VIOME



CHARLES WARDEN'S RECOMMENDATIONS

\'IOME

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.



DOB: 04/05/1985

Test Name: Gut Intelligence Test

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).
- 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

DOB: 04/05/1985

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.



Viome, Inc. https://support.viome.com

DOB: 04/05/1985

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.



DOB: 04/05/1985

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



DOB: 04/05/1985

My Superfoods

We recommend you eat more of these foods

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

Alfalfa Sprouts

Vegetables 1 cup



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

DOB: 04/05/1985

Artichoke

Vegetables 1 cup, diced



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



DOB: 04/05/1985

Asparagus

Vegetables 15 spears



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



DOB: 04/05/1985

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



DOB: 04/05/1985

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

DOB: 04/05/1985

Cabbage

Vegetables
1 cup



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



DOB: 04/05/1985

Chard

Vegetables
1 cup



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

DOB: 04/05/1985

Cranberry

Fruits & Grains 1/2 cup



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.

- 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



DOB: 04/05/1985

Garlic

Herbs, Spices & Other

1 clove



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.

- 1. https://www.ncbi.nlm.nih.gov/pubmed/26582965
- 2. https://www.ncbi.nlm.nih.gov/pubmed/21472114

DOB: 04/05/1985



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



DOB: 04/05/1985

Grapefruit

Fruits & Grains
1 whole



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



DOB: 04/05/1985

Green Tea

Herbs, Spices & Other

1 cup



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



DOB: 04/05/1985

HazeInuts

Proteins & Fats 15 nuts



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



DOB: 04/05/1985

Jerusalem Artichoke

Vegetables 1 cup



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



DOB: 04/05/1985

Lamb

Proteins & Fats 2 1/2 ounces



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



DOB: 04/05/1985

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



DOB: 04/05/1985

Lemon

Fruits & Grains 1 whole, juiced



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.

- 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

DOB: 04/05/1985



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



Viome, Inc. https://support.viome.com

DOB: 04/05/1985

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



DOB: 04/05/1985

Radicchio

Vegetables
1 cup, sliced



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



DOB: 04/05/1985

Salmon (Wild-Caught)

Proteins & Fats 3 ounces



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



DOB: 04/05/1985

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/jfg/2017/5123572/



DOB: 04/05/1985

Sweet Potato or Yam

Vegetables 1/2 cup



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.

- 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



DOB: 04/05/1985

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.

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



DOB: 04/05/1985

Turkey (White Meat)

Proteins & Fats 3 ounces



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.

- 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



DOB: 04/05/1985

Turmeric

Herbs, Spices & Other 1/2 teaspoon



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.

- 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#



DOB: 04/05/1985

Walnuts

Proteins & Fats 12 nuts



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



DOB: 04/05/1985

Watercress

Vegetables 1 cup



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



DOB: 04/05/1985

Yogurt (Cow Milk, Plain)

Proteins & Fats 1/2 cup



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).

- 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



DOB: 04/05/1985

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

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

DOB: 04/05/1985

Bell Pepper

Vegetables



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/

DOB: 04/05/1985



Proteins & Fats



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

Tomato

Vegetables



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/

DOB: 04/05/1985

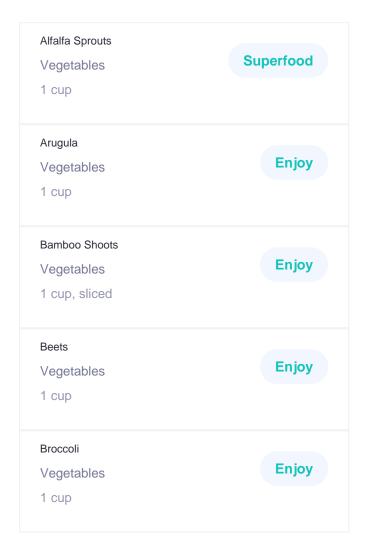
My Foods

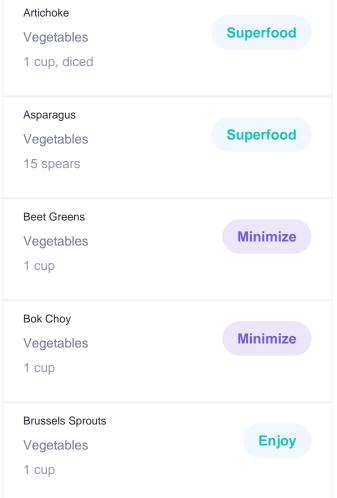
Vegetables 8 per day

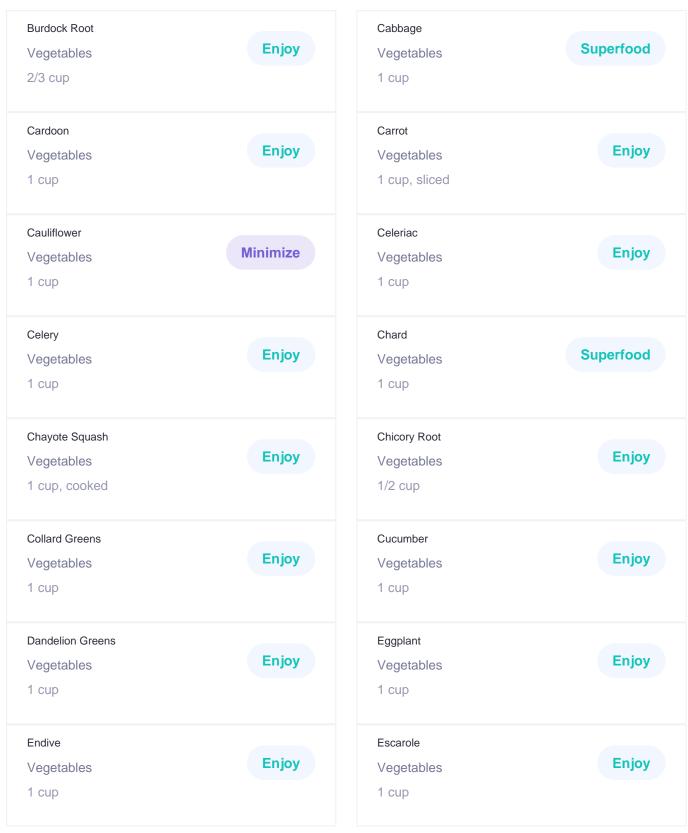
We recommend you break your daily Vegetables intake by the following servings

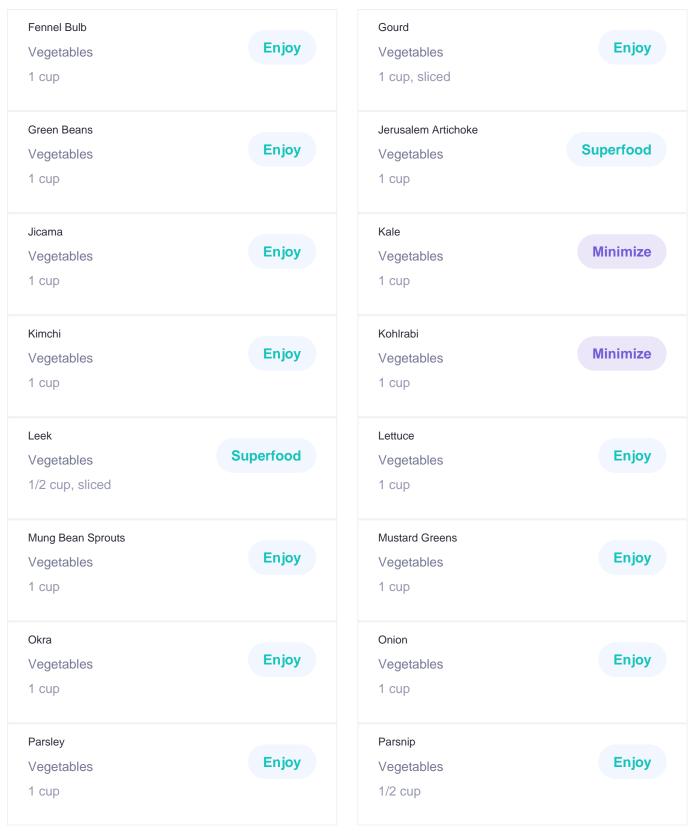
Superfood + Enjoy 7 •••••

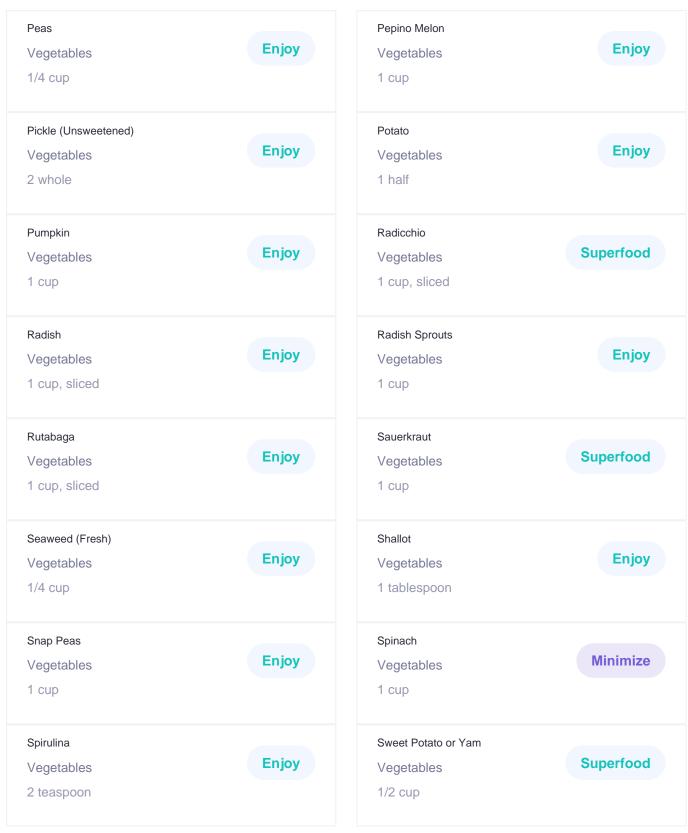
Minimize 1

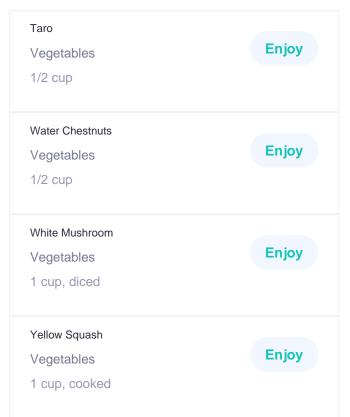


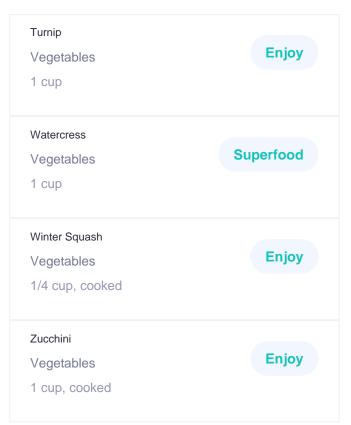












DOB: 04/05/1985

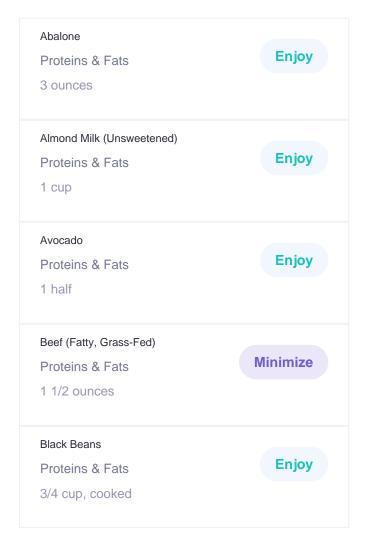
My Foods

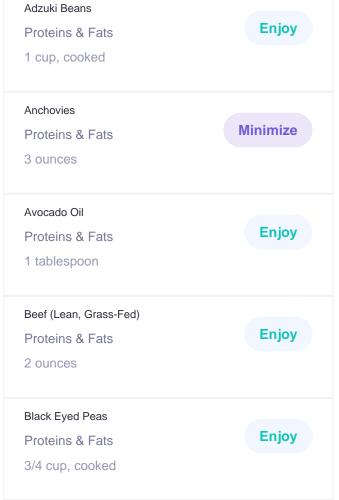
Proteins & Fats 6 per day

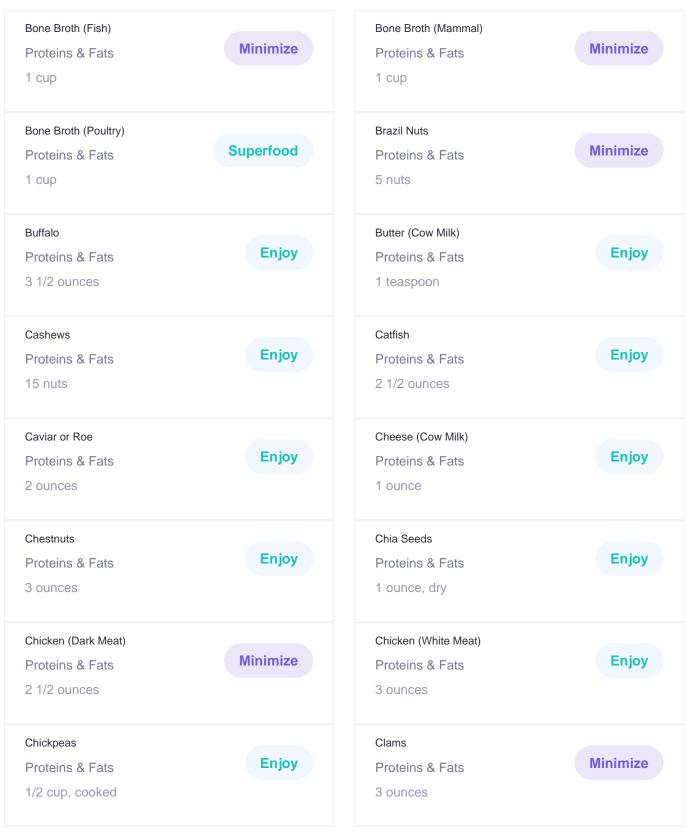
We recommend you break your daily Proteins & Fats intake by the following servings

Superfood + Enjoy 5 ••••

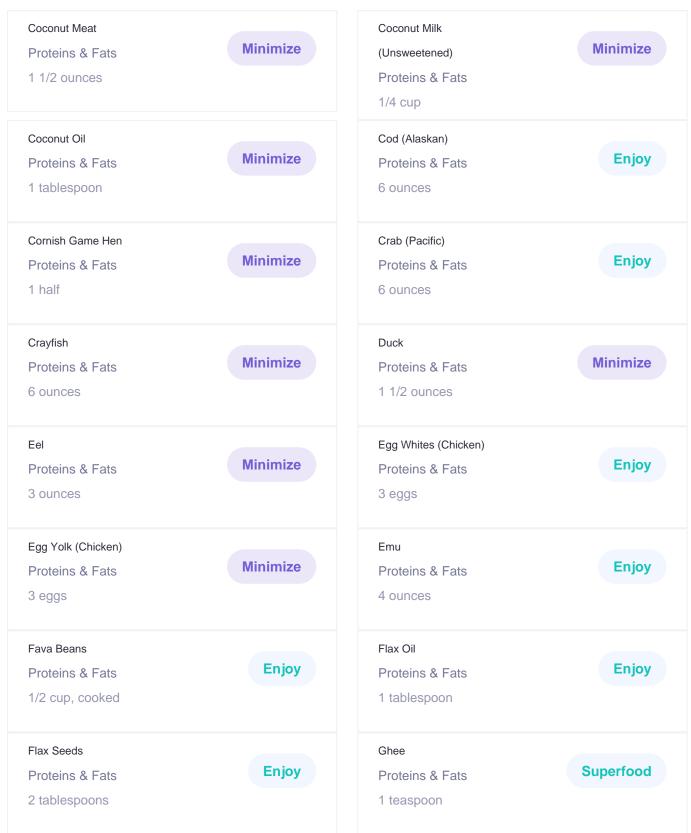
Minimize 1 •

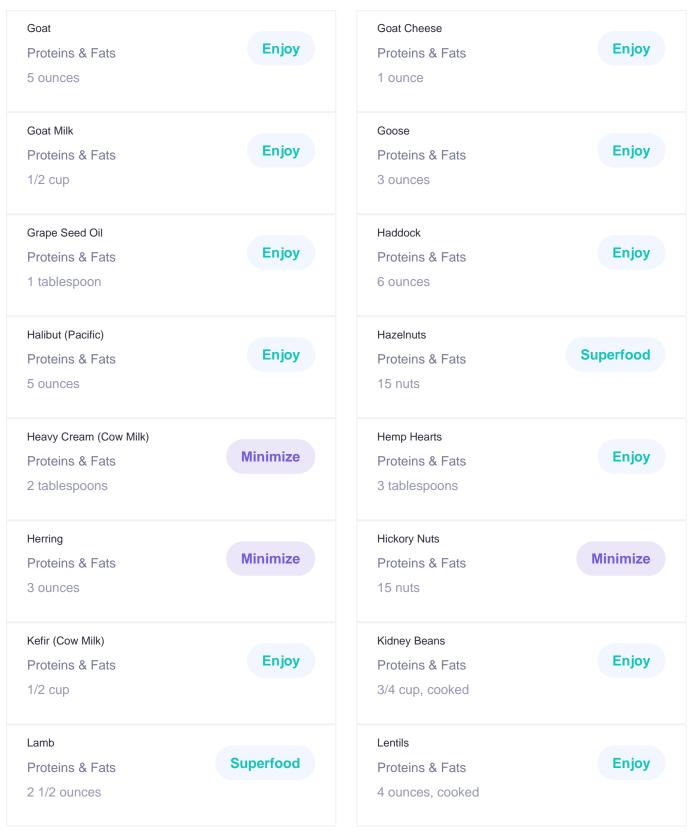




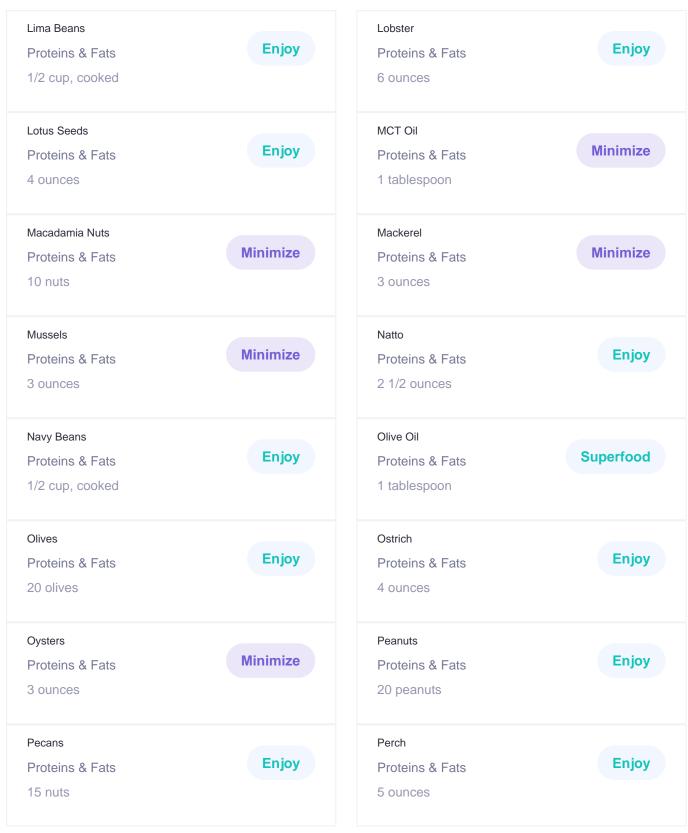


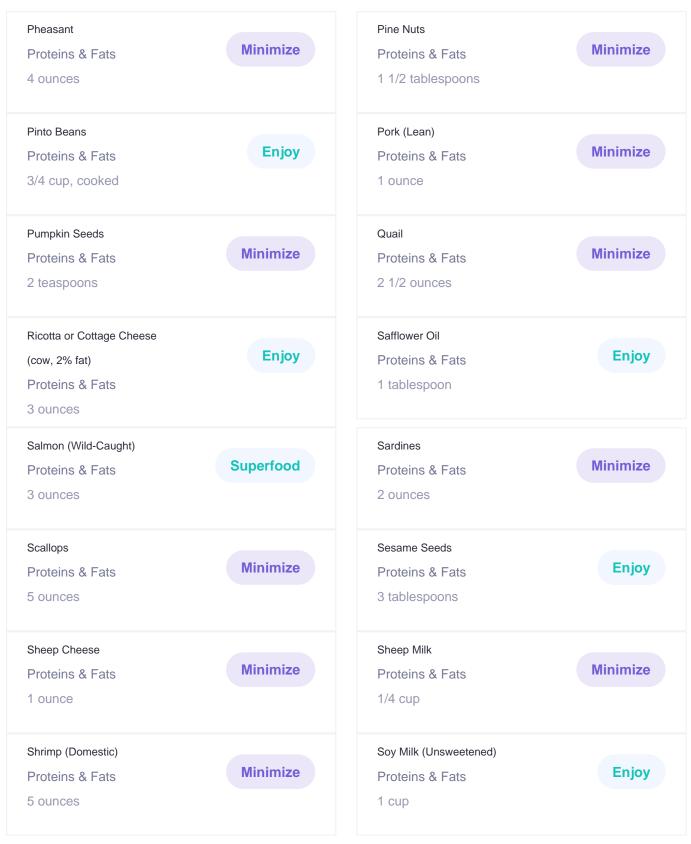




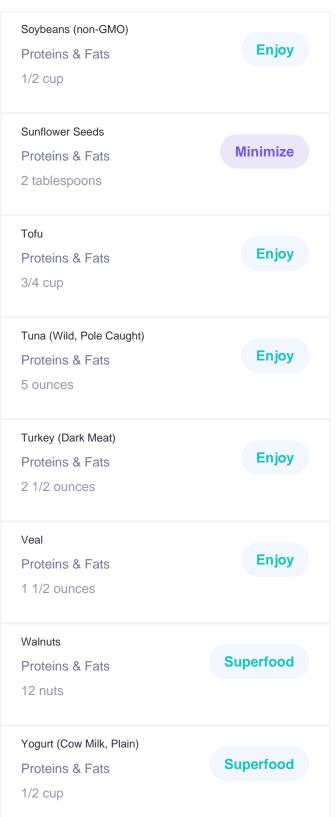












Squid	
Proteins & Fats	Enjoy
3 ounces	
Tempeh	
Proteins & Fats	Enjoy
1/2 cup	
rout (Cold Water)	
Proteins & Fats	Enjoy
4 ounces	
Turbot	
Proteins & Fats	Enjoy
5 ounces	
Furkey (White Meat)	
Proteins & Fats	Superfood
3 ounces	
Venison or Elk	
Proteins & Fats	Enjoy
3 1/2 ounces	
Whole Milk (Cow Milk)	
Proteins & Fats	Enjoy
1/2 cup	



DOB: 04/05/1985

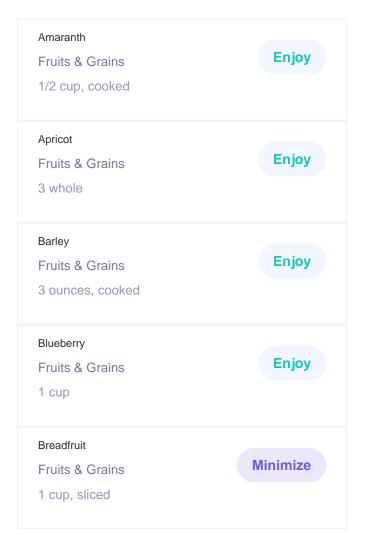
My Foods

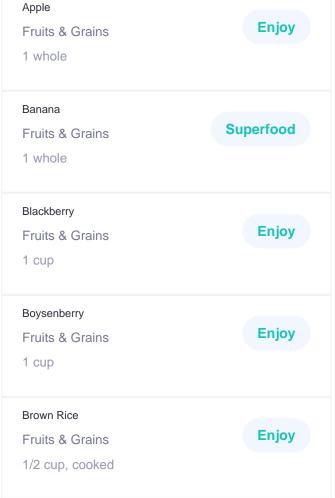
Fruits & Grains 7 per day

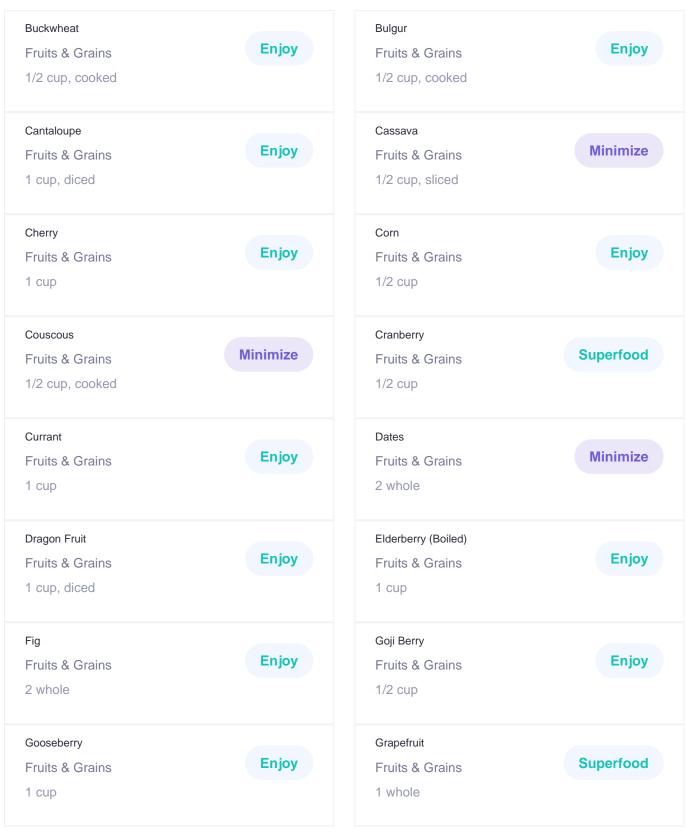
We recommend you break your daily Fruits & Grains intake by the following servings

Superfood + Enjoy 6 ••••

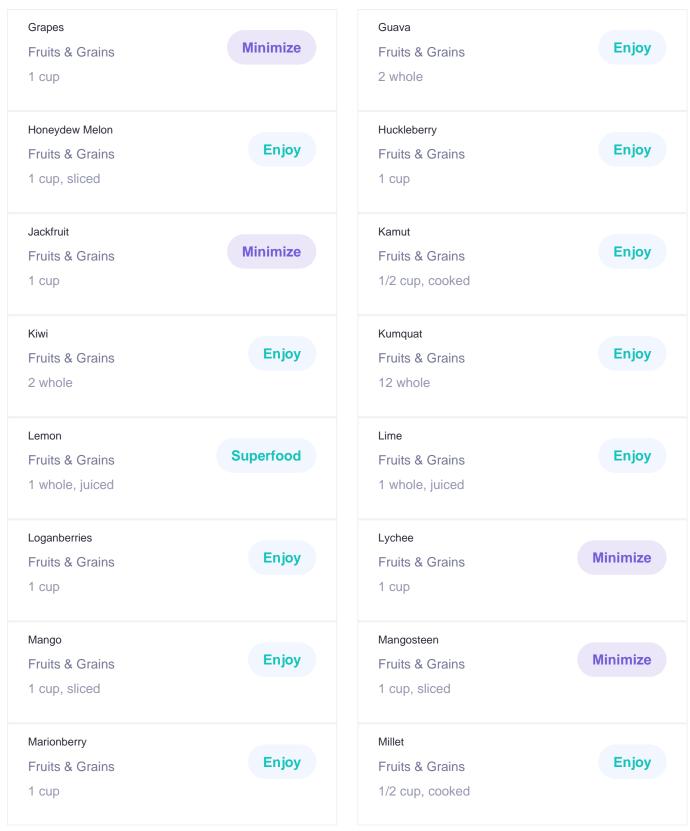
Minimize 1

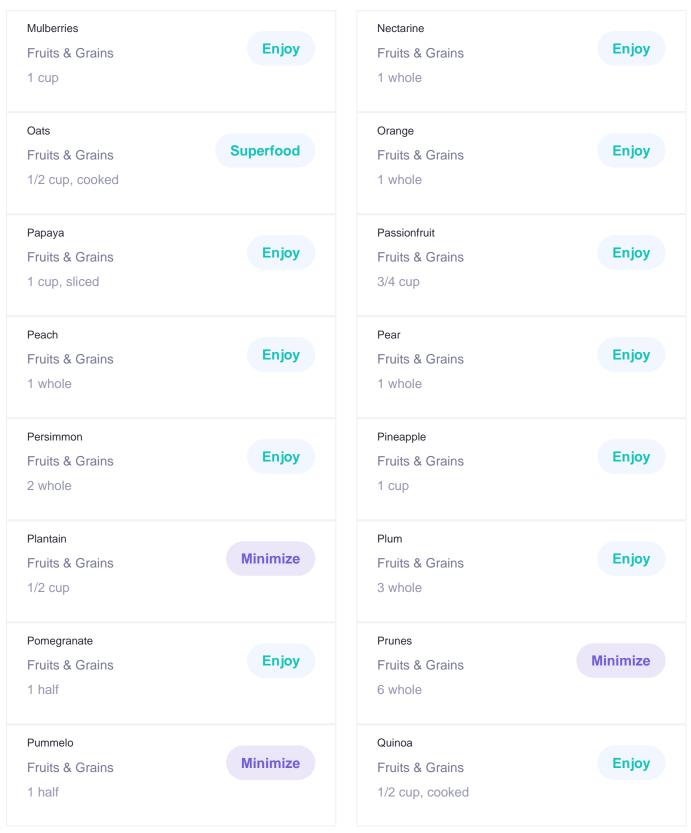




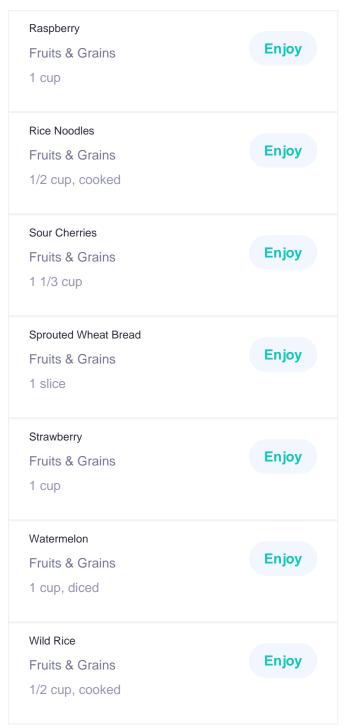


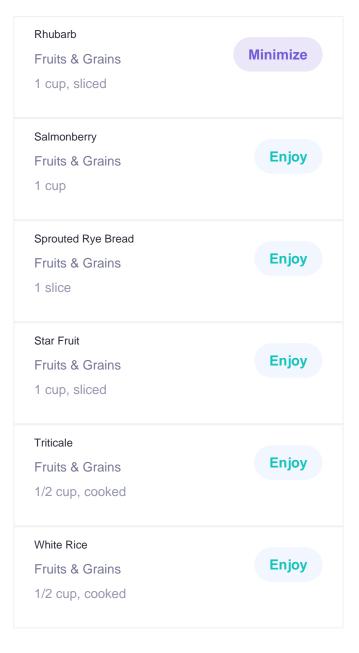












DOB: 04/05/1985

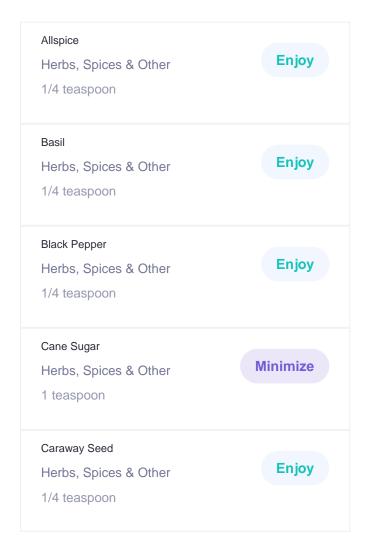
My Foods

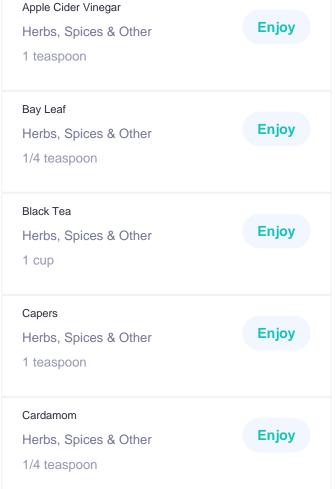
Herbs, Spices & Other 8 per day

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

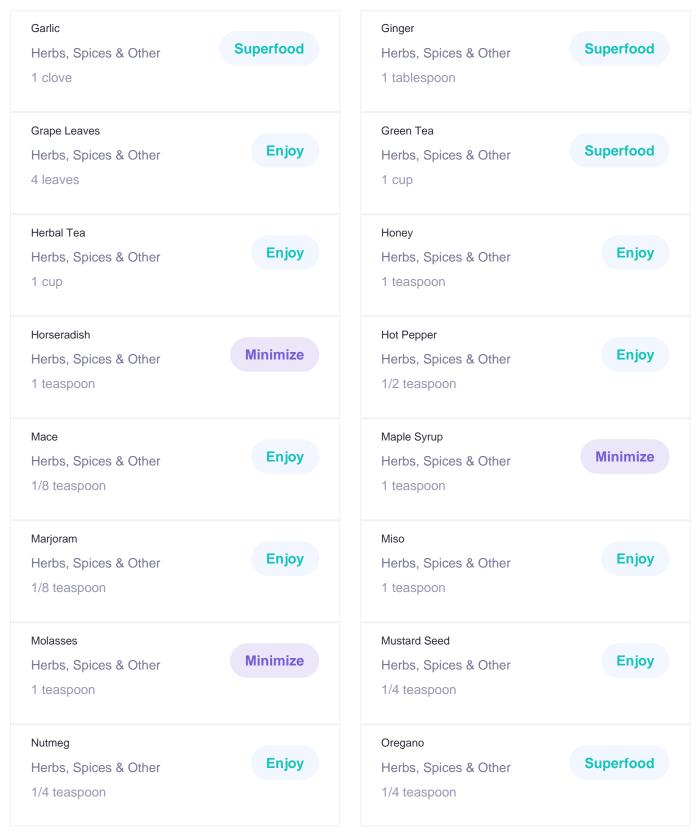
Superfood + Enjoy 7 •••••

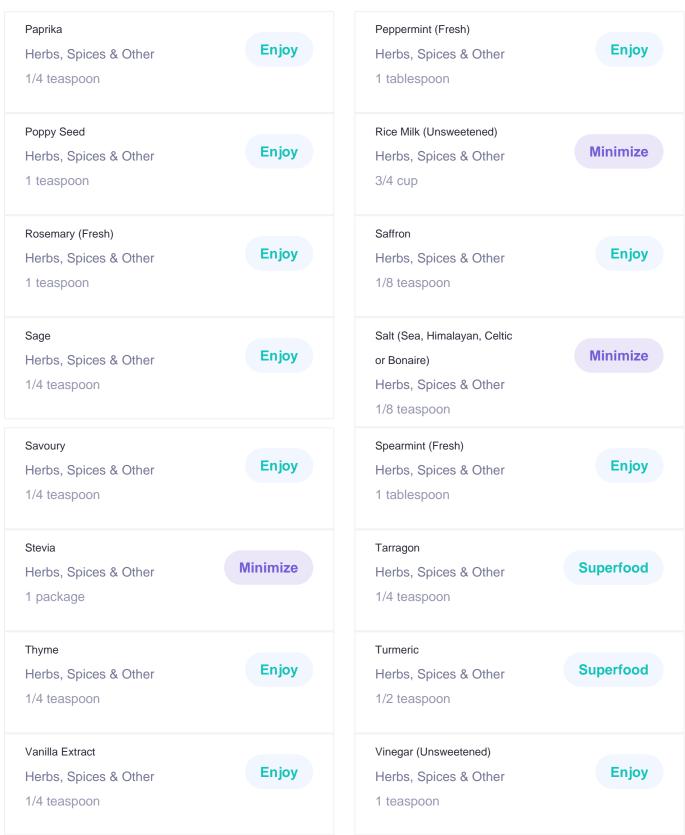
Minimize 1

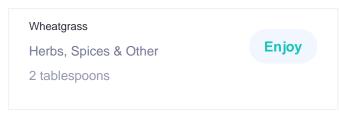




Carob		Cayenne Pepper	
Herbs, Spices & Other	Enjoy	Herbs, Spices & Other	Enjoy
1 tablespoon		1/8 teaspoon	
Celery Seed		Chervil	
Herbs, Spices & Other	Enjoy	Herbs, Spices & Other	Enjoy
1/4 teaspoon		1/4 teaspoon	
Chili Powder		Cilantro	
Herbs, Spices & Other	Enjoy	Herbs, Spices & Other	Enjoy
1/4 teaspoon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









DOB: 04/05/1985

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



DOB: 04/05/1985



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.



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 prole. 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.

Y I O M E

CHARLES WARDEN'S RECOMMENDATIONS

VERSION: 1.14.2