

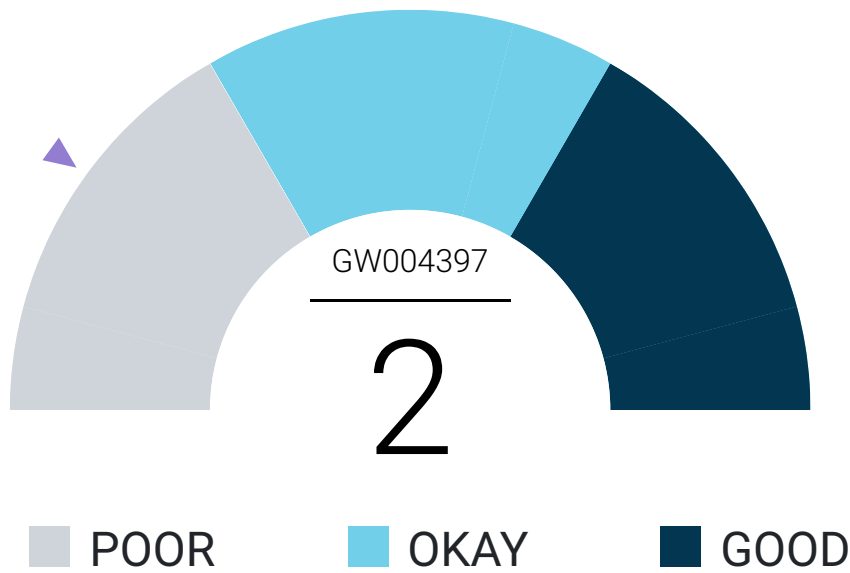
B I O H M

GUT REPORT

Important! Please Read: The BIOHM Gut Report is for personal research purposes only. The BIOHM Gut Report is not approved to, nor is it intended to, diagnose any disease or condition. You should always consult a physician regarding any questions pertaining to your own health and wellness. The comparative data in this report is based on data from the National Institutes of Health (NIH) Human Microbiome project and research conducted at Case Western Reserve University, Center for Medical Mycology

PART 1

YOUR GUT HEALTH ON
October 14, 2021



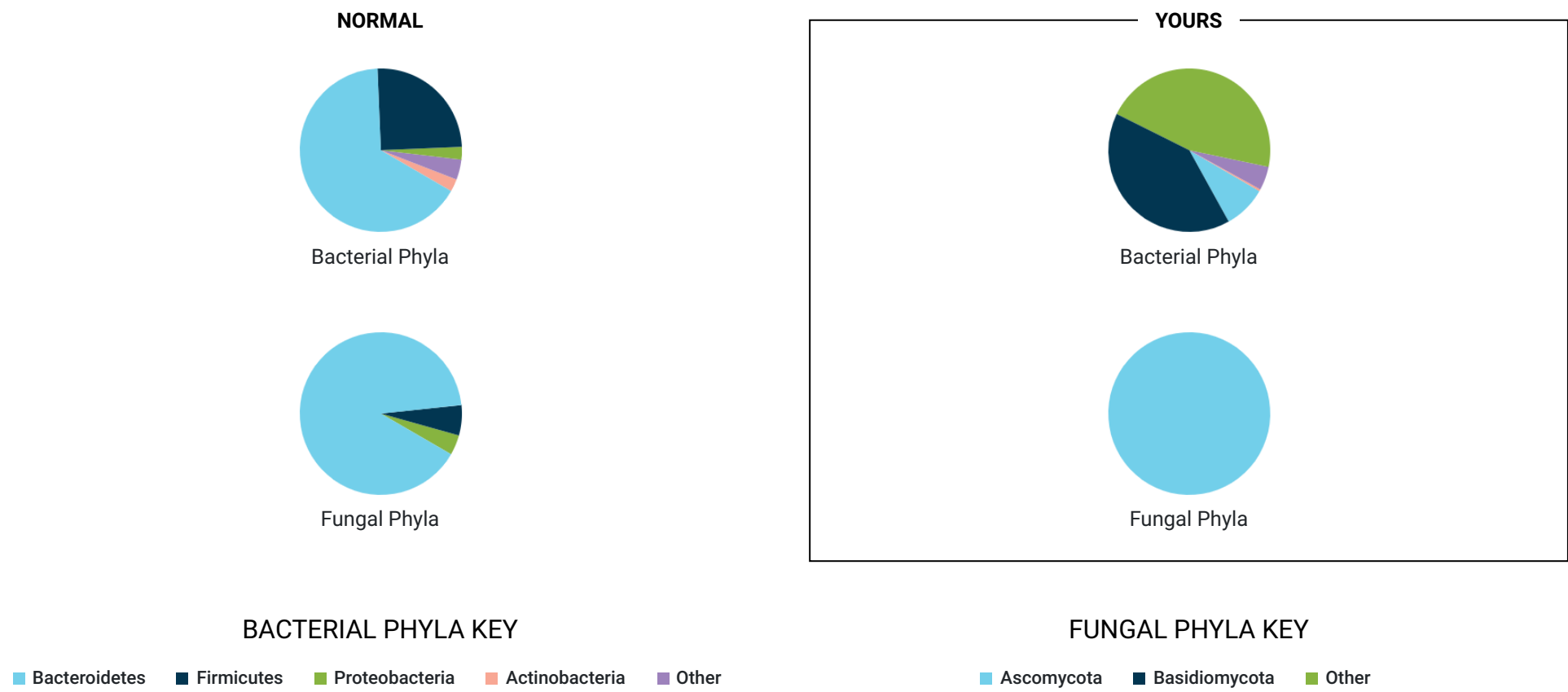
YOUR GUT SCORE

The BIOHM Diversity Score compares your gut microbiome to other normal gut microbiomes. The higher the number, the more diversity of bacterial and fungal species you have and the better overall digestive health and balance found in your gut. Think more = better when it comes to diversity.

PART 2

YOUR GUT'S BACTERIAL AND FUNGAL COMMUNITIES







What is a phylum? A phylum is a major grouping of microorganisms (such as bacteria and fungi). It is important to analyze because it gives us a good basis for determining overall gut health. The charts below show how your phyla compares to people who have a normal balance gut.



PART 3

YOUR GUT'S BACTERIAL AND FUNGAL SPECIES




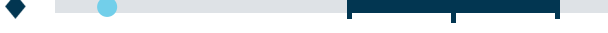



















The results in Part III reflect the specific bacterial and fungal species found in your gut's microbiome.

-  The blue dot is your result; the % indicates how much of each community in your gut (bacterial and fungal) is made up of this microorganism.
-  The blue bar represents the range in which your level falls for each organism. Your goal is for all levels to fall on the blue line, which represents the normal, balanced gut level.
-  Indicates a beneficial strain, based on supporting literature.
-  Indicates a pathogenic strain, based on supporting literature.
-  Indicates a neutral strain.
-  This color block tells you whether your levels are low, high, or in the normal, balanced range compared to the normal gut microbiome.

LOW NORMAL HIGH

PART 3

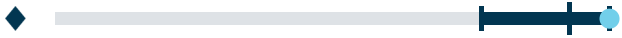
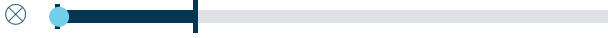
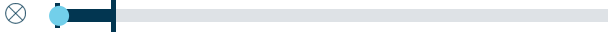
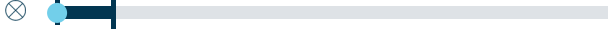





YOUR GUT'S BACTERIAL GENERA AND SPECIES

Microorganisms	Distribution of Normal Samples	Level
ACTINOBACTERIA PHYLUM (0.375%)		Normal
Bifidobacterium spp. (0.086%)		Low
Collinsella aerofaciens (0.005%)		Normal
BACTEROIDETES PHYLUM (8.575%)		Low
Bacteroides spp. (5.283%)		Low
Barnesiella spp. (0%)		Normal
Odoribacter spp. (0.027%)		Normal
Prevotella spp. (0.005%)		Low
FIRMICUTES PHYLUM (40.42%)		High
Anaerotruncus Spp. (0.088%)		Normal
Clostridium spp. (0.059%)		Normal
Clostridium difficile (0%)		Normal
Coprococcus catus (0%)		Normal
Coprococcus eutactus (0%)		Normal
Faecalibacterium prausnitzii (0.115%)		Low
Lactobacillus spp. (0.038%)		Low
Roseburia spp. (0.032%)		Low
Ruminococcus spp. (18.063%)		High
Ruminococcus albus (0.002%)		Normal
Streptococcus agalactiae (0%)		Normal
Veillonella spp. (0.005%)		Normal
FUSOBACTERIA PHYLUM (0.002%)		Normal
Fusobacterium spp. (0%)		Normal



PART 3

YOUR GUT'S FUNGAL AND GENERA SPECIES

Microorganisms	Distribution of Normal Samples	Level
ASCOMYCOTA PHYLUM (99.982%)		Normal
Candida spp. (0.03%)		Normal
Candida albicans (0.006%)		Normal
Candida tropicalis (0%)		Normal
Pichia spp. (0.067%)		Low
Saccharomyces spp. (0%)		Low
Saccharomyces cerevisiae (0%)		Low
BASIDIOMYCOTA PHYLUM (0.012%)		Normal
ZYGOMYCOTA PHYLUM (0%)		Normal