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## Gut Wellness Score

The **healthy average wellness score** is determined by the balance of probiotics, beneficial, commensal and pathogenic bacteria in your gut microbiome compared to those of the healthy population from the American Gut Project.

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### Your Wellness Score



70%

### Healthy Average Wellness Score



62%



#### Superb

Your gut is close to an ideal state, keep it up!



#### Good

Your gut is going in the right direction, but needs some work.



#### Needs Improvement

Your gut health is a bit lacking—let's get it thriving!

## Gut Diversity Score

Your **diversity score** is also considered along with your wellness score. Diversity is determined by the richness (variety of bacterial species) and evenness (amount of an individual species) of your gut microbiome.

### Your Diversity Score





Essential

Premium ★

92%

Healthy Average Diversity Score

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83%

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### Superb

Your diversity is like a booming rainforest with a growing population of species.



### Good

Your diversity is thriving but needs more gardening.



### Needs Improvement

Your diversity is a bit lacking—let's get it thriving!

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