

GUT TEST PRO ADULT/CHILD

WHY TAKE A TEST?

TAKING PRO GUT HEALTH TEST IS YOUR FIRST STEP TOWARD BETTER HEALTH. YOUR PERSONALIZED RESULTS OFFER A CLEAR STARTING POINT AND GUIDE YOU THROUGH EACH STAGE OF YOUR GUT WELLNESS JOURNEY. FROM PREVENTATIVE CARE TO ADDRESSING SYMPTOMS, ALL OUR RECOMMENDATIONS ARE BASED ON SCIENTIFIC DATA. TAKE CONTROL OF YOUR HEALTH BY TACKLING GUT ISSUES AT THE ROOT CAUSE.

WHO IS IT FOR?

GUT HEALTH TESTS ARE SUITABLE FOR ALL AGES, BUT THE PRO INSIGHTS ARE SPECIFICALLY DESIGNED FOR INDIVIDUALS THREE AND OLDER.

WHAT INFORMATION WILL I RECEIVE?

I CAN HELP YOU QUICKLY AND THOROUGHLY UNDERSTAND YOUR RESULTS. I PROVIDE THE FOLLOWING RECOMMENDATIONS

- PREBIOTICS AND PROBIOTICS
- SUPPLEMENTS
- DIET
- LIFESTYLE

HOW DOES IT WORK?

- YOUR PRO GUT HEALTH TEST KIT INCLUDES EVERYTHING YOU NEED TO COLLECT YOUR MESS-FREE SAMPLE IN UNDER 5 MINUTES — INCLUDING A PREPAID RETURN MAILER.
- OUR TEST CHECKS FOR ALL BACTERIA, FUNGI, PARASITES, VIRUSES, AND ARCHAEA IN YOUR GUT. THE PRO GUT HEALTH TEST FEATURES STOOL CHEMISTRY THAT SHOWS ADDITIONAL INFLAMMATION, DIGESTION, AND ABSORPTION MARKERS, AS WELL AS IMMUNE RESPONSE IN THE GUT.
- RESULTS ARE READY IN 3-4 WEEKS.
- THE REPORT INCLUDES DETAILED FINDINGS ON YOUR GUT HEALTH'S STRENGTHS AND AREAS NEEDING IMPROVEMENT.
- YOUR PRACTITIONER CAN UTILIZE RESULTS TO CREATE A PERSONALIZED ACTION PLAN AND WORK WITH YOU TO IMPLEMENT STEPS ON OPTIMIZING YOUR GUT HEALTH.

WHAT CAN A GUT HEALTH TEST SHED LIGHT ON?

- ECZEMA/SKIN ISSUES
- FOOD ALLERGY
- ASTHMA
- CONSTIPATION
- DIARRHEA
- COLIC OR GASSINESS
- LONG COVID
- AUTOIMMUNE CONDITIONS
- METABOLIC HEALTH ISSUES
- GI AND VAGINAL
- SYMPTOMS OF UNKNOWN CAUSE
- RECURRING UTI
- GESTATIONAL DIABETES
- PRETERM BIRTH
- C-SECTION RECOVERY
- ANTIBIOTIC RECOVERY
- IBS/IBD

TESTING IS ALSO HELPFUL FOR THOSE WISHING TO OPTIMIZE THEIR WELLNESS AND REDUCE THE MICROBIOME RISK OF DEVELOPING THESE AND OTHER HEALTH CONDITIONS.

THE GUT TEST I USE IS THE MARKET'S MOST ADVANCED AND COMPREHENSIVE AT-HOME STOOL TEST. WE USE SHOTGUN METAGENOMICS SEQUENCING, THE GOLD STANDARD IN MICROBIOME RESEARCH, TO PROVIDE STRAIN-LEVEL RESOLUTION, FUNCTIONAL INSIGHTS, AND THE MOST IN-DEPTH RELATIVE ABUNDANCE.

THE PATENT-PENDING PROPRIETARY TECHNOLOGY CAN DETECT:

● ALL BACTERIA, FUNGI, PARASITES, VIRUSES, AND ARCHAEA IN YOUR GUT - OVER 120,000 GENOMES OF MICROBES

● GENE FUNCTIONS OF THESE MICROBES (E.G., VITAMIN PRODUCTION CAPACITY)

● CONDITION SIGNATURES TO IDENTIFY AND ADDRESS YOUR MICROBIOME RISK OF DEVELOPING HEALTH ISSUES

BABY GUT TYPE OR ADULT GUT TYPE

SHORT-CHAIN FATTY ACIDS

BUTYRATE

ACETATE

PROPIONATE

GUT INFLAMMATION MARKERS

HEXA-LPS INDEX

MUCUS DEGRADATION INDEX

HYDROGEN SULFIDE INDEX

HOST DNA

BENEFICIAL MICROBES

IMMUNE STRENGTH-BIFIDOBACTERIUM

COMMON PROBIOTIC SPECIES WITH STRAIN

LEVEL RESOLUTION

METABOLIC HEALTH (AKKERMANSIA)

ANTI-INFLAMMATORY MARKERS

(FAECALIBACTERIUM)

DISRUPTIVE MICROBES

OPPORTUNISTIC PATHOGENS

• ENTEROBACTERIACEAE

• STAPHYLOCOCCUS

• STREPTOCOCCUS

• ESCHERICHIA COLI, ETC

ANTIBIOTIC RESISTANCE SIGNATURE

PARASITES

YEASTS/CANDIDA

C-SECTION SIGNATURE (BABY)

METHANE PRODUCERS (M. SMITHII)

CONDITIONS BIOMARKERS

GESTATIONAL DIABETES (GDM) (TTC/
PREGNANT)

BALANCE AND ROBUSTNESS)

MICROBIOME MATURATION (BABY, TODDLER)

MICROBIOME DIVERSITY

COMMON MICROBIOME MEMBERS

MAJOR BACTERIAL PHyla

• BACTEROIDOTA

• FIRMICUTES

COMMON MICROBIOME MEMBERS CONT.

• ACTINOBACTERIA

• PROTEOBACTERIA

• FUSOBACTERIOTA

DIGESTION & ABSORPTION MARKERS

HISTAMINE-PRODUCING SPECIES

HMO DIGESTION (BABY, TODDLER)

FIBER DIGESTION

• PECTIN

• CELLULOSE

• CHITIN

• RESISTANT STARCH

COMPLEX SUGAR DIGESTION

• FOS

• XOS

• IMO

• GOS

VITAMIN PRODUCTION

• B2, B7, B9, B12, K

PROTEIN BREAKDOWN

CONDITIONS BIOMARKERS

ECZEMA (0-6M)

FOOD ALLERGIES (0-3Y)

ASTHMA (0-12M)

ATOPIC MARCH (0-12M)

GESTATIONAL DIABETES (GDM) (TTC/
PREGNANT)

CONDITIONS ASSOCIATIONS

COLIC (0-6M)

SLEEP (0-18Y)

CONSTIPATION (3Y+)

COW'S MILK PROTEIN ALLERGY (0-12M)

VIRAL RESPIRATORY INFECTIONS (0-12M)

OBESITY LATER IN LIFE (0-12M)

TYPE 1 DIABETES (0-3Y)

POLYCYSTIC OVARY SYNDROME (PCOS)
(ADULT)

PREECLAMPSIA (ADULT)

URINARY TRACT INFECTIONS (ADULT)

SMALL INTESTINAL BACTERIAL OVERGROWTH
(SIBO) (ADULT)

PRO INSIGHTS

DIGESTION/ABSORPTION MARKERS

• ELASTASE

• FAT STAIN

• CARBOHYDRATES

IMMUNOLOGY

• SECRETORY IGA

SCFA CONCENTRATIONS

• BUTYRATE

• ACETATE

• PROPIONATE

• VALERATE

INFLAMMATION MARKERS

• LACTOFERRIN

• LYSOZYME

• CALPROTECTIN

INTESTINAL HEALTH MARKERS

• PH

• BETA-GLUCURONIDASE

• OCCULT BLOOD