



Charles
cwarden45@g
mail.com

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Gut Score

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

You might have high Skin Inflammation levels.

See the details in

Essential Survey

Answer all of your surveys and get **50%** off your next kit!

Premium ★

Kit Status

Your kit has been completed



TAKE ACTION

My Personalized Probiotics

Charles, based on your test sample, **you have 7 gut bacteria that need work.** To help you reach optimal levels, our doctors have customized a probiotic blend especially for you.

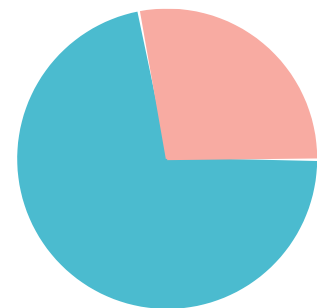
[Get My Probiotics](#)



My Personalized Food Plan

Eating the right foods can help you bring balance to your gut bacteria. Based on your test results, our doctors have identified **204** foods to help you achieve healthier gut bacteria levels.

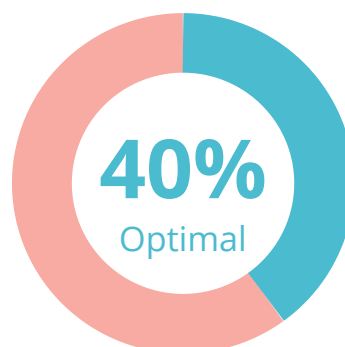
[See My Food Plan](#)



204 foods to eat

80 foods to avoid

My Bacteria Level





Optimal

Need Work

Essential

Premium ★

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Seems like you need work on **Faecalibacterium, Blautia, Roseburia, Eubacterium, Akkermansia, Bifidobacterium,** and **Lactobacillus.**

[Increase my bacteria level](#)

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Symptom Likeliness

Due to lack of certain beneficial bacteria, you are likely to have **8** potential symptoms such as:

**Skin
Inflammation**

Fatigue

Anxiety

Constipation

[How can I improve?](#)

My Gut Bacteria

We picked up

53,829

species from your sample.

[Learn More](#)



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mail.com**

Thryve is not intended to diagnose a disease or other medical condition, or tell you anything about your risk for developing a disease or condition in the future. Thryve is not intended as a substitute for medical diagnosis or treatment, and should not be used as the basis for a diagnosis or treatment. You should always consult your physician or health care provider about any health issues and before making any changes to your current care.

The FDA plays a specific role in regulating the supplement industry. [Learn More](#)

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