTED
VIBRIO VULNIFICUS	NOT DETECTED	SALMONELLA	NOT DETECTED
CAMPYLOBACTER COLI	NOT DETECTED	SHIGELLA FLEXNERI	NOT DETECTED
KLEBSIELLA PNEUMONIAE	NOT DETECTED	CAMPYLOBACTER JEJUNI	NOT DETECTED
CLOSTRIDIUM DIFFICILE	DETECTED	LISTERIA	NOT DETECTED

ADDITIONAL PATHOGENS ANALYSIS RESULT

BACTERIA	NEGATIVE

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ABOUT THIS TEST

NUTRIENT SCORES

Different bacterial species in the gut require specific nutrients to thrive. A personalized diet aims to increase beneficial bacteria that support microbiome balance, while reducing those that contribute to imbalance. This tailored nutrition guide is designed to selectively nourish the right bacteria in your gut, promoting overall health and well-being.

This report presents a curated selection of foods specifically tailored to your needs, along with their corresponding scores.

The food scores are interpreted as follows:

SCORES	SCORES	SCORES
0-3	4-7	8-10
Minimize consumption of these nutrients.	Include these nutrients for a balanced and varied diet.	Enrich your diet with these nutrients for optimal health.

SAMPLE REPORT

BREADS

LAVASH	7	OAT BREAD	7	RYE BREAD	7	WHITE BREAD	5
WHOLE GRAIN BREAD	5	WHOLE WHEAT BREAD	5				

BEVERAGES, SUGARS AND OTHERS

BAKER'S YEAST	6	BLACK TEA	7	BREWERS YEAST	7	CACOA	7
CAMOMILLE TEA	7	CANE SUGAR	3	CAROB	7	COFFEE	6
GREEN TEA	7	HONEY	7				

CEREALS

AMARANTH	6	ARROWROOT STARCH	7	BARLEY	7	BUCKWHEAT	7
CORN	7	CORNFLAKES	5	CORN STARCH	5	DURUM WHEAT	7
GLUTEN	5	KAMUT WHEAT	5	MAIZE	5	MALT	5
MILLET	5	OAT	7	OAT BRAN	7	PASTA	5

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NUTRIENT SCORES

QUINOA	8	RICE	7	RICE BRAN	7	RICE FLOUR	5
RYE	7	RYE FLOUR	7	SEMOLINA	5	SORGHUM FLOUR	7
SPELT	7	WHEAT	7	WHEAT BRAN	7	WHITE FLOUR	5
WHOLE GRAIN FLAKES	5	WHOLE GRAIN FLOUR	5				

CHEESE TYPES

AGED KASSERI CHEESE	6	BRIE	6	CAMEMBERT CHEESE	6	CHEDDAR CHEESE	6
CHEESE, EMMENTALER TYPE	6	COTTAGE CHEESE	6	CREAM CHEESE	6	CURD CHEESE	6
EDAM CHEESE	6	EZINE CHEESE	6	FETA CHEESE	6	GOAT CHEESE	6
GORGONZOLA	6	GOUDA	5	GRUYÈRE CHEESE	6	HALLOUMI	5
HERBED CHEESE	6	KASSERI CHEESE	5	MOZZARELLA CHEESE	5	PARMESAN CHEESE	6
RICOTTA CHEESE	6	RIPENED CHEESE	6	ROQUEFORT CHEESE	5	SHEEP CHEESE	6
SWISS CHEESE	6	TOFU	6	TULUM CHEESE	6	WHITE CHEESE (FULL FAT)	6

CITRUS FRUITS

GRAPEFRUIT	8	LEMON	8	LIME	5	ORANGE	5
SHADDOCK	5	TANGERINE	8				

DAIRY AND DAIRY ALTERNATIVES

ALMOND MILK	8	BUFFALO MILK	7	BUTTERMILK	7	CASEIN	6
COCONUT MILK	8	COW MILK	7	CREAM	3	GOAT MILK	7
KEFIR	7	OAT MILK	7	PASTEURIZED MILK	7	SHEEP MILK	7

SAMPLE REPORT

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Gut Chex®

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Sample ID: GC123456

ABOUT THIS TEST

NUTRIENT SCORES

SOUR CREAM	6	SOY MILK	7	YOGHURT	7		

FISH AND SEA FOOD

ABALONE	8	ANCHOVY	8	BASS	8	BLUEFISH	8
BONITO	8	CARP	8	CAVIAR	8	COD	8
CRAB	8	EEL	8	EUROPEAN CATFISH	5	FLOUNDER	5
GILTHEAD BREAM	5	GREAT CRAB	5	HADDOCK	5	HAKE	5
HALIBUT	5	HERRING	5	LOBSTER	5	LUMPFISH CAVIAR	5
MACKEREL	5	MUSSEL	5	OCTOPUS	5	OYSTER	7
PERCH	8	PIKE	8	PIKEPERCH	8	PLAICE	5
POLLOCK	5	SALMON	8	SARDINE	8	SAUREL	5
SCALLOP	5	SEABREAM	8	SHRIMP	5	SOLE	5
SQUID	5	SWORDFISH	5	TROUT	5	TUNA	5
TURBOT	5						

FRUITS

APPLE	6	APRICOT	6	AVOCADO	6	BANANA	6
BLACK CURRANT	6	BLACKBERRY	6	BLUEBERRY	6	CAPERS	6
CRANBERRY	6	DATE	6	GRAPE	6	GREEN OLIVE	6
HONEYDEW MELON	6	KIWI FRUIT	5	LITCHI	6	MANGO	5
NECTARINE	6	PAPAYA	5	PASSION FRUIT	5	PEACH	6
PEAR	6	PERSIMON (KAKA, SHARON)	6	PINEAPPLE	5	PLUM	6

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NUTRIENT SCORES

POMEGRANATES	8	RAISIN	7	RASPBERRY	7	RED CURRANT	5
ROSE HIP	7	SEA BUCKTHORN JUICE	7	STRAWBERRY	5	SUGAR MELON	7
SWEET CHERRY	7	SWEET CHESTNUT	7	WATER MELON	7		

LEGUMES

CHICKPEA	6	LENTIL	7	MUNG BEANS	7	PEA, GREEN	5
RED KIDNEY BEAN	7	SOY	7	SWEET LUPINE	7	WHITE BEAN	5

MEAT AND EGGS

BEEF	7	CHICKEN	7	DUCK	7	EGG WHITE	7
EGG YOLK	5	GOAT	7	GOOSE	5	GRAPEVINE SNAIL	5
HORSE	5	LAMB	5	LIVER	3	MUTTON	7
OSTRICH	5	PORK	7	QUAIL	5	RABBIT	7
RED DEER	3	ROE DEER	5	SAUSAGE (PORK)	7	SAUSAGE (VEAL)	7
TURKEY	7	VEAL	7	WILD BOAR	5		

NUTS AND SEEDS

ALMOND	9	BRAZIL NUT	8	CASHEW NUT	8	COCONUT	7
FLAX SEED	8	HAZELNUT	8	MACADAMIA NUT	5	MUSTARD	7
PEANUT	5	PECAN NUT	5	PINE NUT, PIGNOLES	8	PISTACHIO NUT	5
POPPY SEED	5	PUMPKIN SEED	8	RAPE SEED	8	SESAME	5

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NUTRIENT SCORES

	SUNFLOWER SEED	8		TIGERNUT	8		WALNUT	8

SPICES AND CONDIMENTS

	ALLSPICE	6		BAY LEAF	7		CARAWAY	7		CARDAMOM	7
	CINNAMON	7		CLOVE	7		COMMON SAGE	7		COMMON THYME	7
	CORIANDER SEED	7		CUMIN	7		CURRY POWDER	7		DILL	7
	GINGER	7		LEMON BALM	5		LIQUORICE	5		NUTMEG APPLE	7
	PARSLEY	5		PEPPER, BLACK	7		PEPPERMINT	7		ROSEMARY	5
	SUMMER SAVORY	5		SWEET BASIL	7		TARRAGON	5		VANILLA	5

VEGETABLES

	ARTICHOKE	8		ASPARAGUS	8		BEET ROOT	8		BROCCOLI	8
	BRUSSELS SPROUTS	8		BUTTON MUSHROOM	7		CABBAGE	8		CAULIFLOWER	8
	CELERY	8		CHANTERELLE	7		CHICORY	8		CHINEASE CABBAGE	8
	CUCUMBER	8		DANDELION	8		EGGPLANT	5		FENNEL	5
	GARLIC	8		HORSERADISH	5		KALE	8		KELP	8
	KOHLRABI	8		LEEK	8		LETTUCE	5		MUSHROOM, SHITAKE	5
	ONION	5		OYSTER MUSHROOM	5		RED CABBAGE	8		RHUBARB	8
	ROQUETTE	8		SAUERKRAUT	7		SAVOY CABBAGE	5		SMALL RADISH	5
	SPINACH	5		SWEDE	8		TOMATO	8		TURNIP	5
	WHITE RADISH	8		ZUCCHINI	8						

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ABOUT THIS TEST

NUTRACEUTICAL RECOMMENDATIONS

WHOLE BIOME™

Comprehensive daily nutritional support combining essential vitamins, minerals, omega-3 fatty acids, and spore probiotics for gut, immune, cardiovascular, and overall metabolic health.



Comprehensive daily nutritional support combining essential vitamins, minerals, omega-3 fatty acids, and spore probiotics for gut, immune, cardiovascular, and overall metabolic health.

DIGESTIN™

Enhances digestive efficiency and gut integrity by stimulating enzyme activity, optimizing nutrient absorption, and reducing intestinal inflammation.



Proprietary blend of Aloe Vera Gel, Turmeric Extract, Acacia Fiber, Coconut Powder, Ginger, Rhizome Extract, Black Cumin Powder and Betaine HCl

GI TUNE™

Optimizes gastrointestinal function by promoting efficient digestion, superior nutrient absorption, and balanced gut microbiota.



Prorietary blen of Betaine HCl, Beet Root Extract, Bromelain, Acacia Fiber, Aloe Vera Gel, Turmeric, Black Walnut Hull Extract and Probiotics, mxed with vitamins and minerals

IMMU BOOST™

Bolsters immune resilience with a potent mix of liposomal vitamin C, botanicals, and essential micronutrients to protect respiratory and gut health.



Prorietary blend of ,Quercetin, Oregano Leaf Extract, Garlic Bulb Extract, Lion's Mane, Artichoke Flower Extract, Turmeric Extract, Kudzu Root Extract and Monk Fruit Extract with essential vitamins

M50+™

Provides comprehensive support for men over 50 by promoting healthy testosterone levels, prostate function, cardiovascular well-being, energy, and mood. Includes targeted nutrients and botanicals for hormone balance, stress management, gut microbiome synergy, and healthy aging.



Proprietary blend of DHEA, Luteolin, Pomegranate Fruit Extract, Trimethyl Glycine (TMG), Diindolylmethane (DIM), Ashwagandha Root Extract, Saffron Extract, Fenugreek Extract, Indole-3-Carbinol and Green Tea Leaf Extract, mixed with Probiotics and essential elements

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