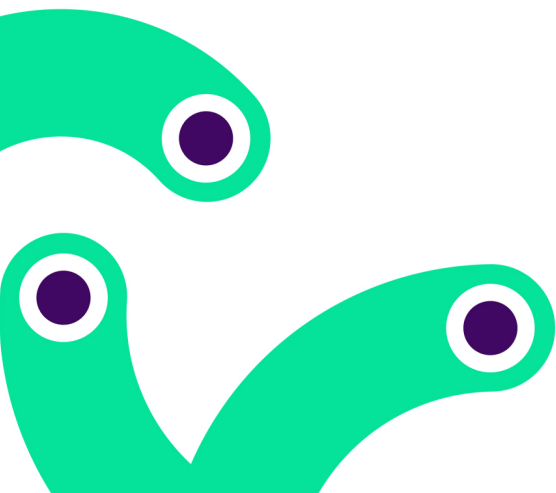
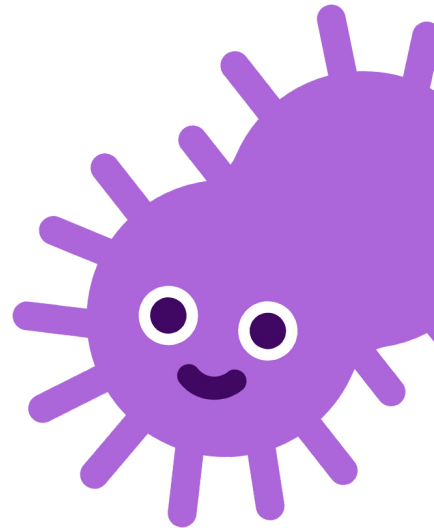


## Recommendations

**Name:** Demo User  
**Test code:** IB-A-0001  
**Activation date:** 2025-12-22  
**Gender:** Other  
**Date of birth:** 2020-01-01



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*This PDF is a summary of the most important recommendations. For more information, please refer to your dashboard.*














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# 1. Summary

## Nutrition advice

### Recommended foods

Your top 5 foods to increase					
	Product	Category	Serving size	Intolerances	Impact
	Rocket	Vegetables	50 g		10
	Cinnamon	Condiments and seasonings	3 g		10
	Melon	Fruit	150 g	 	9
	Chilli, red	Vegetables	30 g		9
	Capsicum, red	Vegetables	125 g		9

Your top 5 foods to decrease					
	Product	Category	Serving size	Intolerances	Impact
	Cheesestick	Cereals	70 g	 	10
	Cake	Pastries and baked goods	100 g	  	10
	Muffin	Pastries and baked goods	100 g	 	9
	Currant bun	Pastries and baked goods	70 g		9
	Rosti	Soups and mixed dishes	200 g		8




## Food diary advice

### Your top 3 swaps and tips

- Increase your vegetable intake (at least 250 g per day) by adding vegetables as a snack. Choose kale, parsnip, carrots, chard, radish or arugula. Minimize bell peppers, artichoke, broccoli, Brussels sprouts, cauliflower and celery (high in fructans).
- Add legumes to your dinner. A tablespoon of legumes goes well with, for example, rice or pasta dishes. Choose lima beans, black beans and chickpeas. Minimize green peas, split peas, white and brown beans, flat and fava beans (high in fructans).
- Increase your fruit intake (about 2-3 pieces or at least 250g per day) by adding fruit as a snack. Choose unripe bananas, mandarins, papayas, yellow/green kiwis or rhubarb. Minimize ripe bananas, apples, apricots, grapes, grapefruit, mango and peaches (high in fructans).

## Supplement advice

### Probiotics

Your top 3 recommended probiotics		
	Product	Issues and/or complaint
	<b>Culturelle® Digestive Daily Probiotic</b>	Inflammatory bowel disease (IBD): Ulcerative colitis
		Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)
	<b>Culturelle® Health and Wellness</b>	Inflammatory bowel disease (IBD): Ulcerative colitis
		Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)
	<b>Culturelle® Ultimate Strength</b>	Inflammatory bowel disease (IBD): Ulcerative colitis
		Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)

### Prebiotics

Resistant starch, found in foods such as:

Your recommended prebiotic		
Product	Portion size	
Green bananas	100g	1 piece
Potatoes, cooked and cooled	150g	1 piece, cooked
Rice, cooked and cooled	90g	0.5 cup, cooked

## 2. Body measurements

These are your measurements, which we use to calculate your Body Mass Index (BMI) and Waist-to-Hip Ratio (WHR).

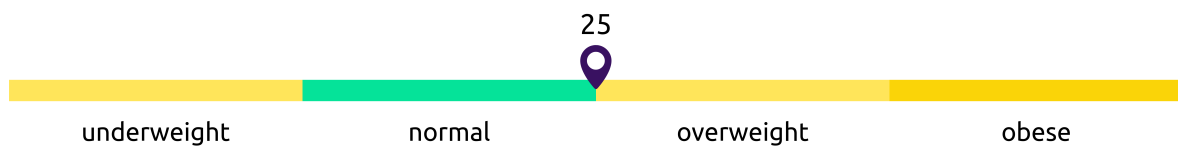
**Height** - 200 cm

**Weight** - 100 kg

**Waist** - 100 cm

**Hip** - 200 cm

### 2.1 Body Mass Index (BMI)



#### What is BMI?

BMI is a calculation that uses your height and weight to determine if you are within a healthy range.

#### How is BMI calculated?

$BMI = \text{Weight (in kg)} / \text{Height}^2 \text{ (in m}^2\text{)}$

#### What does your BMI mean?

**18.4 or less:** underweight

**18.5–24.9:** normal weight

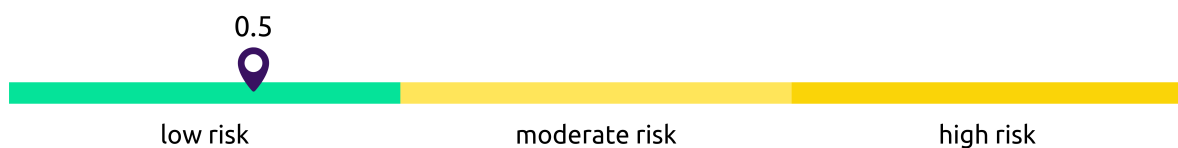
**25–29.9:** overweight

**30 or more:** obese

#### What are the limitations of BMI?

BMI does not account for factors like muscle mass, bone density, or fat distribution. For example, an athlete may have a high BMI due to their muscle mass, not their fat mass. It also may not accurately reflect health risks in older adults or some ethnic groups.

### 2.2 Waist-to-Hip Ratio (WHR)



**What is WHR?**

WHR is a calculation that uses your waist and hip circumference to assess the distribution of body fat.

**How is WHR calculated?**

WHR = Waist circumference (in cm) / Hip circumference (in cm).

**What does your WHR mean?**

**0.80 or less:** low risk

**0.81-0.85:** moderate risk

**0.86 or more:** high risk

**Why is WHR important?**

WHR focuses on fat distribution, particularly abdominal fat, which is linked to a higher risk of chronic diseases such as cardiovascular diseases, type 2 diabetes, and other metabolic conditions. People with a "pear-shaped" body (fat around hips/thighs) typically have a lower risk compared to people with an "apple-shaped" body (fat around the abdomen), regardless of overall weight.

**How is WHR different from BMI?**

















While BMI gives a general weight classification, WHR specifically looks at where fat is stored in your body. Central fat (around the abdomen) poses greater health risks than fat stored elsewhere, even in people with a "normal" BMI.

## 3. Nutrition advice














### 3.1 Recommended foods

The recommended foods show which foods to increase or decrease (along with their category and serving size) to support your bacteria functions. The intolerance tag signals a potential adverse reaction, while the impact score reflects each food's effect on your gut microbiome.


































Try to include more foods from the 'Foods to increase' list in your diet, especially those with the highest impact score. Limit or avoid foods from the 'Foods to decrease' list in your diet, especially those with the highest impact score.

Foods to increase					
	Product	Category	Serving size	Intolerances	Impact
	Rocket	Vegetables	50 g		10
	Cinnamon	Condiments and seasonings	3 g		10
	Melon	Fruit	150 g	 	9
	Chilli, red	Vegetables	30 g		9
	Capsicum, red	Vegetables	125 g		9
	Bean spread	Condiments and seasonings	50 g		9
	Bean sprouts	Legumes	50 g		9
	Cranberry	Fruit	140 g		9
	Bread, sourdough	Cereals	30 g		9
	Pineapple	Fruit	100 g		9
	Tea	Beverages	250 ml		9

	Avocado	Vegetables	125 g		9
	Capsicum, yellow	Vegetables	125 g		9
	Chinese cabbage	Vegetables	125 g		8
	Pepper	Condiments and seasonings	3 g		8
	Asparagus, green	Vegetables	125 g		8
	Kiwi, gold	Fruit	80 g		8
	Rice, whole grain	Cereals	100 g		8
	Mango	Fruit	100 g	 	8
	Yoghurt, skim	Dairy	250 g	  	8

Foods to decrease					
	Product	Category	Serving size	Intolerances	Impact
	Cheesestick	Cereals	70 g	 	10
	Cake	Pastries and baked goods	100 g	  	10
	Muffin	Pastries and baked goods	100 g	 	9
	Currant bun	Pastries and baked goods	70 g		9
	Rosti	Soups and mixed dishes	200 g		8










	Tuc	Cereals	30 g		8
	Syrup waffle	Pastries and baked goods	100 g	 	7
	Pizza	Soups and mixed dishes	150 g	  	7
	Spring roll	Savoury snacks	50 g		7
	Chocolate sprinkles	Sweets and confectionery	20 g	  	7
	Cream	Dairy	30 g	  	7
	Biscuit	Cereals	30 g	 	7
	Sugar	Sweets and confectionery	3 g		7
	Chocolate	Sweets and confectionery	20 g	  	7
	Bread, muesli	Cereals	70 g		6
	Croissant	Pastries and baked goods	70 g	 	6
	Pancake	Pastries and baked goods	100 g	 	6
	Chocolate milk	Beverages	150 ml	  	6
	Mayonnaise	Condiments and seasonings	60 g		6
	Ketchup	Condiments and seasonings	60 g	 	6

## 3.2 Food diary advice

The food diary advice shows your dietary adjustments based on the food diary you completed before taking a stool sample. It takes into account the meal patterns across five eating occasions (including breakfast, lunch, dinner, snacks, and drinks). The swaps and tips are designed to help you improve your current diet and optimize your gut microbiome.

### Day 1

Product	Meal type	Amount	Advice
 Yoghurt, low fat	Breakfast	150 g	The food diary shows that you eat yoghurt or quark - that is a good choice! Yoghurt is a fermented product that is favourable for our gut microbiome.
 Blackberry	Breakfast	50 g	Our gut microbiome loves diversity (different types and colours). Try to eat as many different types of fruit and vegetables as possible.
 Seed, chia	Breakfast	15 g	Good that you choose seeds! This is a product that contributes to your gut health.
 Bun, whole grain	Lunch	120 g	We see that you eat whole grain products - very good! Whole grains are good for your gut health.
 Tea, green	Lunch	250 ml	The food diary shows that you drink green tea - that is a good choice! You can also try ginger or herbal tea.
 Tomato, cherry	Lunch	50 g	Based on your 3-day food diary, it seems that on average you eat less than 250g of vegetables per day. Increase your vegetable intake (at least 250 g per day). Choose kale, parsnip, carrots, chard, radish or arugula. Minimize bell peppers, artichoke, broccoli, Brussels sprouts, cauliflower and celery (high in fructans).
 Leek	Dinner	20 g	The diary shows that you sometimes add leek to your meal - that is a good choice! You can possibly alternate with other vegetables such as garlic and onion.

## 4. Supplement advice

### 4.1 Probiotics

#### What are probiotics?

The International Scientific Association for Probiotics and Prebiotics defines probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host", meaning live microbes that are good for your health.

#### Which probiotics are best for you?

It's important to choose a probiotic strain or a blend of strains that is backed up by scientific evidence for the specific benefit you're seeking. Not all commercially available probiotic strains have been shown to benefit the human body. However, do not worry, as we will only recommend evidence-based probiotic strains specific to the benefit that you are looking for.

You can find these by searching the below mentioned probiotic strains online and by using the guidelines to help choose a suitable supplement. For some strains, we've included product recommendations approved by our microbiome expert, Dr. Koen Venema.

Based on your data, the following probiotic strains may be beneficial for you:

#### Probiotic strains

Brain health	
Depression, anxiety and/or stress	Lactobacillus casei Shirota
	Lactobacillus helveticus Rosell-0052
	Lactobacillus paracasei HA-196
	Lactobacillus plantarum DR7
	MEMOOD-Mix
Gastrointestinal health	
Inflammatory bowel disease (IBD): Ulcerative colitis	Escherichia coli Nissle 1917
	Lactobacillus rhamnosus GG (ATCC 53103)
	STOPA-Mix
	Saccharomyces boulardii CNCM I-745

<b>Irritable bowel syndrome (IBS-C)</b>	IBS-MOOD-Mix
	IBS-Mix III
	Lactobacillus acidophilus DDS-1
	Lactobacillus helveticus Rosell-0052
	Lactobacillus plantarum 299v
	Lactobacillus rhamnosus GG (ATCC 53103)
	Saccharomyces boulardii CNCM I-745
<b>Irritable bowel syndrome (IBS-D)</b>	IBS-Mix I
	IBS-Mix II
	Lactobacillus acidophilus DDS-1
	Lactobacillus helveticus Rosell-0052
	Lactobacillus plantarum 299v
	Lactobacillus rhamnosus GG (ATCC 53103)
	MIBS-Mix
	Saccharomyces boulardii CNCM I-745












### Metabolic health






<b>Weight reduction, obesity and/or metabolic syndrome</b>	CV-Mix
	META-Mix
	OLIK-Mix

### Others

<b>Fitness</b>	Lactobacillus casei Shirota
	SPIMMUN-Mix
<b>Lactose intolerance and/or sensitivity</b>	LINTO-Mix
	Lactobacillus acidophilus DDS-1
	Lactobacillus helveticus Rosell-0052

## Probiotic products

	Product	Issues and/or complaint
	<b>Bio-Kult®</b>	Irritable bowel syndrome (IBS-D)
	<b>Calm Biotic®</b>	Depression, anxiety and/or stress
	<b>Culturelle® Digestive Daily Probiotic</b>	Inflammatory bowel disease (IBD): Ulcerative colitis
		Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)
	<b>Culturelle® Health and Wellness</b>	Inflammatory bowel disease (IBD): Ulcerative colitis
		Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)
	<b>Culturelle® Ultimate Strength</b>	Inflammatory bowel disease (IBD): Ulcerative colitis
		Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)
	<b>Essential-Biotic® L. Rhamnosus GG</b>	Inflammatory bowel disease (IBD): Ulcerative colitis
		Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)
	<b>Floradapt Gut Support</b>	Irritable bowel syndrome (IBS-C)
	<b>Floradapt Mind Balance</b>	Depression, anxiety and/or stress
	<b>InnovixLabs™ Mood Probiotic</b>	Depression, anxiety and/or stress
	<b>Jarrow Ideal Bowel Support</b>	Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)
	<b>Optibac S. Boulardii</b>	Inflammatory bowel disease (IBD): Ulcerative colitis
		Irritable bowel syndrome (IBS-C)
		Irritable bowel syndrome (IBS-D)

	Product	Issues and/or complaint
	Pro-Ven For Adults 50 Billion	Irritable bowel syndrome (IBS-D)
	Pro-Ven Probiotics Shapeline	Weight reduction, obesity and/or metabolic syndrome
	Symprove™	Irritable bowel syndrome (IBS-D)
	Vivomixx 450	Inflammatory bowel disease (IBD): Ulcerative colitis
	Yakult	Depression, anxiety and/or stress
		Fitness

## 4.2 Prebiotics

### What are prebiotics?




Prebiotics are nutrients (generally different types of fibre) that help your 'good' gut bacteria grow. Your body cannot digest prebiotics, so they nourish the beneficial microbes in your gut and thus support the health of your gut microbiome.

### Which prebiotics are best for you?

You can find prebiotics in various foods and/or as a supplement (tablet, powder, etc.). We recommend a **Food First** approach. First focus on adding more prebiotic-rich foods to your diet, and then complement these with a supplement if needed. Keep in mind that prebiotics in food are generally found at a lower level, so it might be necessary to add a prebiotic supplement.

Based on your results, we compiled a list of prebiotic compounds (found in food and supplements) that may be beneficial to consume.

### Prebiotic foods

Product	Portion size		Intolerances
Chicory root	50g	1-2 tablespoons, fresh or dried	
Agave powder	5g	1 teaspoon	
Leek	125g	1 cup, cooked	

Barley	90g	0.5 cup, cooked	
Jerusalem artichoke	125g	1 cup, cooked	
Dandelion greens	50g	1 cup, raw	
Yacon root	125g	1 piece, cooked or raw	
Burdock root	125g	1 piece, cooked	
Radicchio	50g	0.5 cup, raw	
Onions	50g	0.5 piece, raw	
Jicama	125g	1 cup, cooked	
Asparagus	125g	6 spears	
Rye, whole grain	90g	Depends on chosen item (bread, cereal, etc.)	
Wheat, whole grain	90g	Depends on chosen item (bread, cereal, etc.)	
Green bananas	100g	1 piece	
Potatoes, cooked and cooled	150g	1 piece, cooked	
Rice, cooked and cooled	90g	0.5 cup, cooked	
Pasta, cooked and cooled	90g	1 cup, cooked	
Beans (kidney, black, etc.)	45g	0.25 cup, cooked	
Lentils	45g	0.25 cup, cooked	 
Chickpea	45g	0.25 cup, cooked	
Oatmeal	45g	0.5 cup, dry	

## Prebiotic supplements

You can find these by searching the below mentioned prebiotic compounds online and by using the guidelines to help choose a suitable supplement.

*Note: Many commercially available probiotic supplements also contain prebiotics in their formula. Read the ingredient list on the back of the bottle.*

The green bar highlights the prebiotic compound that most effectively promotes the growth of the respective bacteria. The other compounds can also support the growth of the respective bacteria, but their effects are not as strong.

Faecalibacterium		
Prebiotic supplements		
Resistant starch	Fructooligosaccharides	Galactooligosaccharides
Inulin	Polydextrose	



## 5. Disclaimers

The information provided in this dashboard and these PDF reports is for informational and educational purposes only. They are not intended as medical advice for treatment, diagnosis, and prevention. Always seek the advice of your physician or other qualified healthcare providers with any questions regarding a medical condition, and before making any changes to your diet, lifestyle, or supplement regimen.

Our analyses and recommendations are based on current scientific literature and the knowledge available at the time of your microbiome analysis. The interpretation of microbiome data is an evolving field, and while we strive to provide accurate and up-to-date insights, no guarantee is made regarding the completeness, accuracy, reliability, or applicability of the information for individual health outcomes.

Detection of a microorganism does not imply the presence of a disease, and non-detection does not rule out the presence of harmful microbes. Other microorganisms may be present that this test does not detect. This test is not a substitute for clinical methods.