

Health begins with us.





haNGSXX Sample-ID DD.MM.YYYY Sample receipt

Table of contents

Short Summary	3
What do bacteria do on my scalp?	4
MICROBIAL COMPOSITION	5
Diversity of the hair microbiome	5
Dysbiosis of the hair microbiome	6
HAIR HEALTH	7
Does my hair microbiome promote dandruff on the skin?	7
What is the connection between oily scalp and the hair microbiome?	8
RECOMMENDATIONS	9
How can I support my scalp health to promote strong and full hair?	9-10
What can I do for increased dandruff on my scalp?	11
How can I prevent oily hair?	12
Literature	13
Notes	14
Miscellaneous	14

Your Result: Your Shannon index with 5.3 indicates high diversity, suggesting a very stable microbiome. Balance of the hair microbiome (Dysbiose-Index) Your Result: Your dysbiosis index with 7.2 tends to indicate an imbalance in your microbiome. Dandruff Your Result: Your microbiome suggests average dandruff. Oily Hair (excessive sebum production) Your Result:

Your microbiome tends not to indicate oily scalp.

Hair-Microbiome 3 | 15

· · · · · · · · · · · · · · · · · · ·

Miscellaneous

Notes

Results report prepared by:

Procomcure Biotech GmbH

Breitwies 1 5303 Thalgau Austria

Measuring method:

NGS

Next-Generation-Sequencing (16S rRNA Gene)

Primary sample or submitted material:

Strand of hair with the root

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.

Hair-Microbiome 14 | 15





