

VIOME

VIOME

CHARLES WARDEN'S RECOMMENDATIONS

V I O M E

Dear Charles Warden,

The information on this report is for educational and informational use only. The information is not intended to be used by the customer for any diagnostic purpose and is not a substitute for professional medical advice. You should always seek the advice of your physician or other healthcare providers with any questions you may have regarding diagnosis, cure, treatment, mitigation, or prevention of any disease or other medical condition or impairment or the status of your health.



Test Name: Gut Intelligence Test, Human Gene Expression Test

Customer Name: Charles Warden

DOB: 04/05/1985

Recommendations

It's here! Your personalized Viome recommendations.

Your recommendations

Your personalized recommendations are based on the activity of microbes in your gut and the information you've provided. Your recommendations are aimed at balancing your overall microbiome. Let's put it this way: Your food list highlights foods that will be transformed by your microbes into beneficial substances while limiting foods that will be transformed into harmful metabolites.

Remember, you and your microbiome are unique, and no single recommendation applies to everyone. The same foods can be beneficial for one person, neutral for another, and harmful for others. Ready to dig in?

Your foods

Your food recommendations have been classified into 4 ranks to help you achieve optimum health and well-being. These are:

1. **Superfoods.** Meet your food destiny. These are your most beneficial foods.
2. **Enjoy.** Build a strong foundation with these nutrient dense foods.
3. **Minimize.** You should still eat these foods (but within limits).
4. **Avoid.** These foods are your personal kryptonite.

Your recommended servings

We all struggle to figure out serving sizes on food labels because they only act as measurement tools, they are not personalized for you.

With your food list, you get personalized servings to inform you on how much you should eat from each food category in a given day. And under each food, you'll find Viome's serving size, so you know the exact amount of that food to eat.

Tip: If you are very active in a day, you can increase your servings from each food category proportionally for that day. Once you master your total servings per day, you can aim to achieve diversity by eating your recommended servings for each food rank.

Before you get started

Your success means a lot to us. Read our tips below before you begin.

What About Allergies?

You may notice some foods that you are allergic or sensitive to in your recommended food lists. Err on the side of caution. If you know you have a reaction or dislike to a recommended food, please do not consume it.

Foods are specifically chosen based on your unique microbiome rather than on allergies.

What about viruses?



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You may see some foods placed on your avoid list due to viruses. Viruses are known to infect foods and have been associated with an inflammatory response. Internal Viome studies suggest that temporarily avoiding the virus-related foods for 3 to 4 weeks may be sufficient to reduce or eliminate activity of the viruses. You do not have to avoid all virus-related foods at once. After temporarily removing any virus-related food, you may choose to reintroduce that food back into your diet.

When is it best to eat?

Aim to eat three meals a day. Based on your metabolism, you will likely not need to snack in between meals. If you eat a high protein or high fat meal, wait until you feel hungry before eating again. Avoid eating three hours before you go to bed.

Go for variety

Explore foods that you haven't tried and since we're at it, alternate choices instead of eating the same food every day. Choose different foods from each of your superfood, enjoy, and minimize food categories based on your recommended amounts.

Listen to your body

Your recommended amounts are a guideline on the quantity of foods you should aim for. Stop eating once you are comfortably satiated or 80% full. Monitor how you feel, including your **hunger**, **energy level**, and **mood** or other forms of discomfort 1-3 hours after eating. If you consistently feel worse in any of these areas, you may need to adjust your food choices.

What else?

In addition to your food plan, your microbiome and your metabolism will gain an extra benefit from sustained movement. Exercising 3 to 5 times per week is an essential component in balancing how well you metabolize foods.

Intermittent fasting with guidance may be incorporated as a strategy to improve metabolic efficiency.



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My Foods



Vegetables

62 recommended vegetables

6 avoid vegetables

8 servings of vegetables per day



Proteins & Fats

104 recommended proteins & fats

3 avoid proteins & fats

6 servings of proteins & fats per day



Fruits & Grains

71 recommended fruits & grains

0 avoid fruits & grains

7 servings of fruits & grains per day



Herbs, Spices & Other

60 recommended herbs, spices & other

0 avoid herbs, spices & other

8 servings of herbs, spices & other per day



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My Superfoods

We recommend you eat more of these foods

These foods are specially formulated to prioritize your gut's health and biodiversity.

Alfalfa Sprouts

Vegetables

1 cup



Superfood

My Microbiome's Response to Alfalfa Sprouts

Alfalfa sprouts contain folate which is a B vitamin. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that alfalfa sprouts in your diet will be helpful for you. Folate can be created by some of your gut bacteria like *Streptococcus thermophilus* and *Lactobacillus lactis*. Others, such as *Lactobacillus delbrueckii*, cannot produce folate but utilize it from food for energy. Research shows that folate has many health benefits including helping to generate red blood cells, synthesize DNA, and enhance energy metabolism.

Learn more...

1. <http://www.jhrr.org/text.asp?2014/1/1/5/143318>
2. <https://www.ncbi.nlm.nih.gov/pubmed/21933312>
3. <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2672.2011.05157.x>



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Artichoke

Vegetables
1 cup, diced

 **Superfood**

My Microbiome's Response to Artichoke

Artichokes contain inulin which is a prebiotic fiber. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that artichokes in your diet will be optimal for you. Inulin is converted by your microbiome to produce butyrate. Research shows that inulin increases microbial diversity, prevents constipation, helps manage weight, regulates blood sugar and aids with gastrointestinal distress.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to artichokes.

Artichokes may improve your Butyrate Production Pathways score.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/29244718>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29507837>



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Asparagus

Vegetables
15 spears

 **Superfood**

My Microbiome's Response to Asparagus

Asparagus contains zinc which is a mineral. After analyzing your gene expression and taking your wellness goals into account, it has been determined that asparagus in your diet will be of benefit for you. Zinc maintains microbial homeostasis of your microbiome. Research shows that zinc deficiency decreases richness and diversity, impairs butyrate production, and results in a microbial community that mimics pathological states. Zinc impacts growth and development, immune cell differentiation, and regulates storage and release of neurotransmitters.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to asparagus.
Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/25400994>
2. <https://www.ncbi.nlm.nih.gov/pubmed/28319311>
3. <https://www.ncbi.nlm.nih.gov/pubmed/26633470>



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Banana

Fruits & Grains

1 whole

 **Superfood**

My Microbiome's Response to Banana

Bananas contain pyridoxine which is a B vitamin. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that bananas in your diet will be good for you. Pyridoxine has low bioavailability until metabolized by residents of your microbiome from the bacterial families Streptococcus and Lactobacillus. Although some of your microbes are able to produce pyridoxine on their own, dietary supplementation ensures you are getting your recommended dose. Studies indicate that pyridoxine is important for brain development, immune system function and skin collagen production.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to bananas.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/17066209>
2. <https://www.ncbi.nlm.nih.gov/pubmed/6651795>
3. <https://www.ncbi.nlm.nih.gov/pubmed/6651795>



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Black Eyed Peas

Proteins & Fats
3/4 cup, cooked

 **Superfood**

My Microbiome's Response to Black Eyed Peas

Black eyed peas contain folate which is a B vitamin. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that black eyed peas in your diet will be good for you. Folate can be created by some of your gut bacteria like *Streptococcus thermophilus* and *Lactobacillus lactis*. Others, such as *Lactobacillus delbrueckii*, cannot produce folate but utilize it from food for energy. It has been reported that folate has many health benefits including helping to generate red blood cells, synthesize DNA, and enhance energy metabolism.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to black eyed peas.

Learn more...

1. <http://www.jhrr.org/text.asp?2014/1/1/5/143318>
2. <https://www.ncbi.nlm.nih.gov/pubmed/19742217>
3. <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2672.2011.05157.x>



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Bone Broth (Poultry)

Proteins & Fats

1 cup

 **Superfood**

My Microbiome's Response to Bone Broth (Poultry)

Chicken bone broth contains amino acids which are a type of amine. After an interpretation of your gene expression and taking your data into account, it has been determined that chicken bone broth in your diet will be good for you. Amino acids are protein building blocks and important for energy regulation. Your gut bacteria ferment dietary amino acids and produce molecules which modulate your immune system, cell function, metabolism and nourish your gut lining.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/26475342>
2. <https://www.ncbi.nlm.nih.gov/pubmed/18670730>



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Chard

Vegetables

1 cup

 **Superfood**

My Microbiome's Response to Chard

Chard contains kaempferol which is a flavonoid. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that chard in your diet will be of benefit for you. Kaempferol is a flavonoid released following microbial metabolism. Kaempferol balances your microbiome, encourages growth beneficial to Lactobacillus and Bifidobacteria species and inhibits growth of harmful or pathogenic bacteria. Studies indicate that kaempferol decreases inflammation and benefits many biological systems including the gastrointestinal, hormonal, neurological, ocular and immune systems.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to chard.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/21068182>
2. <https://www.ncbi.nlm.nih.gov/pubmed/23497863>
3. <https://www.ncbi.nlm.nih.gov/pubmed/25793210>



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Cranberry

Fruits & Grains
1/2 cup

 **Superfood**

My Microbiome's Response to Cranberry

Cranberries contain flavonoids which are a class of polyphenols. After an analysis of your gene expression and taking your data into account, it has been determined that cranberries in your diet will be beneficial for you. Polyphenols are a complex group of many compounds released following microbial metabolism. Polyphenols balance your microbiome, encourage growth of beneficial Lactobacillus and Bifidobacteria species and inhibit growth of harmful or pathogenic bacteria. Studies indicate that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/20540696>
2. <https://www.ncbi.nlm.nih.gov/pubmed/21763290>
3. <https://www.ncbi.nlm.nih.gov/pubmed/25793210>



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Ghee

Proteins & Fats

1 teaspoon



Superfood

My Microbiome's Response to Ghee

Ghee contains butyrate which is a short-chain fatty acid. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that ghee in your diet will be of benefit for you. Butyrate is amazing for your microbiome. Many of your microbes are capable of making butyrate but you will benefit from more in your diet. Research shows that butyrate reduces inflammation, helps with oxidative damage, increases motility, balances blood sugar, and nourishes the gut lining.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/26582965>

2. <https://www.ncbi.nlm.nih.gov/pubmed/21472114>

Ginger

Herbs, Spices & Other

1 tablespoon



Superfood

My Microbiome's Response to Ginger

Ginger contains gingerol which is a polyphenol. After an analysis of your gene expression and taking your wellness goals into account, it has been determined that ginger in your diet will be beneficial for you. Gingerol like other polyphenols is metabolized by your microbiome. It has been reported that once converted by your microbes, gingerol reduces inflammation and improves digestion.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3665023>



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Grapefruit

Fruits & Grains

1 whole

 **Superfood**

My Microbiome's Response to Grapefruit

Grapefruit contains naringenin which is a flavanone. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that grapefruit in your diet will be good for you. Naringenin is metabolized by members of your microbiome. Studies indicate that species of Streptococcus, Lactobacillus and Bacteroides do this for you. Once metabolized, naringenin acts as an anti-inflammatory and an antioxidant. This helps minimize cellular damage.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to grapefruit.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/27146015>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29713125>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29713125>



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Green Tea

Herbs, Spices & Other

1 cup

 **Superfood**

My Microbiome's Response to Green Tea

Green tea contains EGCG which is a flavonoid. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that green tea in your diet will be beneficial for you. EGCG needs to be methylated by your microbes before it can be used. It decreases production of harmful microbial metabolites, such as p-cresol, and has anti-carcinogenic, antioxidant, and anti-viral benefits. Research shows that EGCG can also boost your metabolism.

Learn more...

1. <https://www.sciencedaily.com/releases/2002/09/020919071413.htm>
2. <https://www.ncbi.nlm.nih.gov/pubmed/23493529>
3. <https://www.ncbi.nlm.nih.gov/pubmed/22339247>



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Hazelnuts

Proteins & Fats

15 nuts

 **Superfood**

My Microbiome's Response to Hazelnuts

Hazelnuts contain fiber which is a complex carbohydrate. After analyzing your gene expression and taking your wellness goals into account, it has been determined that hazelnuts in your diet will be beneficial for you. Fiber is converted by your microbiome to produce butyrate. It has been reported that fiber increases microbial diversity, prevents constipation, helps manage weight, regulates blood sugar and aids with gastrointestinal distress.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to hazelnuts.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/28230737>
2. <https://www.ncbi.nlm.nih.gov/pubmed/15173415>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29902436>



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Jerusalem Artichoke

Vegetables
1 cup

 **Superfood**

My Microbiome's Response to Jerusalem Artichoke

Jerusalem artichoke contains inulin which is a prebiotic fiber. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that jerusalem artichoke in your diet will be of benefit for you. Inulin is converted by your microbiome to produce butyrate. Research shows that inulin increases microbial diversity, prevents constipation, helps manage weight, regulates blood sugar and aids with gastrointestinal distress.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to jerusalem artichoke.

Jerusalem artichoke may improve your Butyrate Production Pathways score.
Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/29244718>
2. <https://www.ncbi.nlm.nih.gov/pubmed/28213610>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29507837>



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Lamb

Proteins & Fats

2 1/2 ounces

 **Superfood**

My Microbiome's Response to Lamb

Lamb contains cobalamin which is a B vitamin. After analyzing your gene expression and taking your data into account, it has been determined that lamb in your diet will be beneficial for you. Cobalamin is transformed by your microbiome and also produced by specific microbes. Cobalamin is extremely important in energy production and nerve health.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to lamb.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/15896807>
2. <https://www.ncbi.nlm.nih.gov/pubmed/28393285>
3. <https://www.ncbi.nlm.nih.gov/pubmed/25440056>



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Leek

Vegetables
1/2 cup, sliced

 **Superfood**

My Microbiome's Response to Leek

Leeks contain inulin which is a prebiotic. After an interpretation of your gene expression and taking your data into account, it has been determined that leeks in your diet will be of benefit for you. Inulin is converted by your microbiome to produce butyrate. It has been reported that inulin increases microbial diversity, prevents constipation, helps manage weight, regulates blood sugar and aids with gastrointestinal distress.

Leeks may improve your Butyrate Production Pathways score.
Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/29244718>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29507837>



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Lemon

Fruits & Grains

1 whole, juiced

 **Superfood**

My Microbiome's Response to Lemon

Lemon contains Vitamin C which is a water-soluble vitamin. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that lemon in your diet will be of benefit for you. Vitamin C impacts the activity, enzyme production, immune system regulation and nutrient absorption which are just some of the responsibilities of your gut microbiome. Studies indicate that Vitamin C affects the function of Bifidobacterium and Clostridium species. Vitamin C is a powerful antioxidant, can protect against cardiovascular disease, boost immunity, promote nutrient utilization and help fight vision loss.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/28353648>
2. <https://www.ncbi.nlm.nih.gov/pubmed/27529239>
3. <https://www.ncbi.nlm.nih.gov/pubmed/14498993>
4. <https://www.sciencedirect.com/science/article/pii/S0963996916301041>



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Olive Oil

Proteins & Fats

1 tablespoon

 **Superfood**

My Microbiome's Response to Olive Oil

Olive oil contains essential fatty acids which are a class of unsaturated fatty acids. After an analysis of your gene expression and taking your wellness goals into account, it has been determined that olive oil in your diet will be optimal for you. Essential fatty acids are critical for a stable microbiome. They increase microbial diversity and beneficial butyrate-producing bacteria. Butyrate is anti-inflammatory and promotes a strong gut lining by tightening the junctions between cells. Research shows that essential fatty acids nourish your brain, enhance gut health and decrease inflammation.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/26582965>
2. <https://www.ncbi.nlm.nih.gov/pubmed/21472114>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29215589>



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Olives

Proteins & Fats

20 olives

 **Superfood**

My Microbiome's Response to Olives

Olives contain essential fatty acids which are a class of unsaturated fatty acids. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that olives in your diet will be of benefit for you. Essential fatty acids are critical for a stable microbiome. They increase microbial diversity and beneficial butyrate-producing bacteria. Butyrate is anti-inflammatory and promotes a strong gut lining by tightening the junctions between cells. It has been reported that essential fatty acids nourish your brain, enhance gut health and decrease inflammation.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to olives.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/24454759>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29215589>

Oregano

Herbs, Spices & Other

1/4 teaspoon

 **Superfood**

My Microbiome's Response to Oregano

Oregano contains flavonoids which are a class of polyphenols. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that oregano in your diet will be of benefit for you. Polyphenols are a complex group of many compounds released following microbial metabolism. Polyphenols balance your microbiome, encourage growth of beneficial Lactobacillus and Bifidobacteria species and inhibit growth of harmful or pathogenic bacteria. It has been reported that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4227268>



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Radicchio

Vegetables
1 cup, sliced

 **Superfood**

My Microbiome's Response to Radicchio

Radicchio contains glycosides which are a class of polyphenols. After an interpretation of your gene expression and taking your data into account, it has been determined that radicchio in your diet will be good for you. Your gut bacteria transforms glycosides through glycosylation, altering their activity and bioavailability. Studies indicate that glycosides have anti-inflammatory, anti-bacterial, antioxidant, and anti-stress properties.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/25802870>
2. <https://www.ncbi.nlm.nih.gov/pubmed/26176651>
3. <https://www.ncbi.nlm.nih.gov/pubmed/25802870>
4. <https://www.ncbi.nlm.nih.gov/pubmed/23849454>



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Sage

Herbs, Spices & Other
1/4 teaspoon

 **Superfood**

My Microbiome's Response to Sage

Sage contains flavonoids which are a class of polyphenols. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that sage in your diet will be good for you. Polyphenols are a complex group of many compounds released following microbial metabolism. Polyphenols balance your microbiome, encourage growth of beneficial Lactobacillus and Bifidobacteria species and inhibit growth of harmful or pathogenic bacteria. Research shows that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.

Learn more...

- 1. <https://www.ncbi.nlm.nih.gov/pubmed/20540696>
- 2. <https://www.ncbi.nlm.nih.gov/pubmed/21763290>
- 3. <https://www.ncbi.nlm.nih.gov/pubmed/25793210>



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Sauerkraut

Vegetables

1 cup

 **Superfood**

My Microbiome's Response to Sauerkraut

Sauerkraut contains probiotics which are beneficial microbes. After analyzing your gene expression and taking your wellness goals into account, it has been determined that sauerkraut in your diet will be helpful for you. Probiotics restore and promote diversity and balance in your microbiome. This helps to decrease and prevent inflammation, manage symptoms of gastrointestinal distress, promote regularity, and balance your immune responses. A diverse microbiome also optimizes conversion of dietary nutrients to enhance your health.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/23320049>
2. <https://www.hindawi.com/journals/jfq/2017/5123572/>

Tarragon

Herbs, Spices & Other

1/4 teaspoon

 **Superfood**

My Microbiome's Response to Tarragon

Tarragon contains apigenin which is a bioflavonoid. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that tarragon in your diet will be of benefit for you. Your microbiome plays an important role in breaking down bioflavonoids. Studies indicate that apigenin influences the diversity of your microbiome by increasing the activity of Enterococcus species and their ability to participate in DNA repair and modulation of the stress and immune responses.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/22975493/>
2. <https://www.ncbi.nlm.nih.gov/pubmed/28771188>



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Trout (Cold Water)

Proteins & Fats

4 ounces

 **Superfood**

My Microbiome's Response to Trout (Cold Water)

Trout contains essential fatty acids which are a class of unsaturated fatty acids. After analyzing your gene expression and taking your wellness goals into account, it has been determined that trout in your diet will be good for you. Essential fatty acids are critical for a stable microbiome. They increase microbial diversity and beneficial butyrate-producing bacteria. Butyrate is anti-inflammatory and promotes a strong gut lining by tightening the junctions between cells. Research shows that essential fatty acids nourish your brain, enhance gut health and decrease inflammation.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to trout.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/21472114>

2. <https://www.ncbi.nlm.nih.gov/pubmed/29215589>



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Turkey (Dark Meat)

Proteins & Fats

2 1/2 ounces

 **Superfood**

My Microbiome's Response to Turkey (Dark Meat)

Dark turkey meat contains pantothenic acid which is a B vitamin. After analyzing your gene expression and taking your data into account, it has been determined that dark turkey meat in your diet will be helpful for you. Your microbiome hydrolyzes and dephosphorylates pantothenic acid before it can be utilized by your body. Research shows that pantothenic acid helps balance blood sugar, mitigate nerve pain and enhance immune system function.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to dark turkey meat.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/27515213>
2. <https://www.ncbi.nlm.nih.gov/pubmed/28739188>
3. <https://www.ncbi.nlm.nih.gov/pubmed/13630913>



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Turkey (White Meat)

Proteins & Fats
3 ounces

 **Superfood**

My Microbiome's Response to Turkey (White Meat)

White turkey meat contains tryptophan which is an amino acid. After an analysis of your gene expression and taking your data into account, it has been determined that white turkey meat in your diet will be helpful for you. Your microbes are capable of producing some tryptophan, but they also use it to make a large number of compounds including neurotransmitters like serotonin and indole-3-propionate which is anti-inflammatory and promotes brain health. Adding tryptophan-rich foods makes sure you are getting enough of it everyday.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to white turkey meat.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/29276734>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29941795>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29686603>



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Turmeric

Herbs, Spices & Other

1/2 teaspoon

 **Superfood**

My Microbiome's Response to Turmeric

Turmeric contains curcumin which is a polyphenol. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that turmeric in your diet will be good for you. Curcumin is a great anti-inflammatory. By decreasing inflammation, you alter the environment of your gut allowing your microbes to thrive and strengthen the integrity of your gut lining.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/29065496>
2. <https://www.jax.org/news-and-insights/2015/january/curcumin-attenuates-western-diet-induced-disease-by-increasing-intestinal-b>
3. <https://www.ncbi.nlm.nih.gov/pubmed/26218141>
4. <https://www.jax.org/news-and-insights/2015/january/curcumin-attenuates-western-diet-induced-disease-by-increasing-intestinal-b#>



Test Name: Gut Intelligence Test, Human Gene Expression Test
Customer Name: Charles Warden
DOB: 04/05/1985

Watercress

Vegetables
1 cup

 **Superfood**

My Microbiome's Response to Watercress

Watercress contains nitrate which is a beneficial nutrient. After an interpretation of your gene expression and taking your data into account, it has been determined that watercress in your diet will be helpful for you. Nitrate feeds your gut microbiota, mainly Bifidobacterium and Lactobacillus species, allowing them to produce nitric oxide. Nitric oxide is anti-inflammatory, maintains the integrity of your gut lining, and can stimulate blood flow to your GI tract. It has been reported that nitrate also has effects outside of the gastrointestinal tract and can help balance hormones and blood vessel health.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/15722114>
2. <https://www.ncbi.nlm.nih.gov/pubmed/19007429>
3. <https://www.ncbi.nlm.nih.gov/pubmed/25803049>



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Watermelon

Fruits & Grains

1 cup, diced

 **Superfood**

My Microbiome's Response to Watermelon

Watermelon contains Vitamin C which is a water-soluble vitamin. After an interpretation of your gene expression and taking your data into account, it has been determined that watermelon in your diet will be beneficial for you. Vitamin C impacts the activity, enzyme production, immune system regulation and nutrient absorption which are just some of the responsibilities of your gut microbiome. Research shows that Vitamin C affects the function of Bifidobacterium and Clostridium species. Vitamin C is a powerful antioxidant, can protect against cardiovascular disease, boost immunity, promote nutrient utilization and help fight vision loss.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to watermelon.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/29941777>
2. <https://www.ncbi.nlm.nih.gov/pubmed/28094305>
3. <https://www.ncbi.nlm.nih.gov/pubmed/14498993>



Test Name: Gut Intelligence Test, Human Gene Expression Test
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Yogurt (Cow Milk, Plain)

Proteins & Fats
1/2 cup

 **Superfood**

My Microbiome's Response to Yogurt (Cow Milk, Plain)

Yogurt (cow milk, plain) contains cysteine which is an amino acid. After an analysis of your gene expression and taking your data into account, it has been determined that yogurt (cow milk, plain) in your diet will be optimal for you. Cysteine is naturally produced by your body, but your microbiota ensures you receive adequate amounts by metabolizing it from your food. It has been reported that cysteine is a critical building block for glutathione, an antioxidant that mitigates cellular damage caused by free radicals and heavy metals. Your microbiome makes and utilizes glutathione.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to yogurt (cow milk, plain).

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/12954812>
2. <https://www.ncbi.nlm.nih.gov/pubmed/10600876>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29477429>
4. <https://www.ncbi.nlm.nih.gov/pubmed/10569625>



Test Name: Gut Intelligence Test, Human Gene Expression Test

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My Foods to Avoid

We recommend you avoid these foods

These are commonly known foods that will not benefit your overall wellness.

Almonds

Proteins & Fats

 **Avoid**

My Microbiome's Response to Almonds

Almonds contain phytic acid which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding almonds will be beneficial for you.

Avoiding almonds may improve your Oxalate Metabolism Pathways score.

Learn more...

1. <https://pubmed.ncbi.nlm.nih.gov/14985216/>
2. https://www.researchgate.net/publication/227528193_Phytogenic_and_microbial_phytases_in_human_nutrition



Test Name: Gut Intelligence Test, Human Gene Expression Test
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DOB: 04/05/1985

Bell Pepper

Vegetables

 **Avoid**

My Microbiome's Response to Bell Pepper

Your microbiome contains pepper mild mottle virus, which is known to infect bell pepper. Since plant viruses in the microbiome have been associated with Immune System Activation, it is recommended for you to avoid bell pepper.
Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6435874/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4405218/>



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Broccoli

Vegetables

 **Avoid**

My Microbiome's Response to Broccoli

Broccoli contains choline, which is a compound that can be used by your microbes to produce TMA, a precursor to TMAO. Additionally, broccoli contains sulfur compounds, which can be converted to hydrogen sulfide gas by your gut microbes. Avoiding this food is important for your digestive and metabolic wellness.

Avoiding broccoli may improve your Sulfide Gas Production Pathways and TMA Production Pathways scores.

Learn more...

1. <https://www.frontiersin.org/articles/10.3389/fmicb.2019.02966/full>
2. <https://pubmed.ncbi.nlm.nih.gov/28766244/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6767122/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4985713/>



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Brussels Sprouts

Vegetables

 **Avoid**

My Microbiome's Response to Brussels Sprouts

Brussels sprouts contain glucosinolates which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding brussels sprouts will be beneficial for you.

Avoiding brussels sprouts may improve your Sulfide Gas Production Pathways score.

Learn more...

1. <https://pubmed.ncbi.nlm.nih.gov/28766244/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6767122/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4985713/>



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Cabbage

Vegetables

 **Avoid**

My Microbiome's Response to Cabbage

Cabbage contains glucosinolates which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding cabbage will be beneficial for you.

Avoiding cabbage may improve your Sulfide Gas Production Pathways score.

Learn more...

1. <https://pubmed.ncbi.nlm.nih.gov/28766244/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6767122/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4985713/>



Test Name: Gut Intelligence Test, Human Gene Expression Test

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DOB: 04/05/1985

Egg Yolk (Chicken)

Proteins & Fats

 **Avoid**

My Microbiome's Response to Egg Yolk (Chicken)

Chicken egg yolk contains choline, which is a compound that can be used by your microbes to produce TMA, a precursor to TMAO. Additionally, chicken egg yolk contains sulfur compounds, which can be converted to hydrogen sulfide gas by your gut microbes. Avoiding this food is important for your digestive and metabolic wellness.

Avoiding chicken egg yolk may improve your Sulfide Gas Production Pathways and TMA Production Pathways scores.

Learn more...

1. <https://www.frontiersin.org/articles/10.3389/fmicb.2019.02966/full>
2. <https://pubmed.ncbi.nlm.nih.gov/28766244/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6767122/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4985713/>



Test Name: Gut Intelligence Test, Human Gene Expression Test
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Mustard Greens

Vegetables

 **Avoid**

My Microbiome's Response to Mustard Greens

Mustard greens contain glucosinolates which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding mustard greens will be beneficial for you.

Avoiding mustard greens may improve your Sulfide Gas Production Pathways score.

Learn more...

1. <https://pubmed.ncbi.nlm.nih.gov/28766244/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6767122/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4985713/>



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Pistachios

Proteins & Fats

 **Avoid**

My Microbiome's Response to Pistachios

Pistachios contain phytic acid which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding pistachios will be beneficial for you.

Learn more...

1. <https://pubmed.ncbi.nlm.nih.gov/14985216/>
2. https://www.researchgate.net/publication/227528193_Phytogenic_and_microbial_phytases_in_human_nutrition



Test Name: Gut Intelligence Test, Human Gene Expression Test

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DOB: 04/05/1985

Tomato

Vegetables

 **Avoid**

My Microbiome's Response to Tomato

Your microbiome contains tomato brown rugose fruit virus, which is known to infect tomatoes. Since plant viruses in the microbiome have been associated with immune stimulation, it is recommended for you to avoid tomatoes.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6435874/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4405218/>



Test Name: Gut Intelligence Test, Human Gene Expression Test
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DOB: 04/05/1985

My Foods

Vegetables 8 per day

We recommend you break your daily Vegetables intake by the following servings

Superfood + Enjoy 7 ●●●●●●●●

Minimize 1 ●

Alfalfa Sprouts Vegetables 1 cup	Superfood	Artichoke Vegetables 1 cup, diced	Superfood
Arugula Vegetables 1 cup	Enjoy	Asparagus Vegetables 15 spears	Superfood
Bamboo Shoots Vegetables 1 cup, sliced	Enjoy	Beet Greens Vegetables 1 cup	Minimize
Beets Vegetables 1 cup	Enjoy	Bok Choy Vegetables 1 cup	Minimize
Burdock Root Vegetables 2/3 cup	Enjoy	Cardoon Vegetables 1 cup	Enjoy

Test Name: Gut Intelligence Test, Human Gene Expression Test

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Carrot Vegetables 1 cup, sliced	Enjoy	Cauliflower Vegetables 1 cup	Minimize
Celeriac Vegetables 1 cup	Enjoy	Celery Vegetables 1 cup	Enjoy
Chard Vegetables 1 cup	Superfood	Chayote Squash Vegetables 1 cup, cooked	Enjoy
Chicory Root Vegetables 1/2 cup	Enjoy	Collard Greens Vegetables 1 cup	Enjoy
Cucumber Vegetables 1 cup	Enjoy	Dandelion Greens Vegetables 1 cup	Enjoy
Eggplant Vegetables 1 cup	Enjoy	Endive Vegetables 1 cup	Enjoy
Escarole Vegetables 1 cup	Enjoy	Fennel Bulb Vegetables 1 cup	Enjoy
Gourd Vegetables 1 cup, sliced	Enjoy	Green Beans Vegetables 1 cup	Enjoy



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Jerusalem Artichoke Vegetables 1 cup Superfood	Jicama Vegetables 1 cup Enjoy
Kale Vegetables 1 cup Minimize	Kimchi Vegetables 1 cup Enjoy
Kohlrabi Vegetables 1 cup Minimize	Leek Vegetables 1/2 cup, sliced Superfood
Lettuce Vegetables 1 cup Enjoy	Mung Bean Sprouts Vegetables 1 cup Enjoy
Okra Vegetables 1 cup Enjoy	Onion Vegetables 1 cup Minimize
Parsley Vegetables 1 cup Enjoy	Parsnip Vegetables 1/2 cup Enjoy
Peas Vegetables 1/4 cup Enjoy	Pepino Melon Vegetables 1 cup Enjoy
Pickle (Unsweetened) Vegetables 2 whole Enjoy	Potato Vegetables 1 half Enjoy



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Pumpkin Vegetables 1 cup Enjoy	Radicchio Vegetables 1 cup, sliced Superfood
Radish Vegetables 1 cup, sliced Enjoy	Radish Sprouts Vegetables 1 cup Enjoy
Rutabaga Vegetables 1 cup, sliced Enjoy	Sauerkraut Vegetables 1 cup Superfood
Seaweed (Fresh) Vegetables 1/4 cup Enjoy	Shallot Vegetables 1 tablespoon Enjoy
Snap Peas Vegetables 1 cup Enjoy	Spinach Vegetables 1 cup Minimize
Spirulina Vegetables 2 teaspoon Enjoy	Sweet Potato or Yam Vegetables 1/2 cup Enjoy
Taro Vegetables 1/2 cup Enjoy	Turnip Vegetables 1 cup Enjoy
Water Chestnuts Vegetables 1/2 cup Enjoy	Watercress Vegetables 1 cup Superfood



Test Name: Gut Intelligence Test, Human Gene Expression Test
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White Mushroom

Vegetables

1 cup, diced

Enjoy

Yellow Squash

Vegetables

1 cup, cooked

Enjoy

Winter Squash

Vegetables

1/4 cup, cooked

Enjoy

Zucchini

Vegetables

1 cup, cooked

Enjoy



Test Name: Gut Intelligence Test, Human Gene Expression Test
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My Foods

Proteins & Fats 6 per day

We recommend you break your daily Proteins & Fats intake by the following servings

Superfood + Enjoy 5 ●●●●●
Minimize 1 ●

Abalone Proteins & Fats 3 ounces Enjoy	Adzuki Beans Proteins & Fats 1 cup, cooked Enjoy
Almond Milk (Unsweetened) Proteins & Fats 1 cup Enjoy	Anchovies Proteins & Fats 3 ounces Minimize
Avocado Proteins & Fats 1 half Enjoy	Avocado Oil Proteins & Fats 1 tablespoon Enjoy
Beef (Fatty, Grass-Fed) Proteins & Fats 1 1/2 ounces Minimize	Beef (Lean, Grass-Fed) Proteins & Fats 2 ounces Enjoy
Black Beans Proteins & Fats 3/4 cup, cooked Enjoy	Black Eyed Peas Proteins & Fats 3/4 cup, cooked Superfood

Test Name: Gut Intelligence Test, Human Gene Expression Test

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Bone Broth (Fish) Proteins & Fats 1 cup	Minimize	Bone Broth (Mammal) Proteins & Fats 1 cup	Minimize
Bone Broth (Poultry) Proteins & Fats 1 cup	Superfood	Brazil Nuts Proteins & Fats 5 nuts	Minimize
Buffalo Proteins & Fats 3 1/2 ounces	Enjoy	Butter (Cow Milk) Proteins & Fats 1 teaspoon	Enjoy
Cashews Proteins & Fats 15 nuts	Enjoy	Catfish Proteins & Fats 2 1/2 ounces	Enjoy
Caviar or Roe Proteins & Fats 2 ounces	Enjoy	Cheese (Cow Milk) Proteins & Fats 1 ounce	Enjoy
Chestnuts Proteins & Fats 3 ounces	Minimize	Chia Seeds Proteins & Fats 1 ounce, dry	Enjoy
Chicken (Dark Meat) Proteins & Fats 2 1/2 ounces	Minimize	Chicken (White Meat) Proteins & Fats 3 ounces	Enjoy
Chickpeas Proteins & Fats 1/2 cup, cooked	Enjoy	Clams Proteins & Fats 3 ounces	Minimize



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Coconut Meat Proteins & Fats 1 1/2 ounces	Minimize	Coconut Milk (Unsweetened) Proteins & Fats 1/4 cup	Minimize
Coconut Oil Proteins & Fats 1 tablespoon	Minimize	Cod (Alaskan) Proteins & Fats 6 ounces	Enjoy
Cornish Game Hen Proteins & Fats 1 half	Minimize	Crab (Pacific) Proteins & Fats 6 ounces	Enjoy
Crayfish Proteins & Fats 6 ounces	Minimize	Duck Proteins & Fats 1 1/2 ounces	Minimize
Eel Proteins & Fats 3 ounces	Minimize	Egg Whites (Chicken) Proteins & Fats 3 eggs	Minimize
Emu Proteins & Fats 4 ounces	Enjoy	Fava Beans Proteins & Fats 1/2 cup, cooked	Enjoy
Flax Oil Proteins & Fats 1 tablespoon	Enjoy	Flax Seeds Proteins & Fats 2 tablespoons	Enjoy
Ghee Proteins & Fats 1 teaspoon	Superfood	Goat Proteins & Fats 5 ounces	Enjoy



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Goat Cheese Proteins & Fats 1 ounce Enjoy	Goat Milk Proteins & Fats 1/2 cup Enjoy
Goose Proteins & Fats 3 ounces Enjoy	Grape Seed Oil Proteins & Fats 1 tablespoon Enjoy
Haddock Proteins & Fats 6 ounces Enjoy	Halibut (Pacific) Proteins & Fats 5 ounces Enjoy
Hazelnuts Proteins & Fats 15 nuts Superfood	Heavy Cream (Cow Milk) Proteins & Fats 2 tablespoons Minimize
Hemp Hearts Proteins & Fats 3 tablespoons Enjoy	Herring Proteins & Fats 3 ounces Minimize
Hickory Nuts Proteins & Fats 15 nuts Minimize	Kefir (Cow Milk) Proteins & Fats 1/2 cup Enjoy
Kidney Beans Proteins & Fats 3/4 cup, cooked Enjoy	Lamb Proteins & Fats 2 1/2 ounces Superfood
Lentils Proteins & Fats 4 ounces, cooked Enjoy	Lima Beans Proteins & Fats 1/2 cup, cooked Enjoy



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Lobster Proteins & Fats 6 ounces Enjoy	Lotus Seeds Proteins & Fats 4 ounces Enjoy
MCT Oil Proteins & Fats 1 tablespoon Minimize	Macadamia Nuts Proteins & Fats 10 nuts Minimize
Mackerel Proteins & Fats 3 ounces Minimize	Mussels Proteins & Fats 3 ounces Minimize
Natto Proteins & Fats 2 1/2 ounces Enjoy	Navy Beans Proteins & Fats 1/2 cup, cooked Enjoy
Olive Oil Proteins & Fats 1 tablespoon Superfood	Olives Proteins & Fats 20 olives Superfood
Ostrich Proteins & Fats 4 ounces Enjoy	Oysters Proteins & Fats 3 ounces Minimize
Peanuts Proteins & Fats 20 peanuts Enjoy	Pecans Proteins & Fats 15 nuts Enjoy
Perch Proteins & Fats 5 ounces Enjoy	Pheasant Proteins & Fats 4 ounces Minimize



Test Name: Gut Intelligence Test, Human Gene Expression Test

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<div><div>Pine Nuts</div><div>Proteins & Fats</div><div>1 1/2 tablespoons</div></div> <div>Minimize</div>	<div><div>Pinto Beans</div><div>Proteins & Fats</div><div>3/4 cup, cooked</div></div> <div>Enjoy</div>
<div><div>Pork (Lean)</div><div>Proteins & Fats</div><div>1 ounce</div></div> <div>Minimize</div>	<div><div>Pumpkin Seeds</div><div>Proteins & Fats</div><div>2 teaspoons</div></div> <div>Minimize</div>
<div><div>Quail</div><div>Proteins & Fats</div><div>2 1/2 ounces</div></div> <div>Minimize</div>	<div><div>Ricotta or Cottage Cheese (cow, 2% fat)</div><div>Proteins & Fats</div><div>3 ounces</div></div> <div>Enjoy</div>
<div><div>Safflower Oil</div><div>Proteins & Fats</div><div>1 tablespoon</div></div> <div>Enjoy</div>	<div><div>Salmon (Wild-Caught)</div><div>Proteins & Fats</div><div>3 ounces</div></div> <div>Enjoy</div>
<div><div>Sardines</div><div>Proteins & Fats</div><div>2 ounces</div></div> <div>Minimize</div>	<div><div>Scallops</div><div>Proteins & Fats</div><div>5 ounces</div></div> <div>Minimize</div>
<div><div>Sesame Seeds</div><div>Proteins & Fats</div><div>3 tablespoons</div></div> <div>Enjoy</div>	<div><div>Sheep Cheese</div><div>Proteins & Fats</div><div>1 ounce</div></div> <div>Minimize</div>
<div><div>Sheep Milk</div><div>Proteins & Fats</div><div>1/4 cup</div></div> <div>Minimize</div>	<div><div>Shrimp (Domestic)</div><div>Proteins & Fats</div><div>5 ounces</div></div> <div>Minimize</div>
<div><div>Soy Milk (Unsweetened)</div><div>Proteins & Fats</div><div>1 cup</div></div> <div>Enjoy</div>	<div><div>Soybeans (non-GMO)</div><div>Proteins & Fats</div><div>1/2 cup</div></div> <div>Enjoy</div>



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Squid Proteins & Fats 3 ounces Enjoy	Sunflower Seeds Proteins & Fats 2 tablespoons Minimize
Tempeh Proteins & Fats 1/2 cup Enjoy	Tofu Proteins & Fats 3/4 cup Enjoy
Trout (Cold Water) Proteins & Fats 4 ounces Superfood	Tuna (Wild, Pole Caught) Proteins & Fats 5 ounces Enjoy
Turbot Proteins & Fats 5 ounces Enjoy	Turkey (Dark Meat) Proteins & Fats 2 1/2 ounces Superfood
Turkey (White Meat) Proteins & Fats 3 ounces Superfood	Veal Proteins & Fats 1 1/2 ounces Enjoy
Venison or Elk Proteins & Fats 3 1/2 ounces Enjoy	Walnuts Proteins & Fats 12 nuts Enjoy
Whole Milk (Cow Milk) Proteins & Fats 1/2 cup Enjoy	Yogurt (Cow Milk, Plain) Proteins & Fats 1/2 cup Superfood



Test Name: Gut Intelligence Test, Human Gene Expression Test
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DOB: 04/05/1985

My Foods

Fruits & Grains 7 per day

We recommend you break your daily Fruits & Grains intake by the following servings

Superfood + Enjoy 6 ●●●●●●

Minimize 1 ●

<div>Amaranth</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>	<div>Apple</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Enjoy</div>
<div>Apricot</div> <div>Fruits & Grains</div> <div>3 whole</div> <div>Enjoy</div>	<div>Banana</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Superfood</div>
<div>Barley</div> <div>Fruits & Grains</div> <div>3 ounces, cooked</div> <div>Enjoy</div>	<div>Blackberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>
<div>Blueberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Boysenberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>
<div>Breadfruit</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Minimize</div>	<div>Brown Rice</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>

Test Name: Gut Intelligence Test, Human Gene Expression Test

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Buckwheat Fruits & Grains 1/2 cup, cooked Enjoy	Bulgur Fruits & Grains 1/2 cup, cooked Enjoy
Cantaloupe Fruits & Grains 1 cup, diced Enjoy	Cassava Fruits & Grains 1/2 cup, sliced Minimize
Cherry Fruits & Grains 1 cup Enjoy	Corn Fruits & Grains 1/2 cup Enjoy
Couscous Fruits & Grains 1/2 cup, cooked Minimize	Cranberry Fruits & Grains 1/2 cup Superfood
Currant Fruits & Grains 1 cup Enjoy	Dates Fruits & Grains 2 whole Minimize
Dragon Fruit Fruits & Grains 1 cup, diced Enjoy	Elderberry (Boiled) Fruits & Grains 1 cup Enjoy
Fig Fruits & Grains 2 whole Minimize	Goji Berry Fruits & Grains 1/2 cup Enjoy
Gooseberry Fruits & Grains 1 cup Enjoy	Grapefruit Fruits & Grains 1 whole Superfood



Test Name: Gut Intelligence Test, Human Gene Expression Test

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Grapes Fruits & Grains 1 cup	Minimize	Guava Fruits & Grains 2 whole	Enjoy
Honeydew Melon Fruits & Grains 1 cup, sliced	Enjoy	Huckleberry Fruits & Grains 1 cup	Enjoy
Jackfruit Fruits & Grains 1 cup	Minimize	Kamut Fruits & Grains 1/2 cup, cooked	Enjoy
Kiwi Fruits & Grains 2 whole	Enjoy	Kumquat Fruits & Grains 12 whole	Enjoy
Lemon Fruits & Grains 1 whole, juiced	Superfood	Lime Fruits & Grains 1 whole, juiced	Enjoy
Loganberries Fruits & Grains 1 cup	Enjoy	Lychee Fruits & Grains 1 cup	Minimize
Mango Fruits & Grains 1 cup, sliced	Enjoy	Mangosteen Fruits & Grains 1 cup, sliced	Minimize
Marionberry Fruits & Grains 1 cup	Enjoy	Millet Fruits & Grains 1/2 cup, cooked	Enjoy



Test Name: Gut Intelligence Test, Human Gene Expression Test

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DOB: 04/05/1985

Mulberries Fruits & Grains 1 cup	Enjoy	Nectarine Fruits & Grains 1 whole	Enjoy
Oats Fruits & Grains 1/2 cup, cooked	Enjoy	Orange Fruits & Grains 1 whole	Enjoy
Papaya Fruits & Grains 1 cup, sliced	Enjoy	Passionfruit Fruits & Grains 3/4 cup	Enjoy
Peach Fruits & Grains 1 whole	Enjoy	Pear Fruits & Grains 1 whole	Enjoy
Persimmon Fruits & Grains 2 whole	Enjoy	Pineapple Fruits & Grains 1 cup	Enjoy
Plantain Fruits & Grains 1/2 cup	Minimize	Plum Fruits & Grains 3 whole	Enjoy
Pomegranate Fruits & Grains 1 half	Enjoy	Prunes Fruits & Grains 6 whole	Minimize
Pummelo Fruits & Grains 1 half	Minimize	Quinoa Fruits & Grains 1/2 cup, cooked	Enjoy



Test Name: Gut Intelligence Test, Human Gene Expression Test

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<div>Raspberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Rhubarb</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Minimize</div>
<div>Rice Noodles</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>	<div>Salmonberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>
<div>Sour Cherries</div> <div>Fruits & Grains</div> <div>1 1/3 cup</div> <div>Enjoy</div>	<div>Sprouted Rye Bread</div> <div>Fruits & Grains</div> <div>1 slice</div> <div>Enjoy</div>
<div>Sprouted Wheat Bread</div> <div>Fruits & Grains</div> <div>1 slice</div> <div>Enjoy</div>	<div>Star Fruit</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Enjoy</div>
<div>Strawberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Triticale</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>
<div>Watermelon</div> <div>Fruits & Grains</div> <div>1 cup, diced</div> <div>Superfood</div>	<div>White Rice</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>
<div>Wild Rice</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>	



Test Name: Gut Intelligence Test, Human Gene Expression Test
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DOB: 04/05/1985

My Foods

Herbs, Spices & Other 8 per day

We recommend you break your daily Herbs, Spices & Other intake by the following servings

Superfood + Enjoy 7 ●●●●●●●●

Minimize 1 ●

Allspice Herbs, Spices & Other 1/4 teaspoon	Enjoy	Apple Cider Vinegar Herbs, Spices & Other 1 teaspoon	Enjoy
Basil Herbs, Spices & Other 1/4 teaspoon	Enjoy	Bay Leaf Herbs, Spices & Other 1/4 teaspoon	Enjoy
Black Pepper Herbs, Spices & Other 1/4 teaspoon	Enjoy	Black Tea Herbs, Spices & Other 1 cup	Enjoy
Cane Sugar Herbs, Spices & Other 1 teaspoon	Minimize	Capers Herbs, Spices & Other 1 teaspoon	Enjoy
Caraway Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy	Cardamom Herbs, Spices & Other 1/4 teaspoon	Enjoy

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Carob Herbs, Spices & Other 1 tablespoon	Enjoy	Cayenne Pepper Herbs, Spices & Other 1/8 teaspoon	Enjoy
Celery Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy	Chervil Herbs, Spices & Other 1/4 teaspoon	Enjoy
Chili Powder Herbs, Spices & Other 1/4 teaspoon	Enjoy	Cilantro Herbs, Spices & Other 2 tablespoons	Enjoy
Cinnamon Herbs, Spices & Other 1/4 teaspoon	Enjoy	Cloves Herbs, Spices & Other 1/8 teaspoon	Enjoy
Cocoa (Unsweetened) Herbs, Spices & Other 1 tablespoon	Enjoy	Coconut Water Herbs, Spices & Other 1 cup	Minimize
Coffee Herbs, Spices & Other 1 cup	Enjoy	Coriander Herbs, Spices & Other 1/4 teaspoon	Enjoy
Cumin Herbs, Spices & Other 1/4 teaspoon	Enjoy	Dill (Fresh) Herbs, Spices & Other 2 tablespoons	Enjoy
Fennel Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy	Fenugreek Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy



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Garlic Herbs, Spices & Other 1 clove Minimize	Ginger Herbs, Spices & Other 1 tablespoon Superfood
Grape Leaves Herbs, Spices & Other 4 leaves Enjoy	Green Tea Herbs, Spices & Other 1 cup Superfood
Herbal Tea Herbs, Spices & Other 1 cup Enjoy	Honey Herbs, Spices & Other 1 teaspoon Enjoy
Horseradish Herbs, Spices & Other 1 teaspoon Minimize	Hot Pepper Herbs, Spices & Other 1/2 teaspoon Enjoy
Mace Herbs, Spices & Other 1/8 teaspoon Enjoy	Maple Syrup Herbs, Spices & Other 1 teaspoon Minimize
Marjoram Herbs, Spices & Other 1/8 teaspoon Enjoy	Miso Herbs, Spices & Other 1 teaspoon Enjoy
Molasses Herbs, Spices & Other 1 teaspoon Minimize	Mustard Seed Herbs, Spices & Other 1/4 teaspoon Enjoy
Nutmeg Herbs, Spices & Other 1/4 teaspoon Enjoy	Oregano Herbs, Spices & Other 1/4 teaspoon Superfood



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<div>Paprika</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>	<div>Peppermint (Fresh)</div> <div>Herbs, Spices & Other</div> <div>1 tablespoon</div> <div>Enjoy</div>
<div>Poppy Seed</div> <div>Herbs, Spices & Other</div> <div>1 teaspoon</div> <div>Enjoy</div>	<div>Rice Milk (Unsweetened)</div> <div>Herbs, Spices & Other</div> <div>3/4 cup</div> <div>Minimize</div>
<div>Rosemary (Fresh)</div> <div>Herbs, Spices & Other</div> <div>1 teaspoon</div> <div>Enjoy</div>	<div>Saffron</div> <div>Herbs, Spices & Other</div> <div>1/8 teaspoon</div> <div>Enjoy</div>
<div>Sage</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Superfood</div>	<div>Salt (Sea, Himalayan, Celtic or Bonaire)</div> <div>Herbs, Spices & Other</div> <div>1/8 teaspoon</div> <div>Minimize</div>
<div>Savoury</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>	<div>Spearmint (Fresh)</div> <div>Herbs, Spices & Other</div> <div>1 tablespoon</div> <div>Enjoy</div>
<div>Stevia</div> <div>Herbs, Spices & Other</div> <div>1 package</div> <div>Minimize</div>	<div>Tarragon</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Superfood</div>
<div>Thyme</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>	<div>Turmeric</div> <div>Herbs, Spices & Other</div> <div>1/2 teaspoon</div> <div>Superfood</div>
<div>Vanilla Extract</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>	<div>Vinegar (Unsweetened)</div> <div>Herbs, Spices & Other</div> <div>1 teaspoon</div> <div>Enjoy</div>



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Wheatgrass
Herbs, Spices & Other
2 tablespoons

Enjoy

White Tea
Herbs, Spices & Other
8 ounce

Enjoy



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Supplements

Look for supplements with the following ingredients:



Probiotics

Look for supplements with the following ingredients:

L. bulgaricus, L. rhamnosus, L. plantarum, Strep thermophilus, and Bifidobacterium species (lactis, bifidum)

Offered by [Klaire Labs](#), or other vendors.

To support the growth and activity of beneficial microorganisms and enhance the balance in your microbial ecosystem



Prebiotic

Look for supplements with the following ingredients:

Fiber with jerusalem artichoke and acacia

Offered by [Hyperbiotics](#), or other vendors.

To help specific microbes in your gut produce short-chain fatty acids, like butyrate, and other beneficial nutrients that can balance the microbiome or counter some of the pro-inflammatory or opportunistic activities



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Berberine

Look for supplements with the following ingredients:

Berberine

Offered by [Thorne](#), [Integrative Therapeutics](#), or other vendors.

Take for 45 days to support healthy digestion and blood sugar control. If you are already taking diabetes medications, please do not take Berberine.



Curcumin

Look for supplements with the following ingredients:

Curcumin

Offered by [Thorne](#), or other vendors.

To boost the activities of anti-inflammatory functions for your microbiome and your gut wellness

Viome recommendations are not evaluated or approved by FDA and are not required to be approved by FDA. The recommended food and supplements are intended to support general wellbeing and are not intended to treat, diagnose, mitigate, prevent, or cure any condition or disease. Please seek advice from your medical doctor and check all ingredients for contraindications, known allergies or sensitivities. Viome does not endorse or partner with any supplement manufacturers. There may be several brands or vendors listed as examples. However, Viome does not take any responsibility for the quality of any commercial products, which contain but are not limited to the ingredients recommended for you.



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Viome Methodology

Microbial total RNA is extracted, ribosomal RNA molecules are removed from total RNA, and the remaining RNA molecules are sequenced on Illumina NextSeq or NovaSeq. Proprietary bioinformatics algorithms are used to perform taxonomic classification and functional analysis of the sequencing data.

Whole blood total RNA is extracted, polyadenylated transcripts are captured from total RNA and sequenced on Illumina NextSeq or NovaSeq. Proprietary bioinformatics algorithms are used to perform quantitative gene expression analysis of the sequencing data. Results are reported to Viome customers in the context of integrative functional health themes communicated as scores derived largely from proprietary pathway content and analytics methodology. Each score is built to account for molecular pathway topology and strength of literature evidence manually curated by translational science experts in systems biology. Scoring results are CLIA-validated and are end-to-end automated in the production system, which uses each customer's gene expression data as input.

Method Limitation

Viome's results and recommendations are based on our ability to identify and quantify thousands of microbial taxa. Such vast diversity has not been captured in the genomic databases, so it is impossible to assess it comprehensively. There are microorganisms that thrive in the gut whose genomes have not been sequenced. Viome is unable to identify those specific organisms, but can identify their near neighbors, which have similar homology. There are also taxa that we cannot discriminate because of their sequence similarity, for example at the strain level. There are some RNA transcripts that may not always align and match to specific known organisms, which may be due to the fact that these sequences are poorly characterized, reliable consensus sequence may not be available for reference. Viome monitors the growth of public genomic databases and will update its own databases when there is sufficient new information to be worthy of incorporation.

Detection of a microorganism by this test does not imply having a disease. Similarly, not detecting a microorganism by this test does not exclude the presence of a disease-causing microorganism. Further, other organisms may be present that are not detected by this test. This test is not a substitute for established methods for identifying microorganisms or their antimicrobial susceptibility profile. Results are qualitative and identify the presence or absence of identified annotated organisms.



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Viome's results and recommendations are based on our ability to identify and quantify thousands of human transcripts. While the test has been clinically validated and shows very high precision, it also has some limitations. As the presence of transcripts nears the limits of detection, the ability of the test to accurately detect them is diminished. This is simply due to the uneven distribution of molecules in liquid volumes, causing small random changes in the transcript concentrations. Scores rely on detection of expressed genes, as well as their levels of expression against the reference population cohort. Hence, certain sample results may be affected by any skewing or sampling biases of the reference cohort, as opposed to solely the biology of the given customer. Scores also are limited by our current understanding of actionable or biologically meaningful insights and literature coverage to date. As Viome's reference population expands and current knowledge grows, these limitations become more negligible.

The Gut Intelligence Test was developed by, and its performance characteristics determined by Viome Inc. It has not been cleared or approved by the US Food and Drug Administration. The FDA has determined that such clearance or approval is not necessary. This laboratory is registered under CLIA (32D2156145) to perform high complexity testing. Sequencing was performed at CLIA (). Contact Viome for any further questions.

The Human Gene Expression test was developed by, and its performance characteristics determined by Viome Inc. It has not been cleared or approved by the US Food and Drug Administration. The FDA has determined that such clearance or approval is not necessary. This laboratory is registered under CLIA 32D2156145 to perform high complexity testing. Sequencing was performed at Viome, Inc. CLIA 32D2156145. Contact Viome for any further questions.



V I O M E

CHARLES WARDEN'S RESULTS

VERSION: 1.14.2