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RESULTS



SHOP



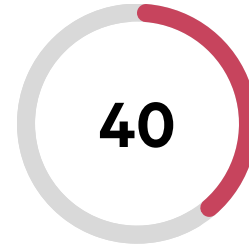
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## Gut Microbiome Health



100

49

0

ABOUT THIS SCORE

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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.



Click into a score below to see nutrients that support this area.

## HOW WE CALCULATE THIS SCORE

To arrive at the Integrative Health score you see above,

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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



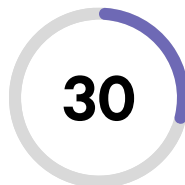
Average



Not Optimal

**Inflammatory Activity**

Tap to learn more about this score.

**Metabolic Fitness**

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**Digestive Efficiency**

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71

**Protein Fermentation**

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45

**Gas Production**

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15

**Active Microbial Diversity**

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**SEE MORE DETAILS**



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