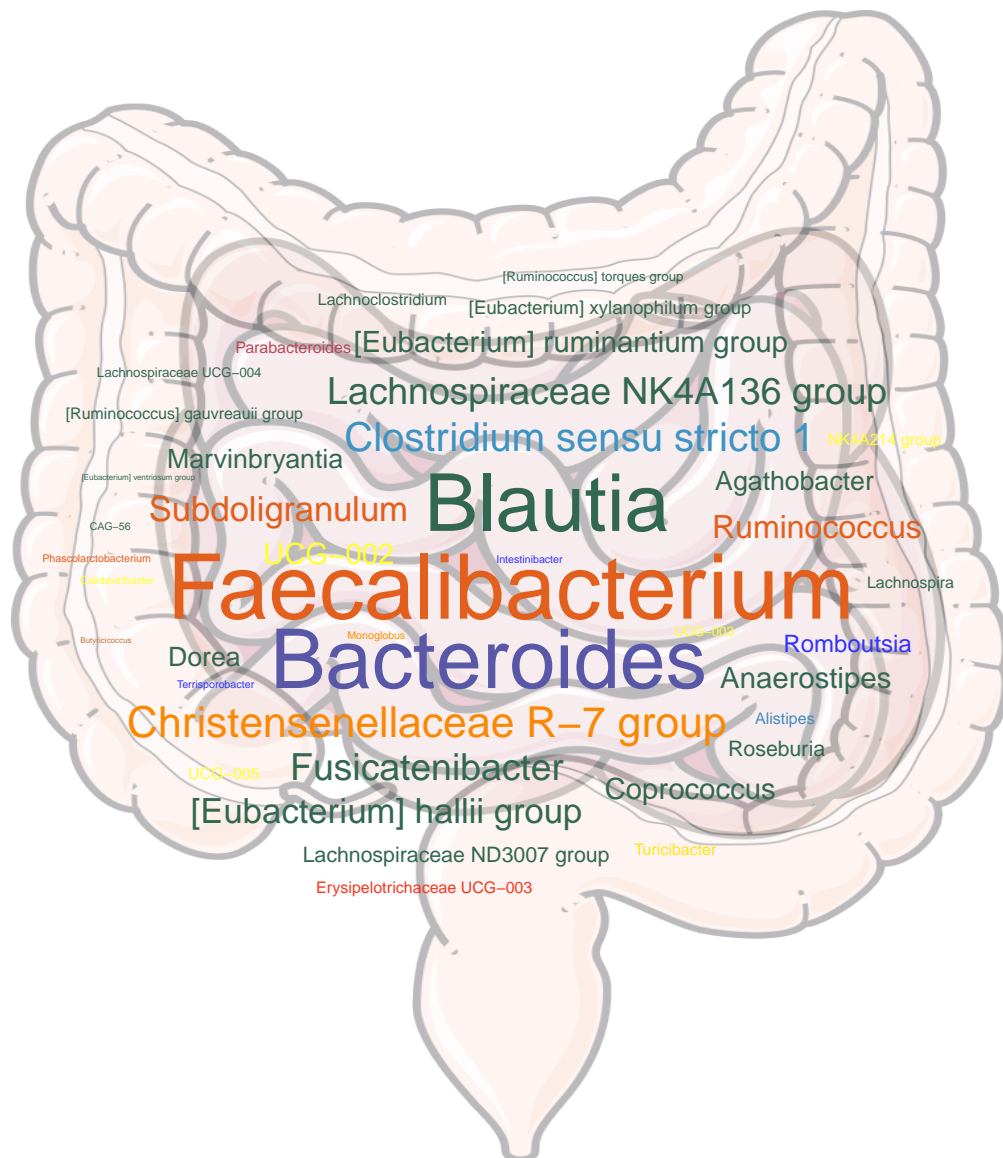


Inflammation, Microbiome & Alimentation  Gastro-Intestinal & Neuropsychiatric Effects

# Welcome to Your Microbiome!





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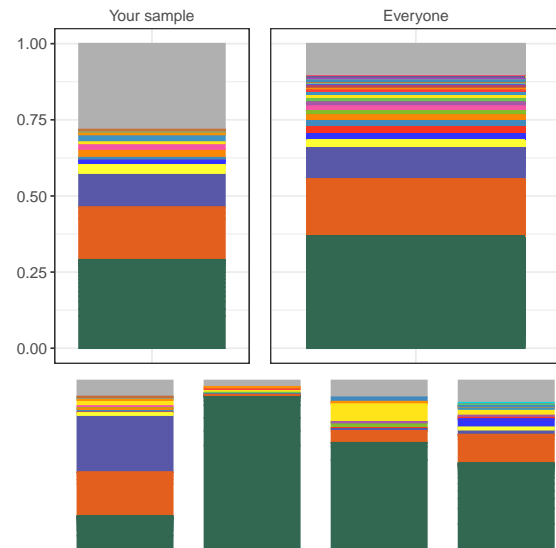
## Welcome

Welcome to your IMAGINE microbiome report! In this report, you will find a description of your fecal microbiome, you will see where your sample is located compared to other samples in the study, and at the end you'll find a more detailed explanation of what the microbiome is and what it does.

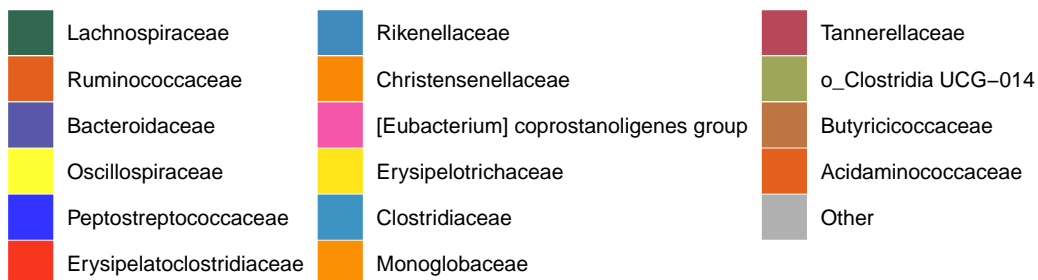
## Your Sample

This bar chart shows your personal fecal bacterial community. Bacteria are grouped into **families** based on how closely related they are.

The bar chart is stacked from most abundant bacterial family on the bottom, to least abundant on the top, with very low-abundance bacteria grouped together as "Other". Next to it is a chart showing the average community of all the people who participated in the study, and across the bottom are four anonymous individuals chosen to show the range of variation in this study. As you can see, it's quite wide!



### Family





## You Are Here →



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## Your Bacterial Families

Everyone's microbiome is slightly different. In your microbiome, the four most abundant bacterial families were *Lachnospiraceae*, *Ruminococcaceae*, *Bacteroidaceae*, and *Oscillospiraceae*\*. Here is a little bit of information about what functions these four families perform in the gut.

### Lachnospiraceae

This family of bacteria is found in the gut and plays an important role in the breakdown of complex carbohydrates. Lachnospiraceae are known for their ability to ferment a variety of dietary fibers, producing short-chain fatty acids (SCFAs) such as butyrate, propionate, and acetate. These SCFAs provide an energy source for the body, improve gut health, and have anti-inflammatory properties. Research has also linked Lachnospiraceae to improved metabolic health and a reduced risk of obesity.

### Ruminococcaceae

Ruminococcaceae are involved in the fermentation of dietary fiber and the production of SCFAs. These bacteria also play a role in regulating the immune system and maintaining gut health. Research has shown that reduced levels of Ruminococcaceae in the gut are associated with inflammatory bowel diseases such as Crohn's disease and ulcerative colitis.

### Bacteroidaceae

Bacteroidaceae is a family of bacteria found in the gut that are involved in the breakdown of complex carbohydrates, such as dietary fibers and resistant starches. These bacteria produce enzymes that can break down plant-based foods, making the nutrients more accessible to the body. Bacteroidaceae also play a role in regulating the immune system and maintaining gut health, and their presence has been associated with a reduced risk of inflammatory bowel diseases.

### Oscillospiraceae

Members of the Oscillospiraceae family of bacteria have been linked to improved glucose metabolism and may have a role in regulating blood sugar levels. These bacteria are involved in the breakdown of complex carbohydrates and the production of SCFAs such as butyrate, which have been shown to improve gut health and protect against inflammation.