

CandidaProfile

Test Report

Kit ID : GMZR5144

Patient Name : Mehjabeen Rana



Laboratory Report

Enclosed you will find the results of your laboratory examination. In addition to your results, you will also receive a summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending, or changing any medication or therapy without consulting your doctor or practitioner.

Candidate Test Report

Sample Material:

Stool

Received Date:

2024-12-05

Completed Date:

2024-12-23

Analyze

Results

Level

Candida albicans

Not Detected



Candida glabrata

Not Detected



Candida tropicalis

Not Detected



Candida parapsilosis

Detected



Candida auris

Not Detected



Candida krusei

Not Detected





Candida albicans

Candida albicans

Not Detected



Candida albicans is the most common and well-known species of Candida and a natural part of the gut flora in many individuals. However, when an overgrowth of *C. albicans* is detected in a stool test, it may indicate dysbiosis (imbalance in gut flora) or a weakened immune response. Symptoms of *C. albicans* overgrowth include bloating, gas, diarrhea, constipation, fatigue, and food cravings, especially for sugar and carbohydrates. It can also lead to systemic symptoms like brain fog, skin rashes, and recurrent infections if left untreated.

Candida glabrata

Candida glabrata

Not Detected



Candida glabrata is less common in the gut than *C. albicans*, but when detected in stool samples, it may signal an infection or imbalance, especially in individuals with recent antibiotic or immunosuppressant use. This species is known for its resistance to some antifungal treatments, making it more challenging to manage. Symptoms associated with *C. glabrata* include milder digestive disturbances, such as bloating, nausea, or discomfort. While it often causes less severe gut symptoms, it may lead to chronic infection risks, especially in immunocompromised individuals.



Candida tropicalis

Candida Tropicalis

Not Detected



Candida tropicalis is an aggressive species that can lead to significant gastrointestinal symptoms if found in high levels in stool samples. It is often associated with more severe gastrointestinal issues, such as diarrhea, cramps, and gut inflammation. C. tropicalis can also contribute to fatigue, weakened immune function, and, in rare cases, may lead to systemic infections in immunocompromised individuals. Because it is more pathogenic than other species, prompt treatment is usually recommended to prevent potential complications.

Candida parapsilosis

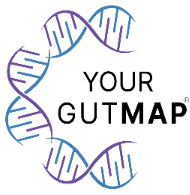
Candida parapsilosis

Detected



For Candida parapsilosis, functional medicine often uses a combination of antifungal herbs like olive leaf extract, garlic, and berberine. A nutrient-dense diet low in refined carbs and high in leafy greens, healthy fats, and lean proteins can discourage fungal growth. Following the YourGutMap personalised nutrition program can help to increase beneficial bacteria that can displace Candida parapsilosis. Reducing stress and ensuring adequate sleep are also recommended, as this species is often opportunistic in those with weakened immune systems. Our treatment and advice suggestions have been devised by Nutritional Therapists and Functional Medicine Practitioners. Any treatment protocol should only be undertaken under the supervision of a Healthcare Practitioner. For persistent and/or serious symptoms, it is recommended to speak to your Doctor.





Candida auris

Candida auris

Not Detected



Candida auris is a rare but highly resilient fungal species that is often associated with healthcare settings and is known for its resistance to multiple antifungal treatments. Though more frequently found on the skin and in the bloodstream, if *C. auris* appears in a gut health stool test, it may indicate an unusual colonisation or infection that could pose potential health risks, particularly in immunocompromised individuals. Symptoms of *C. auris* colonisation or overgrowth in the gut may include persistent gastrointestinal discomfort, such as bloating, gas, diarrhoea, and abdominal pain, though in many cases it may remain asymptomatic.

Candida krusei

Candida krusei

Not Detected



Candida krusei is an uncommon *Candida* species in the gut and is typically associated with immune-compromised individuals or those who have undergone prolonged antifungal treatments, as it is naturally resistant to fluconazole. If found in a stool test, it may be associated with mild digestive discomfort, bloating, or altered bowel movements. While it is generally less pathogenic in the gut, its resistance profile can make treatment challenging, particularly in cases where it might spread beyond the gut.

