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Sample receipt

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Summary of your results

Diversity of the Microbiome (Shannon Index) **Your Result:** Your Shannon index of 2.2 indicates average microbiome diversity suggesting a stable microbiome. Balance of the Microbiome (Dysbiosis Index) **Your Result:** Your dysbiosis index with 7.2 indicates a tendency towards an imbalance in your microbiome. Calorie utilization **Your Result:** Your microbiome suggests that your gut absorbs more energy from food. Enterotype 1, 2, or 3? **Your Result:** Your gut microbiome reflects the characteristics of a diet consisting of a combination of plantbased and animal-based foods. Protein Metabolism Your Result: Your microbiome suggests that your protein utilization is less efficient. Carbohydrate Metabolism **Your Result:** Your microbiome breaks down undigestable carbohydrates more efficiently and thus supports the development of the intestinal mucosa.

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Summary of your results

Fat Metabolism Your Result: Your gut microbiome contributes to an increased absorption of fats. Vitamin Production **Your Result:** The result indicates the average vitamin production in the intestine. Results within the green range signify that your microbiome contributes effectively to the vitamin balance. A detailed listing of individual vitamins can be found in the results section. **Intestinal Mucosa Your Result:** The microbiome in your gut suggests an average protection of the intestinal mucosa. **Gut-Brain-Axis Your Result:** Your microbiome suggests an average risk for mental disorders. **Gut-Skin-Axis** Your Result: Your microbiome suggests an elevated risk for inflammatory skin conditions. **Gut-Heart-Axis Your Result:** Your microbiome suggests an average risk for cardiovascular diseases.

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Summary of your results

Gut-Liver-Axis: Fat Liver Disease Your Result: Your microbiome suggests an average risk for fatty liver disease. **Gut-Liver-Axis: Alcoholic Liver Disease Your Result:** Your microbiome suggests a reduced risk for alcoholic fatty liver. **Gut-Liver-Axis: Hepatitis Your Result:** Your microbiome suggests a higher risk for viral hepatitis (liver inflammation). **Gut-Joint-Axis Your Result:** Your microbiome suggests an elevated risk for joint issues like arthritis. Disease-causing bacteria **Your Result:** No disease-causing bacteria were found in your gut microbiome.

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Miscellaneous

Notes

Report created by:

Procomcure Biotech GmbH

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Measurement Method:

NGS

Next-Generation-Sequencing (16S rRNA Gen)

Primary sample or submitted material:

stool sample

Disclaimer:

The analysis is based on the sequencing of the 16S rRNA gene, which allows for the classification of bacterial strains in the microbiome. The results of the microbiome test and its interpretation may be incomplete. The number of detected microorganisms is not exhaustive, and there may be other microorganisms present that were not captured by the sequencing. The current interpretation of the microbiome test is based on data from adult reference individuals and may change in the future due to the publication of new scientific studies. Inaccurate or missing information can lead to misleading interpretation. This report is provided solely for informational and educational purposes and does not replace a visit to a doctor or the advice or services of a physician.

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