



Select Kit:

2021-05-03 (GJKE4) ▼

My Bacteria Level (40% optimal)

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Akkermansia

Good Bacteria

Deficient; needs work



My Level: 0.916%

Healthy Average: 1.803%

Only 1 to 5% of the microbes in your gut are of the Akkermansia species.
They cannot survive in the presence of oxygen, which makes...

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Alistipes

Good Bacteria

In healthy ranges



My Level: 3.223%

Healthy Average: 2.128%

Just because Alistipes is resilient doesn't mean it can do the work on its own.
Alistipes has a major appetite. If you have a tendency...

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Bacteroides

Good Bacteria

In healthy ranges



My Level: 54.456%

Healthy Average: 25.433%

Bacteroides are a commensal bacteria, which means they get along with
others. In fact, Bacteroides helps whips the others into shape. These
bacterial strains know...

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Bifidobacterium

Good Bacteria

Deficient; needs work



My Level: 0.026%

Healthy Average: 1.749%

Bifidobacterium flourishes in your intestines. Here, Bifidobacterium play toll
booth for the digestive system. These bacteria are known to destroy
opportunistic bacterial strains like H....

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Deficient; needs work?

My Level: 3.949%

Healthy Average: 5.924%

What makes Blautia such a fighter is how they interact with two common atmospheric elements--hydrogen and carbon dioxide. Blautia converts these two gases into acetate....

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Eubacterium

Good Bacteria

Deficient; needs work?

My Level: 1.687%

Healthy Average: 3.287%

What gives Eubacterium such a distinguished role as The Influencer is its thick skin. No, really. Eubacterium has a thick cell wall made of amino...

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Faecalibacterium

Good Bacteria

Deficient; needs work?

My Level: 6.802%

Healthy Average: 12.896%

The greatest service Faecalibacterium provides our body is the creation of butyric acid. Butyric acid is essential in breaking down fibers our body are otherwise...

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Lactobacillus

Good Bacteria

Deficient; needs work?

My Level: 0.006%

Healthy Average: 1.182%

As the name "lact" suggests, Lactobacillus assists in breaking down the natural milk sugar found in dairy, lactose. From mid childhood on, lactase (the enzyme...

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Pseudomonas

Bad Bacteria



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In healthy ranges

My Level: 1.012%



Healthy Average: 0.016% Select Kit:



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Pseudomonas aeruginosa is a pathogen that can reside in the gastrointestinal tract and alter epithelial barrier function as well as induce infection. This pathogen is...

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Roseburia

Good Bacteria

Deficient; needs work



My Level: 0.717%

Healthy Average: 2.310%

Such a pretty name, yet Roseburia Thryves Inside deep within your colon. When there is plenty of Roseburia to go around, your body will work...

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Ruminococcus

Good Bacteria

In healthy ranges



My Level: 6.734%

Healthy Average: 2.826%

20% of the bacteria in our feces are Ruminococcus. While Ruminococcus makes take up one-fifth of the bacteria responsible for breaking down solid food, it...

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