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2022-05-06 (GTV3A)

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Gut Wellness Score

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Orders

Settings

FAQ

Log Out

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Your **Gut Score** incorporates the diversity and balance of your bacteria sample. These are key indicators of gut microbiome health. We compare your microbial DNA to results compiled by the American Gut Project, the world's largest microbiome research database. This data is used to measure the balance between good and bad bacteria in your gut.

Your Wellness Score



78%

Healthy Average Wellness Score



62%



Superb

Your gut is close to an ideal state, keep it up!



Good

Your gut is going in the right direction, but needs some work.



Needs Improvement

Your gut health is a bit lacking—let's get it thriving!

Gut Diversity Score

Your **diversity score** is also considered along with your wellness score. Diversity is determined by the richness (variety of bacterial species) and evenness (amount of an individual species) of your gut microbiome.

Your Diversity Score



91%



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Superb
Your diversity is like a booming rainforest with a growing population of species.



Good
Your diversity is thriving but needs more gardening.



Needs Improvement
Your diversity is a bit lacking—let's get it thriving!

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