VIOME

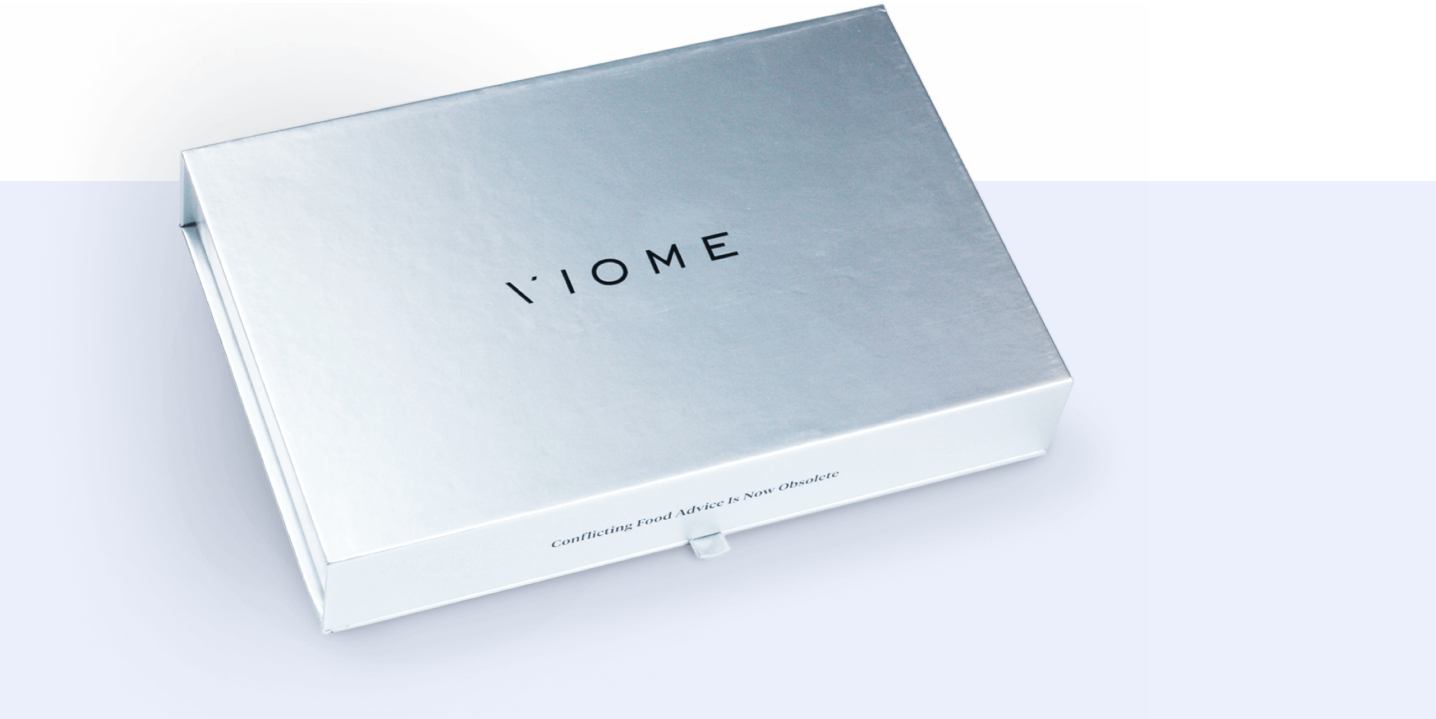
VIOME

CHARLES WARDEN'S 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: 06/27/2021

Date Received: 07/15/2021

Date Issued: 09/08/2021

Sample ID: 14CA2CA696F1

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.

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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 a small snack daily. Avoid eating 1-2 hours 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 benefit from a variety of stretching, strength training, interval training, and aerobic exercise at least 3 times per week.

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My Foods

Vegetables

66 recommended vegetables

2 avoid vegetables

10 servings of vegetables per day

Proteins & Fats

105 recommended proteins & fats

2 avoid proteins & fats

6 servings of proteins & fats per day

Fruits & Grains

71 recommended fruits & grains

0 avoid fruits & grains

5 servings of fruits & grains per day

Herbs, Spices & Other

59 recommended herbs, spices & other

1 avoid herbs, spices & other

8 servings of herbs, spices & other per day

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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 wellness goals into account, it has been determined that artichokes in your diet will be beneficial 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*

Avocado

Proteins & Fats

1 half

Superfood

My Microbiome's Response to Avocado

Avocado contains fiber which is a complex carbohydrate. After analyzing your gene expression and taking your data into account, it has been determined that avocado in your diet will be of benefit 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 avocado.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/28230737*
2. *https://www.ncbi.nlm.nih.gov/pubmed/15173415*
3. *https://www.ncbi.nlm.nih.gov/pubmed/29902436*

Banana

Fruits & Grains

1 whole

Superfood

My Microbiome's Response to Banana

Bananas contain vitamin B6 which is a B vitamin. After an analysis of your gene expression and taking your wellness goals into account, it has been determined that bananas in your diet will be of benefit for you. Vitamin B6 has low bioavailability until metabolized by residents of your microbiome from the bacterial families Streptococcus and Lactobacillus. Although some of your microbes are able to produce vitamin B6 on their own, dietary supplementation ensures you are getting your recommended dose. Studies indicate that vitamin B6 is important for brain development, immune system function and skin collagen production.

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

1. *https://www.ncbi.nlm.nih.gov/pubmed/17066209*
2. *https://www.ncbi.nlm.nih.gov/pubmed/6651795*
3. *https://www.ncbi.nlm.nih.gov/pubmed/6651795*

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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 of benefit 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*

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Cherry

Fruits & Grains

1 cup

Superfood

My Microbiome's Response to Cherry

Cherries contain flavonoids which are a class of polyphenols. After analyzing your gene expression and taking your data into account, it has been determined that cherries in your diet will be of benefit 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. Studies indicate 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)

Proteins & Fats

3 eggs

Superfood

My Microbiome's Response to Egg Yolk (Chicken)

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 optimal for you. Phospholipids are broken down by enzymes called phospholipases produced by your microbes in the Bacteroidetes and Firmicutes phyla. It has been reported that phospholipid digestion creates metabolites like phosphatidylcholine which promote neurological function, muscle growth, nerve conduction and improved fat metabolism.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/22221489*
2. *https://www.ncbi.nlm.nih.gov/pubmed/26857900*
3. *https://www.ncbi.nlm.nih.gov/pubmed/23518648*

Flax Oil

Proteins & Fats

1 tablespoon

Superfood

My Microbiome's Response to Flax Oil

Flax oil contains alpha-linoleic acid which is an omega-3-fatty acid. After analyzing 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. Linoleic acids are 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 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 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 zinc which is a mineral. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that garlic in your diet will be helpful for you. Zinc maintains microbial homeostasis of your microbiome. Studies indicate that zinc deficiency decreases richness and diversity, impairs butyrate production, and results in a microbial community that mimics pathological states. Zinc impacts growth and development, immune cell differentiation, and regulates storage and release of neurotransmitters.

Garlic may improve your Butyrate Production Pathways score.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/10352736*
2. *https://www.ncbi.nlm.nih.gov/pubmed/18221503*
3. *https://www.ncbi.nlm.nih.gov/pubmed/26633470*

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Green Tea

Herbs, Spices & Other

1 cup

Superfood

My Microbiome's Response to Green Tea

Green tea contains EGCG which is a flavonoid. After an interpretation of your gene expression and taking your wellness goals into account, it has been determined that green tea in your diet will be optimal for you. EGCG needs to be methylated by your microbes before it can be used. It decreases production of harmful microbial metabolites, such as p-cresol, and has anti-carcinogenic, antioxidant, and anti-viral benefits. Studies indicate that EGCG can also boost your metabolism.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/23493529*

2. *https://www.ncbi.nlm.nih.gov/pubmed/22339247*

Hazelnuts

Proteins & Fats

15 nuts

Superfood

My Microbiome's Response to Hazelnuts

Hazelnuts contain magnesium which is a mineral. After an analysis of your gene expression and taking your data into account, it has been determined that hazelnuts 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 hazelnuts. **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*

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 questionnaire data into account, it has been determined that hemp hearts in your diet will be of benefit 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/*

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Hot Pepper

Herbs, Spices & Other

1/2 teaspoon

Superfood

My Microbiome's Response to Hot Pepper

Hot peppers contain capsaicin which is a phytochemical. After an analysis of your gene expression and taking your data into account, it has been determined that hot peppers in your diet will be optimal for you. Capsaicin is anti-inflammatory and promotes microbial diversity.

Hot peppers may improve your LPS Biosynthesis Pathways score.
Learn more…

1. *https://pubmed.ncbi.nlm.nih.gov/12531428/*

Jerusalem Artichoke

Vegetables

1 cup

Superfood

My Microbiome's Response to Jerusalem Artichoke

Jerusalem artichoke contains inulin which is a prebiotic fiber. After an analysis of your gene expression and taking your data into account, it has been determined that jerusalem artichoke 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.

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://www.ncbi.nlm.nih.gov/pubmed/28213610*
3. *https://www.ncbi.nlm.nih.gov/pubmed/29507837*

Kombucha

Herbs, Spices & Other

1 cup

Superfood

My Microbiome's Response to Kombucha

Kombucha contains probiotics which are beneficial microbes. After an analysis of your gene expression and taking your questionnaire data into account, it has been determined that kombucha in your diet will be good 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.

Kombucha may improve your Butyrate Production Pathways score.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4436634/*

Lamb

Proteins & Fats

2 1/2 ounces

Superfood

My Microbiome's Response to Lamb

Lamb contains protein which is an essential macronutrient. After analyzing your gene expression and taking your data into account, it has been determined that lamb in your diet will be good for you. Your microbiome is metabolically active and converts dietary protein into amino acids, which can be used by your body or further converted by your microbes into short-chain fatty acids which are anti-inflammatory and protect your gut lining. Research shows that protein also helps build strong muscles, improve gut integrity, balance glucose, enhance skin properties and is used to create neurotransmitters.

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

1. *https://www.ncbi.nlm.nih.gov/pubmed/25042240*
2. *https://www.ncbi.nlm.nih.gov/pubmed/28903954*
3. *https://www.ncbi.nlm.nih.gov/pubmed/28388917*

Oats

Fruits & Grains
1/2 cup, cooked

Superfood

My Microbiome's Response to Oats

Oats contain beta-glucan which is a fiber. After an analysis of your gene expression and taking your data into account, it has been determined that oats in your diet will be good 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.

Oats may improve your Bile Acid Metabolism Pathways score.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6892284/*

Pineapple

Fruits & Grains
1 cup

Superfood

My Microbiome's Response to Pineapple

Pineapple contains bromelain which is a proteolytic enzyme. After an analysis of your gene expression and taking your wellness goals into account, it has been determined that pineapple in your diet will be good for you. Bromelain helps breakdown proteins into amino acids.

Pineapple may improve your LPS Biosynthesis Pathways score.
Learn more…

1. *http://www.tandfonline.com/doi/full/10.1080/08820130802083622*

Pumpkin

Vegetables

1 cup

Superfood

My Microbiome's Response to Pumpkin

Pumpkin contains magnesium which is a mineral. After an analysis of your gene expression and taking your wellness goals into account, it has been determined that pumpkin 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. 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 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*

Sage

Herbs, Spices & Other

1/4 teaspoon

Superfood

My Microbiome's Response to Sage

Sage contains rosmarinic acid which is a phenolic acid. After analyzing your gene expression and taking your questionnaire 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.ncbi.nlm.nih.gov/pmc/articles/PMC5318325/*
2. *https://www.sciencedirect.com/science/article/abs/pii/S1756464615001073*
3. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4003706/*

Salmon (Wild-Caught)

Proteins & Fats

3 ounces

Superfood

My Microbiome's Response to Salmon (Wild-Caught)

Salmon contains essential fatty acids which are a class of unsaturated fatty acids. After an analysis of your gene expression and taking your wellness goals into account, it has been determined that salmon in your diet will be of benefit 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 salmon.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/11053524*

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

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Sauerkraut

Vegetables

1 cup

Superfood

My Microbiome's Response to Sauerkraut

Sauerkraut contains probiotics which are beneficial microbes. After analyzing your gene expression and taking your questionnaire data into account, it has been determined that sauerkraut in your diet will be good 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.ncbi.nlm.nih.gov/pubmed/23320049*

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. Studies indicate 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*

Sunflower Seeds

Proteins & Fats

2 tablespoons

Superfood

My Microbiome's Response to Sunflower Seeds

Sunflower seeds contain Vitamin B1 (Thiamine) which is a B vitamin. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that sunflower seeds in your diet will be good for you. The body cannot synthesize Vitamin B1 (Thiamine) on its own. Vitamin B1 (Thiamine) comes from two sources: your diet or your microbiome. A small amount of dietary Vitamin B1 (Thiamine) is absorbed in the small intestine but the majority comes from phosphorylation and dephosphorylation processes. Your gut microbes use thiamine to produce more Vitamin B1 (Thiamine). Research shows that Vitamin B1 (Thiamine) is a co-factor for many biological functions such as neurological stability and cardiovascular health.

Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/18642074*
2. *https://www.ncbi.nlm.nih.gov/pubmed/28951891*

Sweet Potato or Yam

Vegetables
1/2 cup

Superfood

My Microbiome's Response to Sweet Potato or Yam

Sweet potatoes or yams contain potassium which is a mineral. After analyzing your gene expression and taking your wellness goals into account, it has been determined that sweet potatoes or yams in your diet will be good for you. Potassium promotes a healthy environment for your gut bacteria to thrive. It decreases intestinal inflammation, balances intestinal pH, encourages growth of beneficial microbes and promotes a strong gut barrier. Studies indicate that potassium modifies immune responses by impacting T-cell activation. Potassium also contributes to hormonal balance, proper nerve function, and the promotion of relaxation.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/26005400*
2. *https://www.ncbi.nlm.nih.gov/pubmed/23992533*
3. *https://www.ncbi.nlm.nih.gov/pubmed/28003811*

Tarragon

Herbs, Spices & Other

1/4 teaspoon

Superfood

My Microbiome's Response to Tarragon

Tarragon contains apigenin which is a bioflavonoid. After an interpretation of your gene expression and taking your questionnaire data into account, it has been determined that tarragon in your diet will be good for you. Your microbiome plays an important role in breaking down bioflavonoids. Studies indicate that apigenin influences the diversity of your microbiome by increasing the activity of Enterococcus species and their ability to participate in DNA repair and modulation of the stress and immune responses.

Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/22975493/*

2. *https://www.ncbi.nlm.nih.gov/pubmed/28771188*

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 an analysis of your gene expression and taking your wellness goals into account, it has been determined that white turkey meat in your diet will be optimal 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.

Learn more…

1. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4393508/*

White Mushroom

Vegetables

1 cup, diced

Superfood

My Microbiome's Response to White Mushroom

White mushrooms contain beta-glucan which is a fiber. After an interpretation of your gene expression and taking your data into account, it has been determined that white mushrooms in your diet will be good 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.

White mushrooms may improve your Bile Acid Metabolism Pathways score.

Learn more…

1. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6892284/*

White Tea

Herbs, Spices & Other
8 ounce

Superfood

My Microbiome's Response to White Tea

White tea contains theanine which is an amino acid. After analyzing your gene expression and taking your data into account, it has been determined that white tea in your diet will be optimal for you. Theanine enhances diversity and richness of beneficial Lactobacillus species and decreases harmful Clostridium species. Some members of Lactobacillus have enzymes that allow them to create more theanine. Obtaining theanine through your diet makes sure you are getting enough. Studies indicate that theanine is important for neurological function.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6836118/*
2. *http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.1023.1660&rep=rep1&type=pdf*
3. *https://www.sciencedirect.com/science/article/pii/S1381117703000754*
4. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3417654/*

Yogurt (Cow Milk, Plain)

Proteins & Fats

1/2 cup

Superfood

My Microbiome's Response to Yogurt (Cow Milk, Plain)

Yogurt (cow milk, plain) contains cobalamin which is a B vitamin. After an interpretation of your gene expression and taking your data into account, it has been determined that yogurt (cow milk, plain) in your diet will be helpful for you. Cobalamin is transformed by your microbiome and also produced by specific microbes. Cobalamin is extremely important in energy production and nerve health.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to yogurt (cow milk, plain).

Learn more…

1. *https://www.ncbi.nlm.nih.gov/pubmed/15896807*
2. *https://www.ncbi.nlm.nih.gov/pubmed/28393285*
3. *https://www.ncbi.nlm.nih.gov/pubmed/25440056*

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My Foods to Avoid

We recommend you avoid these foods

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

Almonds

Proteins & Fats

Avoid

My Microbiome's Response to Almonds

Almonds contain phytic acid which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding almonds will be beneficial for you.

Avoiding almonds may improve your Oxalate Metabolism Pathways score.
Learn more…

1. https://pubmed.ncbi.nlm.nih.gov/14985216/
2. https://www.researchgate.net/publication/227528193_Phytogenic_and_microbial_phytases_in_human_nutrition

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 an inflammatory response, it is recommended for you to avoid bell pepper.

Avoiding bell pepper may improve your Oxalate Metabolism Pathways score.
Learn more…

1. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6435874/*

2. *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4405218/*

Pistachios

Proteins & Fats

Avoid

My Microbiome's Response to Pistachios

Pistachios contain phytic acid which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding pistachios will be beneficial for you.

Avoiding pistachios may improve your Oxalate Metabolism Pathways score.
Learn more…

1. *https://pubmed.ncbi.nlm.nih.gov/14985216/*
2. *https://www.researchgate.net/publication/227528193_Phytogenic_and_microbial_phytases_in_human_nutrition*

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 inflammatory symptoms, 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

Turmeric

Herbs, Spices & Other

Avoid

My Microbiome's Response to Turmeric

Turmeric stimulates the production and release of cholic acid, a bile acid important in the digestion of fats. However, if your microbes show increased bile acid related activity then excesive cholic acid may contribute to a pro-inflammatory enviroment in the gut.

Avoiding turmeric may improve your Bile Acid Metabolism Pathways score.
Learn more…

1. *https://pubmed.ncbi.nlm.nih.gov/27228476/*

2. *https://pubmed.ncbi.nlm.nih.gov/24045793/*

Test Name: Gut Intelligence Test

Customer Name: Charles Warden

DOB: 04/05/1985

My Foods

Vegetables 10 per day

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

Superfood + Enjoy 8

Minimize 2

Alfalfa Sprouts Vegetables 1 cup — Enjoy	Artichoke Vegetables 1 cup, diced — Superfood
Arugula Vegetables 1 cup — Enjoy	Asparagus Vegetables 15 spears — Enjoy
Bamboo Shoots Vegetables 1 cup, sliced — Enjoy	Beet Greens Vegetables 1 cup — Minimize
Beets Vegetables 1 cup — Minimize	Bok Choy Vegetables 1 cup — Minimize
Broccoli Vegetables 1 cup — Enjoy	Brussels Sprouts Vegetables 1 cup — Enjoy

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Burdock Root Vegetables 2/3 cup	Enjoy	Cabbage Vegetables 1 cup	Enjoy
Cardoon Vegetables 1 cup	Enjoy	Carrot Vegetables 1 cup, sliced	Enjoy
Cauliflower Vegetables 1 cup	Minimize	Celeriac Vegetables 1 cup	Enjoy
Celery Vegetables 1 cup	Enjoy	Chard Vegetables 1 cup	Minimize
Chayote Squash Vegetables 1 cup, cooked	Enjoy	Chicory Root Vegetables 1/2 cup	Minimize
Collard Greens Vegetables 1 cup	Minimize	Cucumber Vegetables 1 cup	Enjoy
Dandelion Greens Vegetables 1 cup	Minimize	Eggplant Vegetables 1 cup	Enjoy
Endive Vegetables 1 cup	Enjoy	Escarole Vegetables 1 cup	Enjoy

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Fennel Bulb	Enjoy	Gourd	Enjoy
Vegetables		Vegetables	
1 cup		1 cup, sliced	
Green Beans	Minimize	Jerusalem Artichoke	Superfood
Vegetables		Vegetables	
1 cup		1 cup	
Jicama	Enjoy	Kale	Minimize
Vegetables		Vegetables	
1 cup		1 cup	
Kimchi	Enjoy	Kohlrabi	Minimize
Vegetables		Vegetables	
1 cup		1 cup	
Leek	Minimize	Lettuce	Enjoy
Vegetables		Vegetables	
1/2 cup, sliced		1 cup	
Mung Bean Sprouts	Enjoy	Mustard Greens	Minimize
Vegetables		Vegetables	
1 cup		1 cup	
Okra	Minimize	Onion	Enjoy
Vegetables		Vegetables	
1 cup		1 cup	
Parsley	Minimize	Parsnip	Enjoy
Vegetables		Vegetables	
1 cup		1/2 cup	

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Peas	Vegetables	1/4 cup	Enjoy
Pepino Melon	Vegetables	1 cup	Enjoy
Pickle (Unsweetened)	Vegetables	2 whole	Enjoy
Potato	Vegetables	1 half	Minimize
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	Minimize
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	Minimize
Spirulina	Vegetables	2 teaspoon	Superfood
Sweet Potato or Yam	Vegetables	1/2 cup	Superfood

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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	Superfood
Winter Squash	Vegetables	1/4 cup, cooked	Enjoy
Yellow Squash	Vegetables	1 cup, cooked	Enjoy
Zucchini	Vegetables	1 cup, cooked	Minimize

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My Foods

Proteins & Fats 6 per day

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

Superfood + Enjoy 5 ●●●●●

Minimize 1 ●

Abalone Proteins & Fats 3 ounces — Enjoy	Adzuki Beans Proteins & Fats 1 cup, cooked — Enjoy
Almond Milk (Unsweetened) Proteins & Fats 1 cup — 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	Black Eyed Peas Proteins & Fats 3/4 cup, cooked — Enjoy

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Bone Broth (Fish) Proteins & Fats 1 cup Enjoy	Bone Broth (Mammal) Proteins & Fats 1 cup Enjoy
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 Enjoy	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	Clams Proteins & Fats 3 ounces Enjoy

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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) Proteins & Fats 3 eggs Enjoy
Egg Yolk (Chicken) 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	Ghee Proteins & Fats 1 teaspoon Enjoy

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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 Superfood
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 Minimize
Lamb Proteins & Fats 2 1/2 ounces Superfood	Lentils Proteins & Fats 4 ounces, cooked Minimize

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Lima Beans	Proteins & Fats	1/2 cup, cooked	Enjoy
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	Enjoy
Olives	Proteins & Fats	20 olives	Minimize
Ostrich	Proteins & Fats	4 ounces	Enjoy
Oysters	Proteins & Fats	3 ounces	Enjoy
Peanuts	Proteins & Fats	20 peanuts	Minimize
Pecans	Proteins & Fats	15 nuts	Minimize
Perch	Proteins & Fats	5 ounces	Enjoy

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Pheasant Proteins & Fats 4 ounces Enjoy	Pine Nuts Proteins & Fats 1 1/2 tablespoons Enjoy
Pinto Beans Proteins & Fats 3/4 cup, cooked 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 Superfood	Sardines Proteins & Fats 2 ounces Enjoy
Scallops Proteins & Fats 5 ounces Enjoy	Sesame Seeds Proteins & Fats 3 tablespoons Minimize
Sheep Cheese Proteins & Fats 1 ounce Enjoy	Sheep Milk Proteins & Fats 1/4 cup Enjoy
Shrimp (Domestic) Proteins & Fats 5 ounces Enjoy	Soy Milk (Unsweetened) Proteins & Fats 1 cup Enjoy

Soybeans (non-GMO)
Proteins & Fats
1/2 cup
Enjoy

Squid
Proteins & Fats
3 ounces
Enjoy

Sunflower Seeds
Proteins & Fats
2 tablespoons
Superfood

Tempeh
Proteins & Fats
1/2 cup
Enjoy

Tofu
Proteins & Fats
3/4 cup
Enjoy

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
Minimize

Whole Milk (Cow Milk)
Proteins & Fats
1/2 cup
Enjoy

Yogurt (Cow Milk, Plain)
Proteins & Fats
1/2 cup
Superfood

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My Foods

Fruits & Grains 5 per day

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

Superfood + Enjoy 4 ●●●●

Minimize 1 ●

Amaranth Fruits & Grains 1/2 cup, cooked — Minimize	Apple Fruits & Grains 1 whole — Enjoy
Apricot Fruits & Grains 3 whole — Enjoy	Banana Fruits & Grains 1 whole — Superfood
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

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Buckwheat Fruits & Grains 1/2 cup, cooked Minimize	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 Minimize	Dates Fruits & Grains 2 whole Minimize
Dragon Fruit Fruits & Grains 1 cup, diced Enjoy	Elderberry (Boiled) Fruits & Grains 1 cup Minimize
Fig Fruits & Grains 2 whole Minimize	Goji Berry Fruits & Grains 1/2 cup Minimize
Gooseberry Fruits & Grains 1 cup Minimize	Grapefruit Fruits & Grains 1 whole Enjoy

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Grapes Fruits & Grains 1 cup Minimize	Guava Fruits & Grains 2 whole Enjoy
Honeydew Melon Fruits & Grains 1 cup, sliced Enjoy	Huckleberry Fruits & Grains 1 cup Enjoy
Jackfruit Fruits & Grains 1 cup Minimize	Kamut Fruits & Grains 1/2 cup, cooked Minimize
Kiwi Fruits & Grains 2 whole Minimize	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

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Mulberries	Fruits & Grains	1 cup	Enjoy
Nectarine	Fruits & Grains	1 whole	Enjoy
Oats	Fruits & Grains	1/2 cup, cooked	Superfood
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	Superfood
Plantain	Fruits & Grains	1/2 cup	Minimize
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	Minimize

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Raspberry Fruits & Grains 1 cup	Enjoy	Rhubarb Fruits & Grains 1 cup, sliced	Minimize
Rice Noodles Fruits & Grains 1/2 cup, cooked	Enjoy	Salmonberry Fruits & Grains 1 cup	Enjoy
Sour Cherries Fruits & Grains 1 1/3 cup	Enjoy	Sprouted Rye Bread Fruits & Grains 1 slice	Minimize
Sprouted Wheat Bread Fruits & Grains 1 slice	Minimize	Star Fruit Fruits & Grains 1 cup, sliced	Minimize
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	Enjoy		

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My Foods

Herbs, Spices & Other 8 per day

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

Superfood + Enjoy 7 ●●●●●●●

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 Enjoy
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

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Carob Herbs, Spices & Other 1 tablespoon Enjoy	Cayenne Pepper Herbs, Spices & Other 1/8 teaspoon Enjoy
Celery Seed Herbs, Spices & Other 1/4 teaspoon Minimize	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 Minimize
Coffee 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	Fenugreek Seed Herbs, Spices & Other 1/4 teaspoon Enjoy

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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 Superfood
Herbal Tea Herbs, Spices & Other 1 cup Enjoy	Honey Herbs, Spices & Other 1 teaspoon Enjoy
Horseradish Herbs, Spices & Other 1 teaspoon Minimize	Hot Pepper Herbs, Spices & Other 1/2 teaspoon Superfood
Kombucha Herbs, Spices & Other 1 cup Superfood	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 Enjoy	Molasses Herbs, Spices & Other 1 teaspoon Minimize
Mustard Seed Herbs, Spices & Other 1/4 teaspoon Enjoy	Nutmeg Herbs, Spices & Other 1/4 teaspoon Enjoy

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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	Stevia Herbs, Spices & Other 1 package Minimize
Tarragon Herbs, Spices & Other 1/4 teaspoon Superfood	Vanilla Extract Herbs, Spices & Other 1/4 teaspoon Enjoy
Vinegar (Unsweetened) Herbs, Spices & Other 1 teaspoon Enjoy	Wheatgrass Herbs, Spices & Other 2 tablespoons Enjoy

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White Tea

Herbs, Spices & Other

8 ounce

Superfood

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Supplements

Look for supplements with the following ingredients:

Probiotics

Look for supplements with the following ingredients:
S. boulardii, Bifidobacterium species (lactis), and Lactobacillus species (plantarum, salivarius, acidophilus)

Offered by Pure Encapsulations , Metagenics , or other vendors.

To support the growth and activity of beneficial microorganisms and enhance the balance in your microbial ecosystem

Polyphenols with Pomegranate

Look for supplements with the following ingredients:
Pomegranate extract, acai berry extract, blueberry extract, and cranberry extract

Offered by Pure Encapsulations , Life Extension , or other vendors.

To rebalance your microbiome, promote beneficial microbial diversity while boosting antioxidant production by your unique microbiome.

Mixed Polyphenols

Look for supplements with the following ingredients:
Pycnogenol, resveratrol, green tea extract, ginkgo, and milk thistle

Offered by Klaire Labs , Douglas Laboratories , or other vendors.

To promote beneficial microbial diversity and richness and boost your anti-inflammatory activities for optimum host-microbiome interaction

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Prebiotic

Look for supplements with the following ingredients:

Fiber with acacia, cranberry seed powder, carrot fiber, guar gum, apple pectin, and inulin

Offered by Designs for Health , 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

Probiotics

Look for supplements with the following ingredients:

L. reuteri DSM 17938, L. reuteri ATCC PTA 6475

Offered by BioGaia , or other vendors.

To support the growth and activity of beneficial microorganisms which can produce short-chain fatty acids, like butyrate, which can support your microbiome

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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