

POWERED BY
SEQBIOME 



SPORTGENIX™

Systematic personalized **microbiome analysis** for **elite athlete** performance optimization

The SportGenix™ program is not intended for diagnostic purposes and should not be used as a standalone tool for determining a specific medical condition. The program should be used in conjunction with other relevant athlete assessments, individual history, and professional judgment. The results should be interpreted by a qualified performance nutritionist or dietitian, who will consider them alongside other critical factors to guide nutrition advice and ensure care of the individual.



Optimization of the gut microbiome, through a high quality microbiome analysis program, **can benefit athletic performance**

The Facts:



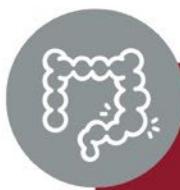
Microbiome composition and probiotic intake correlates with improved VO2Max and endurance

Ref: Yang, Y., Shi, Y., Wiklund, P., Tan, X., Wu, N., Zhang, X., Tikkainen, O., Zhang, C., Munukka, E., & Cheng, S. (2017). The Association between Cardiorespiratory Fitness and Gut Microbiota Composition in Premenopausal Women. *Nutrients*, 9(8), 792.



A healthy microbiome strengthens the immune system, leading to less downtime due to sickness

Ref: Strasser, B., Geiger, D., Schauer, M., Gostner, J. M., Gatterer, H., Burtscher, M., & Fuchs, D. (2016). Probiotic Supplements Beneficially Affect Tryptophan-Kynurene Metabolism and Reduce the Incidence of Upper Respiratory Tract Infections in Trained Athletes: A Randomized, Double-Blinded, Placebo-Controlled Trial. *Nutrients*, 8(11), 752.



Optimized microbiome health reduces gastrointestinal discomfort, which can be caused by prolonged exercise

Ref: Shing, C.M., Peake, J.M., Lim, C.L. et al. Effects of probiotics supplementation on gastrointestinal permeability, inflammation and exercise performance in the heat. *Eur J Appl Physiol* 114, 93–103 (2014)



A healthy microbiome supports faster recovery through improved nutrient absorption and metabolism

Ref: Jäger, R., Purpura, M., Farmer, S., Cash, H. A., & Keller, D. (2017). Probiotic *Bacillus coagulans* GBI-30, 6086 Improves Protein Absorption and Utilization. *Probiotics and Antimicrobial Proteins*, 10(4), 611–615.

The Solution: SPORTGENIX™

What do we offer?

A unique program that analyzes and monitors an athlete's microbiome and provides insights into nutrition choices to optimize performance, support recovery, and reduce the potential for illness and gastric discomfort.

What is it based on?

State-of-the-art science and technology carried out by world-leading microbiome scientists who have decades of combined experience in studies of the microbiome of athletes.

Who is it for?

Athletes and sports people who want to optimize their training, performance, and recovery, while reducing their downtime through illness or gastric issues.

SEE OUR



PUBLICATIONS

SportGenix™ is a unique, best-in-class program designed to **optimize the key attributes of microbiome health in athletes**

- Several studies have identified microbial species that support improved VO2Max and endurance [2,3,4]
- Certain probiotic bacteria have also been identified that support enhanced recovery times, reduced muscle soreness, and better muscle growth [1,4]
- Strong evidence exists in relation to the interplay between the gut microbiome and the immune and respiratory systems, leading to reduced illness [11,13]
- The gut microbiome is thought to be responsible for 10-30% of total caloric intake, including efficient protein and energy metabolism [6, 7]

Where can performance be optimized?

- VO2Max and Muscle growth
- Endurance and Recovery
- Nutrition Absorption and Reduced Intestinal Discomfort.
- Improved immune system function and resistance to illness



The Program – How will this help my athletes?

SeqBiome's proprietary databases for athlete microbiome analysis are best-in-class and based on decades of experience, continued research, and constant updates to ensure the best knowledge is integrated into our test reports.



- The program **measures samples at multiple time points**, first one at baseline, then post intervention, and a third discretionary sample. In this way, the athlete's microbiome is assessed, improved, and monitored.
- Data provided from this unbiased testing program will enable robust, **data-driven recommendations to athletes** that are more likely to be adhered to.
- In addition to longitudinal data, performance nutritionists also have access to **inter-athlete comparison** data to relate performance attributes both within and between individuals' microbiomes. This provides opportunities to translate this knowledge to support athletes that may lag in performance.

Test 1

Provides a baseline profile of the athlete's microbiome. This initial profile can be utilised by the Performance Nutritionist in guiding dietary and supplementation choices.

Test 2

The second test assesses the outcomes of dietary and supplementation interventions and provides further insights when related to performance improvements.

Test 3

A test completed at the Performance Nutritionist's discretion, in or out of season that provides further insights into the dynamism of an athlete's microbiome.



references

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