

Comprehensive Salivary Oral Microbiome Testing



WHAT IS THE ORAL MICROBIOME?

The oral microbiome is the collection of bacteria, fungi, and viruses living in one's mouth.

On average, an individual has 100+ unique species of beneficial and harmful oral bacteria.

Oral health issues like **cavities, gum disease, and bad breath** are caused by high levels of pathogenic oral bacteria.

HOW DOES IT AFFECT YOUR OVERALL HEALTH?

Research has found associations between the oral microbiome and conditions including Alzheimer's disease, diabetes, cardiovascular disease, adverse pregnancy outcomes, gut disorders, and other chronic conditions.

Improve your oral and overall health with at-home oral microbiome testing

Bristle is the first comprehensive oral microbiome test to identify all bacterial species in your saliva and how they impact your oral & overall health.

- **Measure**
all 100+ unique bacterial species in your saliva, both beneficial and pathogenic
- **Understand**
how your microbes impact health conditions like cavities, gum disease, halitosis, gut inflammation, and more
- **Improve**
with prevention-focused diet, hygiene, and oral care ingredient & product recommendations based on your test results
- **Monitor**
progress over time and track how changes you adopt impact your health with follow-up testing

HOW IT WORKS

- ① Purchase online and receive a test kit at home
- ② Collect a saliva sample in under 5 minutes and send it back using the included prepaid return envelope
- ③ Access your results online in 2 - 3 weeks
- ④ Share your results with your provider by logging into your Bristle dashboard and granting them access