

Specimen ID: 00000232670 Control ID: 1028098306		Acct #: 12300000 Test Client) Phone: (555) 421-2143
Smith, Jane MI 1234 ANY STREET BURLINGTON NC 27215 (555)555-5555		123 South Street Burlington NC 27	215-3361
Patient Details DOB: 04/11/1991 Age(y/m/d): 66/2/22 Gender: F Patient ID: 474792377	Specimen Detai Date collected: Date received: Date entered: Date reported:	Is 01/11/2022 10:53 Local 01/11/2022 11:06 ET 01/11/2022 10:53 ET 01/11/2022 12:09 ET	Physician Details Ordering: DICKEY, B Referring: ID: 1063853950 NPI:

Specimen Type: Stool

RESULTS

16 Genera of bacteria were found, with the highest percentage being Blautia at 18.69%.

Based on the questionnaire completed, you are a female, aged 30-60, follow an Omnivore diet; however, you rarely consume red meat, eat fresh fruits and vegetables daily, and exercise regularly.

What's in your gut microbiome?

Your microbiome is made up of thousands of microorganisms. The most abundant groups of related bacteria ("genera") that are present in your gut are shown on the graph to the right.



16 Genera of bacteria found¹

Genera of Bacteria	Percentage	Genera of Bacteria	Percentage	Genera of Bacteria	Percentage
Blautia	18.69%	Collinsella	4.28%	Faecalibacterium	3.65%
Erysipelatoclostridum	12.03%	Dorea	4.04%	Bacillus Subtilis	3.63%
Bacteroides	10.52%	Murimonas	3.90%		
Fusicatenibacter	9.43%	Lactobacillus	3.65%		
Ruminococcus	5.55%	Pseudomonas aeruginosa	3.65%		
Streptococcus	5.07%	Listeria	3.65%		
Roseburia	4.61%	Lachnotalea glycerini	3.65%	All Other	0.00%

¹With over 0.1% of the total bacterial reads detected in your sample. More than 20 species may have been detected, but at a lower percentage.

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How do you compare?



The graph to the left represents the diversity of your gut microbiome relative to more than 1000 other study participants.

The charts below represent the abundance of three important groups of bacteria in your gut compared to other study participants. These can vary depending on your diet, environment, and lifestyle.

82% Microbial Diversity Index²







Bacteroidacae

Breakdown fiber from vegetables and whole grains into more easily digested molecules

Lachnospiraceae

Includes Clostridium and produces short-chain fatty acids important to digestive health

Lactobacillaceae

Includes Lactobacillus, the most common probiotic and protects the gut from pathogens

COMMENTS

Based on your responses to our lifestyle survey, the plots visualizes the composition of your microbiome relative to your peers.

²Percentile diversity score for your gut sample versus historic participant data (Simpson's diversity).

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LIFESTYLE SURVEY

Personal Information			
Age	37	BMI	21.8
Gender	Non-Binary	Race	Hawaiian or Pacific Islander
Height	6'1"	Country Born	United States
Weight	165 lbs	State	Mississippi
	Environmer	ntal Factors	
Method of Birth delivery	Prefer not to Answer	Male-enhancement Drugs	Prefer not to Answer
Infant Feeding Method	Prefer not to Answer	Appendix Removed	I'm not Sure
Pregnant	Prefer not to Answer	Weight Change	Gained more than 10 lbs.
Currently Breast Feeding	Prefer not to Answer	Weight Loss Surgery	Sleeve Gastrectomy
Birth Control	Prefer not to Answer	Outside of US + 14 days	Yes
Post-menopausal	Prefer not to Answer	Sleep Time	More than 10 hours
Hormonal Replacement Therapy	Prefer not to Answer	Feeling Upon Awakening	Like I didn't sleep
Testosterone Replacement Therapy	Prefer not to Answer	Pet Type	Dog, Cat, Birds, Reptiles, Fish, Other (Livestock, Poultry)
Health			
Probiotic Supplements	Occasionally	Diagnosed with Diabetes	Diagnosed by Doctor
Probiotic Foods	Yogurt, Kefir, Sauerkraut, Kimchi, Kombucha, Pickles	Diagnosed with Mood Disorder	Diagnosed by Doctor
Typical Bowel Movement	I tend to be constipated	Diagnosed with Neurological Disorder	Diagnosed By Doctor
Diagnosed with IBD	Diagnosed by Doctor	Migraine Headaches	Diagnosed By Doctor
Diagnosed with IBS	Diagnosed by Doctor	Antibiotics	l have never taken antibiotics
Diagnosed with GERD	Diagnosed by Doctor		

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LIFESTYLE SURVEY (cont)

Diet and Exercise			
Your Diet	Vegetarian (I eat foods primarily of plant origin excluding seafood and including		
	dairy.)		
Red Meat/Eggs	Occasionally	Dessert & Sweets	Occasionally
Poultry	Occasionally	Primary Water Source	Filtered
Game Meats	Occasionally	Tobacco Products	Occasionally
Fish	Occasionally	Type of Tobacco	Cigars, Cigarettes,
			E-cigarettes, Chewing
			tobacco, Pipe tobacco
Shellfish	Occasionally	Caffeinated Beverages	Occasionally
Dairy Products	Occasionally	Soda or Pop	Occasionally
Carbohydrate Rich	Occasionally	Diet Soda or Pop	Consume only diet
Fresh Fruit	Occasionally	Alcohol Use	Occasionally
Fresh Vegetables	Occasionally	Red Wine	Occasionally
Avoid Gluten Foods	Yes	White Wine	Occasionally
Reason	Celiac Disease-Doctor	Beer	Occasionally
	Diagnosed		
Ketogenic Diet	Yes	Hard Liquor	Occasionally
Fast Foods	Occasionally	Moderate exercise	Occasionally

METHODS AND LIMITATIONS

The One Codex Targeted Loci Database is a comprehensive microbial reference database containing approximately 250,000 curated marker gene records. These records cover the 5S, 16S, 23S, gyrB, rpoB, 18S, 28S, and ITS genes. Sequencing reads are taxonomically classified through sequence alignment to the Targeted Loci Database. Classification results are filtered based on abundance to minimize the number of false positive assignments that may be introduced by sequencing error. In this filtering step, any organism whose readcount (with children) makes up less than 0.00005x of the total are reassigned to its parent. In addition, any organism at the genus level or below whose readcount (with children) makes up less than 0.01x of its immediate parent is also reassigned to its parent.

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DISCLAIMERS

This test was developed and its performance characteristics determined by LabCorp. It has not been cleared or approved by the Food and Drug Administration.

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