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# Ombre My Bacteria Level (40% optimal)

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2022-05-06 (GTV3A)▼

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## Akkermansia

Good Bacteria

Deficient; needs work



My Level: 0.288%

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



My Level: 3.096%

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



My Level: 38.131%

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



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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## Blautia

Deficient; needs work

My Level: 3.062%

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

In healthy ranges

My Level: 6.040%

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: 0.791%

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: 0.037%

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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## Roseburia

Deficient; needs work

My Level: 0.063%

Healthy Average: 2.310%

Such a pretty name, yet Roseburia Ombres Inside deep within your colon. When there is plenty of Roseburia to go around, your body will work...

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## Good Bacteria

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## Ruminococcus

## Good Bacteria

In healthy ranges

My Level: 21.105%

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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