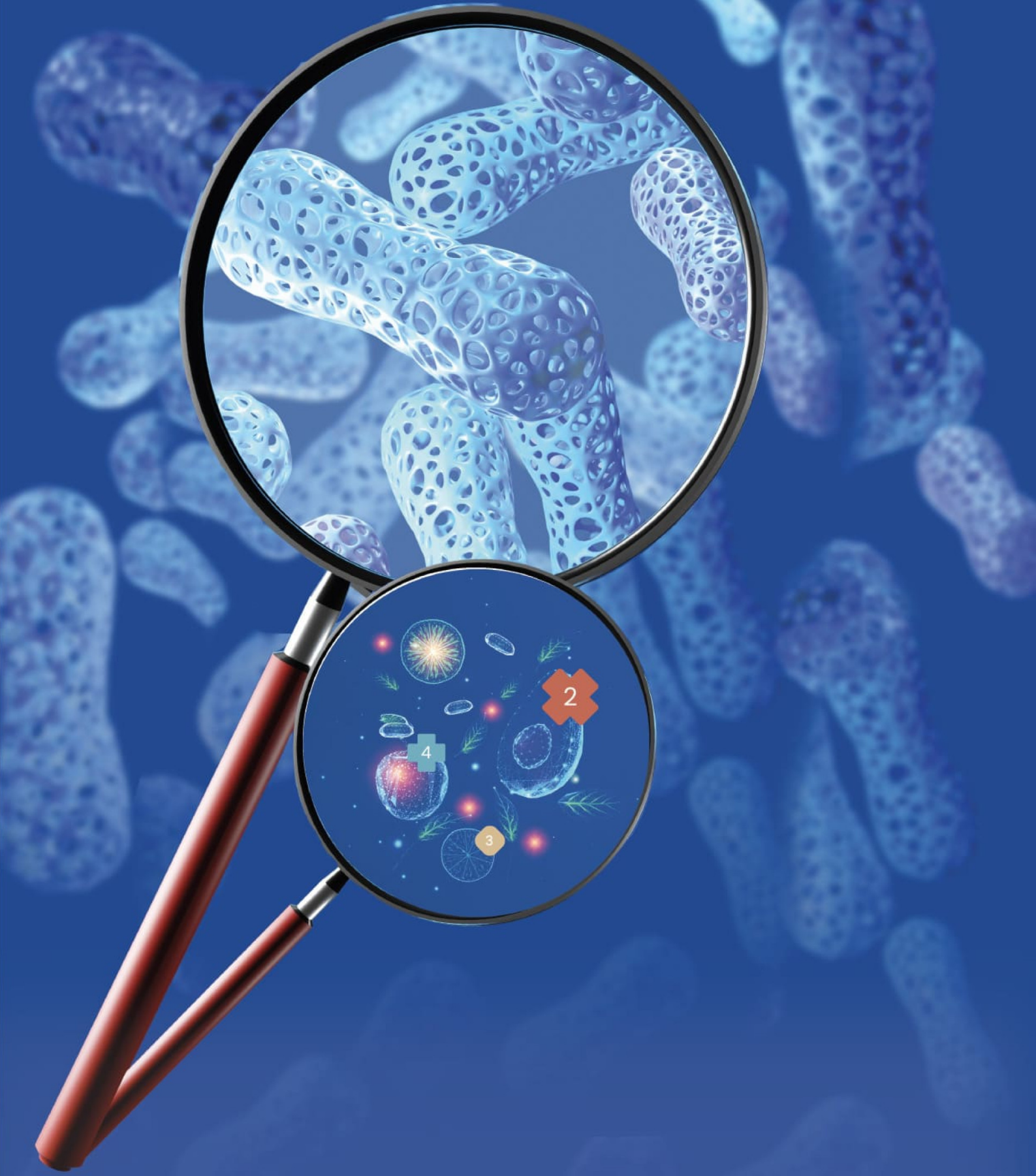


MICROBIOME ANALYSIS REPORT & PERSONALIZED NUTRITION GUIDE

Client: Demo - Age: 26 - Gender: Male
Kit code: TESTMEDI3



Neo-Science



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:

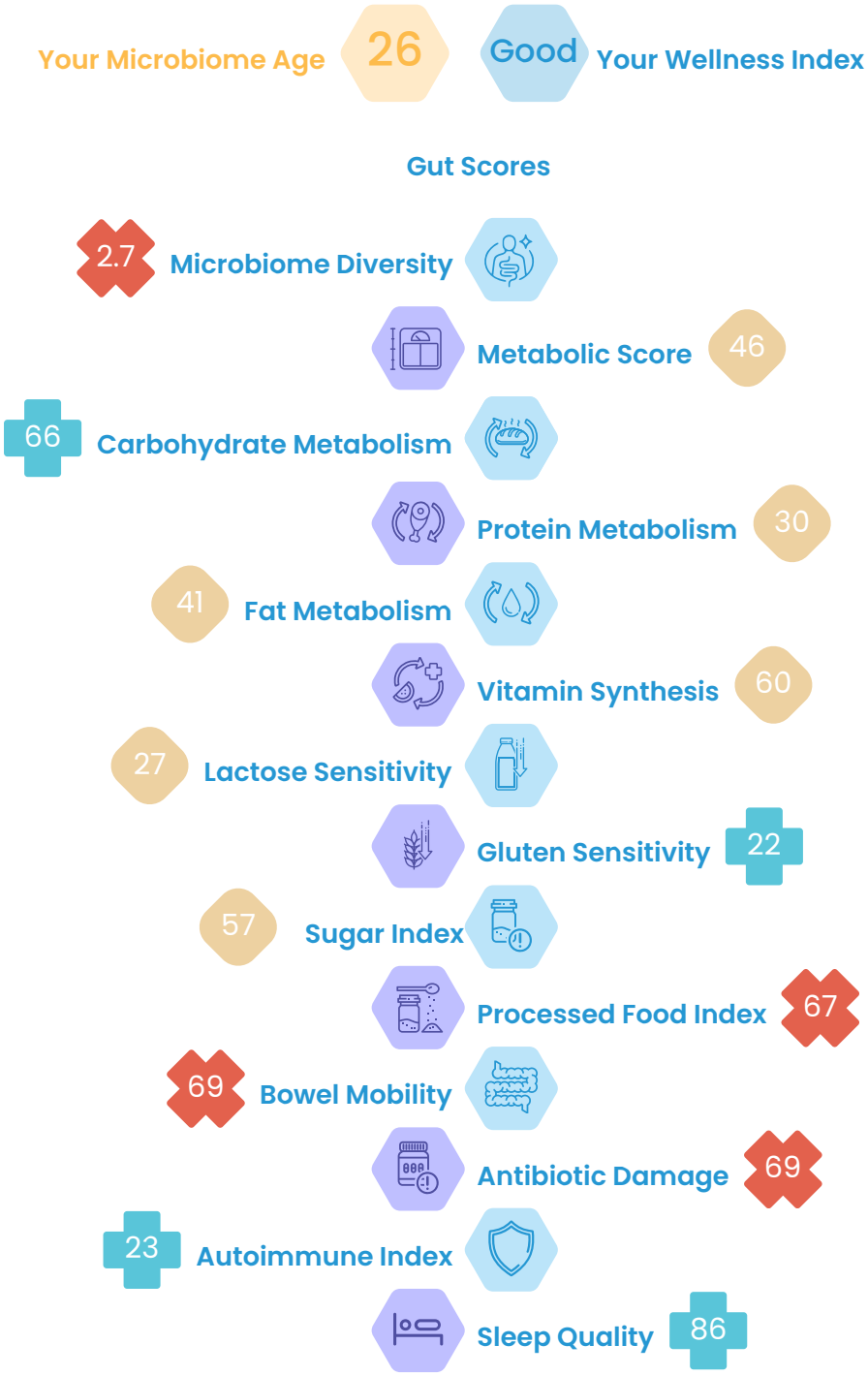
- **Plays an important role in maintaining the ideal weight**
- **Maintains a strong immune system**
- **Supports the structure and function of the digestive system**
- **Promotes healthy, radiant skin**
- **Supports the structure of the brain and the production and balance of the chemicals necessary 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



It appears your microbiome reflects your actual age. However, with the personalized nutrition plan we've put together for you, you've begun your journey toward rejuvenating your microbiome and making it younger!

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



Your Wellness Index is high, indicating a low risk of chronic disease. The microbiome profile is not associated with chronic disease–linked microbial patterns.

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 0-2.94, 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 2.94-6.17, which are color-coded yellow, indicate an average or moderately good diversity and distribution.

The scores in the range of 6.17-10, 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

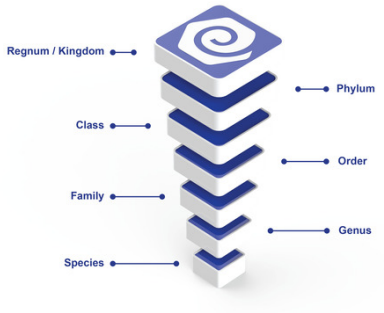
1.5

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



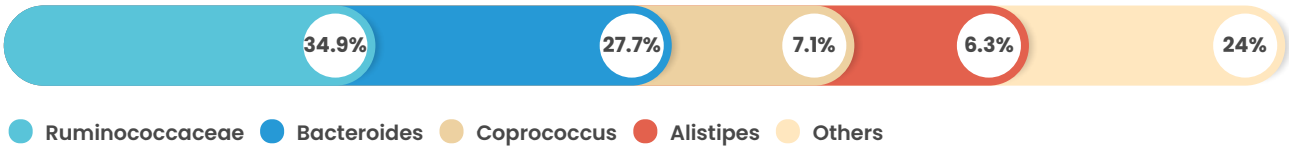
"**Taxonomy**" is the science in which every living thing is classified and named by scientists according to their common character within a given system. Every living thing in nature has a taxonomic classification. For example, the domestic cats living among us are classified "house cat and its close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

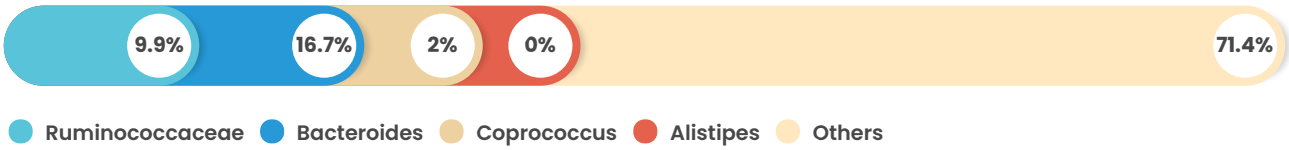
Genus Level

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

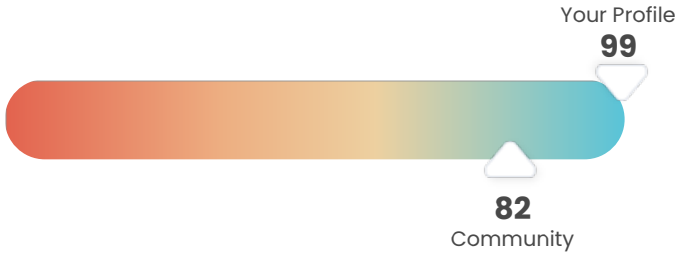


World Average



Important Bacteria

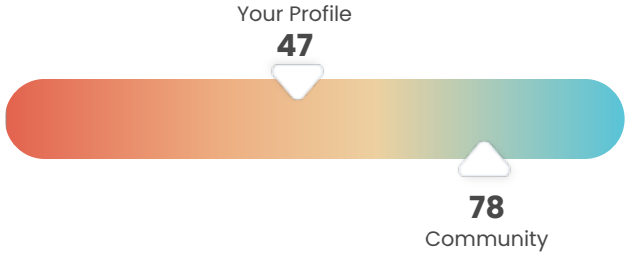
Alistipes



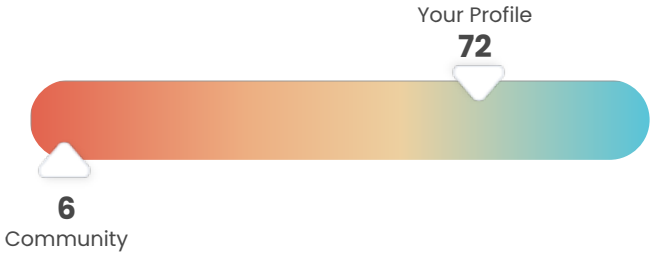
Prevotella



Akkermansia



Eubacterium

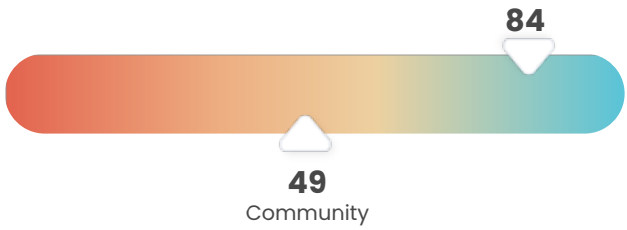


Bifidobacterium



Your Profile

Bacteroides



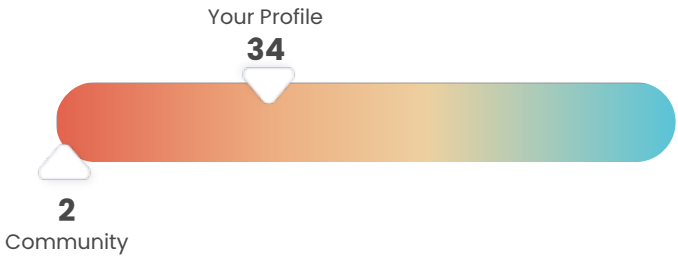
Collinsella



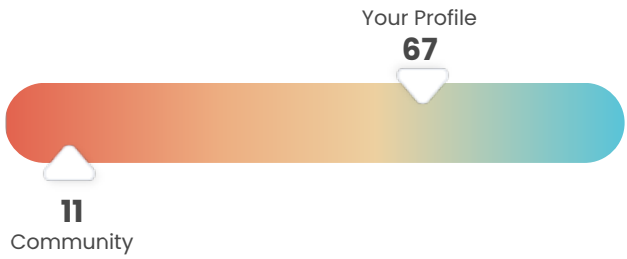
Haemophilus



Roseburia



Phascolarctobacterium



Your Similar Profiles

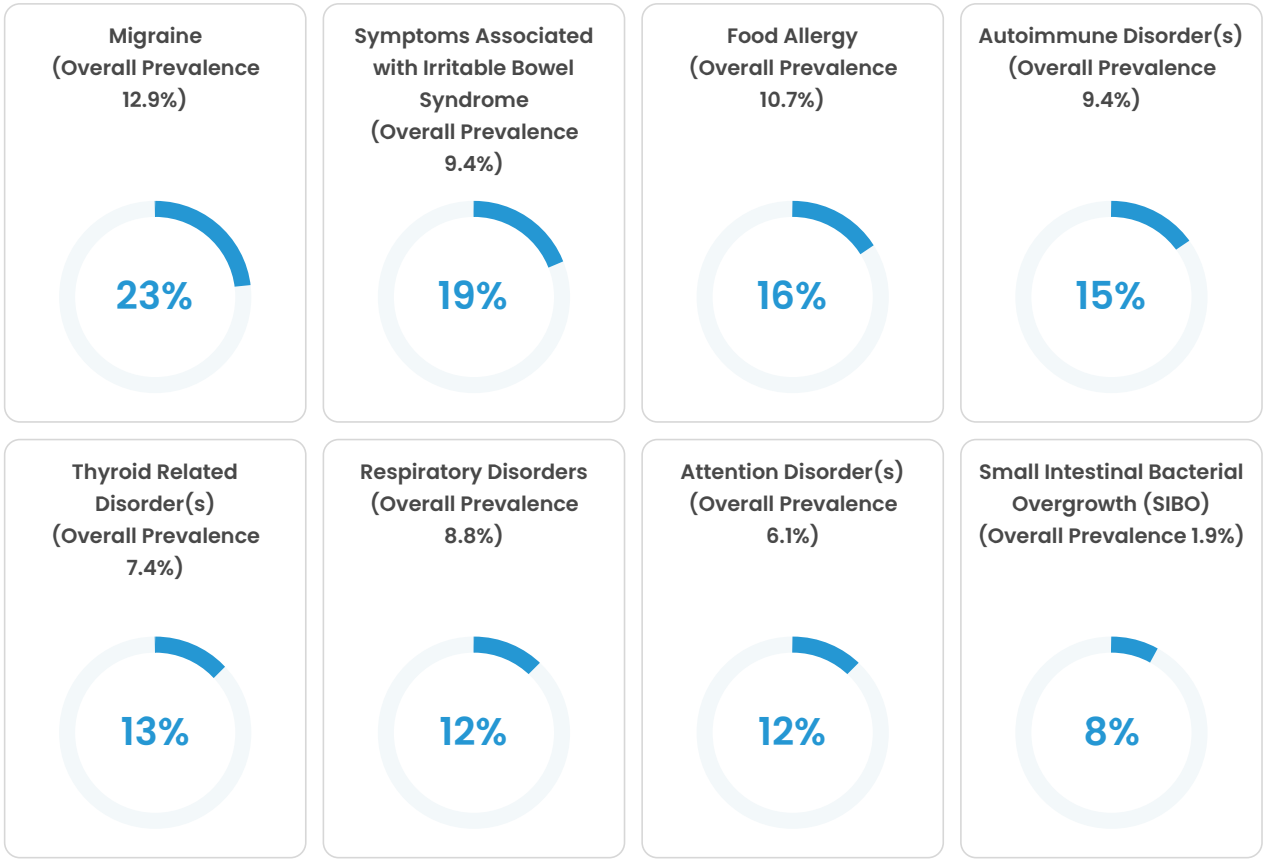
Studies have shown that 90% of chronic diseases are linked to gut microbiome imbalance. As a result of these studies, it has also been observed that individuals with similar microbiome profiles may develop similar disorders.

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:



Your Gut Scores

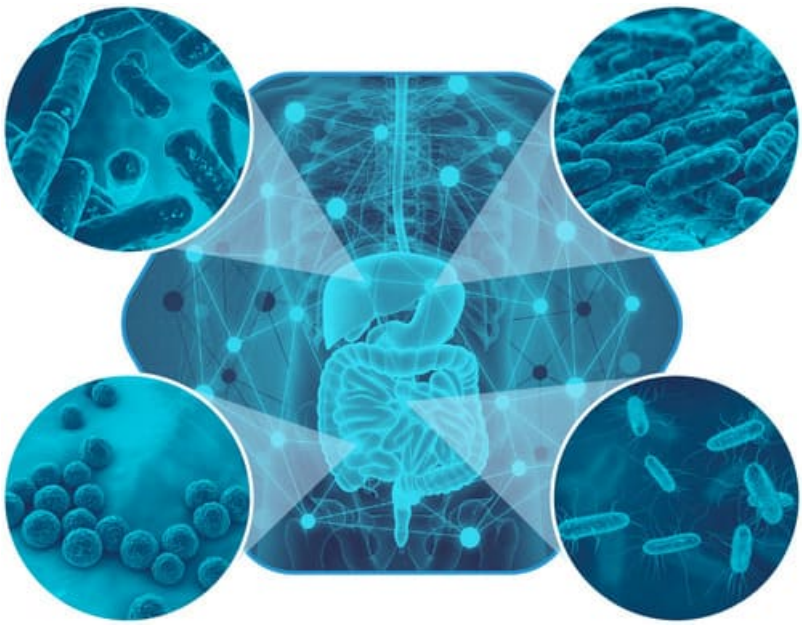
Our artificial intelligence algorithm has generated gut scores for 13 different parameters based on the type and number of bacteria in your gut.

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.

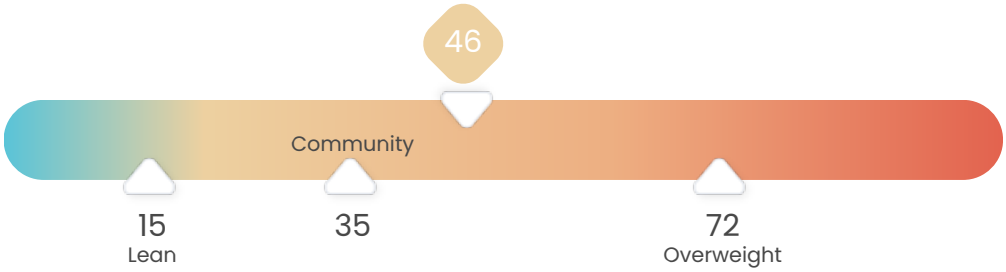
The personalized nutrition plan we lay out has been clinically proven to help you achieve and sustain good scores in each of the areas we assess.



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.

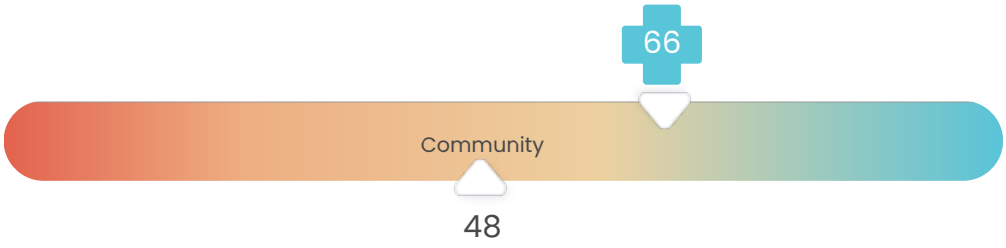


Macronutrient Metabolism

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.

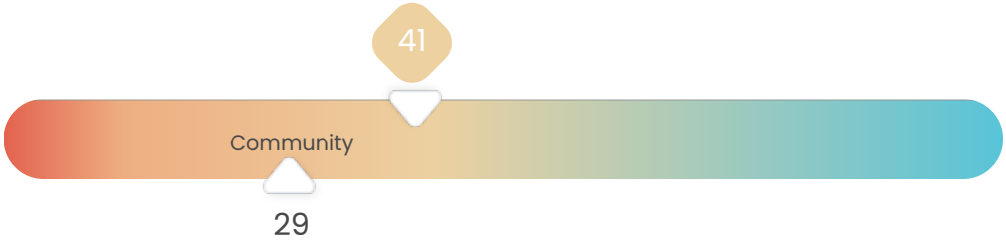
Carbohydrate Metabolism



Protein Metabolism



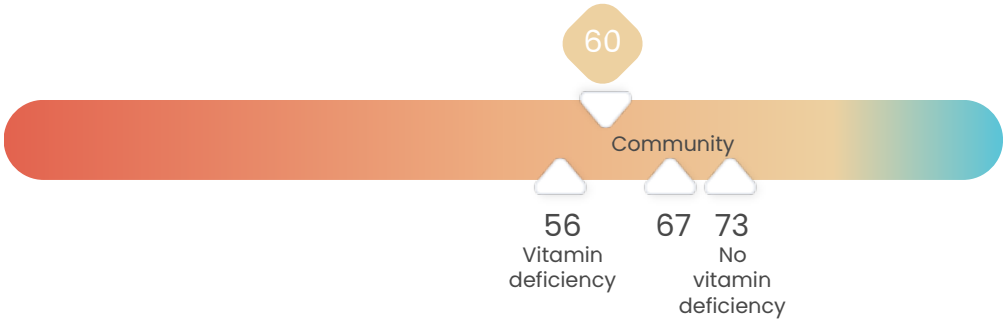
Fat Metabolism



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

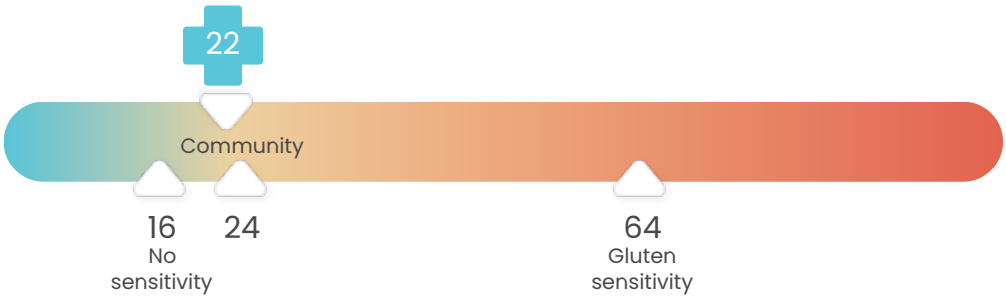
These scores evaluate the bacteria that are known to contribute to a body's ability to process lactose and gluten. They evaluate the risk of developing lactose or gluten sensitivity, however, are not meant to be used for diagnostic purposes.

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

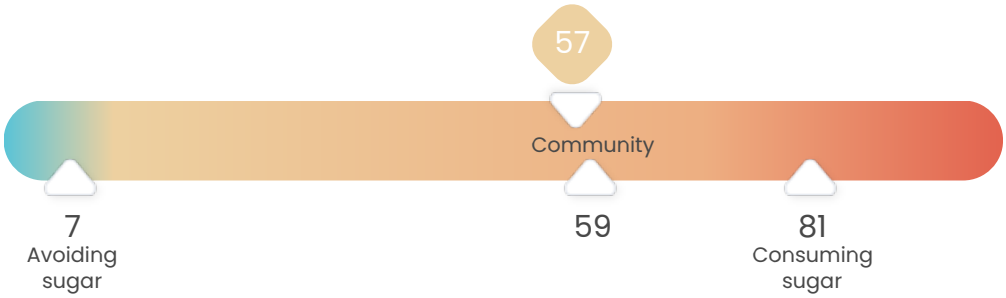


Sugar Index

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.

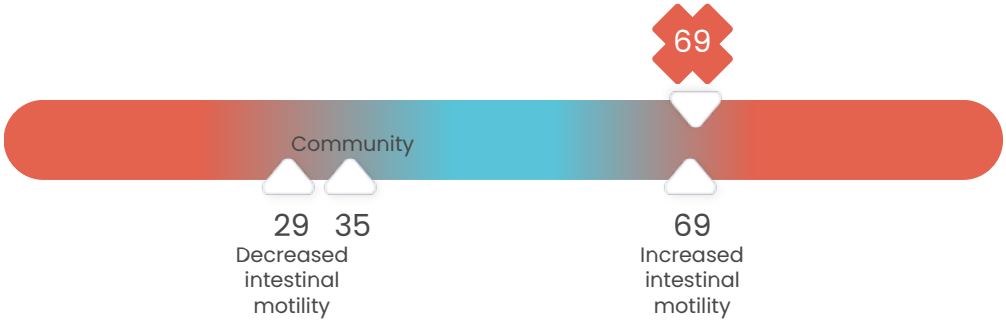
You can evaluate your own score by comparing it with the average of individuals who consume/do not consume processed foods throughout society and the general population.



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.

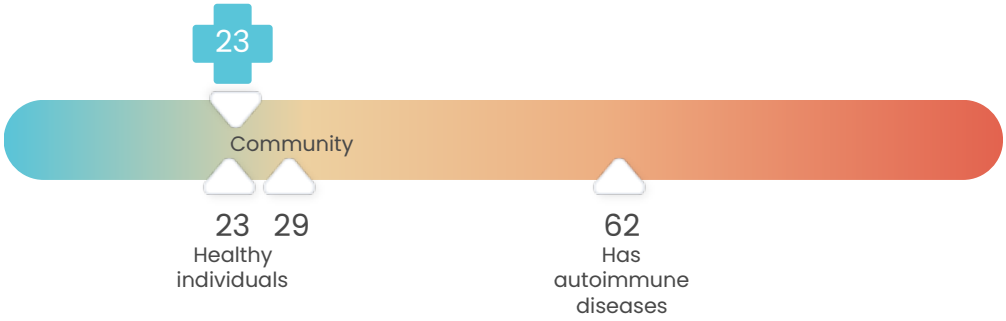
Your score is compared with scores of individuals who have not used antibiotics in the last year and individuals who have used antibiotics regularly in the last 2 months.



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.







The Bacteria and Disease Associations Report

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	-

Risk Analysis

Symptoms & Diseases	Associated Bacteria
Diarrhea	The bacteria are not at risk levels
Gas	The bacteria are not at risk levels
Constipation	The bacteria are not at risk levels
Bloating	The bacteria are not at risk levels
Irritable Bowel Syndrome (IBS)	The bacteria are not at risk levels
Inflammatory Bowel Disease (IBD)	The bacteria are not at risk levels
Crohn's Disease	The bacteria are not at risk levels
Ulcerative Colitis	The bacteria are not at risk levels
Obesity	The bacteria are not at risk levels
Type 2 Diabetes	The bacteria are not at risk levels
Coronary Heart Disease	The bacteria are not at risk levels
Kidney Stone	The bacteria are not at risk levels

Risk Analysis

Biosynthesis & Conversion	Associated Bacteria
Butyric Acid Biosynthesis	The bacteria are not at risk levels
Trimethylamine (TMA) Conversion	The bacteria are not at risk levels
Polyamine Biosynthesis	The bacteria are not at risk levels
Propionate Biosynthesis	The bacteria are not at risk levels
Serotonin Biosynthesis	The bacteria are not at risk levels
Gamma Aminobutyric Acid (GABA) Biosynthesis	The bacteria are not at risk levels

Diarrhea

Clinical studies show that the microbiomes of people with diarrhea have loss of diversity and abundance for certain taxonomic groups. It has been reported that microbiome alpha-diversity of people with diarrhea is statistically significantly lower than the healthy group.

Diarrhea
The bacteria are not at risk levels

Gas

Microbiome is actively involved in the digestion of food. After certain nutrients enter the colon, they are metabolized by intestinal microorganisms and gas such as hydrogen and methane are released during this time. Scientific studies have shown that the amount of gas formed in people with dysbiotic microbiome is higher than in healthy individuals with a microbiome balance. The emergence of large amounts of hydrogen and methane gas in the intestines may indicate a problem with the digestion of carbohydrates, as well as excessive production of methane gas can slow bowel movements. It has been reported that bacteria such as Dorea spp., which is one of the bacteria that produce gas using carbohydrates, increase significantly in people with gas problems.

Gas
The bacteria are not at risk levels

Constipation

An imbalance between microbiome elements is known as dysbiosis. Dysbiosis is associated with the occurrence of many diseases, including constipation. In studies comparing healthy people with chronic constipated patients, it has been shown that chronic constipation has a microbiome profile with a lower diversity and a more unbalanced distribution. It has been determined that beneficial bacteria, especially Bifidobacterium genus, are significantly reduced in the intestinal microbiome of constipated adults.

Constipation
The bacteria are not at risk levels

Bloating

There are many different bacteria associated with protein, fat and carbohydrate metabolism in the intestinal microbiome that actively play a role in the digestive process. The presence or absence of these bacteria, their varieties or proportions directly affects the inability to digest the foods taken from outside efficiently or the emergence of unwanted intermediates. This situation may be the cause of the swelling experienced throughout life or at some point in life. Microbiome differentiation, which manifests itself due to different reasons such as chronic diseases, aging, use of antibiotics, stress, etc., may cause problems such as gas, bloating or indigestion due to the inability to digest nutrients that can previously be digested.

Bloating
The bacteria are not at risk levels

Irritable Bowel Syndrome (IBS)

It has been demonstrated by many scientific studiesthat the intestinal microbiome imbalance contributes to the pathophysiology of IBS. Recent studies based on 16S ribosomal RNA sequencing and machine learning have demonstrated the existence of a gut microbiome profile specific to IBS patients. In addition to the lower microbial diversity of IBS patients compared to healthy controls, Bifidobacterium and Lactobacillus species and Faecalibacterium prausnitzii were significantly reduced, and the proportion of bacteria belonging to the Firmicutes phylum, especially the Clostridium genus and the Ruminococcaceae family, was observed to be elevated. It has been reported that modulation studies conducted with diet and biotherapeutic methods in order to ensure the balance of the microbiome significantly reduce IBS symptoms.

Irritable Bowel Syndrome (IBS)
The bacteria are not at risk levels

Inflammatory Bowel Disease (IBD)

Dysbiosis of the gut microbiome is observed in all IBD types, including Crohn's Disease and Ulcerative Colitis, the two most common types, and it is thought that the corresponding imbalance plays an important role in the etiopathogenesis of the disease. When compared with healthy individuals, an increase was observed in bacteria belonging to the phylum Actinobacteria and Proteobacteria in the intestinal microbiome of IBD patients, while a decrease was reported in the Firmicutes phylum, Bacteroidetes class, Dialister invisus, Faecalibacterium prausnitzii and Bifidobacterium adolescentis species.

Inflammatory Bowel Disease (IBD)
The bacteria are not at risk levels

Crohn's Disease

A highly diverse and balanced microbiome profile prevents pathogens from colonizing the gut lining, protects the intestinal mucosa and plays a role in defense against digestive system diseases. Intestinal microbiome dysbiosis has been identified in Crohn's Disease, which is characterized by inflammation of the luminal surface of the gastrointestinal canal, which usually spreads deep into the tissues it affects. While there was an increase in Ruminococcus gnavus species together with Enterobacteriaceae family in the microbiome profiles of the patients, Faecalibacterium spp., Roseburia spp. and Faecalibacterium prausnitzii species, which provide anti-inflammatory effect with the synthesis of shortchain fatty acids, were found to be significantly reduced. In addition, while microbial diversity decreases in these patients, it was reported that the amount of bacteria belonging to different taxa that produce lipopolysaccharides that cause inflammation increases.

Crohn's Disease
The bacteria are not at risk levels

Ulcerative Colitis

It is known that the gut microbiome is subject to dysbiosis in Ulcerative Colitis as in Crohn's Disease. Scientific studies have revealed that different bacteria producing short-chain fatty acids such as butyrate and acetate, which are supportive for intestinal lining integrity and inhibit inflammation, are reduced in the microbiome of ulcerative colitis patients. In addition, it is known that there is a significant decrease in the numbers of bacteria that aid in the digestion of fiber in the microbiome of patients compared to the healthy ones.

Ulcerative Colitis
The bacteria are not at risk levels

Obesity

It is known that the gut microbiome plays an active role in the etiology and pathogenesis of many known metabolic disorders, including obesity. Microbiome elements can interfere with human metabolism indirectly, making it difficult to lose weight or cause the weight to be regained in a short time. It has been found that obese people generally have a decrease in the diversity of the gut microbiome, the bacterial group that is prone to weight gain is dominant in their microbiome profiles and therefore they tend to gain weight. Many studies have shown that the gut microbiome has a memory in obesity and that the weight lost with generic diet or surgical intervention is ineffective. Studies on identical twins have confirmed that phylum level differentiation in the gut microbiome is associated with obesity (decrease in Bacteroidetes phylum and increase in Actinobacteria phylum).

Obesity
The bacteria are not at risk levels

Type 2 Diabetes

The intestinal microbiome plays an important role in the development, progression and treatment response of various metabolic diseases. Clinical studies have revealed that the gut microbiome of patients with Type 2 Diabetes differs in terms of diversity and distribution compared to the microbiome profiles of healthy individuals. These studies indicate that certain bacteria play an active role in the inflammatory condition that occurs pre-Type 2 Diabetes, and that the amount of butyrate-producing-anti-inflammatory bacteria is less in patients with Type 2 Diabetes than healthy people. Clinical studies have shown that microbiome modulation with personalized nutrition can successfully alter high postprandial blood sugar and its metabolic consequences.

Type 2 Diabetes
The bacteria are not at risk levels

Coronary Heart Disease

Intestinal bacteria affect lipid metabolism through various signaling molecules that have strong effects on cholesterol metabolism, energy use and insulin sensitivity. There are scientific studies showing that certain bacterial groups in the microbiome cause an increase in blood levels of triglycerides and high-density lipoproteins that trigger cardiovascular diseases. In the microbiome of people with coronary artery disease, certain bacterial taxa have been found tin lower abundance compared to healthy people, as well as an increase in certain bacterial groups, such as those associated with trimethylamine production is observed.

Coronary Heart Disease
The bacteria are not at risk levels

Kidney Stone

Approximately 75% of kidney stones are composed of calcium oxalate. Scientific studies have revealed that certain microbiome elements negatively affect the formation of kidney stones and that the microbiome may play a role in preventing the disease. It has been reported that Oxalobacter formigenes species, which is a natural microbiome element, reduces oxalate excretion in the urine by reducing oxalate in the intestine, thereby reducing the risk of kidney stone formation.

Kidney Stone
The bacteria are not at risk levels

Trimethylamine (TMA) Conversion

Dietary L-carnitine (red meat) and choline (egg yolk) are metabolized by certain intestinal bacteria and converted into a chemical called trimethylamine (TMA). TMA is then converted to trimethylamine Noxide (TMAO) in the liver. Although it is not yet fully understood whether TMAO plays a direct or indirect role in the pathogenesis of coronary heart disease, studies have shown that people with high blood TMAO levels have poorer cardiovascular health.

Trimethylamine (TMA) Conversion
The bacteria are not at risk levels

Butyric Acid Biosynthesis

Butyric acid, an important short-chain fatty acid, is a molecule produced by certain gut bacteria. Butyric acid has many metabolic functions, primarily helping to control inflammation.

Butyric Acid Biosynthesis
The bacteria are not at risk levels

Polyamine Biosynthesis

Polyamines are molecules that aid in cell growth and regeneration. These molecules also help control inflammation. The irregularity of polyamine levels has been shown by studies to play an important role in various diseases, especially cancer. Studies have shown that there is a decrease in intracellular and circulating polyamine levels during aging and that exogenous polyamines induce longevity in mice.

Polyamine Biosynthesis
The bacteria are not at risk levels

Propionate Biosynthesis

Propionate is a type of short chain fatty acid. This molecule is produced by certain gut bacteria and takes part in many important pathways to help control inflammation.

Propionate Biosynthesis
The bacteria are not at risk levels

Serotonin Biosynthesis

Serotonin, a chemical signaling molecule that helps healthy sleep patterns, is mostly produced by body cells. Many studies have shown that most of the serotonin production takes place in the gut, and certain bacteria in the microbiome also produce and / or contribute to the production of serotonin.

Serotonin Biosynthesis
The bacteria are not at risk levels

Gamma Aminobutyric Acid (GABA) Biosynthesis

GABA is a signaling molecule that helps reduce brain activity for deeper and more restorative sleep. While most of the GABA in the body is produced in the brain, it has been reported in studies that the intestinal microbiome sieves also contribute to this production.

Gamma Aminobutyric Acid (GABA) Biosynthesis
The bacteria are not at risk levels





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	Lettuce 8	Jujube 8

Foods That Fit With You!

Bell Pepper 7	Teff 7	Asparagus 7
Seco Herrerano 7	Jerusalem Artichoke 7	Blueberry 7

Foods To Avoid!

Kasseri Cheese 3	Pumpkin Seed 3	Hazelnut Oil 3
Ghee 3	Roquefort Cheese 3	Sujuk 3

Milk and Dairy Products

	Cow Milk (Full Fat)	7		Soy Milk	7
	Camel Milk	7		Laban	6
	Rice Milk	6		Pasteurized Milk	6
	Sheep Milk	6		Cow Milk (Low Fat)	6
	Kefir	6		Goat Milk	6
	Yoghurt (Full Fat)	5		Condensed milk	5
	Heavy Cream	5		Oat Milk	5
	Almond Milk	5		Laban Eiran	5
	Yoghurt (Fat Free)	5		Buffalo Milk	5
	Coconut Milk	5		Sour Cream	5
	Clotted Cream	5		Cream	5
	Monchego	5			

Cheese Types

	Tofu	6		Labneh	6
	Nabulsi	6		Akkawi	6
	Brie	6		Halloumi	6
	Gorgonzola	6		Swiss Cheese	6
	Gouda	6		Feta Cheese	6
	Koryciński Cheese	6		Oscypek Cheese	6
	Cottage Cheese	5		White Cheese (Low Fat)	5
	White Cheese (Full Fat)	5		Compte	5
	Qishta	5		Roumi	5
	Aged Kasseri Cheese	4		Goat Cheese	4
	Tulum Cheese	4		Ezine Cheese	4
	Sheep Cheese	4		Ricotta Cheese	4
	Mozzarella Cheese	4		Kasseri Cheese	3
	Ripened Cheese	3		Cheddar Cheese	3

	Herbed Cheese	3	
	Mascarpone	3	
	Bryndza Cheese	3	
	Gruyère Cheese	3	
	Roquefort Cheese	3	
	Cream Cheese	2	
	Curd Cheese	2	
	Parmesan Cheese	1	

Meat and Eggs

	Pork	8	
	Sausage (Pork)	7	
	Egg White	6	
	Pigeon Meat	6	
	Quail Meat	6	
	Camel Meat	6	
	Ostrich meat	6	
	Gazelle Meat	6	
	Liver	6	
	Kidney	6	
	Heart	6	
	Brain	6	
	Turkey	5	
	Duck	5	
	Tongue	5	
	Intestines	5	
	Pastrami	4	
	Biltong	4	
	Veal	4	
	Chicken Egg	4	
	Sausage (Veal)	4	
	Venison	4	
	Wild Boar	4	
	Goat	3	
	Chicken	3	
	Beef	3	
	Merguez	3	
	Sujuk	3	



Mutton 2



Lamb 2

Fish and Seafood

	Tuna	8		Octopus	7
	Seabream	7		Squid	6
	Crab	6		Mussel	6
	Shrimp	6		Hamour	6
	Sultan İbrahim	6		Barracuda	6
	Perch	6		Tilapia	6
	Lobster	6		Seabass	6
	Mackerel	6		Hake	6
	Sardine	6		Carp	5
	Trout	5		Eel	5
	Catfish	5		Caviar	5
	Anchovy	5		Salmon	5
	Oyster	5		Gilthead Bream	4
	Saurel	4		Bluefish	4

	Cod	4	
	Bonito	4	
	Flounder	4	
	Herring	4	
	Swordfish	4	

Bread and Cereals

	Oat 8		Wheat Bran 7
	Soy Flour 7		Buckwheat 7
	Quinoa 7		Whole Wheat Flour 7
	Whole Wheat Bread 7		Rye Flour 7
	Teff 7		Wheat 7
	Rice Flour 7		Wild Rice 7
	Tapioca Starch 6		Amaranth 6
	Whole Grain Bread 6		Pasta 6
	Rye Bread 6		Arrowroot Starch 6
	Black Rice 6		Red Rice 6
	Freekeh 6		Spelt 6
	Farro 6		Tortilla 6
	Sorghum Flour 6		Barley 6
	Corn 6		Cornmeal 6

	Oat Bread	6	
	Whole Grain Flour	6	
	Wheat Germ	6	
	Oat Flour	6	
	Wheat Bran Bread	6	
	Bulgur Wheat	6	
	Wheat Bran Pasta	6	
	Brown Rice	6	
	Rice Paper	5	
	Millet	5	
	Arepa	5	
	Whole Grain Flakes	5	
	Cornstarch	5	
	Lavash	5	
	Cornflakes	5	
	Corn Bran	5	
	Rice Bran	5	
	Rice	5	
	Oat Bran	5	
	Noodle	5	
	White Bread	5	
	Gluten-Free Bread	5	
	Rice Noodle	5	
	Semolina	5	
	White Flour	4	

Legume and Legume-based Products

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

Vegetables

	Onion	10		Leek	10
	Artichoke	9		Garlic	9
	Celery	8		Tomato	8
	Taro Root	8		Lettuce	8
	Bell Pepper	7		Cassava	7
	Okra	7		Bok Choy	7
	Spinach	7		Gai Lan	7
	Chili	7		Cubanelle Pepper	7
	Water Spinach	7		Asparagus	7
	Jerusalem Artichoke	7		Lotus Root	7
	Pea	7		Parsnip	7
	Chives	6		Cilantro	6
	Pumpkin	6		Cucumber	6
	Dill	6		Basil	6

	Chinese Cucumber	6	
	Dandelion	6	
	Winter Squash	6	
	Chard	6	
	Oyster Mushroom	6	
	Lovage	6	
	Rhubarb	6	
	Parsley	6	
	Potato	6	
	Purple Sweet Potato	6	
	Vine Leaf	5	
	Porcini Mushroom	5	
	Button Mushroom	5	
	Brussel Sprout	5	
	Collard	5	
	Molukiyeh	6	
	Moringa	6	
	Fennel	6	
	Red Onion	6	
	Zucchini	6	
	Endive	6	
	Kohlrabi	6	
	Carrot	6	
	Sweet Potato	6	
	Broccoli	6	
	Yam	5	
	Chanterelle Mushroom	5	
	Tamarillo	5	
	Beetroot	5	
	Chayote Squash	5	

	Sorrel	5		Horseradish	5
	Radicchio	5		Lemon Grass	5
	Cowpea	5		Green Bean	5
	Black Carrot	5		Purslane	5
	Red Sweet Pepper	5		Kale	5
	Shallot	5		Aubergine	5
	Scotch Bonnet Pepper	4		Rocket	4
	Radish	4		Turnip	4
	Cress	4		White Cabbage	4
	Cauliflower	4		Purple Cabbage	4
	Scallion	4			

Fruits

	Banana	8		Cantaloupe	8
	Jujube	8		Durian	8
	Fig	7		Soursop	7
	Quince	7		Bitter Melon	7
	Sweet Cherry	7		Aronia Berries	7
	Blueberry	7		Orange	7
	Rosehip	7		Pomelo	7
	Lime	6		Kumquat	6
	Dried Apple	6		Japanese Plum	6
	Guava	6		Rambutan	6
	Nance	6		Watermelon	6
	Passion Fruit	6		Cranberry	6
	Lychee	6		Green Plum	6
	Dragon Fruit	6		Cornelian Cherry	6

	Pomegranate	6		Dried Apricot	6
	Peach	6		Pear	6
	Coconut	6		Redcurrant	6
	Bergamot Orange	6		Red-Purple Grape	6
	Apricot	6		Date	6
	Apple	6		Lemon	6
	Raspberry	6		Acai Berry	6
	Tangerine	6		Raisin	6
	Kiwi	5		Damson Plum	5
	Blackberry	5		Mango	5
	Tart Cherry	5		Papaya	5
	Banana (Green, unripe)	5		Mangosteen	5
	Melon	5		Strawberry	5
	Juniper Berry	5		Plantain	5
	Gooseberry	5		Pineapple	5

	Nectarine	5		Tamarind	5
	Black Grape	5		Jackfruit	5
	Persimmon	5		Black Elderberry	5
	Dried Plum	5		Peach Palm	5
	Silverberry	5		Dried Mulberry	4
	White Mulberry	4		Black Mulberry	4

Oil and Fats

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

Nut and Seeds

	Charoli	7	
	Nutmeg	6	
	Macadamia	6	
	Chestnut	6	
	Sesame	6	
	Almond	6	
	Grape Seed	6	
	Pecan	5	
	Poppy Seed	5	
	Walnut	5	
	Flaxseed	5	
	Chia Seed	5	
	Hazelnut	5	
	Betel Nuts	5	
	Pistachio	4	
	Sunflower Seed	4	
	Cashew	3	
	Peanut	3	
	Pine Nut	3	
	Pumpkin Seed	3	

Drinks

	Chicheme	7		Seco Herrerano	7
	Beer	6		Sage Tea	6
	Sake	6		Hibiscus Tea	6
	Kombucha	6		Matcha	6
	Yellow Tea	6		Mead	6
	Red Wine	6		Gahwa	6
	Pu-erh Tea	5		Kvass	5
	Vodka	5		Whiskey	5
	Chamomile Tea	5		Lemon Balm Tea	5
	Orange Juice	5		Sahlep	5
	Carrot Juice	5		Grapefruit Juice	5
	Apricot Juice	5		Tart Cherry Juice	5
	Green Tea	5		Black Tea	5
	Oolong Tea	5		Rose Wine	5

	Tomato Juice 5		Pomegranate Juice 5
	Lemon Juice 5		Apple Juice 5
	Grape Juice 5		Pear Juice 5
	Shaoxing Wine 5		White Wine 5
	Tangerine Juice 5		Mineral Water 5

Herb, Spice and Sauces

 Star Anise	8	 Cinnamon	7
 Ginger	7	 Caraway Seed	7
 Soy Sauce	7	 Black Pepper	7
 Garam Masala	6	 Cumin Seeds	6
 Barbecue Sauce	6	 Oyster Sauce	6
 Curry Powder	6	 Thyme	6
 Turmeric	6	 Salt	6
 Sriracha Sauce	6	 Bay Leaf	6
 Annatto	6	 Ajwain	6
 Ras El Hanout	6	 Za’atar	6
 Saffron	6	 Sichuan Pepper	6
 Rosemary	6	 Ketchup	6
 Allspice	6	 Worcestershire Sauce	5
 Chili Paste	5	 Hoisin Sauce	5

	Miso Paste	5	
	Wasabi	5
	Tarragon	5	
	Marjoram	5
	Fish Sauce	5	
	Liquorice	5
	Fenugreek	5	
	Mint	5
	Mustard	4	

Supplements



Whey Protein Supplement 7



Krill Oil Supplement 7



Fish Oil Supplement 7



Spirulina 6



Psyllium 6

Others

	Honey 8		Milk Powder 7
	Ice Cream 7		Agave Syrup 7
	Brown Sugar 6		Rice Vinegar 6
	White Wine Vinegar 6		Black Vinegar 6
	Dark Chocolate 6		Tahini 6
	Coffee Creamer 6		White Sugar 6
	Apple Vinegar 6		Kimchi 6
	Gochujang 6		Cacao Nibs 6
	Yeast 6		Olive Paste 5
	Dashi 5		Grape Molasses 5
	Sauerkraut 5		Pickled Cucumber 5
	Milk Chocolate 5		Seaweed 5
	Cocoa Powder 5		Almond Butter 5
	Water Chestnut 5		Mallow 5





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



No. 20- Skin/Collagen/Beauty
Maiome
7



No. 84- Immune/Inflammaging/Gut Barrier
Maiome
5.3



No. 59- GI: Daily Regularity
Maiome
5.3



No. 58- GI: Calming Bowel Support
Maiome
5.2



No. 11- Blood Sugar/Metabolism
Maiome
5.2



No. 19- Joint/Mobility/Performance
Maiome
5



No. 23- Akkermansia Longevity Complex
Maiome
5



No. 66 Weight Management/Energy
Maiome
4.9



No. 47 Sleep/Gut-Brain Axis/Neurotransmitter
Maiome
4.7



No. 25- Cardiovascular/Antioxidant
Maiome
4.6

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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