

BASTU'S PROFILE



Breed: Domestic Shorthair

Sex: Female

Age: 10.2 years

Weight: 11 pounds

Sample Date: 07/17/2021

Sample ID: 200801

Pet Parent: Charles

Antibiotics within last 6 months: No

Currently feeding veterinary prescription diet: No

Supplements: No

Medication: No

BASTU'S MICROBIOME INSIGHTS

**CONGRATULATIONS ON TAKING PROACTIVE STEPS
TOWARD BASTU'S OVERALL HEALTH AND WELLNESS!**

Bastu's microbiome assessment results indicate:

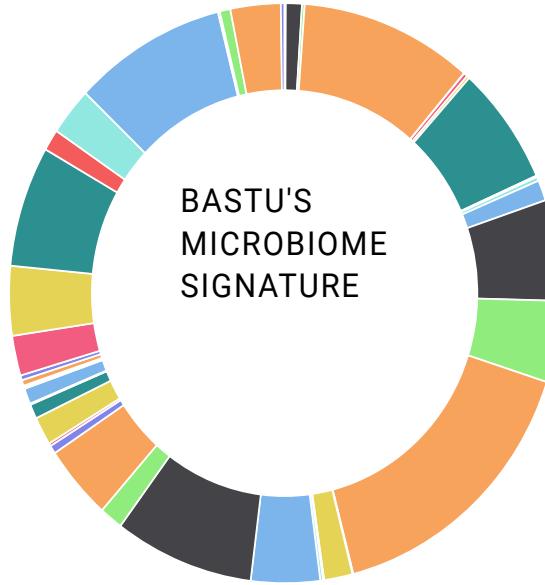
Her Bacterial Diversity is within range of our average healthy cats.

The predictive potential of her butyrate production is within the range of our average healthy cats.

Her levels of Probiotic bifidobacteria and lactobacilli are trending lower than our average healthy cats and there is an opportunity for improvement.

The predictive potential of her Vitamin production is within the range of our average healthy cats.

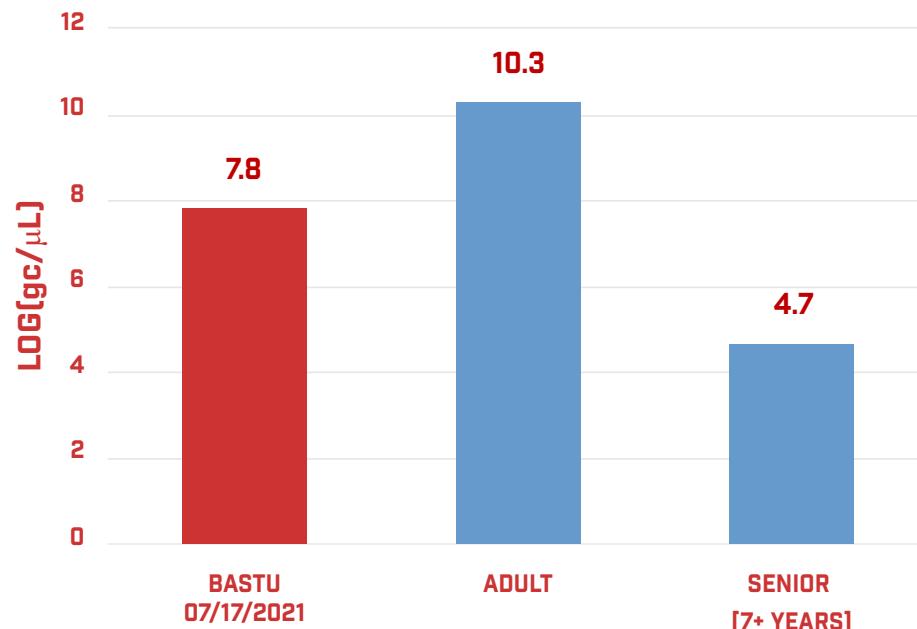
Studies have shown that probiotic bacteria and bacterial diversity tend to decrease as pets age while butyrate is beneficial for healthy aging and healthy digestive function.



What are Probiotic Bacteria?

Bifidobacteria and lactobacilli are probiotic bacteria that reside in the digestive tract and are often used in probiotic supplements. These bacteria are important for immune function and maintenance of digestive health [10]. As pets age their levels of probiotic bacteria tend to decrease [11]. Based on our 9-year cat study, we have shown that a diet rich in antioxidants and prebiotic fiber that supports the growth of bifidobacteria increases the lifespan of elderly cats [12].

Show History



Bifidobacteria & lactobacilli

Beneficial bacteria in Bastu's sample are represented by the abundance of bifidobacteria & lactobacilli.

Bastu's level of probiotic bifidobacteria and lactobacilli tends to be lower than our average of healthy adult cats.

Actions to Take

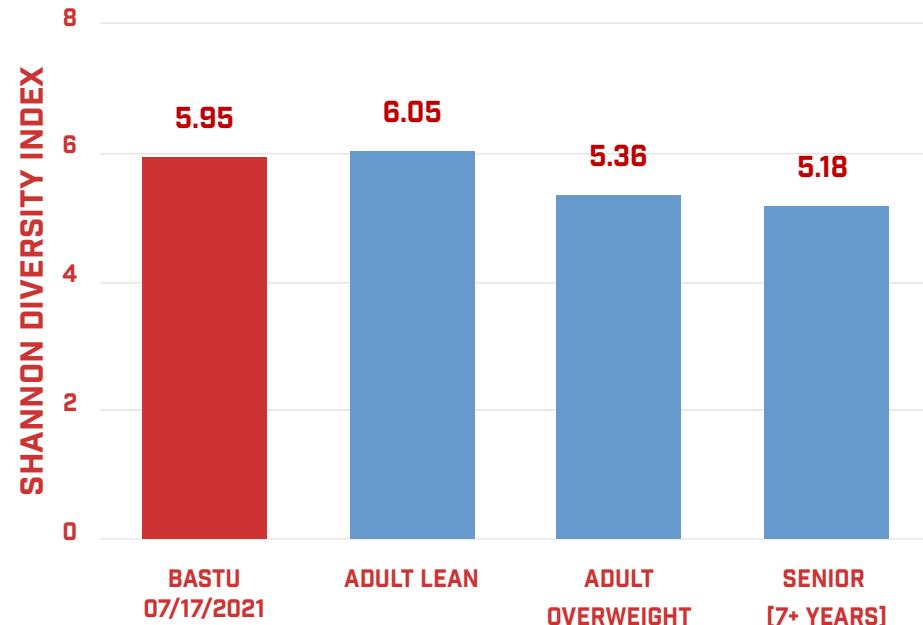
You want to keep supporting the growth of these bacteria in your pet throughout their life. Feed prebiotic fiber like inulin to provide nourishment and help support the growth of these bacteria. Our personalized nutrition recommendations take this into account.

What is Bacterial Diversity?

Bacterial diversity shows how many different species of bacteria are present and how evenly these species are spread across Bastu's sample. High microbial diversity has been linked with digestive health [1]. Decreased diversity can be associated with being overweight [2]. In addition, some antibiotics can decrease diversity of bacteria in the gut and may also decrease levels of beneficial bacteria [3]. Use of certain probiotics can help maintain and restore beneficial bacteria and microbial diversity during antibiotic therapy [4].

Show History

* Bacterial diversity represented by the Shannon Diversity Index, accounts for the abundance and evenness of the bacterial species present in Bastu's sample.



Bacterial Diversity

Bastu's bacterial diversity in her gut is within range of our average of healthy adult cats.

Actions to Take

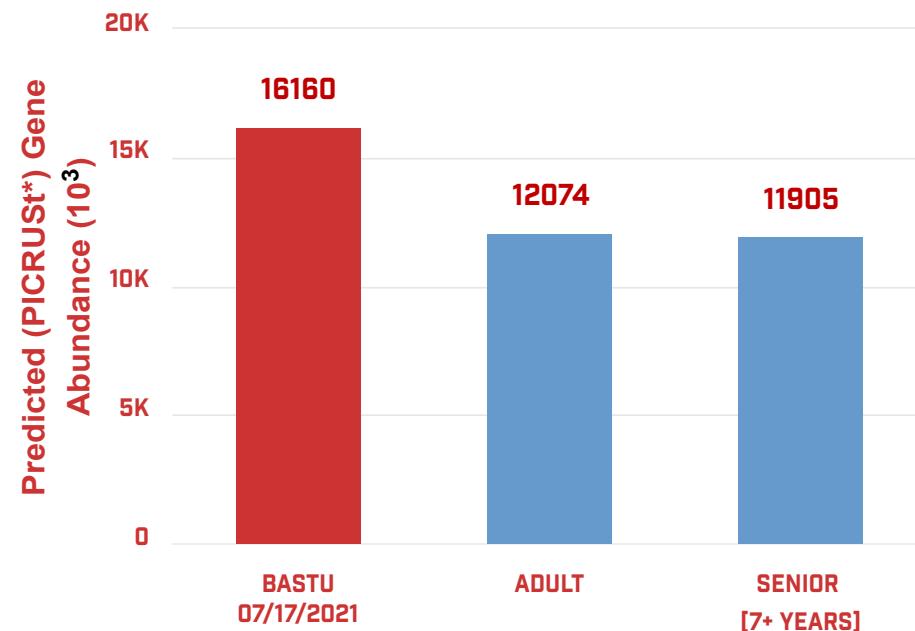
It's important to support a balanced diversity of bacteria in your pet's gut throughout their life. Feeding prebiotic fiber can help maintain balanced bacterial diversity. Our personalized recommended nutrition solutions take this into account.

What is Gut Integrity?

Gut integrity plays an important role in promoting digestive health and supporting nutrient absorption. Butyrate is a short chain fatty acid (SCFA) produced by some bacteria when they digest fiber and is important for healthy aging. It is a main energy source for cells in the gut and may help control inflammation and maintain gut barrier function [5]. Butyrate producing bacteria include *F. prausnitzii*, *eubacterium*, and *roseburia* [6].

Show History

*PICRUSt [7] (pronounced "Pie crust") is a bioinformatic tool used to predict the ability of Bastu's microbes to perform certain functions like produce butyrate.



Butyrate Production*

* Represents Bastu's bacteria potential to make butyrate

Bastu's potential to produce butyrate in her gut is within range of what we observe for adult cats.

Actions to Take

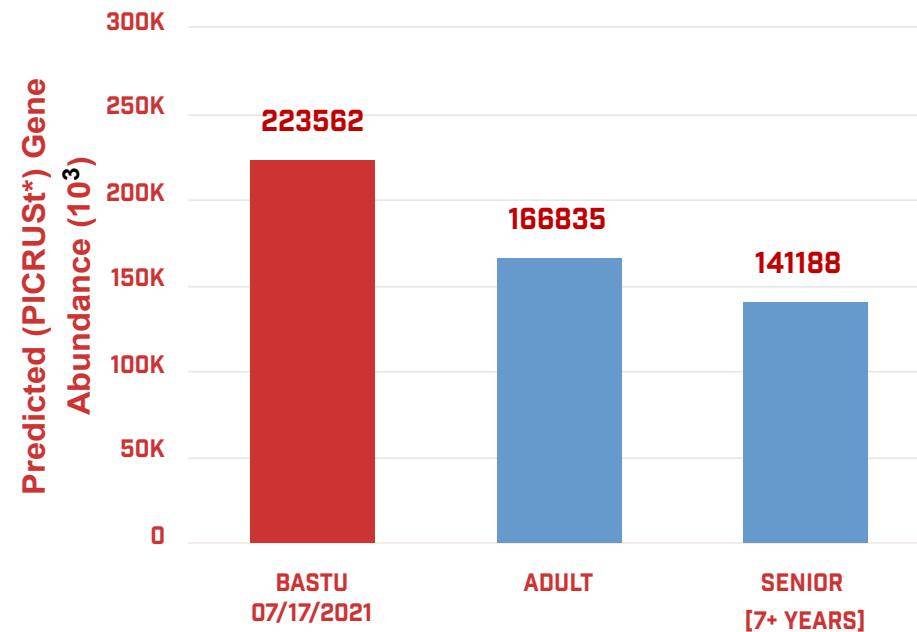
Maintaining Butyrate production is critical for providing nutrients for your pet's digestive cells for Gut Integrity. The right strain of probiotic can increase levels of butyrate-producing bacteria [9]. We have taken this into account in our personalized nutrition recommendations for Bastu.

What is Vitamin Production?

Some gut bacteria can produce vitamins such as vitamins K, B12, pyridoxine, biotin, and folate. These nutrients are essential for helping keep the blood and neurological systems healthy, for supporting cellular function, and for ensuring a healthy skin and coat [13]. Your pet's vitamin needs are met by vitamins in the diet as well as vitamins produced by bacteria in the gut. This test can tell you the potential vitamin production by your pet's gut bacteria.

Show History

*PICRUSt [7] (pronounced "Pie crust") is a bioinformatic tool used to predict the ability of Bastu's microbes to perform certain functions like produce vitamins.



Vitamin Production*

* Represents Bastu's bacteria potential to produce vitamins

Bastu's potential to produce vitamins in her gut is within range of our average of healthy adult cats.

Actions to Take

Maintaining a healthy population of vitamin-producing bacteria helps ensure your pet's vitamin needs are met not only by vitamins in the diet, but also by critical vitamins produced by the bacteria in the gut. Feeding prebiotic fibers can help maintain a healthy population of vitamin-producing bacteria.

NUTRITION RECOMMENDATIONS FOR BASTU

Based on Bastu's assessment, some of her microbiome measures are trending below average ranges. Therefore, our team of scientists and nutritionists has created a personalized nutrition plan to promote healthy digestive and immune systems and that can help Bastu reach her full potential. We recommend:

The prebiotic fiber inulin:

- helps feed beneficial probiotic bacteria in the gut
- helps support a balanced diversity of bacteria in the gut
- supports the growth of bacteria that produce vitamins in the gut
- supports butyrate production and healthy barrier function
- promotes digestive health
- increases digestibility of key nutrients
- a key component of the nutrient blend that has been proven to increase healthy lifespan of cats
- reduces key components of stool odor

The probiotic *Bacillus coagulans BC30*. Different probiotic bacteria have different functions. BC30 can:

- promote digestive health by balancing the levels of bacteria in the gut
- promote the growth of bacteria involved in healthy aging
- support immune health
- increase levels of butyrate-producing bacteria
- relieve temporary inflammation due to exercise

Functional Ingredients

Immune Function - Antioxidants to promote a healthy immune system by reducing oxidative stress in the body, thereby keeping cells healthy and

functioning properly

Joint Health - Omega-3 fatty acids and glucosamine to help support joint health and mobility

Healthy Aging - Vitamins E and A support healthy aging and are key components of the nutrient blend that has been proven to increase healthy lifespan of pets

Nutrients for Cognitive Health and Mental Sharpness

MCT oil to promote alertness and mental sharpness

Brain-supporting nutrients for cognitive health: arginine, DHA & EPA, antioxidants, vitamins E and C, and B vitamins including folic acid and pyridoxine

LONGEVITY AND OVERALL HEALTH

Probiotic & Prebiotic Supplement blend

Beneficial Ingredients



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PREBIOTIC

Inulin



PROBIOTIC

Bacillus coagulans BC30



VITAMINS

Vitamins E and A

Beneficial Food Ingredients



PREBIOTIC

Chicory root inulin



NUTRIENTS SUPPORTING LONGEVITY

- Beta carotene
- Vitamin E



FUNCTIONAL INGREDIENTS

- Fish oil
- Zinc
- Omega-6 fatty acids
- Antioxidants

Many of these beneficial ingredients are included in this product



PROPLAN PRIME PLUS
Chicken & Rice

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