My Bacteria Level (40% optimal)

Akkermansia   Good Bacteria

Deficient; needs work   ⑦

My Level: 0.916%   **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

In healthy ranges   ⑦

My Level: 3.223%   **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   ⑦

My Level: 54.456%   **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   ⑦

My Level: 0.026%   **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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2021-05-03 **(GJKE4)** ▼

Charles
cwarden45@gmail.com

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Deficient; needs work
My Level: 3.949%   **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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Eubacterium   **Good Bacteria**

Deficient; needs work   ?
My Level: 1.687%   **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   **Good Bacteria**

Deficient; needs work   ?
My Level: 6.802%   **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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Lactobacillus   **Good Bacteria**

Deficient; needs work   ?
My Level: 0.006%   **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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Pseudomonas   **Bad Bacteria**

Pseudomonas aeruginosa is a pathogen that can reside in the gastrointestinal tract and alter epithelial barrier function as well as induce infection. This pathogen is...

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Charles
cwarden45@gmail.com

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Roseburia   **Good Bacteria**

Deficient; needs work   ⊘
My Level: 0.717%   **Healthy Average: 2.310%**

Such a pretty name, yet Roseburia Thryves 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: 6.734%   **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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