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Ombre My Bacteria Level (50% optimal)

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Akkermansia

Good Bacteria

In healthy ranges



My Level: 3.606%

Healthy Average: 1.803%

Only 1 to 5% of the microbes in your gut are of the Akkermansia species.
They cannot survive in the presence of oxygen, which makes...

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Alistipes

Good Bacteria

Deficient; needs work



My Level: 1.732%

Healthy Average: 2.128%

Just because Alistipes is resilient doesn't mean it can do the work on its
own. Alistipes has a major appetite. If you have a tendency...

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Bacteroides

Good Bacteria

In healthy ranges



My Level: 46.335%

Healthy Average: 25.433%

Bacteroides are a commensal bacteria, which means they get along
with others. In fact, Bacteroides helps whips the others into shape. These
bacterial strains know...

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Bifidobacterium

Good Bacteria

Deficient; needs work



My Level: 0.088%

Healthy Average: 1.749%

Bifidobacterium flourishes in your intestines. Here, Bifidobacterium play
toll booth for the digestive system. These bacteria are known to destroy
opportunistic bacterial strains like H...

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Blautia

In healthy ranges

My Level: 7.929%

Healthy Average: 5.924%



What makes Blautia such a fighter is how they interact with two common atmospheric elements--hydrogen and carbon dioxide. Blautia converts these two gases into acetate....

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Enterococcus

In healthy ranges

My Level: 0.003%

Healthy Average: 0.014%



Enterococcus species are very hardy organisms and commonly found in the gut microbial community of healthy individuals however, they can become opportunistic pathogens in abundance...

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Eubacterium

Deficient; needs work

My Level: 3.164%

Healthy Average: 3.287%



What gives Eubacterium such a distinguished role as The Influencer is its thick skin. No, really. Eubacterium has a thick cell wall made of amino...

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Faecalibacterium

Deficient; needs work

My Level: 5.348%

Healthy Average: 12.896%



The greatest service Faecalibacterium provides our body is the creation of butyric acid. Butyric acid is essential in breaking down fibers our body are otherwise...

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Good Bacteria 2021-12-11 (GGPW9) ▼

Good Bacteria

Bad Bacteria

Good Bacteria

Good Bacteria



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Lactobacillus

Good Bacteria

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Deficient; needs work

My Level: 0.023%

Healthy Average: 1.182%

As the name "lact" suggests, Lactobacillus assists in breaking down the natural milk sugar found in dairy, lactose. From mid childhood on, lactase (the enzyme...

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Roseburia

Good Bacteria

Deficient; needs work



My Level: 0.072%

Healthy Average: 2.310%

Such a pretty name, yet Roseburia Ombres Inside deep within your colon. When there is plenty of Roseburia to go around, your body will work...

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Ruminococcus

Good Bacteria

In healthy ranges



My Level: 4.811%

Healthy Average: 2.826%

20% of the bacteria in our feces are Ruminococcus. While Ruminococcus makes take up one-fifth of the bacteria responsible for breaking down solid food, it...

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Staphylococcus

Bad Bacteria

In healthy ranges



My Level: 0.003%

Healthy Average: 0.007%

Staphylococcus bacteria are gram-positive spherical bacteria that normally reside on our skin and nose membranes. Certain species of Staphylococcus such as Staphylococcus aureus can be...

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