

Subject_44

| Type | Your Average | Total Average |
|-----------|--------------|---------------|
| CALORIES | 1884.84 | 2080.11 |
| PROTEIN | 90.2 | 88.57 |
| TOTAL FAT | 77.58 | 89.97 |
| CARBS | 211.84 | 225.55 |
| FIBER | 20.67 | 21.96 |

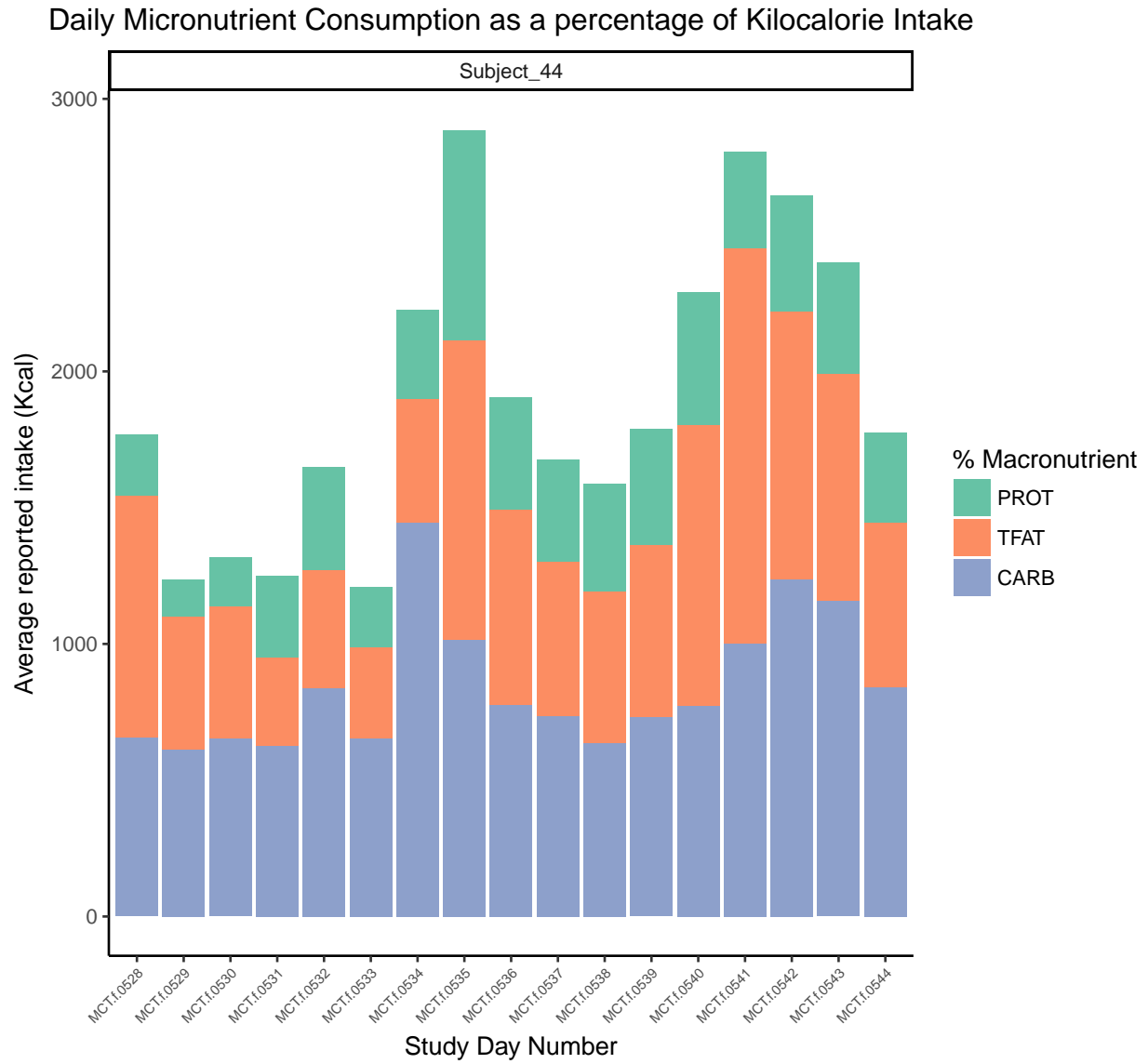


Figure 1: Figure 1 visualizes day to day variation in your consumption of micronutrients viewed as a percentage of total kilocalorie intake.

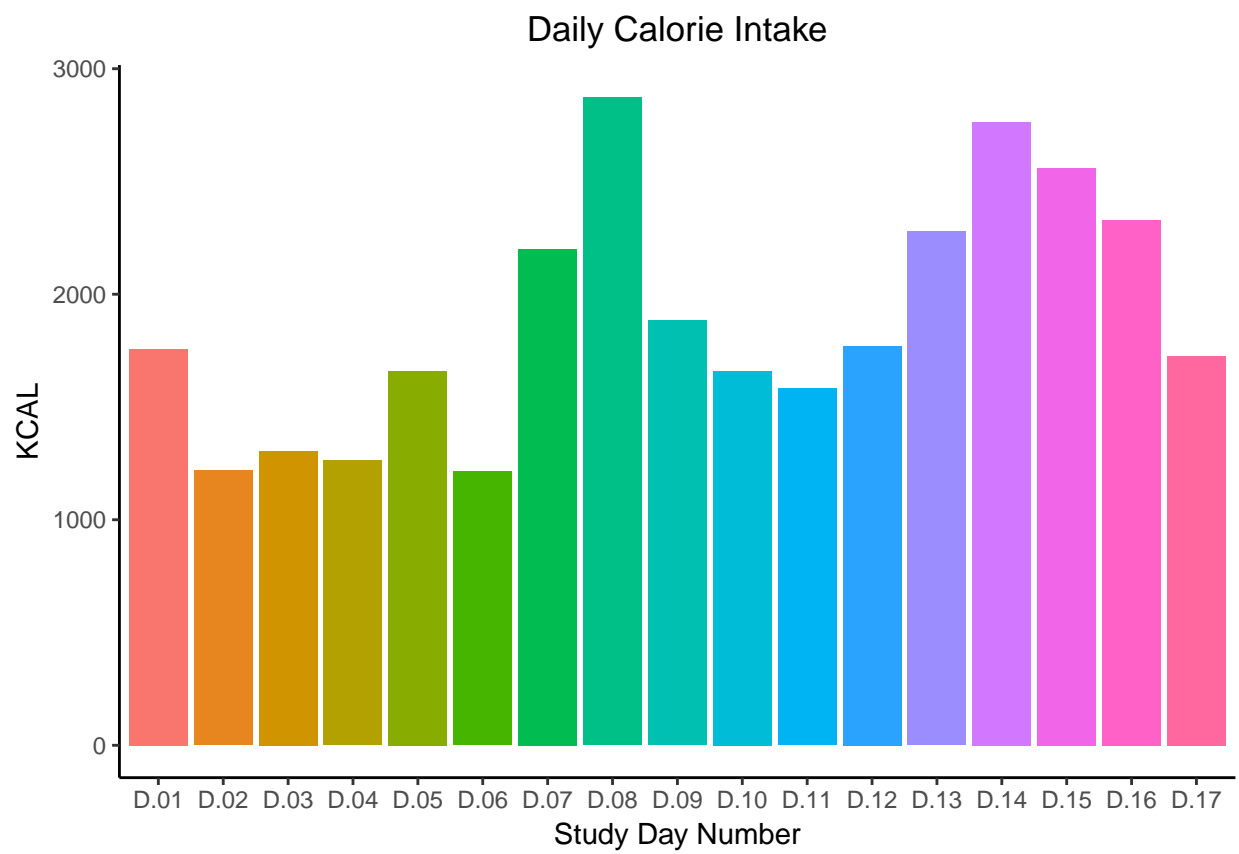


Figure 2: Figure 2 visualizes your calorie intake on a day-to-day basis.

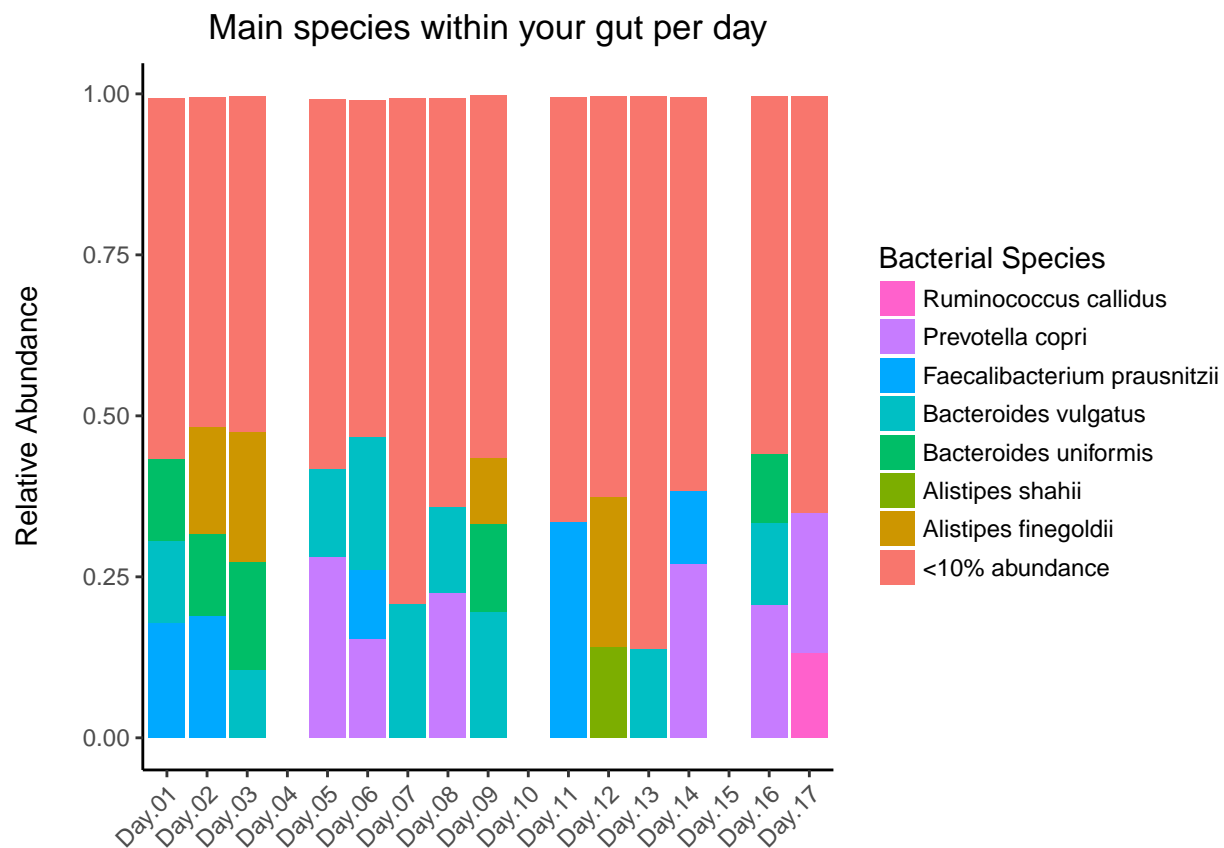


Figure 3: Figure 3 depicts the most abundant bacterial species within your gut per each day of the study. The "<10% abundance" column represents a sum of bacterial species that individually account for less than 10% of

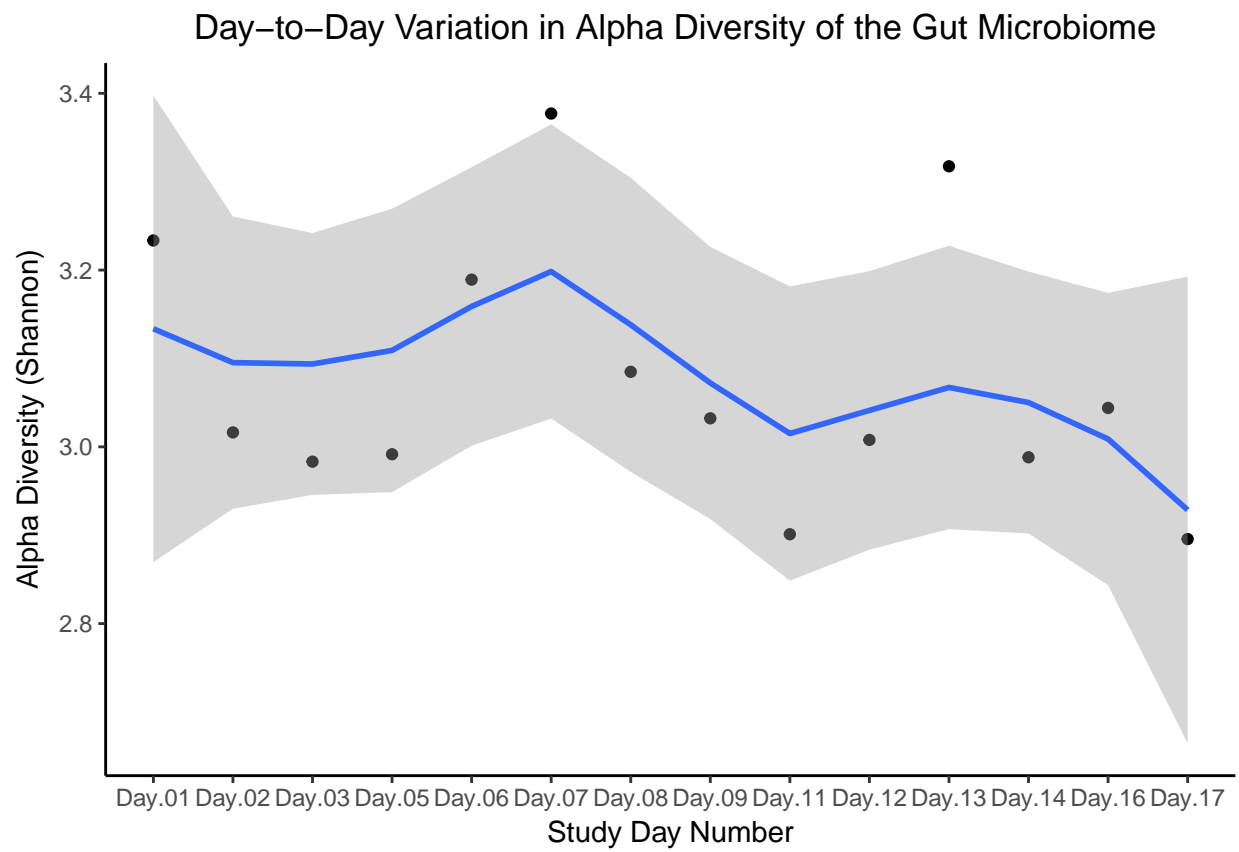


Figure 4: Figure 4 details how the bacterial diversity exhibited within your gut changes on a daily basis.



Figure 5: Figure 5 is a plot that represents how dissimilar certain individuals microbiomes are relative to each other. The shape corresponding to your (subject number) represents your microbiome - multiple of the same shapes correspond to each of the multiple days of testing.