



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



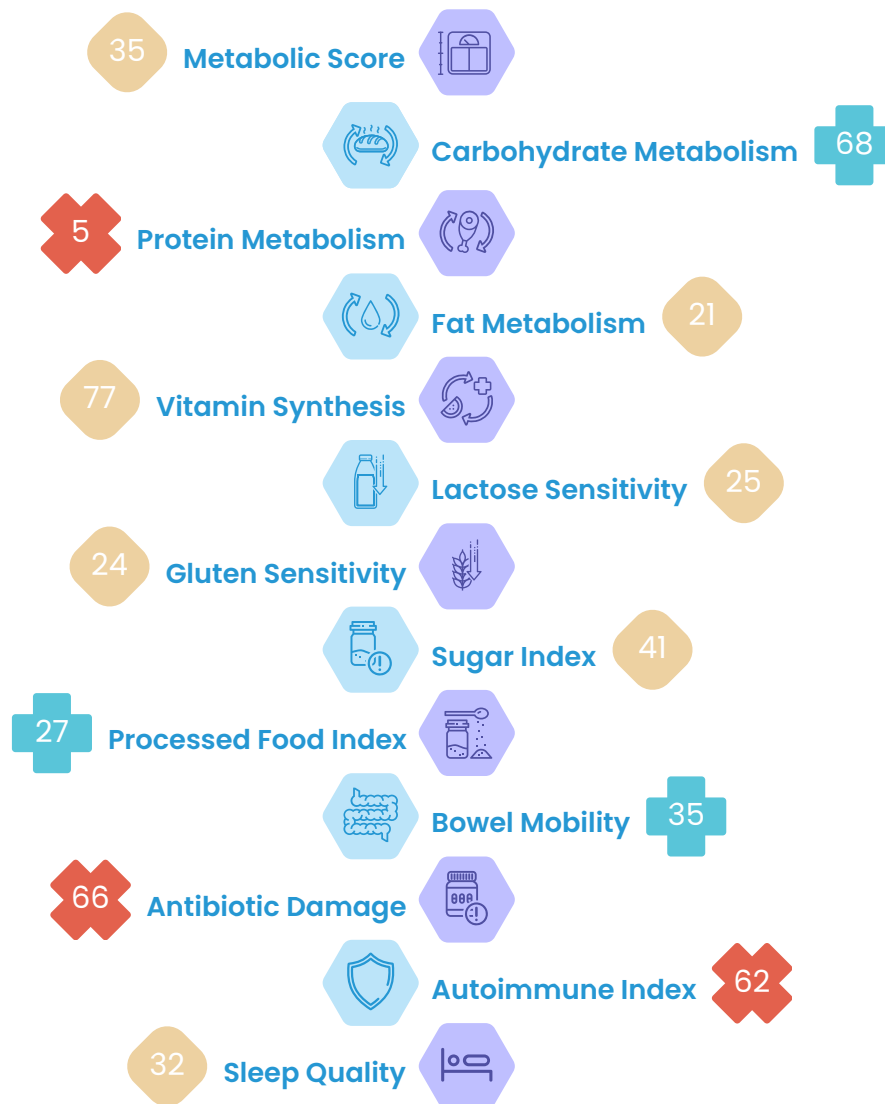
WELCOME TO YOUR MICROBIOME WORLD

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 **54** Your Microbiome Diversity **1.6**

Gut Scores



Your Microbiome Age

54

It appears your microbiome is aging faster than you. However, with the personalized nutrition plan we've put together for you, you've begun your journey toward rejuvenating your microbiome and improving your health!.

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 Microbiome Diversity

1.6

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.

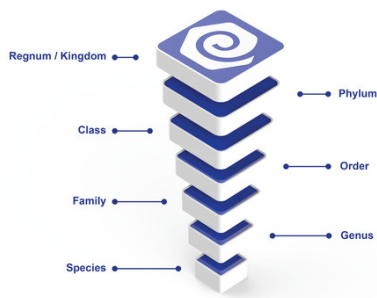
The microbiome diversity score is an important indicator of general health that outlines the number of bacterial species present in the intestines and how evenly distributed each species is.

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.

Your Taxonomic Analysis



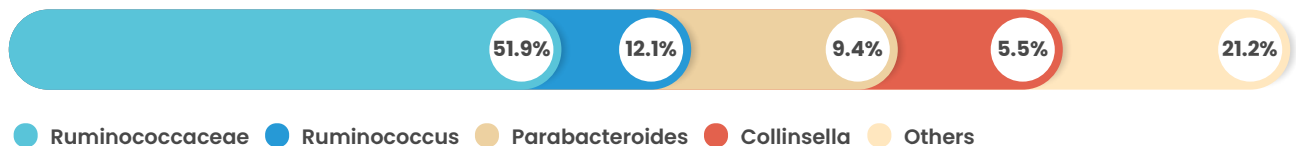
"Taxonomy" is the science in which every living thing is classified and named by scientists according to their common character within a given system. Every living thing in nature has a taxonomic classification. For example, the domestic cats living among us are classified "house cat and its close relatives"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

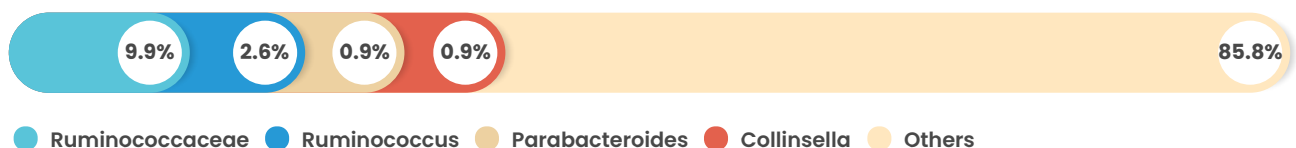
Genus Level

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

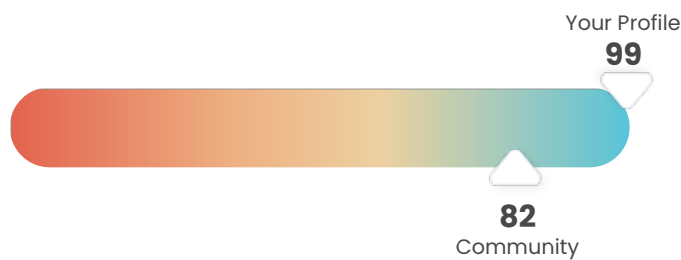


World Average

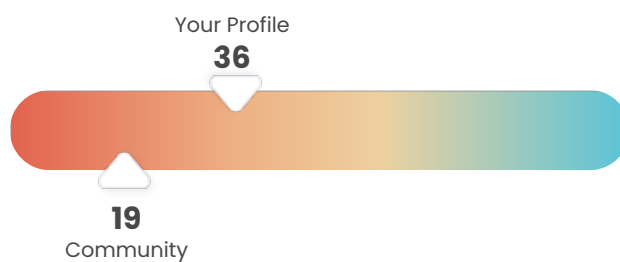


Important Bacteria

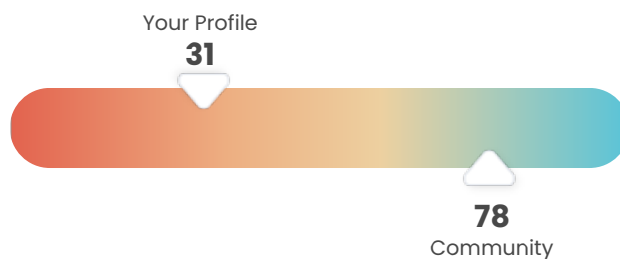
Alistipes



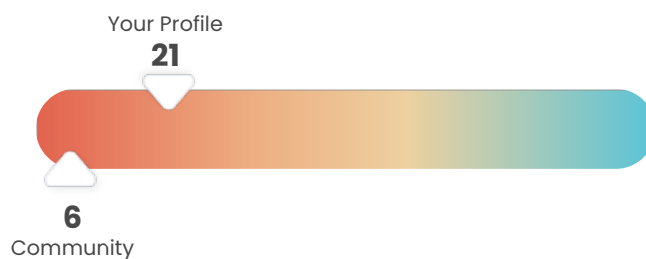
Prevotella



Akkermansia



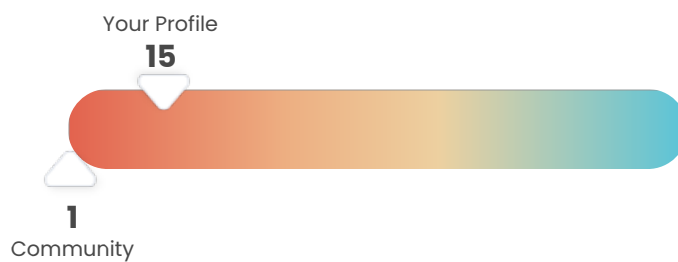
Eubacterium



Bifidobacterium



Collinsella



Haemophilus



Roseburia



Phascolarctobacterium



Your Similar Profiles

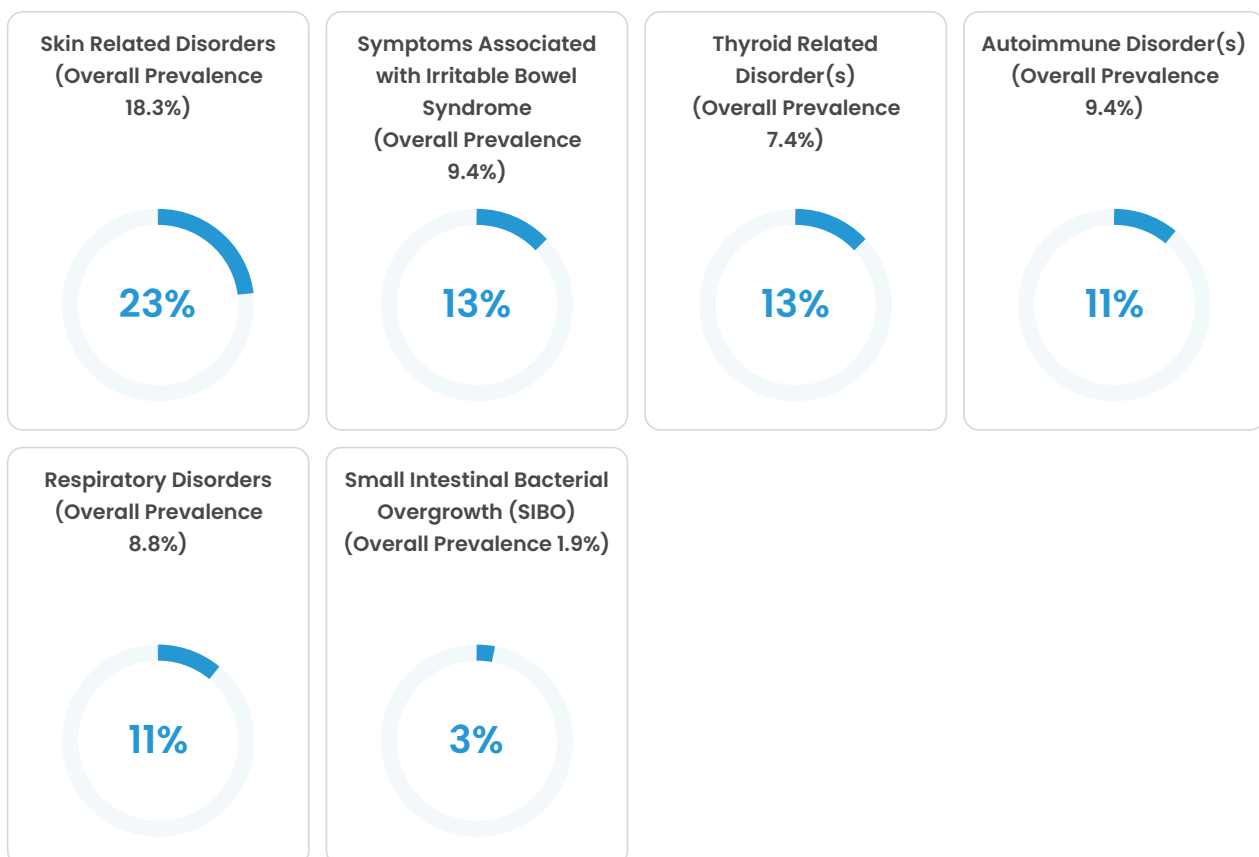
Studies have shown that 90% of chronic diseases are linked to gut microbiome imbalance. As a result of these studies, it has also been observed that individuals with similar microbiome profiles may develop similar disorders.

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

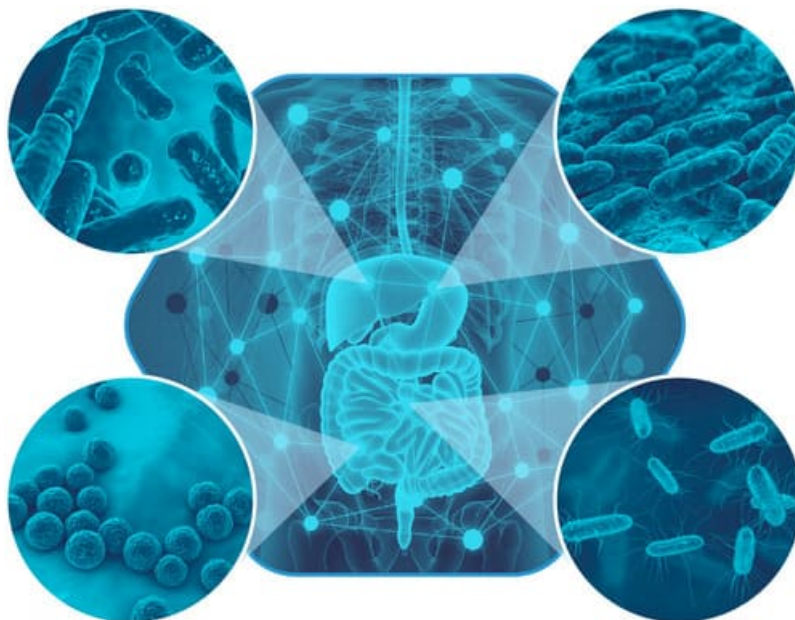
Our artificial intelligence algorithm has generated gut scores for 13 different parameters based on the type and number of bacteria in your gut.

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

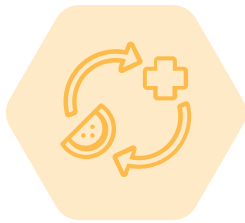


Protein Metabolism



Fat Metabolism

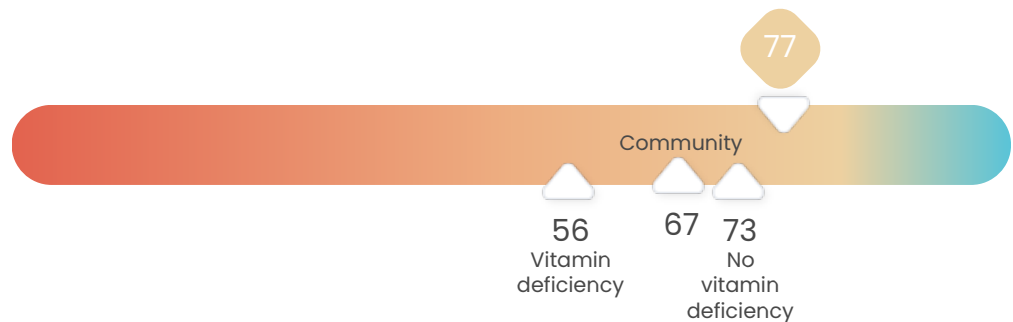




Vitamin Synthesis

This score shows the number of vitamin-synthesizing bacteria in a person's gut and doesn't indicate any deficiency in blood.

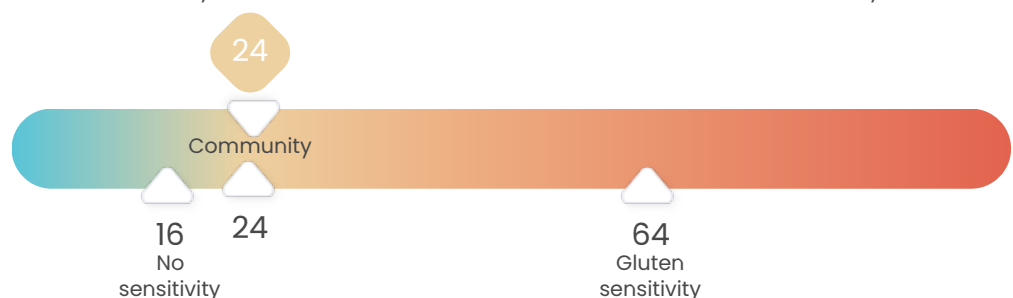
A high score indicates that your microbiome profile is similar to the profile of individuals without vitamin deficiency while a low score indicates a similar profile of individuals with vitamin deficiency.



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.



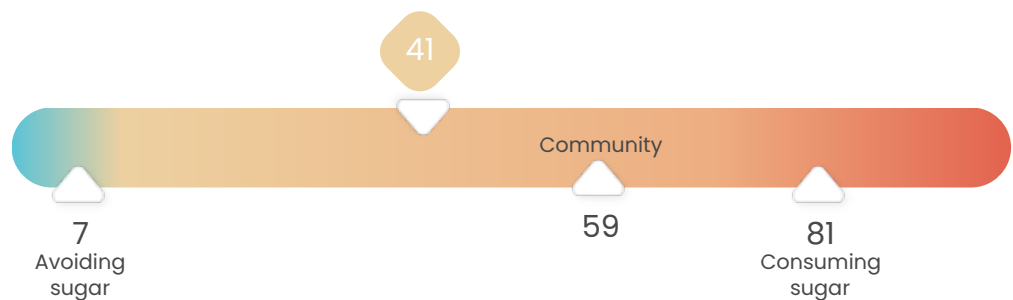


Sugar Index

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.

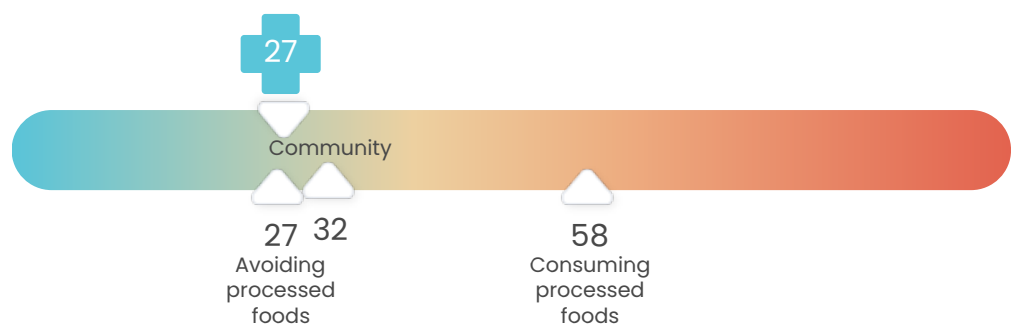
A low score indicates that your body's microbiome is not struggling to process sugars. This either indicates that you do not consume an excessive amount of sugar or that your body can effectively and efficiently process whatever amount of sugar that is consumed.

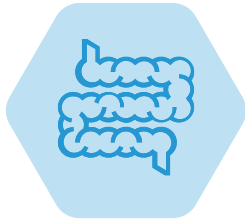


Processed Food Index

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.

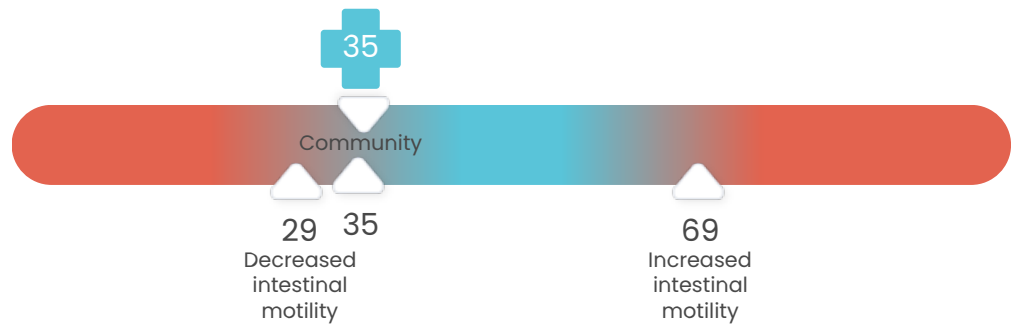




Bowel Mobility

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.



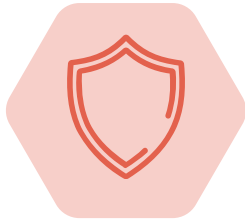
Antibiotic Damage

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.

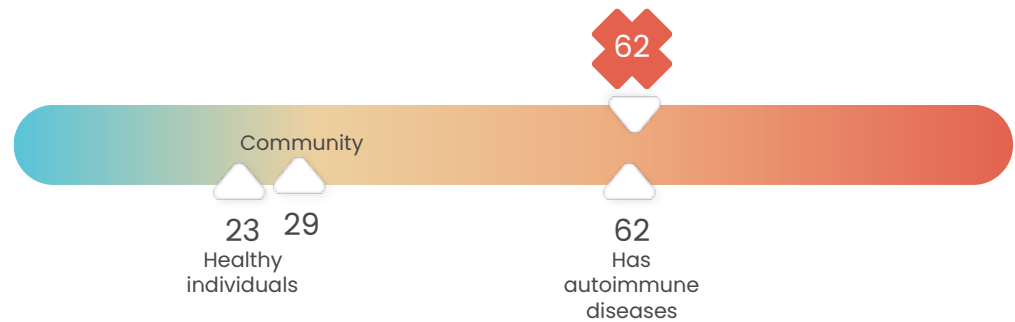




Autoimmune Index

This score demonstrates the bacterial groups associated with autoimmune diseases and offers an insight into a possibility to experience these diseases.

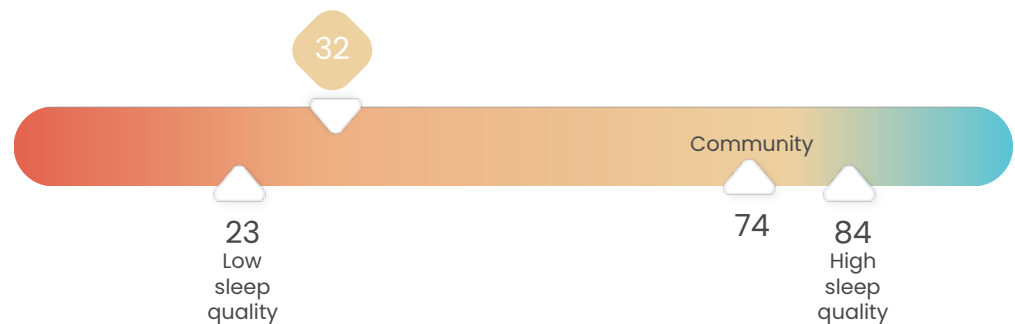
A high score could indicate that you'd be prone to autoimmunity, however, is not meant to be used for diagnostic purposes.



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.





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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!

Onion	10	Garlic	9	Artichoke	9
Leek	8	Wheat Bran	8	Apple	8



Foods That Fit With You!

Jujube	7	Soybean Sprout	7	Cow Milk (Full Fat)	7
White Bean	7	Apricot	7	Red-Purple Grape	7













Foods To Avoid!

Liver	3	Grape Molasses	3	Chia Seed	3
Rice Noodle	3	Tahini	3	Bonito	3




















Milk and Dairy Products

	Cow Milk (Full Fat)	7		Soy Milk	7
	Pasteurized Milk	6		Sheep Milk	6
	Goat Milk	6		Buffalo Milk	5
	Kefir	5		Cow Milk (Low Fat)	5
	Cream	4		Sour Cream	4
	Heavy Cream	4		Oat Milk	4
	Coconut Milk	4		Clotted Cream	4
	Yoghurt (Fat Free)	4		Yoghurt (Full Fat)	3
	Almond Milk	3		Buttermilk	3


























Cheese Types

	Tofu	5		Cottage Cheese	4
	Halloumi	4		Gorgonzola	4
	Swiss Cheese	4		Gouda	4
	Brie	4		Feta Cheese	4
	Goat Cheese	3		Herbed Cheese	2
	Ricotta Cheese	2		Mozzarella Cheese	2
	Cheddar Cheese	2		Cream Cheese	2
	Sheep Cheese	2		Ezine Cheese	2
	White Cheese (Full Fat)	2		Aged Kasseri Cheese	2
	White Cheese (Low Fat)	2		Ripened Cheese	2
	Tulum Cheese	2		Kasseri Cheese	1
	Gruyère Cheese	1		Roquefort Cheese	1
	Curd Cheese	0		Parmesan Cheese	0





























Meat and Eggs















	Pork	5		Egg White	4
	Sausage (Pork)	4		Liver	3
	Brain	3		Heart	3
	Kidney	3		Turkey	3
	Chicken	3		Duck	3
	Intestines	3		Tongue	3
	Beef	3		Chicken Egg	2
	Lamb	2		Goat	2
	Sausage (Veal)	1		Veal	1
	Mutton	1			

Fish and Seafood
















	Tuna	5		Octopus	5
	Saurel	4		Seabream	4
	Squid	4		Caviar	4
	Hake	4		Mackerel	4
	Cod	4		Flounder	4
	Herring	4		Swordfish	4
	Bass	4		Bluefish	4
	Lobster	4		Trout	4
	Sardine	4		Salmon	4
	Crab	4		Shrimp	4
	Mussel	4		Oyster	3
	Bonito	3		Gilthead Bream	3
	Anchovy	3			

Bread and Cereals





























	Wheat Bran	8		Oat	7
	Whole Wheat Flour	6		Whole Wheat Bread	6
	Soy Flour	6		Wheat	6
	Corn	6		Whole Grain Bread	6
	Wheat Germ	5		Rye Flour	5
	Oat Bread	5		Wheat Bran Bread	5
	Oat Flour	5		Whole Grain Flour	5
	Wheat Bran Pasta	5		Bulgur Wheat	5
	Semolina	4		Sorghum Flour	4
	Whole Grain Flakes	4		Arrowroot Starch	4
	Tapioca Starch	4		Lavash	4
	Cornstarch	4		Cornmeal	4
	White Flour	4		Rice Flour	4
	Quinoa	4		Brown Rice	4































	Buckwheat	4		Rice	4
	White Bread	4		Noodle	4
	Rye Bread	4		Pasta	4
	Oat Bran	4		Rice Bran	4
	Corn Bran	4		Cornflakes	4
	Rice Paper	3		Rice Noodle	3
	Amaranth	3		Gluten-Free Bread	3

Legume and Legume-based Products

	Soybean Sprout	7		White Bean	7
	Chickpea	6		Green Lentil	6
	Soybean	6		Red Lentil	5
	Fermented Soybean	5		Kidney Bean	5
	Shell Bean	5		Broad Bean	4
	Edamame	4		Beansprouts	4
	Soy Meat	4		Mung Beans	3
	Beluga Lentils	3			


Vegetables


	Onion	10		Garlic	9
	Artichoke	9		Leek	8
	Tomato	8		Red Sweet Pepper	7
	Jerusalem Artichoke	7		Asparagus	7
	Purple Sweet Potato	6		Cubanelle Pepper	6
	Carrot	6		Black Carrot	6
	Sweet Potato	6		Shallot	6
	Parsley	6		Broccoli	6
	Rocket	6		Celery	6
	Potato	6		Pea	6
	Green Bean	6		Pumpkin	5
	Vine Leaf	5		Okra	5
	Lettuce	5		Aubergine	5
	Cress	5		Turnip	5

	Kale	5		Radish	5
	Purslane	5		Cauliflower	5
	Purple Cabbage	5		Brussel Sprout	5
	White Cabbage	5		Collard	5
	Oyster Mushroom	5		Beetroot	5
	Mushroom	5		Lotus Root	5
	Cowpea	5		Water Spinach	4
	Fennel	4		Zucchini	4
	Winter Squash	4		Bell Pepper	4
	Chard	4		Taro Root	4
	Cilantro	4		Basil	4
	Chives	4		Chili	4
	Red Onion	4		Spinach	4
	Cucumber	3		Dill	3
	Gai Lan	3		Bok Choy	3




Lemon Grass






























































Scallion





















Fruits

















	Apple	8		Orange	8
	Banana	8		Jujube	7
	Strawberry	7		Grapefruit	7
	Pomegranate	7		Blueberry	7
	Lemon	7		Tangerine	7
	Red-Purple Grape	7		Apricot	7
	Black Elderberry	6		Acai Berry	6
	Raisin	6		Kiwi	6
	Tart Cherry	6		Peach	6
	Rosehip	6		Cornelian Cherry	6
	Black Grape	6		Bergamot Orange	6
	Redcurrant	6		Nectarine	6
	Pear	6		Date	6
	Raspberry	6		Silverberry	6

	Quince	6		Kumquat	5
	Pineapple	5		Damson Plum	5
	Fig	5		Tamarind	5
	Persimmon	5		Blackberry	5
	Banana (Green, unripe)	5		Black Mulberry	5
	White Mulberry	5		Melon	5
	Dried Mulberry	5		Papaya	5
	Mango	5		Japanese Plum	4
	Passion Fruit	4		Cherry	4
	Dried Apple	4		Dragon Fruit	4
	Lychee	4		Green Plum	4
	Bitter Melon	4		Jackfruit	4
	Lime	4		Durian	4
	Dried Apricot	4		Coconut	4
	Dried Plum	3			





























Oil and Fats

	Black Olive	5		Olive Oil	5
	Green Olive	5		Peanut Oil	4
	Sesame Seed Oil	4		Avocado Oil	4
	Coconut Oil	4		Avocado	4
	Cottonseed Oil	3		Soy Oil	3
	Corn Oil	3		Ghee	3
	Butter	3		Sunflower Oil	3
	Safflower Oil	3		Hazelnut Oil	3
	Tallow	3		Canola Oil	2

Nut and Seeds

	Grape Seed	6		Chestnut	6
	Almond	5		Pistachio	5
	Macadamia	4		Pecan	4
	Hazelnut	4		Sesame	4
	Sunflower Seed	4		Flaxseed	4
	Cashew	4		Pine Nut	3
	Pumpkin Seed	3		Walnut	3
	Chia Seed	3		Peanut	2


Drinks

	Red Wine	6		Vodka	6
	Tangerine Juice	5		Green Tea	5
	Sage Tea	5		Grapefruit Juice	5
	Orange Juice	5		Apple Juice	5
	Pomegranate Juice	5		Whiskey	5
	White Wine	4		Black Tea	4
	Oolong Tea	4		Rose Wine	4
	Tomato Juice	4		Sake	4
	Yellow Tea	4		Matcha	4
	Lemon Juice	4		Apricot Juice	4
	Tart Cherry Juice	4		Carrot Juice	4
	Pear Juice	4		Grape Juice	4
	Mineral Water	4		Coffee	4
	Sahlep	4		Beer	4




Chamomile Tea

3



Pu-erh Tea





























3








Lemon Balm Tea

3


























Herb, Spice and Sauces

	Thyme	5		Mint	5
	Barbecue Sauce	5		Soy Sauce	5
	Ginger	5		Liquorice	5
	Star Anise	5		Cinnamon	5
	Fenugreek	5		Sichuan Pepper	5
	Wasabi	5		Rosemary	4
	Turmeric	4		Mustard	4
	Salt	4		Oyster Sauce	4
	Curry Powder	4		Fish Sauce	4
	Cumin Seeds	4		Tarragon	4
	Garam Masala	4		Sriracha Sauce	4
	Black Pepper	4		Saffron	4
	Miso Paste	3		Chili Paste	3
	Hoisin Sauce	3		Worcestershire Sauce	3

Supplements

	Whey Protein Supplement	5
	Psyllium	4
	Krill Oil Supplement	4
	Spirulina	4
	Fish Oil Supplement	4

Others

	Honey	7		Olive Paste	6
	Dark Chocolate	6		Agave Syrup	6
	Coffee Creamer	5		Vinegar	5
	White Wine Vinegar	5		Ice Cream	5
	Mallow	5		Dashi	5
	Kimchi	5		Cocoa Powder	4
	White Sugar	4		Brown Sugar	4
	Gochujang	4		Rice Vinegar	4
	Seaweed	4		Yeast	4
	Milk Powder	4		Cacao Nibs	4
	Milk Chocolate	4		Almond Butter	3
	Tahini	3		Water Chestnut	3
	Grape Molasses	3			



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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



MaxiPrebiotic
Sally-Ann Creed

6



Psyllium Husks
Wellness

6



Psyllium Husk Caps
Now

6



Inulin Pure Powder
Now

6



ZinoBiotic+
Zinzino

5.6



Beta Glucans, Astragalus &
Vitamin C Complex
Terranova

5.5



Inulin Prebiotic Fibre Berry
Lifematrix

5



Gut Build – Prebiotic Powder
Nume

4.8



BioVive B Vitamins With
Prebiotic Fibre
Flora Force

4.6



Complete Fibre Complex
Viridian

4.5

Probiotics



Probiotics Complex
Terranova

8.3



Vita+
Vitatech

8.2



Probiotic 14 Strain
Wellvita

8.1



Probiotic-10
Now

7.8



Adult Intensive Rescue
ProbiFlora

7.8



Femina Probiotic Capsules
Velobiotics

7.7



Probiotic Assist
Future Health

7.5



Probiotic Formula
Aim Flora Food

7.2



Synerbio Daily
Viridian

6.8



Vivomixx 112 Billion
Vivomixx

6.8



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