

**Gut-Microbiome**

**DEMO REPORT**

*Health begins in the gut.*



Sample-ID

02NGSXX

Sample receipt

DD.MM.YYYY

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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

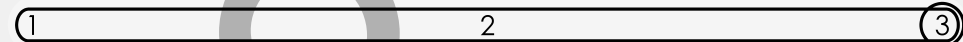
**Your Result:**



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 plant-based 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 undigestible carbohydrates more efficiently and thus supports the development of the intestinal mucosa.

## 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.

## 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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