VIOME

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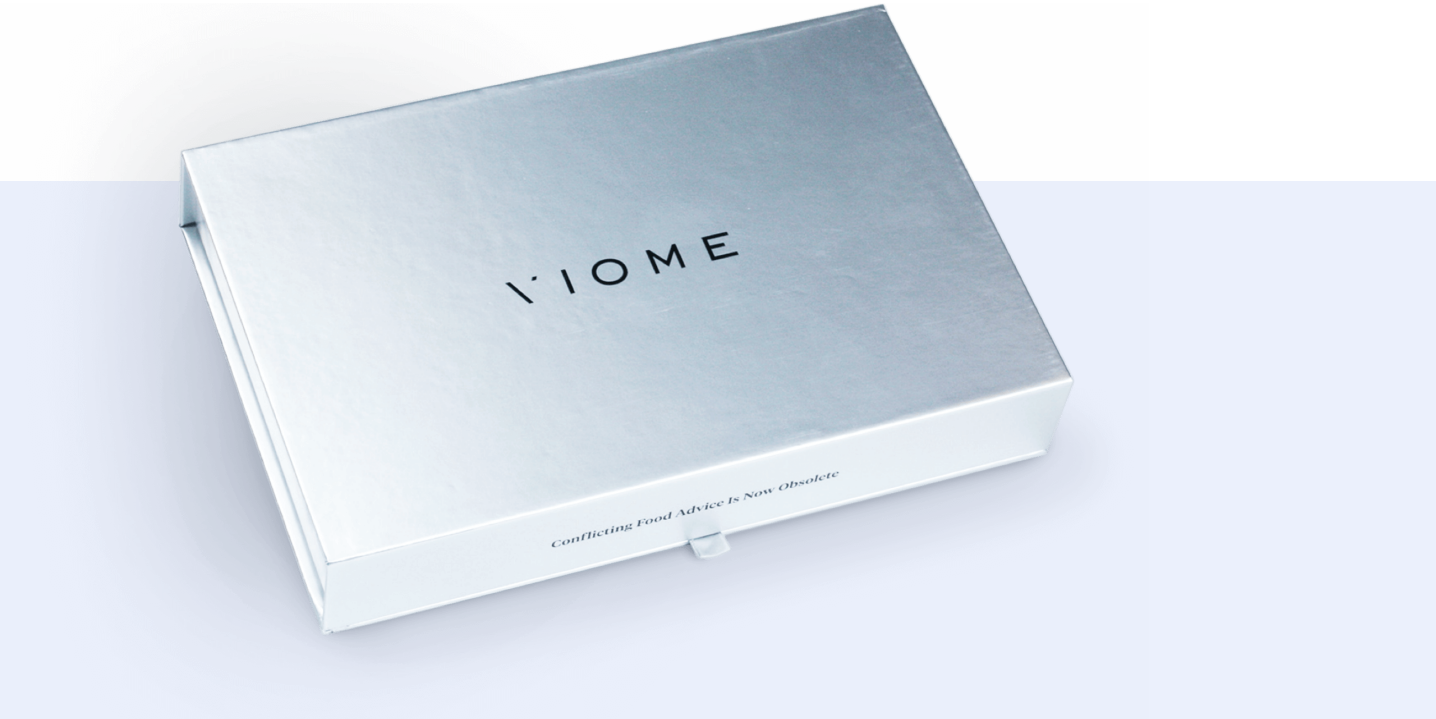
CHARLES WARDEN'S SCORES & RECOMMENDATIONS

VIOME

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: 05/06/2022

Date Received: 05/13/2022

Date Issued: 06/18/2022

Sample ID: 14CD3DFEF4E1

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All My Scores

Let's improve these.

Active Microbial Diversity

Not Optimal

The score is your percentile for total count of active microbial species detected and sequenced from your sample. A good score translates to more richness, which in turn can provide more resilience to your microbial gut ecosystem and your body. This score could use some improvement when the count of active microbes is relatively low and your gut flora could use additional microbes in its active composition. Your recommendations may include certain supplements or fermented foods that address this score.

Gut Microbiome Health

Not Optimal

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 system. Optimizing your microbial functions can help you achieve a healthy weight, boost energy, reduce stress, improve sleep, and strengthen your immunity.

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Inflammatory Activity

Good

This score measures the activities of your microbes that can contribute to or reflect inflammation in your gut environment. Inflammation in your gut can be caused by harmful things your microbes produce when you are either inefficiently digesting your proteins, have excessive microbial gas production, or simply have a gut environment that your microbes perceive as threatening. A score in the red zone (not optimal) means that there are relatively more pro-inflammatory activities, as opposed to anti-inflammatory or protective ones. Everyone's pattern is unique, so if your score is in the red, some of your recommendations may focus on boosting more of the protective and healing anti-inflammatory functions, while others may focus more on controlling and balancing out the more harmful pro-inflammatory microbes and functions. Follow your recommendations to maintain a good range or improve this score.

Metabolic Fitness

Good

This score represents active microbial organisms and functions that are associated with your blood sugar, insulin resistance, or weight control. A good score (in the green zone) means high activity of microbes and their functions favorably associated with your metabolic fitness. It is important to note that a Metabolic Fitness score that falls within the red zone does not necessarily translate to excessive weight loss or gain. Follow your recommendations to support or improve healthy metabolic functions.

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LPS Biosynthesis Pathways

Good

This score assesses the levels of activity of all microbial pathways leading to the production of LPS (lipopolysaccharides) in your gut. LPS is a pro-inflammatory molecule that gut microbes make, which can trigger your immune system response, especially if it passes to the bloodstream through the gut lining. This score is an important factor in assessing your inflammatory activity patterns.

Uric Acid Production Pathways

Good

This score assesses the levels of activity of all microbial pathways that lead to the production of uric acid (or urate). Uric Acid is a normal byproduct that comes from the breakdown of compounds called purines, which can be found in beer, sugary sodas, seafood and shellfish, turkey, veal, bacon, and organ meats. Excessive amounts of uric acid can contribute to gout. A good score means that your uric acid production pathway levels are low.

Test Name: Gut Intelligence Test

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Bile Acid Metabolism Pathways

Good

This score assesses the levels of activity of all metabolic pathways that include bile acids. Normally bile acids are made by the liver to help with fat digestion. Bile acids enter the colon in the form of bile salts. Your gut microbiota can change them back into bile acids, after which they can even be recycled back to the liver. If this activity is relatively high or excessive, it may be an indicator of your inability to break down fat or absorb nutrients properly, which can contribute to a pro-inflammatory environment or negative liver-related effects, as microbiome's bile acid pathways have been implicated in fatty deposits in the liver. A good score means these pathway activity levels are low in your sample.

Digestive Efficiency

Average

This score is a comprehensive microbial reflection of your gastrointestinal (GI) tract functions. The score consists of multiple activity patterns related to digestion, such as the movement of food, specific macronutrient breakdown ability, and your gut lining health from your first bite of food to the time it leaves your body. When this score is suboptimal, it means that some of your digestive functions need support.

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Gut Lining Health

Average

This score focuses on your gut lining (or intestinal barrier) and the health of the mucosal layer that protects it. When your gut lining is compromised, things from the outside environment, like toxins, medications, and harmful bacteria, can make their way into your bloodstream from your gut and negatively affect your immune system and overall wellbeing. A good score (in the green zone) means more optimal microbial functions that support your intestinal barrier and fewer disruptive or harmful functions are active in your gut. Follow your recommendations to address your specific pattern of microbial functions, and to prevent any intestinal permeability known as 'leaky gut'.

Protein Fermentation

Average

This score reflects whether or not you are digesting your proteins properly. Protein digestion begins when you first start chewing and continues down in your stomach. If the protein is not fully broken down through this process, your microbes will digest the excess protein available and may convert it into harmful byproducts. Overly high microbial protein fermentation translates into a score within the red zone, suggesting your protein digestion is suboptimal.

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Gas Production

Average

This score is an assessment of your overall gas production activity by the microbes in your gut. Overall high microbial gas production has been associated with digestive difficulties, discomfort, and gut inflammation. A good score means that your microbes are not actively engaged in gas production functions.

Butyrate Production Pathways

Average

This score assesses the levels of activity of all microbial pathways that lead to the production of a beneficial nutrient - butyrate. Butyrate is a short-chain fatty acid known to beneficially affect many wellness areas from gut lining to insulin sensitivity and satiety (feeling full). A score that is not optimal means that your microbial butyrate production could really use a good boost! Individuals with low butyrate production activity would benefit from supplements or foods that either feed or add butyrate producing microbes into your gut ecosystem.

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Methane Gas Production Pathways

Average

This score assesses the levels of activity of all microbial pathways that result in giving off methane gas in your gut. This kind of activity, when high, has been linked with some motility issues in the gut (how your food moves along the digestive tract), as well as pro-inflammatory patterns that can negatively affect your intestinal lining. A good score means that the activity of methane production pathways is low.

Sulfide Gas Production Pathways

Average

This score assesses the levels of activity of all microbial pathways that result in the production of hydrogen sulfide gas. It can be made from some proteins that contain sulfur amino acids or from ingested sulfate or sulfite molecules found in foods like dried fruit, preserved meats, and some alcoholic beverages. This kind of activity, when high, contributes to pro-inflammatory patterns potentially harmful to the gut lining, as well as slowing of your motility (moving the food down your digestive tract). A good score means that the activity of sulfide production pathways is low.

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Flagellar Assembly Pathways

Average

This score assesses the levels of activity of all microbial pathways leading to the making of a structure called flagella. Flagellar structures serve as "fins" or "tails" for various microbes to help them move. A score that is not optimal suggests that these signaling pathway activities are high, indicating unrest in your microbiome as flagellar structures are helping beneficial organisms move away from a perceived threat. Higher than usual activity can also signal the presence of opportunistic organisms that are known to have these flagellar structures. This score is an important factor in assessing your inflammatory activity patterns.

Ammonia Production Pathways

Average

This score assesses the levels of activity of all microbial pathways that result in the production of ammonia. Ammonia gas can be made from amino acids as a byproduct of the breaking down of protein or from ingested nitrate or nitrite molecules found in things like food preservatives or additives, preserved meats, and dried fruit. This kind of activity, when high, contributes to pro-inflammatory patterns potentially harmful to the gut lining, as well as slowing of your motility (moving the food down your digestive tract), and is also one of the signs that your proteins may not be digested properly. A good score means that the activity of ammonia production pathways is low.

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Putrescine Production Pathways

Average

This score assesses the levels of activity of all microbial pathways that lead to putrescine production. Putrescine is a molecular byproduct of protein fermentation - a microbial breakdown of protein. If the activities of putrescine production pathways are too high, it can be harmful to the gut environment and the intestinal barrier lining. It is also one of the signs that you may be eating too much protein that may not be digested properly.

Oxalate Metabolism Pathways

Average

This score assesses the levels of activity of all microbial pathways needed to break down or metabolize oxalate. Oxalates are a major contributor to kidney stones. Oxalate-metabolizing microbes can help you by removing and digesting oxalate that you ingested from food. A good score means oxalate-metabolizing activities are high in your microbiome. When this score is not optimal, you may see some of the foods high in oxalate content on your list to minimize or even avoid.

Salt Stress Pathways

Average

This score assesses the levels of activity of all microbial pathways that signal excessive salt in the gut environment. This kind of signaling activity, when high, suggests that you may need to adjust your salt or sodium intake and/or your hydration levels. Too much salt for your gut microbiome makes your gut environment less favorable for some beneficial or probiotic organisms to thrive. A good score means that that pathway levels that signal microbial salt stress are low.

Biofilm, Chemotaxis, and Virulence Pathways

Average

This score assesses the levels of all activity of all metabolic pathways that suggest a pro-inflammatory or hostile environment in the gut. This includes virulence factors, biofilm formation, and chemotaxis signaling, which are all important parts of your overall inflammatory activity patterns. When this score is relatively high it means that there is some threat in the environment and your microbes are trying to either defend themselves, attack each other, or move. This type of a "microbial war zone" can negatively impact your gut environment, and some of the "bullets" secreted by the microbes may trigger an immune response. A good score means that these pathway activities are at low levels.

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TMA Production Pathways

Average

This score assesses the levels of all activity of metabolic pathways that result in TMA production. TMA (trimethylamine) is a molecule that gets converted to TMAO (Trimethylamine N-oxide) in the liver. TMAO is associated with unfavorable metabolic and cardiovascular effects. Since one of the substances used for microbial TMA production is choline, reducing high-choline-containing foods in the diet may be one of the options for improving this pattern. A good score means these TMA production pathway activity levels are low.

Microbiome-Induced Stress

Average

Your Microbiome-Induced Stress score offers insights about those microbial activities that can lead to stress or inflammatory response not only in your gut, but also in your body. Toxins and other molecules produced by the gut microbiome may enter the bloodstream and contribute to cellular stress and pro-inflammatory pathways throughout your body. If this score is not optimal, it may suggest that these microbial activities need to be mitigated by either suppressing them, balancing them out with beneficial and protective microbial activities, or by strengthening your gut lining to prevent them from crossing the gut lining and affecting the rest of your body.

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.

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 to snack in between meals. Avoid eating 1 hour 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.

What else?

In addition to your food plan, your microbiome and your metabolism will gain an extra benefit from interval training at least 3 times per week.

Caloric restriction may provide more benefit than intermittent fasting.

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My Foods

Vegetables

66 recommended vegetables

2 avoid vegetables

6 servings of vegetables per day

Proteins & Fats

107 recommended proteins & fats

0 avoid proteins & fats

7 servings of proteins & fats per day

Fruits & Grains

71 recommended fruits & grains

0 avoid fruits & grains

4 servings of fruits & grains per day

Herbs, Spices & Other

59 recommended herbs, spices & other

1 avoid herbs, spices & other

7 servings of herbs, spices & other per day

My Superfoods

We recommend you eat more of these foods

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

Artichoke

Vegetables
1 cup, diced

Superfood

My Microbiome's Response to Artichoke

Artichokes contain inulin which is a prebiotic fiber. After an interpretation of your gene expression and taking your data into account, it has been determined that artichokes in your diet will be of benefit for you. Inulin is converted by your microbiome to produce butyrate. Research shows 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*

Asparagus

Vegetables
15 spears

Superfood

My Microbiome's Response to Asparagus

Asparagus contains fiber which is a complex carbohydrate. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that asparagus in your diet will be beneficial

for you. Fiber is converted by your microbiome to produce butyrate. It has been reported 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 asparagus.

Asparagus may improve your gut lining health score.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/11889319*
2. *https://www.ncbi.nlm.nih.gov/pubmed/28230737*
3. *https://www.ncbi.nlm.nih.gov/pubmed/29902436*

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 analyzing your gene expression and taking your questionnaire data into account, it has been determined that avocado in your diet will be beneficial 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.

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*

Bone Broth (Mammal)

Proteins & Fats
1 cup

Superfood

My Microbiome's Response to Bone Broth (Mammal)

Mammal bone broth contains amino acids which are a type of amine. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that mammal bone broth in your diet will be optimal 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.

Mammal bone broth may improve your gut lining health score.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/26475342*

2. *https://www.ncbi.nlm.nih.gov/pubmed/18670730*

Cabbage

Vegetables
1 cup

Superfood

My Microbiome's Response to Cabbage

Cabbage contains glutamine which is an amino acid. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that cabbage in your diet will be of benefit for you.

Glutamine is used by specific bacteria in your gut, such as Bacteroidetes and Firmicutes species. It is a precursor to the anti-inflammatory short-chain fatty acid butyrate. Studies indicate that glutamine increases gut health by strengthening the mucosal barrier which limits allergic responses, decreases inflammation and enhances digestion.

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

Cabbage may improve your gut lining health score.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/28498331*
2. *https://www.ncbi.nlm.nih.gov/pubmed/20613941*
3. *https://www.ncbi.nlm.nih.gov/pubmed/21196263*

Capers

Herbs, Spices & Other
1 teaspoon

Superfood

My Microbiome's Response to Capers

Capers contain Quercetin which is a flavonol. After an analysis of your gene expression and taking your data 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. Studies indicate 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*

Chard

Vegetables
1 cup

Superfood

My Microbiome's Response to Chard

Chard contains kaempferol which is a flavonoid. After an analysis of your gene expression and taking your data into account, it has been determined that chard in your diet will be good for you. Kaempferol is a flavonoid released following microbial metabolism. Kaempferol balances your microbiome, encourages growth beneficial to Lactobacillus and Bifidobacteria species and inhibits growth of harmful or pathogenic bacteria. Studies indicate that kaempferol decreases inflammation and benefits 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 chard.

Chard may improve your gut lining health score.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/21068182*
2. *https://www.ncbi.nlm.nih.gov/pubmed/23497863*
3. *https://www.ncbi.nlm.nih.gov/pubmed/25793210*

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 data into account, it has been determined that cherries in your diet will be helpful 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.sciencedirect.com/science/article/pii/S0306987714003077*
2. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7070237/*

Egg Yolk (Chicken or Duck)

Proteins & Fats
3 eggs

Superfood

My Microbiome's Response to Egg Yolk (Chicken or Duck)

Chicken egg yolk contains phospholipids which are membrane fats. After an interpretation of your gene expression and taking your 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. Research shows that phospholipid digestion creates metabolites like phosphatidylcholine which promote neurological function, muscle growth, nerve conduction and improved fat metabolism.

Learn more…

1. *https://www.sciencedirect.com/science/article/pii/S0005273617301220*
2. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4080731/*
3. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4086534/*

Flax Oil

Proteins & Fats
1 tablespoon

Superfood

My Microbiome's Response to Flax Oil

Flax oil contains gamma-linolenic acid which is an omega-3-fatty acid. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that flax oil in your diet will be good for you. Gamma-linolenic acids is metabolized by specific microbes in your gut, including Roseburia and Clostridium species. It has been reported that these metabolites act to decrease inflammation, enhance lipid metabolism, and improve skin dryness, redness and itchiness.
Learn more...

1. *https://www.ncbi.nlm.nih.gov/pubmed/23886520*
2. *https://www.ncbi.nlm.nih.gov/pubmed/17209019*

Flax Seeds

Proteins & Fats
2 tablespoons

Superfood

My Microbiome's Response to Flax Seeds

Flax seeds contain 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 flax seeds 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. Research shows 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 flax seeds.

Learn more…

1. https://www.ncbi.nlm.nih.gov/pubmed/21472114
2. https://www.ncbi.nlm.nih.gov/pubmed/29215589

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 questionnaire data into account, it has been determined that garlic in your diet will be of benefit 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 and gut lining health scores.
Learn more…

1. https://www.ncbi.nlm.nih.gov/pubmed/10594976
2. https://www.ncbi.nlm.nih.gov/pubmed/29785173
3. https://www.ncbi.nlm.nih.gov/pubmed/29756325
4. https://www.ncbi.nlm.nih.gov/pubmed/29477429

Ghee

Proteins & Fats
1 teaspoon

Superfood

My Microbiome's Response to Ghee

Ghee contains butyrate which is a short-chain fatty acid. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that ghee in your diet will be optimal for you. Butyrate is amazing for your microbiome. Many of your microbes are capable of making butyrate but you will benefit from more in your diet. Research shows that butyrate reduces inflammation, helps with oxidative damage, increases motility, balances blood sugar, and nourishes the gut lining.

Ghee may improve your gut lining health score.
Learn more...

1. *https://www.ncbi.nlm.nih.gov/pubmed/26582965*

2. *https://www.ncbi.nlm.nih.gov/pubmed/21472114*

Hemp Hearts

Proteins & Fats
3 tablespoons

Superfood

My Microbiome's Response to Hemp Hearts

Hemp hearts contain Vitamin B3 (Niacin) which is a B vitamin. After analyzing your gene expression and taking your data into account, it has been determined that hemp hearts in your diet will be optimal for you. Vitamin B3 (Niacin) is converted to nicotinic acid and niacinamide by specific organisms in your microbiome. These compounds are co-enzymes that help your microbiome synthesize more Vitamin B3 (Niacin). It has been reported that Vitamin B3 (Niacin) metabolites feed microbes and help them perform many metabolic functions such as maintaining intestinal balance, decreasing inflammation and synthesizing neurotransmitters.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to hemp hearts.
Learn more...

1. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3658370/*

Jerusalem Artichoke

Vegetables
1 cup

Superfood

My Microbiome's Response to Jerusalem Artichoke

Jerusalem artichoke contains inulin which is a prebiotic fiber. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that jerusalem artichoke in your diet will be of benefit for you. Inulin is converted by your microbiome to produce butyrate. Research shows 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://gut.bmj.com/content/early/2017/02/17/gutjnl-2016-313271*
3. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5835350/*
4. *https://www.ncbi.nlm.nih.gov/pubmed/?term=26500686*

Leek

Vegetables
1/2 cup, sliced

Superfood

My Microbiome's Response to Leek

Leeks contain inulin which is a prebiotic fiber. After an interpretation of your gene expression and taking your data into account, it has been determined that leeks in your diet will be optimal for you. Inulin is converted by your microbiome to produce butyrate. Research shows 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*

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 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 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*

Olive Oil

Proteins & Fats

1 tablespoon

Superfood

My Microbiome's Response to Olive Oil

Olive oil contains essential fatty acids which are a class of unsaturated fatty acids. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that olive oil in your diet will be optimal 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. Studies indicate that essential fatty acids nourish your brain, enhance gut health and decrease inflammation.

Olive oil may improve your gut lining health score.

Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/26582965*

2. *https://www.ncbi.nlm.nih.gov/pubmed/21472114*

3. *https://www.ncbi.nlm.nih.gov/pubmed/29215589*

Pumpkin

Vegetables

1 cup

Superfood

My Microbiome's Response to Pumpkin

Pumpkin contains magnesium which is a mineral. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that pumpkin 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 and some Bifidobacteria further promote the release of nutrients like magnesium from dietary sources. Studies indicate 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*

Raspberry

Fruits & Grains

1 cup

Superfood

My Microbiome's Response to Raspberry

Raspberries contain Quercetin which is a flavonol. After an analysis of your gene expression and taking your wellness goals into account, it has been determined that raspberries 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. It has been reported that Quercetin promotes hormone production and cardiovascular wellness. In fact, low plasma levels of Quercetin have been associated with increased risk of heart disease.

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

Raspberries may improve your gut lining health score.

Learn more...

1. https://www.ncbi.nlm.nih.gov/pubmed/19297429

Sage

Herbs, Spices & Other
1/4 teaspoon

Superfood

My Microbiome's Response to Sage

Sage contains rosmarinic acid which is a phenolic acid. After an analysis of your gene expression and taking your data into account, it has been determined that sage in your diet will be of benefit for you. Rosmarinic acid is a great anti-inflammatory. By decreasing inflammation, you alter the environment of your gut allowing your microbes to thrive and strengthen the integrity of your gut lining.

Learn more...

1. https://www.researchgate.net/publication/49719303_Amino_acid_metabolism_in_intestinal_bacteria_links_between_gut_ecology_and_host_health

2. https://www.nature.com/articles/1300907

3. https://link.springer.com/article/10.1007/s40268-016-0157-5

Sauerkraut

Vegetables
1 cup

Superfood

My Microbiome's Response to Sauerkraut

Sauerkraut contains probiotics which are beneficial microbes. After an analysis of your gene expression and taking your data into account, it has been determined that sauerkraut in your diet will be optimal for you. Probiotics

restore and promote diversity and balance in your microbiome. This helps to decrease and prevent inflammation, manage symptoms of gastrointestinal distress, promote regularity, and balance your immune responses. A diverse microbiome also optimizes conversion of dietary nutrients to enhance your health.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/23320049*

2. *https://www.hindawi.com/journals/jfq/2017/5123572/*

Spinach

Vegetables
1 cup

Superfood

My Microbiome's Response to Spinach

Spinach contains magnesium which is a mineral. After analyzing your gene expression and taking your data into account, it has been determined that spinach in your diet will be optimal 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. 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 spinach.
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*

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 analyzing your gene expression and taking your data into account, it has been determined that spirulina in your diet will be beneficial 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*

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

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/29276734*
2. *https://www.ncbi.nlm.nih.gov/pubmed/29941795*
3. *https://www.ncbi.nlm.nih.gov/pubmed/29686603*

My Foods to Avoid

We recommend you avoid these foods

These are commonly known foods that will not benefit your overall wellness.

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 enhanced immune response, 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/*

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/*

Tomato
Vegetables

Avoid

My Microbiome's Response to Tomato

Your microbiome contains tomato brown rugose fruit 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

My Foods

Vegetables 6 per day

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

Superfood + ●●●●●

Enjoy 5

Minimize 1 ●

Alfalfa Sprouts Vegetables 1 cup — Enjoy	Artichoke Vegetables 1 cup, diced — Superfood
Arugula Vegetables 1 cup — Enjoy	Asparagus Vegetables 15 spears — Superfood
Bamboo Shoots Vegetables 1 cup, sliced — Enjoy	Beet Greens Vegetables 1 cup — Enjoy
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

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Burdock Root Vegetables 2/3 cup — Enjoy	Cabbage Vegetables 1 cup — Superfood
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 — Superfood
Chayote Squash Vegetables 1 cup, cooked — Enjoy	Chicory Root Vegetables 1/2 cup — Enjoy
Collard Greens Vegetables 1 cup — Enjoy	Cucumber Vegetables 1 cup — Enjoy
Dandelion Greens Vegetables 1 cup — Enjoy	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	Enjoy
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	Enjoy
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	Enjoy
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	Minimize

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	Sauerkraut Vegetables 1 cup — Superfood
Seaweed (Fresh) Vegetables 1/4 cup — Enjoy	Shallot Vegetables 1 tablespoon — Enjoy
Snap Peas Vegetables 1 cup — Enjoy	Spinach Vegetables 1 cup — Superfood
Spirulina Vegetables 2 teaspoon — Superfood	Sweet Potato or Yam Vegetables 1/2 cup — Minimize

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Taro Vegetables 1/2 cup	Enjoy	Turnip Vegetables 1 cup	Enjoy
Water Chestnuts Vegetables 1/2 cup	Enjoy	Watercress Vegetables 1 cup	Enjoy
White Mushroom Vegetables 1 cup, diced	Enjoy	Winter Squash Vegetables 1/4 cup, cooked	Minimize
Yellow Squash Vegetables 1 cup, cooked	Enjoy	Zucchini Vegetables 1 cup, cooked	Enjoy

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

My Foods

Proteins & Fats 7 per day

We recommend you break your daily Proteins & Fats intake by the following servings

Superfood + ●●●●●●
Enjoy 6
Minimize 1 ●

Abalone Proteins & Fats 3 ounces — Enjoy	Adzuki Beans Proteins & Fats 1 cup, cooked — Minimize
Almond Milk (Unsweetened) Proteins & Fats 1 cup — Enjoy	Almonds Proteins & Fats 20 nuts — Enjoy
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

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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	Superfood	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	Minimize
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

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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 or Duck) Proteins & Fats 3 eggs Enjoy	Egg Yolk (Chicken or Duck) 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

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DOB: 04/05/1985

Ghee Proteins & Fats 1 teaspoon Superfood	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 Enjoy	Heavy Cream (Cow Milk) Proteins & Fats 2 tablespoons Enjoy
Hemp Hearts Proteins & Fats 3 tablespoons Superfood	Herring Proteins & Fats 3 ounces Enjoy
Hickory Nuts Proteins & Fats 15 nuts Enjoy	Kefir (Cow Milk) Proteins & Fats 1/2 cup Enjoy
Kidney Beans Proteins & Fats 3/4 cup, cooked Enjoy	Lamb Proteins & Fats 2 1/2 ounces Enjoy

Test Name: Gut Intelligence Test

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Lentils Proteins & Fats 4 ounces, cooked	Superfood	Lima Beans Proteins & Fats 1/2 cup, cooked	Minimize
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	Superfood	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

Test Name: Gut Intelligence Test

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DOB: 04/05/1985

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

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Shrimp (Domestic) Proteins & Fats 5 ounces	Enjoy	Soy Milk (Unsweetened) Proteins & Fats 1 cup	Minimize
Soybeans (non-GMO) Proteins & Fats 1/2 cup	Minimize	Squid Proteins & Fats 3 ounces	Enjoy
Sunflower Seeds Proteins & Fats 2 tablespoons	Enjoy	Tempeh Proteins & Fats 1/2 cup	Minimize
Tofu Proteins & Fats 3/4 cup	Minimize	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

Yogurt (Cow Milk, Plain)

Proteins & Fats

1/2 cup

Enjoy

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

My Foods

Fruits & Grains 4 per day

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

Superfood + ●●●

Enjoy 3

Minimize 1 ●

Amaranth Fruits & Grains 1/2 cup, cooked — Enjoy	Apple Fruits & Grains 1 whole — Enjoy
Apricot Fruits & Grains 3 whole — Enjoy	Banana Fruits & Grains 1 whole — Minimize
Barley Fruits & Grains 3 ounces, cooked — Enjoy	Blackberry Fruits & Grains 1 cup — Enjoy
Blueberry Fruits & Grains 1 cup — Enjoy	Boysenberry Fruits & Grains 1 cup — Enjoy
Breadfruit Fruits & Grains 1 cup, sliced — Minimize	Brown Rice Fruits & Grains 1/2 cup, cooked — Enjoy

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

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

Test Name: Gut Intelligence Test

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DOB: 04/05/1985

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

Test Name: Gut Intelligence Test

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DOB: 04/05/1985

Mulberries Fruits & Grains 1 cup	Enjoy	Nectarine Fruits & Grains 1 whole	Enjoy
Oats Fruits & Grains 1/2 cup, cooked	Enjoy	Orange Fruits & Grains 1 whole	Enjoy
Papaya Fruits & Grains 1 cup, sliced	Enjoy	Passionfruit Fruits & Grains 3/4 cup	Enjoy
Peach Fruits & Grains 1 whole	Enjoy	Pear Fruits & Grains 1 whole	Enjoy
Persimmon Fruits & Grains 2 whole	Enjoy	Pineapple Fruits & Grains 1 cup	Minimize
Plantain Fruits & Grains 1/2 cup	Enjoy	Plum Fruits & Grains 3 whole	Enjoy
Pomegranate Fruits & Grains 1 half	Enjoy	Prunes Fruits & Grains 6 whole	Minimize
Pummelo Fruits & Grains 1 half	Minimize	Quinoa Fruits & Grains 1/2 cup, cooked	Enjoy

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Raspberry	Fruits & Grains	1 cup	Superfood
Rhubarb	Fruits & Grains	1 cup, sliced	Enjoy
Rice Noodles	Fruits & Grains	1/2 cup, cooked	Minimize
Salmonberry	Fruits & Grains	1 cup	Enjoy
Sour Cherries	Fruits & Grains	1 1/3 cup	Enjoy
Sprouted Rye Bread	Fruits & Grains	1 slice	Enjoy
Sprouted Wheat Bread	Fruits & Grains	1 slice	Enjoy
Star Fruit	Fruits & Grains	1 cup, sliced	Enjoy
Strawberry	Fruits & Grains	1 cup	Enjoy
Triticale	Fruits & Grains	1/2 cup, cooked	Minimize
Watermelon	Fruits & Grains	1 cup, diced	Enjoy
White Rice	Fruits & Grains	1/2 cup, cooked	Minimize
Wild 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 7 per day

We recommend you break your daily Herbs, Spices & Other intake by the following servings

Superfood + ●●●●●●

Enjoy 6

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

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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 Enjoy
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

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Fenugreek Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy	Garlic Herbs, Spices & Other 1 clove	Superfood
Ginger Herbs, Spices & Other 1 tablespoon	Enjoy	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	Minimize	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	Minimize

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

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 Enjoy
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

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

Stevia	Minimize	Tarragon	Enjoy
Herbs, Spices & Other		Herbs, Spices & Other	
1 package		1/4 teaspoon	
Turmeric	Enjoy	Vanilla Extract	Enjoy
Herbs, Spices & Other		Herbs, Spices & Other	
1/2 teaspoon		1/4 teaspoon	
Vinegar (Unsweetened)	Enjoy	Wheatgrass	Enjoy
Herbs, Spices & Other		Herbs, Spices & Other	
1 teaspoon		2 tablespoons	
White Tea	Minimize		
Herbs, Spices & Other			
8 ounce			

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

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

Zinc Carnosine

Look for supplements with the following ingredients:

Zinc Carnosine

Offered by Integrative Therapeutics , Metagencis , or other vendors.

To support or improve your gut microbial ecosystem and nourish the gut lining

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 prole. 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 (50D2224932) to perform high complexity testing. Sequencing was performed at Viome Inc. CLIA (50D2224932). Contact Viome for any further questions.

VIOME

CHARLES WARDEN'S RECOMMENDATIONS

VERSION: 1.14.2

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985