

VIOME

VIOME

CHARLES WARDEN'S RECOMMENDATIONS

V I O M E

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.



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

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: e16bdd01

Sample Source: Fecal

Date Collected: 05/03/2021

Date Received: 05/07/2021

Date Issued: 06/17/2021

Sample ID: 1669248A4941

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).
4. **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>

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

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 3 meals a day, and you may also need a small snack daily. Avoid eating 1-2 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.



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

What else?

In addition to your food plan, your microbiome and your metabolism will benefit from a variety of stretching, strength training, interval training, and aerobic exercise at least 3 times per week.



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

My Foods



Vegetables

65 recommended vegetables

3 avoid vegetables

10 servings of vegetables per day



Proteins & Fats

105 recommended proteins & fats

2 avoid proteins & fats

6 servings of proteins & fats per day



Fruits & Grains

69 recommended fruits & grains

2 avoid fruits & grains

5 servings of fruits & grains per day



Herbs, Spices & Other

60 recommended herbs, spices & other

1 avoid herbs, spices & other

8 servings of herbs, spices & other per day



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

My Superfoods

We recommend you eat more of these foods

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

Alfalfa Sprouts

Vegetables

1 cup



Superfood

My Microbiome's Response to Alfalfa Sprouts

Alfalfa sprouts contain amino acids which are elemental components of proteins that are easy for our bodies to digest and absorb. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that alfalfa sprouts in your diet will be beneficial for you.

Alfalfa sprouts may improve your Protein Fermentation score.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5908832>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Apple

Fruits & Grains
1 whole

 **Superfood**

My Microbiome's Response to Apple

Apples contain pectin which is a soluble fiber. After analyzing your gene expression and taking your data into account, it has been determined that apples in your diet will be optimal for you. Pectin enriches the mucus layer and protects your gut lining and supports healthy digestive movement.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to apples.

Apples may improve your Digestive Efficiency and Protein Fermentation scores.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257631>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Artichoke

Vegetables
1 cup, diced

 **Superfood**

My Microbiome's Response to Artichoke

Artichokes contain inulin which is a prebiotic fiber. After analyzing your gene expression and taking your data into account, it has been determined that artichokes in your diet will be good 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>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Avocado

Proteins & Fats

1 half

 **Superfood**

My Microbiome's Response to Avocado

Avocado contains essential fatty acids which are a class of unsaturated fatty acids. After an interpretation of your gene expression and taking your data into account, it has been determined that avocado in your diet will be good 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 avocado.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/25773775>
2. <https://www.ncbi.nlm.nih.gov/pubmed/18568054>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29215589>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Banana

Fruits & Grains

1 whole

 **Superfood**

My Microbiome's Response to Banana

Bananas contain pyridoxine which is a B vitamin. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that bananas in your diet will be helpful for you. Pyridoxine has low bioavailability until metabolized by residents of your microbiome from the bacterial families Streptococcus and Lactobacillus. Although some of your microbes are able to produce pyridoxine on their own, dietary supplementation ensures you are getting your recommended dose. Studies indicate that pyridoxine is important for brain development, immune system function and skin collagen production.

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/17066209>
2. <https://www.ncbi.nlm.nih.gov/pubmed/6651795>
3. <https://www.ncbi.nlm.nih.gov/pubmed/6651795>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Capers

Herbs, Spices & Other

1 teaspoon

 **Superfood**

My Microbiome's Response to Capers

Capers contain Quercetin which is a flavonol. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that capers in your diet will be good for you. Quercetin influences bacterial function and leads to the activation of specific antioxidant biological pathways that decrease inflammation and contribute to microbial detoxification. Research shows that Quercetin promotes hormone production and cardiovascular wellness. In fact, low plasma levels of Quercetin have been associated with increased risk of heart disease.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/27070643>
2. <https://www.ncbi.nlm.nih.gov/pubmed/26999194>
3. <https://www.ncbi.nlm.nih.gov/pubmed/25762527>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Cherry

Fruits & Grains

1 cup

 **Superfood**

My Microbiome's Response to Cherry

Cherries contain flavonoids which are a class of polyphenols. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that cherries in your diet will be of benefit 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.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to cherries.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/22701758>

2. <https://www.ncbi.nlm.nih.gov/pubmed/25793210>

Chicory Root

Vegetables

1/2 cup

 **Superfood**

My Microbiome's Response to Chicory Root

Chicory contains sesquiterpene lactone which is a type of terpenoids. After an analysis of your gene expression and taking your data into account, it has been determined that chicory in your diet will be of benefit for you. Sesquiterpene lactone provides the bitter taste in chicory and promotes the production of necessary digestive juices to aid in digestion and absorption of nutrients.

Chicory may improve your Butyrate Production Pathways, Digestive Efficiency, and Protein Fermentation scores.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3836359>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Dandelion Greens

Vegetables
1 cup

 **Superfood**

My Microbiome's Response to Dandelion Greens

Dandelion greens contain sesquiterpene lactone which is a type of terpenoids. After an interpretation of your gene expression and taking your data into account, it has been determined that dandelion greens in your diet will be helpful for you. Sesquiterpene lactone provides the bitter taste in dandelion greens and promotes the production of necessary digestive juices to aid in digestion and absorption of nutrients.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to dandelion greens.

Dandelion greens may improve your Digestive Efficiency and Protein Fermentation scores.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/22010973>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Egg Yolk (Chicken)

Proteins & Fats

3 eggs

 **Superfood**

My Microbiome's Response to Egg Yolk (Chicken)

Chicken egg yolk contains phospholipids which are membrane fats. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that chicken egg yolk in your diet will be beneficial for you. Phospholipids are broken down by enzymes called phospholipases produced by your microbes in the Bacteroidetes and Firmicutes phyla. It has been reported that phospholipid digestion creates metabolites like phosphatidylcholine which promote neurological function, muscle growth, nerve conduction and improved fat metabolism.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/20592216>
2. <https://www.ncbi.nlm.nih.gov/pubmed/25801291/>
3. <https://www.ncbi.nlm.nih.gov/pubmed/23518648>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Fennel Bulb

Vegetables

1 cup

 **Superfood**

My Microbiome's Response to Fennel Bulb

Fennel bulbs contain histidine which is an amino acid. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that fennel bulbs in your diet will be optimal for you. Histidine is used to produce histamine, a neurotransmitter needed for healthy digestion and gut lining.

Fennel bulbs may improve your Digestive Efficiency and Protein Fermentation scores.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/22010973>

Flax Oil

Proteins & Fats

1 tablespoon

 **Superfood**

My Microbiome's Response to Flax Oil

Flax oil contains essential fatty acids which are a class of unsaturated fatty acids. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that flax oil 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. Research shows that essential fatty acids nourish your brain, enhance gut health and decrease inflammation.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/25790022>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29215589>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Flax Seeds

Proteins & Fats

2 tablespoons

 **Superfood**

My Microbiome's Response to Flax Seeds

Flax seeds contain magnesium which is a mineral. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that flax seeds 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. 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 flax seeds.

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>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Garlic

Herbs, Spices & Other

1 clove

 **Superfood**

My Microbiome's Response to Garlic

Garlic contains allicin which is a thiosulfinate. After an analysis of your gene expression and taking your data into account, it has been determined that garlic in your diet will be helpful 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>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Ginger

Herbs, Spices & Other

1 tablespoon

 **Superfood**

My Microbiome's Response to Ginger

Ginger contains gingerol which is a polyphenol. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that ginger in your diet will be good 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>

Grapefruit

Fruits & Grains

1 whole

 **Superfood**

My Microbiome's Response to Grapefruit

Grapefruit contains naringenin which is a type of flavonoid. After analyzing your gene expression and taking your wellness goals into account, it has been determined that grapefruit in your diet will be optimal for you. Naringenin provides the bitter taste in grapefruit which promotes the production of necessary digestive juices to aid in digestion and absorption of necessary nutrients.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to grapefruit.

Grapefruit may improve your Digestive Efficiency and Protein Fermentation scores.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4085189>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Hazelnuts

Proteins & Fats
15 nuts

 Superfood

My Microbiome's Response to Hazelnuts

Hazelnuts contain 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 hazelnuts in your diet will be beneficial for you. Fiber is converted by your microbiome to produce butyrate. Studies indicate 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 hazelnuts.
Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/28230737>
2. <https://www.ncbi.nlm.nih.gov/pubmed/15173415>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29902436>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Jerusalem Artichoke

Vegetables

1 cup

 **Superfood**

My Microbiome's Response to Jerusalem Artichoke

Jerusalem artichoke contains inulin which is a prebiotic. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that jerusalem artichoke in your diet will be beneficial 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 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>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Kale

Vegetables

1 cup

 Superfood

My Microbiome's Response to Kale

Kale contains B vitamins which are water-soluble vitamins. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that kale in your diet will be optimal for you. B vitamins undergo phosphorylation, oxidation and hydrolysis by your gut microbiome. Research shows that B vitamins are important in synthesizing neurotransmitters, promoting sleep, aiding in nutrient cycling and boosting liver function.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to kale.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/4284235>
2. <https://www.ncbi.nlm.nih.gov/pubmed/25941533>
3. <https://www.ncbi.nlm.nih.gov/pubmed/13630913>
4. <https://www.ncbi.nlm.nih.gov/pubmed/28393285>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Lamb

Proteins & Fats

2 1/2 ounces

 **Superfood**

My Microbiome's Response to Lamb

Lamb contains cobalamin which is a B vitamin. 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. 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 lamb.

Learn more...

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>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Leek

Vegetables

1/2 cup, sliced

 **Superfood**

My Microbiome's Response to Leek

Leeks contain inulin which is a prebiotic. After analyzing your gene expression and taking your wellness goals into account, it has been determined that leeks in your diet will be good 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.

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>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Lentils

Proteins & Fats

4 ounces, cooked

 **Superfood**

My Microbiome's Response to Lentils

Lentils contain magnesium which is a mineral. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that lentils in your diet will be beneficial 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. Some Bifidobacteria further promote the release of nutrients like magnesium from dietary sources. It has been reported 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 lentils.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/19359148>
2. <https://www.ncbi.nlm.nih.gov/pubmed/18568054>
3. <https://www.ncbi.nlm.nih.gov/pubmed/20089787>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Mung Bean Sprouts

Vegetables

1 cup

 **Superfood**

My Microbiome's Response to Mung Bean Sprouts

Mung bean sprouts contain pectin which is a soluble fiber. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that mung bean sprouts in your diet will be good for you. Pectin enriches the mucus layer and protects your gut lining and supports healthy digestive movement.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to mung bean sprouts.

Mung bean sprouts may improve your Protein Fermentation score.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257631>

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 data into account, it has been determined that oregano in your diet will be beneficial 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>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Papaya

Fruits & Grains

1 cup, sliced

 **Superfood**

My Microbiome's Response to Papaya

Papaya contains papain which is a proteolytic enzyme. After an interpretation of your gene expression and taking your data into account, it has been determined that papaya in your diet will be optimal for you. Papain helps breakdown proteins into amino acids.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to papaya.

Papaya may improve your Digestive Efficiency and Protein Fermentation scores.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4540030>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Pumpkin

Vegetables

1 cup

 **Superfood**

My Microbiome's Response to Pumpkin

Pumpkin contains magnesium which is a mineral. After analyzing your gene expression and taking your wellness goals into account, it has been determined that pumpkin in your diet will be of benefit 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. It has been reported 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 pumpkin.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/19359148>
2. <https://www.ncbi.nlm.nih.gov/pubmed/18568054>
3. <https://www.ncbi.nlm.nih.gov/pubmed/20089787>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Sage

Herbs, Spices & Other
1/4 teaspoon

 **Superfood**

My Microbiome's Response to Sage

Sage contains amino acids which are a type of amine. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that sage in your diet will be good 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/21196263>

Spirulina

Vegetables
2 teaspoon

 **Superfood**

My Microbiome's Response to Spirulina

Spirulina contains essential fatty acids which are a class of unsaturated fatty acids. After an interpretation of your gene expression and taking your data into account, it has been determined that spirulina in your diet will be good 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.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/25773775>
2. <https://www.ncbi.nlm.nih.gov/pubmed/18568054>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29215589>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Sunflower Seeds

Proteins & Fats

2 tablespoons

 **Superfood**

My Microbiome's Response to Sunflower Seeds

Sunflower seeds contain vitamin E which is a fat-soluble vitamin. After an interpretation of your gene expression and taking your data into account, it has been determined that sunflower seeds in your diet will be helpful for you. Vitamin E keeps your microbiome balanced. Vitamin E promotes gut barrier strength, prevents dysbiosis, alters immune responses, and decreases inflammation. It has been reported that your microbiota transforms vitamin E into different isomers, each with its own health benefits. Some of these benefits include neuronal protection, enhanced athletic performance and better cardiovascular fitness.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/10701711>
2. <https://www.ncbi.nlm.nih.gov/pubmed/27548249>
3. <https://www.ncbi.nlm.nih.gov/pubmed/25177163>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
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 an analysis of your gene expression and taking your questionnaire data into account, it has been determined that tarragon in your diet will be good 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.

Learn more...

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



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Turkey (White Meat)

Proteins & Fats

3 ounces

 **Superfood**

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 questionnaire data into account, it has been determined that white turkey meat in your diet will be helpful 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.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pubmed/25078296>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29941795>
3. <https://www.ncbi.nlm.nih.gov/pubmed/29686603>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Watercress

Vegetables

1 cup

 **Superfood**

My Microbiome's Response to Watercress

Watercress contains thiols which are organo-sulfur containing compounds. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that watercress in your diet will be of benefit 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>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

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.

Barley

Fruits & Grains

 **Avoid**

My Microbiome's Response to Barley

Your microbiome contains brome mosaic virus, which is known to infect barley. Since plant viruses in the microbiome have been associated with Immune System Activation, it is recommended for you to avoid barley.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6435874/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4405218/>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Bell Pepper

Vegetables

 **Avoid**

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 immune stimulation, 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/>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Blueberry

Fruits & Grains

 **Avoid**

My Microbiome's Response to Blueberry

Your microbiome contains blueberry shock virus, which is known to infect blueberries. Since plant viruses in the microbiome have been associated with Immune System Activation, it is recommended for you to avoid blueberries.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6435874/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4405218/>

Coffee

Herbs, Spices & Other

 **Avoid**

My Microbiome's Response to Coffee

Coffee contains caffeine which is known to increase your stress hormones. The stress hormones, adrenaline and cortisol, can have a negative impact on your microbiome by decreasing beneficial bacteria such as Lactobacilli strains, and promoting the growth of harmful microbes and increasing inflammation in the gut. An analysis of your data indicates that you would benefit from avoiding foods such as coffee that will increase your stress response.

Learn more...

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2257922/>
2. <https://pubmed.ncbi.nlm.nih.gov/12140349/>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Kefir (Cow Milk)

Proteins & Fats

 **Avoid**

My Microbiome's Response to Kefir (Cow Milk)

An analysis of your data indicates that histamine, contained in kefir (cow milk), is likely to increase inflammation and may worsen your inflammatory score.

Try having white tea instead.

Learn more...

1. <https://journals.plos.org/plospathogens/article?id=10.1371/journal.ppat.1003726>
2. <https://www.frontiersin.org/articles/10.3389/fendo.2019.00504/full>
3. <https://pubmed.ncbi.nlm.nih.gov/24286351/>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Sauerkraut

Vegetables

 **Avoid**

My Microbiome's Response to Sauerkraut

An analysis of your data indicates that histamine, contained in sauerkraut, is likely to increase inflammation and may worsen your inflammatory score.

Try having onion instead.

Learn more...

1. <https://journals.plos.org/plospathogens/article?id=10.1371/journal.ppat.1003726>
2. <https://www.frontiersin.org/articles/10.3389/fendo.2019.00504/full>
3. <https://pubmed.ncbi.nlm.nih.gov/24286351/>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Tomato

Vegetables

 **Avoid**

My Microbiome's Response to Tomato

Your microbiome contains tomato mosaic virus, which is known to infect tomatoes. Since plant viruses in the microbiome have been associated with enhanced immune response, 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/>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Yogurt (Cow Milk, Plain)

Proteins & Fats

 **Avoid**

My Microbiome's Response to Yogurt (Cow Milk, Plain)

An analysis of your data indicates that histamine, contained in yogurt (cow milk, plain), is likely to increase inflammation and may worsen your inflammatory score.

Try having coconut milk instead.

Learn more...

1. <https://journals.plos.org/plospathogens/article?id=10.1371/journal.ppat.1003726>
2. <https://www.frontiersin.org/articles/10.3389/fendo.2019.00504/full>
3. <https://pubmed.ncbi.nlm.nih.gov/24286351/>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

My Foods

Vegetables 10 per day

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

Superfood + Enjoy 8 ●●●●●●●●
Minimize 2 ●●

Alfalfa Sprouts Vegetables 1 cup	Superfood	Artichoke Vegetables 1 cup, diced	Superfood
Arugula Vegetables 1 cup	Enjoy	Asparagus Vegetables 15 spears	Enjoy
Bamboo Shoots Vegetables 1 cup, sliced	Enjoy	Beet Greens Vegetables 1 cup	Minimize
Beets Vegetables 1 cup	Enjoy	Bok Choy Vegetables 1 cup	Enjoy
Broccoli Vegetables 1 cup	Enjoy	Brussels Sprouts Vegetables 1 cup	Enjoy



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Burdock Root Vegetables 2/3 cup	Enjoy	Cabbage Vegetables 1 cup	Enjoy
Cardoon Vegetables 1 cup	Enjoy	Carrot Vegetables 1 cup, sliced	Enjoy
Cauliflower Vegetables 1 cup	Enjoy	Celeriac Vegetables 1 cup	Enjoy
Celery Vegetables 1 cup	Enjoy	Chard Vegetables 1 cup	Enjoy
Chayote Squash Vegetables 1 cup, cooked	Enjoy	Chicory Root Vegetables 1/2 cup	Superfood
Collard Greens Vegetables 1 cup	Enjoy	Cucumber Vegetables 1 cup	Enjoy
Dandelion Greens Vegetables 1 cup	Superfood	Eggplant Vegetables 1 cup	Enjoy
Endive Vegetables 1 cup	Enjoy	Escarole Vegetables 1 cup	Enjoy



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Fennel Bulb Vegetables 1 cup	Superfood	Gourd Vegetables 1 cup, sliced	Enjoy
Green Beans Vegetables 1 cup	Enjoy	Jerusalem Artichoke Vegetables 1 cup	Superfood
Jicama Vegetables 1 cup	Enjoy	Kale Vegetables 1 cup	Superfood
Kimchi Vegetables 1 cup	Enjoy	Kohlrabi Vegetables 1 cup	Enjoy
Leek Vegetables 1/2 cup, sliced	Superfood	Lettuce Vegetables 1 cup	Enjoy
Mung Bean Sprouts Vegetables 1 cup	Superfood	Mustard Greens Vegetables 1 cup	Enjoy
Okra Vegetables 1 cup	Enjoy	Onion Vegetables 1 cup	Enjoy
Parsley Vegetables 1 cup	Enjoy	Parsnip Vegetables 1/2 cup	Enjoy



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Peas Vegetables 1/4 cup	Enjoy	Pepino Melon Vegetables 1 cup	Enjoy
Pickle (Unsweetened) Vegetables 2 whole	Enjoy	Potato Vegetables 1 half	Enjoy
Pumpkin Vegetables 1 cup	Superfood	Radicchio Vegetables 1 cup, sliced	Enjoy
Radish Vegetables 1 cup, sliced	Enjoy	Radish Sprouts Vegetables 1 cup	Enjoy
Rutabaga Vegetables 1 cup, sliced	Enjoy	Seaweed (Fresh) Vegetables 1/4 cup	Enjoy
Shallot Vegetables 1 tablespoon	Enjoy	Snap Peas Vegetables 1 cup	Enjoy
Spinach Vegetables 1 cup	Minimize	Spirulina Vegetables 2 teaspoon	Superfood
Sweet Potato or Yam Vegetables 1/2 cup	Enjoy	Taro Vegetables 1/2 cup	Enjoy



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Turnip Vegetables 1 cup	Enjoy
Watercress Vegetables 1 cup	Superfood
Winter Squash Vegetables 1/4 cup, cooked	Enjoy
Zucchini Vegetables 1 cup, cooked	Enjoy

Water Chestnuts Vegetables 1/2 cup	Enjoy
White Mushroom Vegetables 1 cup, diced	Enjoy
Yellow Squash Vegetables 1 cup, cooked	Enjoy



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
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 ●

Abalone Proteins & Fats 3 ounces	Enjoy	Adzuki Beans Proteins & Fats 1 cup, cooked	Enjoy
Almond Milk (Unsweetened) Proteins & Fats 1 cup	Enjoy	Almonds Proteins & Fats 20 nuts	Minimize
Anchovies Proteins & Fats 3 ounces	Enjoy	Avocado Proteins & Fats 1 half	Superfood
Avocado Oil Proteins & Fats 1 tablespoon	Enjoy	Beef (Fatty, Grass-Fed) Proteins & Fats 1 1/2 ounces	Enjoy
Beef (Lean, Grass-Fed) Proteins & Fats 2 ounces	Enjoy	Black Beans Proteins & Fats 3/4 cup, cooked	Enjoy

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Black Eyed Peas Proteins & Fats 3/4 cup, cooked	Enjoy	Bone Broth (Fish) Proteins & Fats 1 cup	Enjoy
Bone Broth (Mammal) Proteins & Fats 1 cup	Enjoy	Bone Broth (Poultry) Proteins & Fats 1 cup	Enjoy
Brazil Nuts Proteins & Fats 5 nuts	Enjoy	Buffalo Proteins & Fats 3 1/2 ounces	Enjoy
Butter (Cow Milk) Proteins & Fats 1 teaspoon	Enjoy	Cashews Proteins & Fats 15 nuts	Enjoy
Catfish Proteins & Fats 2 1/2 ounces	Enjoy	Caviar or Roe Proteins & Fats 2 ounces	Enjoy
Cheese (Cow Milk) Proteins & Fats 1 ounce	Enjoy	Chestnuts Proteins & Fats 3 ounces	Enjoy
Chia Seeds Proteins & Fats 1 ounce, dry	Enjoy	Chicken (Dark Meat) Proteins & Fats 2 1/2 ounces	Enjoy
Chicken (White Meat) Proteins & Fats 3 ounces	Enjoy	Chickpeas Proteins & Fats 1/2 cup, cooked	Enjoy



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Clams Proteins & Fats 3 ounces Enjoy	Coconut Meat Proteins & Fats 1 1/2 ounces Enjoy
Coconut Milk (Unsweetened) Proteins & Fats 1/4 cup Enjoy	Coconut Oil Proteins & Fats 1 tablespoon Enjoy
Cod (Alaskan) Proteins & Fats 6 ounces Enjoy	Cornish Game Hen Proteins & Fats 1 half Enjoy
Crab (Pacific) Proteins & Fats 6 ounces Enjoy	Crayfish Proteins & Fats 6 ounces Enjoy
Duck Proteins & Fats 1 1/2 ounces Enjoy	Eel Proteins & Fats 3 ounces Enjoy
Egg Whites (Chicken) Proteins & Fats 3 eggs Enjoy	Egg Yolk (Chicken) Proteins & Fats 3 eggs Superfood
Emu Proteins & Fats 4 ounces Enjoy	Fava Beans Proteins & Fats 1/2 cup, cooked Enjoy
Flax Oil Proteins & Fats 1 tablespoon Superfood	Flax Seeds Proteins & Fats 2 tablespoons Superfood



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Ghee Proteins & Fats 1 teaspoon	Enjoy	Goat Proteins & Fats 5 ounces	Enjoy
Goat Cheese Proteins & Fats 1 ounce	Enjoy	Goat Milk Proteins & Fats 1/2 cup	Enjoy
Goose Proteins & Fats 3 ounces	Enjoy	Grape Seed Oil Proteins & Fats 1 tablespoon	Enjoy
Haddock Proteins & Fats 6 ounces	Enjoy	Halibut (Pacific) Proteins & Fats 5 ounces	Enjoy
Hazelnuts Proteins & Fats 15 nuts	Superfood	Heavy Cream (Cow Milk) Proteins & Fats 2 tablespoons	Enjoy
Hemp Hearts Proteins & Fats 3 tablespoons	Enjoy	Herring Proteins & Fats 3 ounces	Enjoy
Hickory Nuts Proteins & Fats 15 nuts	Enjoy	Kidney Beans Proteins & Fats 3/4 cup, cooked	Enjoy
Lamb Proteins & Fats 2 1/2 ounces	Superfood	Lentils Proteins & Fats 4 ounces, cooked	Superfood



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Lima Beans Proteins & Fats 1/2 cup, cooked	Enjoy	Lobster Proteins & Fats 6 ounces	Enjoy
Lotus Seeds Proteins & Fats 4 ounces	Enjoy	MCT Oil Proteins & Fats 1 tablespoon	Enjoy
Macadamia Nuts Proteins & Fats 10 nuts	Enjoy	Mackerel Proteins & Fats 3 ounces	Enjoy
Mussels Proteins & Fats 3 ounces	Enjoy	Natto Proteins & Fats 2 1/2 ounces	Enjoy
Navy Beans Proteins & Fats 1/2 cup, cooked	Enjoy	Olive Oil Proteins & Fats 1 tablespoon	Enjoy
Olives Proteins & Fats 20 olives	Enjoy	Ostrich Proteins & Fats 4 ounces	Enjoy
Oysters Proteins & Fats 3 ounces	Enjoy	Peanuts Proteins & Fats 20 peanuts	Enjoy
Pecans Proteins & Fats 15 nuts	Enjoy	Perch Proteins & Fats 5 ounces	Enjoy



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

<div>Pheasant</div> <div>Proteins & Fats</div> <div>4 ounces</div> <div>Enjoy</div>	<div>Pine Nuts</div> <div>Proteins & Fats</div> <div>1 1/2 tablespoons</div> <div>Enjoy</div>
<div>Pinto Beans</div> <div>Proteins & Fats</div> <div>3/4 cup, cooked</div> <div>Enjoy</div>	<div>Pistachios</div> <div>Proteins & Fats</div> <div>35 nuts</div> <div>Enjoy</div>
<div>Pork (Lean)</div> <div>Proteins & Fats</div> <div>1 ounce</div> <div>Minimize</div>	<div>Pumpkin Seeds</div> <div>Proteins & Fats</div> <div>2 teaspoons</div> <div>Enjoy</div>
<div>Quail</div> <div>Proteins & Fats</div> <div>2 1/2 ounces</div> <div>Enjoy</div>	<div>Ricotta or Cottage Cheese (cow, 2% fat)</div> <div>Proteins & Fats</div> <div>3 ounces</div> <div>Enjoy</div>
<div>Safflower Oil</div> <div>Proteins & Fats</div> <div>1 tablespoon</div> <div>Enjoy</div>	<div>Salmon (Wild-Caught)</div> <div>Proteins & Fats</div> <div>3 ounces</div> <div>Enjoy</div>
<div>Sardines</div> <div>Proteins & Fats</div> <div>2 ounces</div> <div>Enjoy</div>	<div>Scallops</div> <div>Proteins & Fats</div> <div>5 ounces</div> <div>Enjoy</div>
<div>Sesame Seeds</div> <div>Proteins & Fats</div> <div>3 tablespoons</div> <div>Enjoy</div>	<div>Sheep Cheese</div> <div>Proteins & Fats</div> <div>1 ounce</div> <div>Enjoy</div>
<div>Sheep Milk</div> <div>Proteins & Fats</div> <div>1/4 cup</div> <div>Enjoy</div>	<div>Shrimp (Domestic)</div> <div>Proteins & Fats</div> <div>5 ounces</div> <div>Enjoy</div>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Soy Milk (Unsweetened) Proteins & Fats 1 cup Enjoy	Soybeans (non-GMO) Proteins & Fats 1/2 cup Enjoy
Squid Proteins & Fats 3 ounces Enjoy	Sunflower Seeds Proteins & Fats 2 tablespoons Superfood
Tempeh Proteins & Fats 1/2 cup Enjoy	Tofu Proteins & Fats 3/4 cup Enjoy
Trout (Cold Water) Proteins & Fats 4 ounces Enjoy	Tuna (Wild, Pole Caught) Proteins & Fats 5 ounces Enjoy
Turbot Proteins & Fats 5 ounces Enjoy	Turkey (Dark Meat) Proteins & Fats 2 1/2 ounces Enjoy
Turkey (White Meat) Proteins & Fats 3 ounces Superfood	Veal Proteins & Fats 1 1/2 ounces Enjoy
Venison or Elk Proteins & Fats 3 1/2 ounces Enjoy	Walnuts Proteins & Fats 12 nuts Enjoy
Whole Milk (Cow Milk) Proteins & Fats 1/2 cup Enjoy	



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

My Foods

Fruits & Grains 5 per day

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

Superfood + Enjoy 4 ●●●●

Minimize 1 ●

<div>Amaranth</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>	<div>Apple</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Superfood</div>
<div>Apricot</div> <div>Fruits & Grains</div> <div>3 whole</div> <div>Enjoy</div>	<div>Banana</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Superfood</div>
<div>Blackberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Boysenberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>
<div>Breadfruit</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Minimize</div>	<div>Brown Rice</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>
<div>Buckwheat</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>	<div>Bulgur</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

<div>Cantaloupe</div> <div>Fruits & Grains</div> <div>1 cup, diced</div> <div>Enjoy</div>	<div>Cassava</div> <div>Fruits & Grains</div> <div>1/2 cup, sliced</div> <div>Minimize</div>
<div>Cherry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Superfood</div>	<div>Corn</div> <div>Fruits & Grains</div> <div>1/2 cup</div> <div>Enjoy</div>
<div>Couscous</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Minimize</div>	<div>Cranberry</div> <div>Fruits & Grains</div> <div>1/2 cup</div> <div>Enjoy</div>
<div>Currant</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Dates</div> <div>Fruits & Grains</div> <div>2 whole</div> <div>Minimize</div>
<div>Dragon Fruit</div> <div>Fruits & Grains</div> <div>1 cup, diced</div> <div>Enjoy</div>	<div>Elderberry (Boiled)</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>
<div>Fig</div> <div>Fruits & Grains</div> <div>2 whole</div> <div>Enjoy</div>	<div>Goji Berry</div> <div>Fruits & Grains</div> <div>1/2 cup</div> <div>Minimize</div>
<div>Gooseberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Grapefruit</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Superfood</div>
<div>Grapes</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Minimize</div>	<div>Guava</div> <div>Fruits & Grains</div> <div>2 whole</div> <div>Enjoy</div>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

<div>Honeydew Melon</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Enjoy</div>	<div>Huckleberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>
<div>Jackfruit</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Minimize</div>	<div>Kamut</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>
<div>Kiwi</div> <div>Fruits & Grains</div> <div>2 whole</div> <div>Enjoy</div>	<div>Kumquat</div> <div>Fruits & Grains</div> <div>12 whole</div> <div>Enjoy</div>
<div>Lemon</div> <div>Fruits & Grains</div> <div>1 whole, juiced</div> <div>Enjoy</div>	<div>Lime</div> <div>Fruits & Grains</div> <div>1 whole, juiced</div> <div>Enjoy</div>
<div>Loganberries</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Lychee</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Minimize</div>
<div>Mango</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Enjoy</div>	<div>Mangosteen</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Minimize</div>
<div>Marionberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Millet</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>
<div>Mulberries</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Nectarine</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Enjoy</div>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

<div>Oats</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>	<div>Orange</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Enjoy</div>
<div>Papaya</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Superfood</div>	<div>Passionfruit</div> <div>Fruits & Grains</div> <div>3/4 cup</div> <div>Enjoy</div>
<div>Peach</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Enjoy</div>	<div>Pear</div> <div>Fruits & Grains</div> <div>1 whole</div> <div>Enjoy</div>
<div>Persimmon</div> <div>Fruits & Grains</div> <div>2 whole</div> <div>Enjoy</div>	<div>Pineapple</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>
<div>Plantain</div> <div>Fruits & Grains</div> <div>1/2 cup</div> <div>Minimize</div>	<div>Plum</div> <div>Fruits & Grains</div> <div>3 whole</div> <div>Enjoy</div>
<div>Pomegranate</div> <div>Fruits & Grains</div> <div>1 half</div> <div>Enjoy</div>	<div>Prunes</div> <div>Fruits & Grains</div> <div>6 whole</div> <div>Minimize</div>
<div>Pummelo</div> <div>Fruits & Grains</div> <div>1 half</div> <div>Minimize</div>	<div>Quinoa</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>
<div>Raspberry</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Rhubarb</div> <div>Fruits & Grains</div> <div>1 cup, sliced</div> <div>Minimize</div>



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Rice Noodles Fruits & Grains 1/2 cup, cooked	Enjoy
Sour Cherries Fruits & Grains 1 1/3 cup	Enjoy
Sprouted Wheat Bread Fruits & Grains 1 slice	Enjoy
Strawberry Fruits & Grains 1 cup	Enjoy
Watermelon Fruits & Grains 1 cup, diced	Enjoy
Wild Rice Fruits & Grains 1/2 cup, cooked	Enjoy

Salmonberry Fruits & Grains 1 cup	Enjoy
Sprouted Rye Bread Fruits & Grains 1 slice	Enjoy
Star Fruit Fruits & Grains 1 cup, sliced	Enjoy
Triticale Fruits & Grains 1/2 cup, cooked	Enjoy
White Rice Fruits & Grains 1/2 cup, cooked	Minimize



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
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 ●

Allspice Herbs, Spices & Other 1/4 teaspoon	Enjoy	Apple Cider Vinegar Herbs, Spices & Other 1 teaspoon	Enjoy
Basil Herbs, Spices & Other 1/4 teaspoon	Enjoy	Bay Leaf Herbs, Spices & Other 1/4 teaspoon	Enjoy
Black Pepper Herbs, Spices & Other 1/4 teaspoon	Enjoy	Black Tea Herbs, Spices & Other 1 cup	Minimize
Cane Sugar Herbs, Spices & Other 1 teaspoon	Minimize	Capers Herbs, Spices & Other 1 teaspoon	Superfood
Caraway Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy	Cardamom Herbs, Spices & Other 1/4 teaspoon	Enjoy

Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

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



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Ginger Herbs, Spices & Other 1 tablespoon	Superfood	Grape Leaves Herbs, Spices & Other 4 leaves	Enjoy
Green Tea Herbs, Spices & Other 1 cup	Minimize	Herbal Tea Herbs, Spices & Other 1 cup	Enjoy
Honey Herbs, Spices & Other 1 teaspoon	Enjoy	Horseradish Herbs, Spices & Other 1 teaspoon	Enjoy
Hot Pepper Herbs, Spices & Other 1/2 teaspoon	Enjoy	Kombucha Herbs, Spices & Other 1 cup	Minimize
Mace Herbs, Spices & Other 1/8 teaspoon	Enjoy	Maple Syrup Herbs, Spices & Other 1 teaspoon	Minimize
Marjoram Herbs, Spices & Other 1/8 teaspoon	Enjoy	Miso Herbs, Spices & Other 1 teaspoon	Enjoy
Molasses Herbs, Spices & Other 1 teaspoon	Minimize	Mustard Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy
Nutmeg Herbs, Spices & Other 1/4 teaspoon	Enjoy	Oregano Herbs, Spices & Other 1/4 teaspoon	Superfood



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Paprika Herbs, Spices & Other 1/4 teaspoon	Enjoy	Peppermint (Fresh) Herbs, Spices & Other 1 tablespoon	Enjoy
Poppy Seed Herbs, Spices & Other 1 teaspoon	Enjoy	Rice Milk (Unsweetened) Herbs, Spices & Other 3/4 cup	Minimize
Rosemary (Fresh) Herbs, Spices & Other 1 teaspoon	Enjoy	Saffron Herbs, Spices & Other 1/8 teaspoon	Enjoy
Sage Herbs, Spices & Other 1/4 teaspoon	Superfood	Salt (Sea, Himalayan, Celtic or Bonaire) Herbs, Spices & Other 1/8 teaspoon	Minimize
Savoury Herbs, Spices & Other 1/4 teaspoon	Enjoy	Spearmint (Fresh) Herbs, Spices & Other 1 tablespoon	Enjoy
Stevia Herbs, Spices & Other 1 package	Minimize	Tarragon Herbs, Spices & Other 1/4 teaspoon	Superfood
Thyme Herbs, Spices & Other 1/4 teaspoon	Enjoy	Turmeric Herbs, Spices & Other 1/2 teaspoon	Enjoy
Vanilla Extract Herbs, Spices & Other 1/4 teaspoon	Enjoy	Vinegar (Unsweetened) Herbs, Spices & Other 1 teaspoon	Enjoy



Test Name: Gut Intelligence Test
Customer Name: Charles Warden
DOB: 04/05/1985

Wheatgrass
Herbs, Spices & Other
2 tablespoons

Enjoy

White Tea
Herbs, Spices & Other
8 ounce

Minimize



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

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



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

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



Bromelain

Look for supplements with the following ingredients:

Bromelain

Offered by [Pure Encapsulations](#), [Thorne](#), or other vendors.

To support optimal digestive functions and may help boost anti-inflammatory functions in your gut



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985



Digestive Enzymes

Look for supplements with the following ingredients:

Protease, amylase, lipase

Offered by [Metagenics](#), [Integrative Therapeutics](#), or other vendors.

To support healthy protein digestion and optimal digestive processes and functions for you

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.



Test Name: Gut Intelligence Test

Customer Name: Charles Warden

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 profile. 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.



V' I O M E

CHARLES WARDEN'S RECOMMENDATIONS

VERSION: 1.14.2