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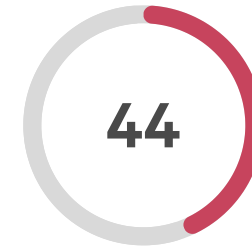
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Gut Microbiome Health



100

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ABOUT THIS SCORE

Your Gut Microbiome Health score integrates over 20 microbial functional scores. When this score is low it means that your gut microbiome may be producing chemicals that are causing inflammation (such as LPS, sulfide, or ammonia) or not producing enough nutrients that your body needs (such as butyrate, serotonin, and other vitamins). Our food and supplement recommendations are designed specifically for you to optimize your microbial functions and bring your gut microbiome into balance. Scroll down below to the section titled "How We Calculate This Score" to learn more. Did you know? In many ways, your gut bacteria are as vast and mysterious as the Milky Way. About 100 trillion bacteria, both good and bad, live inside your digestive



weight, boost energy, reduce stress, improve sleep, and strengthen your immunity.



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HOW WE CALCULATE THIS SCORE

To arrive at the Integrative Health score you see above, we combine multiple functional activities measured in the scores you see below along with many other additional health markers and pathways. Each score below may contribute to multiple Integrative Health scores, but with a specific level of impact. This is based on the scientific knowledge to date and the data we derive from your test.



Good



Average



Not Optimal



35

Inflammatory Activity

Tap to learn more about this score.





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Digestive Efficiency

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Gut Lining Health

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Protein Fermentation

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Active Microbial Diversity

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SEE MORE DETAILS

Gut Microbiome Health Key

Reference Ranges:

Not Optimal

0 to 46 which represents 24% of the Viome population



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52 to 100 which represents 26% of the Viome population

**Scores are based on Viome's proprietary algorithms that incorporate relevant functional categories each consisting of multiple manually curated pathway and microbial activity components.*

Learn more by reading our references: <https://viome.com/referenceresults>

Share My Results



Learn More About Scores

