

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

**Customer Name:** Charles Warden

**DOB:** 04/05/1985

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**Authorized Order Person:** Charles Warden

**Customer Name:** Charles Warden

**DOB:** 04/05/1985

**Gender:** Male

**Customer Id:** 301c5903

**Sample Source:** Fecal

**Date Collected:** 03/11/2021

**Date Received:** 03/15/2021

**Date Issued:** 04/26/2021

**Sample ID:** 1DF2C68484A1

## 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.



Viome, Inc.

<https://support.viome.com>

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### 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?

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.



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### 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

66 recommended vegetables

2 avoid vegetables

8 servings of vegetables per day



## Proteins & Fats

105 recommended proteins & fats

2 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 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. It has been reported 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. 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 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.

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 fiber which is a complex carbohydrate. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that asparagus in your diet will be helpful 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 asparagus.  
**Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/11889319>
2. <https://www.ncbi.nlm.nih.gov/pubmed/28230737>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29902436>



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## Banana

Fruits & Grains

1 whole

 **Superfood**

### My Microbiome's Response to Banana

Bananas contain amino acids which are a type of amine. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that bananas in your diet will be optimal 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.

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/21196263>



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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 analyzing your gene expression and taking your questionnaire data into account, it has been determined that chicken bone broth in your diet will be helpful 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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## Cabbage

Vegetables

1 cup

 **Superfood**

### My Microbiome's Response to Cabbage

Cabbage contains glutamine which is an amino acid. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that cabbage in your diet will be optimal for you. Glutamine is used by specific bacteria in your gut, such as Bacteroidetes and Firmicutes species. It is a precursor to the anti-inflammatory short-chain fatty acid butyrate. Studies indicate that glutamine increases gut health by strengthening the mucosal barrier which limits allergic responses, decreases inflammation and enhances digestion.

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

**Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/28498331>
2. <https://www.ncbi.nlm.nih.gov/pubmed/20613941>
3. <https://www.ncbi.nlm.nih.gov/pubmed/21196263>



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## Chard

Vegetables

1 cup

 **Superfood**

### My Microbiome's Response to Chard

Chard contains kaempferol which is a flavonoid. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that chard in your diet will be beneficial 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 interpretation of your gene expression and taking your wellness goals into account, it has been determined that cranberries in your diet will be optimal 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/23849454>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29441150>
3. <https://www.ncbi.nlm.nih.gov/pubmed/25793210>



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## Garlic

Herbs, Spices & Other

1 clove

 **Superfood**

### My Microbiome's Response to Garlic

Garlic contains allicin which is a thiosulfinate. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that garlic in your diet will be of benefit for you. Allicin promotes richness and diversity of your microbiome, specifically by promoting the activity of Bacteroidetes and Firmicutes species. Studies indicate that allicin is anti-viral, anti-bacterial and antioxidant. Allicin also has many health benefits ranging from cancer prevention to neurological health.

Garlic may improve your Butyrate Production Pathways score.

**Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/10594976>

## Ghee

Proteins & Fats

1 teaspoon

 **Superfood**

### My Microbiome's Response to Ghee

Ghee contains butyrate which is a short-chain fatty acid. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that ghee in your diet will be beneficial 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>



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## Ginger

Herbs, Spices & Other

1 tablespoon

 **Superfood**

### My Microbiome's Response to Ginger

Ginger contains gingerol which is a polyphenol. After an interpretation of your gene expression and taking your data 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. Research shows 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 an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that grapefruit in your diet will be helpful 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 interpretation of your gene expression and taking your wellness goals into account, it has been determined that green tea in your diet will be good 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. Studies indicate 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 magnesium which is a mineral. After analyzing your gene expression and taking your wellness goals into account, it has been determined that hazelnuts in your diet will be helpful for you. Magnesium is great for your microbiome - it can increase the abundance of Bifidobacterium species. These microbes help digest fiber, which produces butyrate, a short-chain fatty acid that balances inflammation and some Bifidobacteria further promote the release of nutrients like magnesium from dietary sources. Research shows that magnesium decreases inflammation, protects your heart, and is an essential cofactor for many different enzymes.

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/29389872>
2. <https://www.ncbi.nlm.nih.gov/pubmed/25533715>
3. <https://www.ncbi.nlm.nih.gov/pubmed/20089787>



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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 interpretation of your gene expression and taking your data into account, it has been determined that jerusalem artichoke in your diet will be good 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 protein which is an essential macronutrient. After analyzing your gene expression and taking your wellness goals into account, it has been determined that lamb in your diet will be beneficial for you. Your microbiome is metabolically active and converts dietary protein into amino acids, which can be used by your body or further converted by your microbes into short-chain fatty acids which are anti-inflammatory and protect your gut lining. It has been reported that protein also helps build strong muscles, improve gut integrity, balance glucose, enhance skin properties and is used to create neurotransmitters.

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/25042240>
2. <https://www.ncbi.nlm.nih.gov/pubmed/28903954>
3. <https://www.ncbi.nlm.nih.gov/pubmed/28388917>



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## Leek

Vegetables

1/2 cup, sliced

 **Superfood**

### My Microbiome's Response to Leek

Leeks contain inulin which is a prebiotic fiber. After an interpretation of your gene expression and taking your questionnaire 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. Research shows 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 analyzing your gene expression and taking your wellness goals 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. It has been reported 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/25592017>
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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## Oats

Fruits & Grains

1/2 cup, cooked

 **Superfood**

### My Microbiome's Response to Oats

Oats contain avenanthramides which are a group of polyphenols. After analyzing your gene expression and taking your wellness goals into account, it has been determined that oats in your diet will be of benefit for you. Avenanthramides are released when your microbiome digests oats. Once this occurs, avenanthramides become antioxidant and anti-inflammatory. **Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/30245775>
2. <https://www.ncbi.nlm.nih.gov/pubmed/19941618>

## Olive Oil

Proteins & Fats

1 tablespoon

 **Superfood**

### My Microbiome's Response to Olive Oil

Olive oil contains MUFAs which are a group of fatty acids. After an interpretation of your gene expression and taking your data into account, it has been determined that olive oil in your diet will be of benefit for you. MUFAs are broken down by your gut microbes. The MUFAs found in olive oil are metabolized into oleic acid, which increases beneficial bacterial species in your microbiome and limits the growth of less desirable microbes. Different isoforms of oleic acid are produced by your microbes to provide a variety of health benefits. It has been reported that MUFAs can help manage weight, decreases bacterial diversity and increases inflammation. **Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/24142580>
2. <https://www.ncbi.nlm.nih.gov/pubmed/22410962>





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## 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 wellness goals into account, it has been determined that oregano in your diet will be optimal 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 analysis of your gene expression and taking your data into account, it has been determined that radicchio in your diet will be helpful for you. Your gut bacteria transforms glycosides through glycosylation, altering their activity and bioavailability. It has been reported 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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## Salmon (Wild-Caught)

Proteins & Fats

3 ounces

 **Superfood**

### My Microbiome's Response to Salmon (Wild-Caught)

Salmon 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 salmon in your diet will be helpful 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 salmon.

**Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/25183510>
2. <https://www.ncbi.nlm.nih.gov/pubmed/11691645>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29215589>



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## Sauerkraut

Vegetables

1 cup

 **Superfood**

### My Microbiome's Response to Sauerkraut

Sauerkraut contains probiotics which are beneficial microbes. After an analysis of your gene expression and taking your wellness goals into account, it has been determined that sauerkraut in your diet will be optimal 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/>



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## Sweet Potato or Yam

Vegetables

1/2 cup

 **Superfood**

### My Microbiome's Response to Sweet Potato or Yam

Sweet potatoes or yams contain saponins which are a group of glycosides. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that sweet potatoes or yams in your diet will be good for you. Saponins increase the diversity and abundance of butyrate-producing species and other beneficial bacteria, such as Bifidobacterium species. Studies indicate that saponins can decrease inflammation and modulate inflammatory pathways that regulate the immune response.

**Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/19548065>
2. <https://www.ncbi.nlm.nih.gov/pubmed/24712559>
3. <https://www.sciencedirect.com/science/article/pii/S1756464615003448>



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## Tarragon

Herbs, Spices & Other

1/4 teaspoon

 **Superfood**

### My Microbiome's Response to Tarragon

Tarragon contains apigenin which is a bioflavonoid. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that tarragon in your diet will be beneficial 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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## 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 analyzing your gene expression and taking your wellness goals into account, it has been determined that white turkey meat in your diet will be of benefit 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 analysis of your gene expression and taking your wellness goals into account, it has been determined that turmeric in your diet will be optimal 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.ncbi.nlm.nih.gov/pubmed/29415829>
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#>





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## Walnuts

Proteins & Fats

12 nuts

 **Superfood**

### My Microbiome's Response to Walnuts

Walnuts contain 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 walnuts 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. Studies indicate 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 walnuts.

**Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/24812543>
2. <https://www.ncbi.nlm.nih.gov/pubmed/17922626>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29215589>



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## Watercress

Vegetables

1 cup

 **Superfood**

### My Microbiome's Response to Watercress

Watercress contains thiols which are organo-sulfur containing compounds. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that watercress in your diet will be helpful for you. Thiols contain sulfur which can be metabolized by specific gut microbes to remove the sulfur side chain. By removing sulfur, thiols act as an antioxidant, helping minimize oxidative stress, inflammation and cell damage.

**Learn more...**

1. <https://www.ncbi.nlm.nih.gov/pubmed/28465675>
2. <https://www.ncbi.nlm.nih.gov/pubmed/24787548>
3. <https://www.ncbi.nlm.nih.gov/pubmed/23226130>



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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 cobalamin which is a B vitamin. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that yogurt (cow milk, plain) in your diet will be good 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 yogurt (cow milk, plain).

**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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# 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](https://www.researchgate.net/publication/227528193_Phytogenic_and_microbial_phytases_in_human_nutrition)



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## 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 inflammatory symptoms, 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/>



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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](https://www.researchgate.net/publication/227528193_Phytogenic_and_microbial_phytases_in_human_nutrition)

## 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 inflammation, 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/>



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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
Broccoli Vegetables 1 cup	Enjoy	Brussels Sprouts Vegetables 1 cup	Enjoy

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Burdock Root Vegetables 2/3 cup	Enjoy	Cabbage Vegetables 1 cup	Superfood
Cardoon Vegetables 1 cup	Enjoy	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





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Fennel Bulb Vegetables 1 cup	Enjoy	Gourd Vegetables 1 cup, sliced	Enjoy
Green Beans Vegetables 1 cup	Enjoy	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	Mustard Greens Vegetables 1 cup	Enjoy
Okra Vegetables 1 cup	Enjoy	Onion Vegetables 1 cup	Enjoy
Parsley Vegetables 1 cup	Enjoy	Parsnip Vegetables 1/2 cup	Enjoy



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Peas Vegetables 1/4 cup	Enjoy	Pepino Melon Vegetables 1 cup	Enjoy
Pickle (Unsweetened) Vegetables 2 whole	Enjoy	Potato Vegetables 1 half	Enjoy
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	Superfood



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<div>Taro</div> <div>Vegetables</div> <div>1/2 cup</div> <div>Enjoy</div>	<div>Turnip</div> <div>Vegetables</div> <div>1 cup</div> <div>Enjoy</div>
<div>Water Chestnuts</div> <div>Vegetables</div> <div>1/2 cup</div> <div>Enjoy</div>	<div>Watercress</div> <div>Vegetables</div> <div>1 cup</div> <div>Superfood</div>
<div>White Mushroom</div> <div>Vegetables</div> <div>1 cup, diced</div> <div>Enjoy</div>	<div>Winter Squash</div> <div>Vegetables</div> <div>1/4 cup, cooked</div> <div>Enjoy</div>
<div>Yellow Squash</div> <div>Vegetables</div> <div>1 cup, cooked</div> <div>Enjoy</div>	<div>Zucchini</div> <div>Vegetables</div> <div>1 cup, cooked</div> <div>Enjoy</div>



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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	Enjoy

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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	Enjoy	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



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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	Enjoy
Egg Yolk (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



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Goat Proteins & Fats 5 ounces Enjoy	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



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Lima Beans Proteins & Fats 1/2 cup, cooked Enjoy	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 Enjoy	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





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



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Soybeans (non-GMO) Proteins & Fats 1/2 cup Enjoy	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 Enjoy
Tuna (Wild, Pole Caught) Proteins & Fats 5 ounces Enjoy	Turbot Proteins & Fats 5 ounces Enjoy
Turkey (Dark Meat) Proteins & Fats 2 1/2 ounces Enjoy	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 Superfood	Whole Milk (Cow Milk) Proteins & Fats 1/2 cup Enjoy
Yogurt (Cow Milk, Plain) Proteins & Fats 1/2 cup Superfood	



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

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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	Enjoy	Goji Berry Fruits & Grains 1/2 cup	Enjoy
Gooseberry Fruits & Grains 1 cup	Enjoy	Grapefruit Fruits & Grains 1 whole	Superfood



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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



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Mulberries Fruits & Grains 1 cup Enjoy	Nectarine Fruits & Grains 1 whole Enjoy
Oats Fruits & Grains 1/2 cup, cooked Superfood	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



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



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



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



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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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**DOB:** 04/05/1985

## 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.

## 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.

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.



V I O M E

CHARLES WARDEN'S RECOMMENDATIONS

VERSION: 1.14.2