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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



81%

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 ★

93%

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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