INNER BUDDIES | THE UNIVERSE INSIDE YOU

Results

Name:	Demo User
Test code:	IB-A-0001
Activation date:	2025-12-22
Gender:	Other
Date of birth:	2000-01-01

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Table of contents

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

1. Summary

Bacterial health

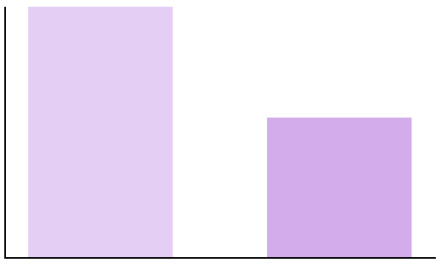
Bacteria score

Your **bacteria score** is good, indicating a tendency towards eubiosis (balanced gut microbiome).

Bacteria diversity

Your **bacteria diversity** is high, meaning that your gut does contain enough different types of bacteria.

Bacteria ratio

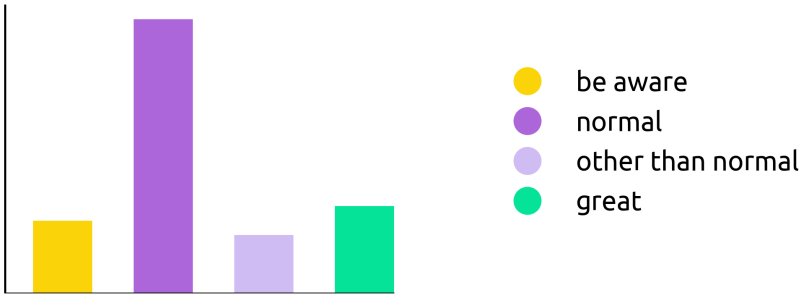


2.72

Your **bacteria ratio** is high, indicating that you have more Firmicutes than Bacteroidetes. This is often seen in people who eat a lot of sugars and proteins.

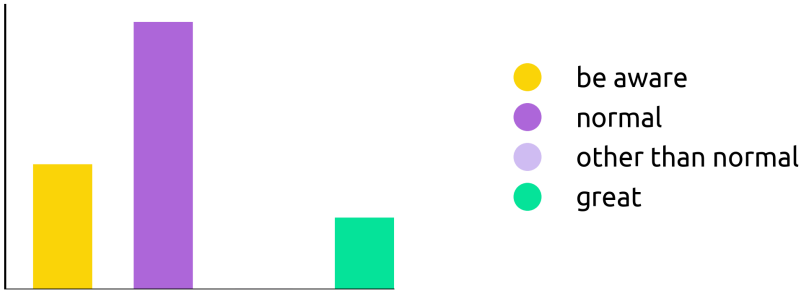
Bacterial insights

Bacteria levels



You have 5 **bacteria levels** in "be aware", 19 in "normal", 4 in "other than normal", and 6 in "great".

Bacteria functions



You have 7 **bacteria functions** in "be aware", 15 in "normal", 0 in "other than normal", and 4 in "great".

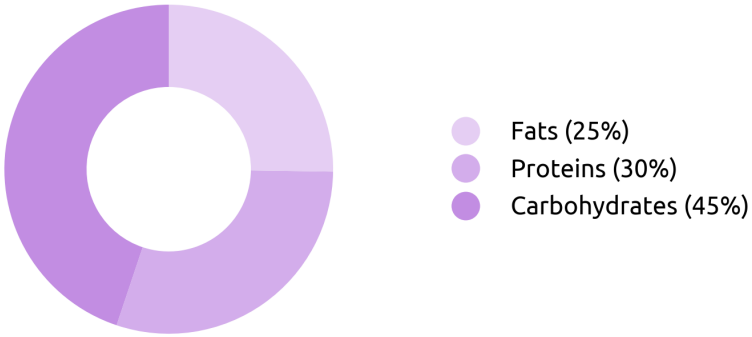
Human connections

Focus areas

The **focus area** for Longevity has a score of 56, indicating moderate microbial support.

Nutrition advice

Nutrient intake



Your **nutrient intake** consists of 48g carbohydrates (of which 11g is dietary fibre), 12g fats (of which 3g is saturated fats), and 32g proteins.

2. Bacterial health

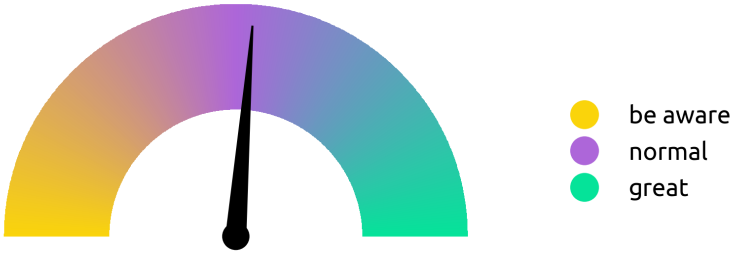
2.1 Bacteria score

What is the bacteria score?

The bacteria score refers to a percentage that reflects the overall health of your gut microbiome, based on factors such as diversity, abundance, and the ratio between good and bad bacteria.

What does your bacteria score mean?

Your **bacteria score** is good, indicating a tendency towards eubiosis (balanced gut microbiome).



52%

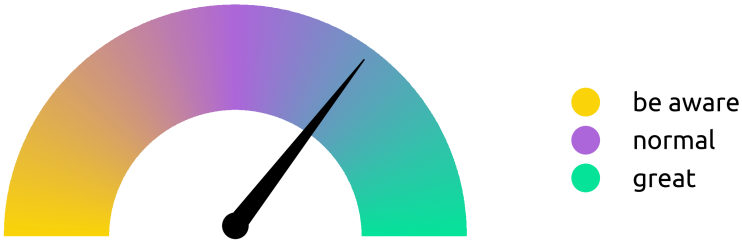
2.2 Bacteria diversity

What is the bacteria diversity?

The bacteria diversity refers to the variety and variability of different species present in your gut microbiome, reflecting how many types of bacteria are found (richness) and how evenly they are distributed (evenness).

What does your bacteria diversity mean?

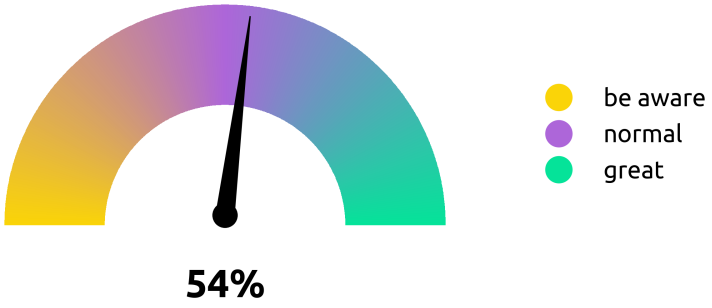
Your **bacteria diversity** is high, meaning that your gut does contain enough different types of bacteria.



71%

Species richness

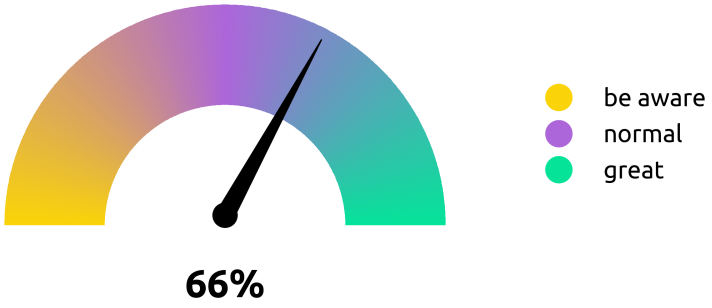
Species richness shows how many different types of species are present in your gut microbiome. A higher species richness is generally associated with a more resilient and adaptive environment that can better support nutrient absorption and inflammation regulation.



54%

Species evenness

Species evenness shows how evenly individuals are distributed among the different types of species in your gut microbiome. A higher species evenness is generally associated with a more balanced environment that can better maintain microbial stability and metabolic function.



66%

2.3 Bacteria ratio

The bacteria ratio refers to the comparative proportion between two or more groups of bacteria in your gut microbiome, often used to highlight an imbalance or dominance of one group over the other.

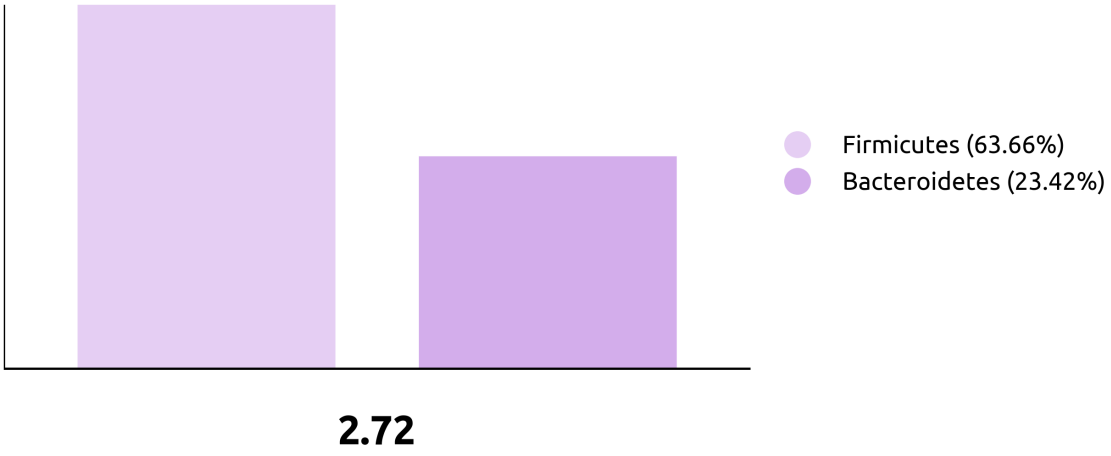
What is the F/B ratio?

The F/B ratio stands for Firmicutes/Bacteroidetes ratio. Firmicutes and Bacteroidetes are the two most dominant bacterial phyla in your gut microbiome, and their balance is often used as an indicator of overall health.

However, it is important to note that the F/B ratio is not a definitive marker of gut vitality on its own, as it can be influenced by factors like age, diet, stress, etc. It is best interpreted alongside other microbial indicators such as bacteria diversity and species richness or evenness.

What does your F/B ratio mean?

Your F/B ratio is high, indicating that you have more Firmicutes than Bacteroidetes. This is often seen in people who eat a lot of sugars and proteins. It can be linked to weight gain or low-grade inflammation, although the literature is mixed.



2.72

3. Bacterial insights

3.1 Bacteria levels

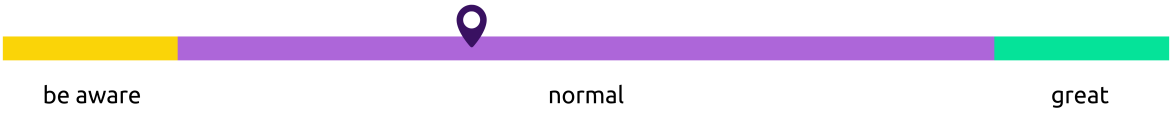
The bacteria levels show how diverse your gut microbiome is based on three groups (Good bacteria, Bad bacteria, and Other relevant bacteria). It describes the bacterial abundance and presents it via the ranges ‘be aware’, ‘normal’, or ‘great’ based on comparisons with our database of healthy individuals. The pointer indicates your results for that particular bacteria and the information icon contains a brief explanation.

Good bacteria (such as Akkermansia etc.) are species that can have a positive effect on your health, while bad bacteria (such as Bacteroides etc.) can have a negative effect on your health. For other relevant bacteria (such as Clostridium etc.), the literature is mixed on whether they have a positive or negative effect on your health. This is why we can only show whether you are ‘lower than normal’ or ‘higher than normal’.

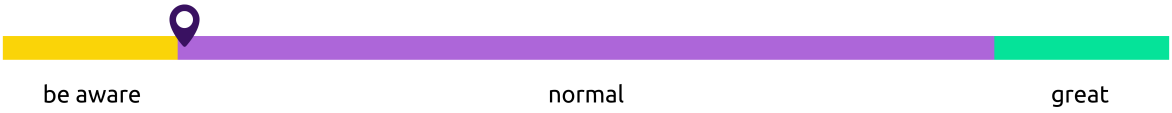
Several bacteria can be found in virtually all individuals, and these can be seen as a kind of the ‘core’ in your gut microbiome. Based on this, we selected the top 34 bacteria.

Good bacteria

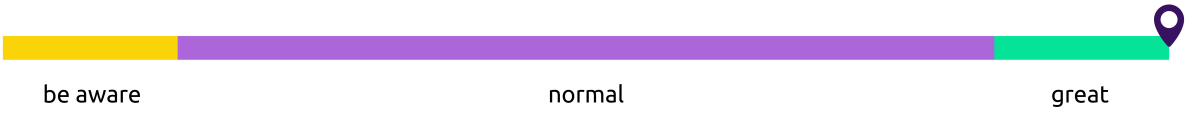
Akkermansia
Akkermansia is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. It can be induced by legumes (such as soybeans, chickpeas, and lupin) and nuts or seeds (like cashew nuts or flax seeds). This bacteria is present in 64.8% of the population.



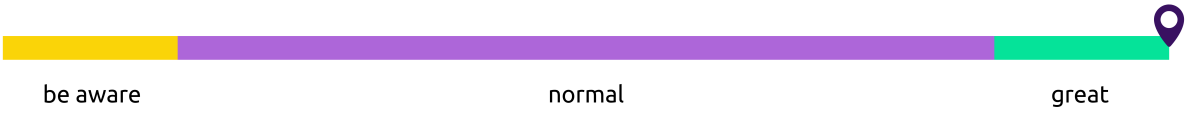
Anaerostipes
Anaerostipes is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement. This bacteria is present in 88.2% of the population.



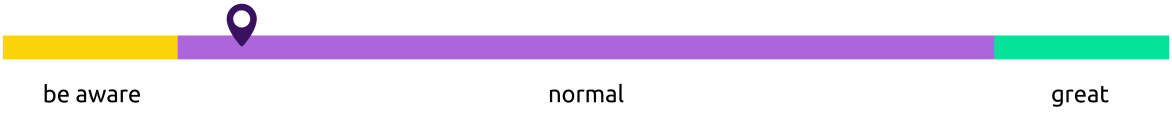
Barnesiella
Barnesiella is associated with infection alarm, as it has been linked to a decrease in lipids. This bacteria is present in 81.4% of the population.



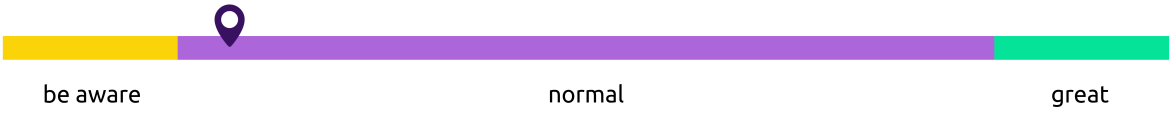
Bifidobacterium
Bifidobacterium is associated with immune strength, as it has been linked to an increase in bowel movement and microbial richness, and a decrease in inflammation. It can be induced by vegetables (such as artichoke, leek, and cabbage), fruits (like cantaloupe, nectarine, and apple), and fermented products (for example miso, tempeh, and kefir). This bacteria is present in 76.2% of the population.



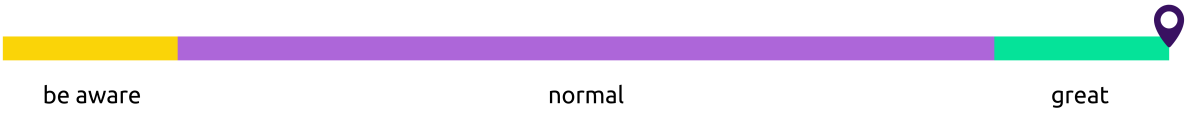
Blautia
Blautia is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. This bacteria is present in 98.1% of the population.



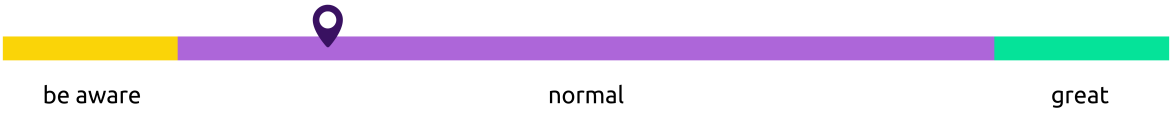
Butyricicoccus
Butyricicoccus is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement. This bacteria is present in 86.1% of the population.



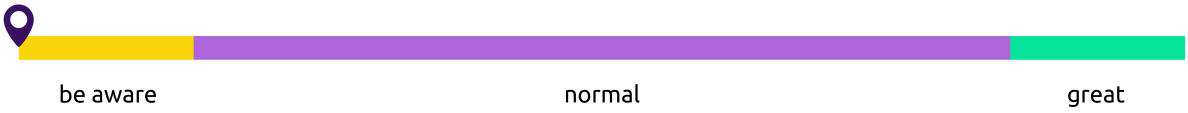
Christensenellaceae
Christensenellaceae R-7 group is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. This bacteria is present in 88.6% of the population.



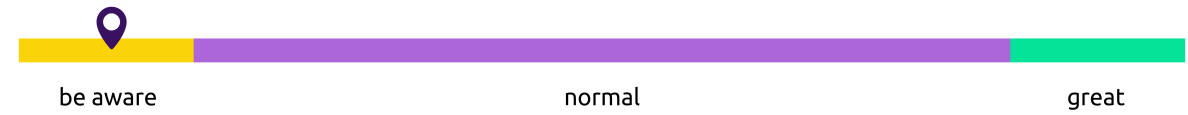
Coprococcus
Coprococcus is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement. This bacteria is present in 73.8% of the population.



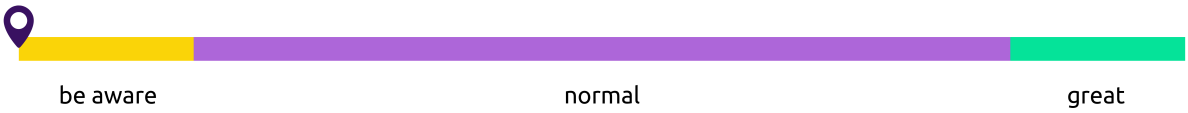
Eubacterium
Eubacterium is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement, and a decrease in insulin production. It can be induced by vegetables (such as cauliflower, eggplant, and lettuce) and cereals (like quinoa, bulgur, and sorghum). This bacteria is present in 52.7% of the population.



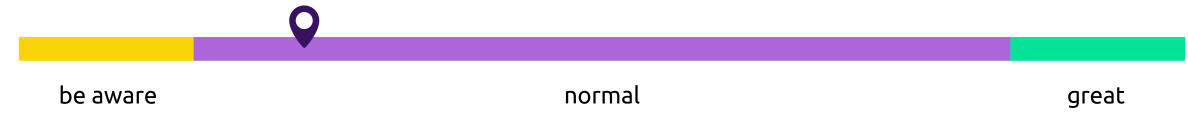
Faecalibacterium
Faecalibacterium is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement, and a decrease in insulin production. It can be induced by vegetables (such as cauliflower, eggplant, and lettuce) and cereals (like quinoa, bulgur, and sorghum). This bacteria is present in 98.7% of the population.



Hafnia-Obesumbacterium
Hafnia-Obesumbacterium is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. It can be induced by legumes (such as soybeans, chickpeas, and lupin) and nuts or seeds (like cashew nuts or flax seeds). This bacteria is present in 6.8% of the population.

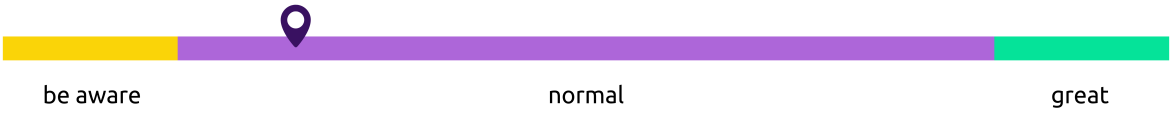


Holdemanella
Holdemanella is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement, and a decrease in insulin production. This bacteria is present in 43.7% of the population.

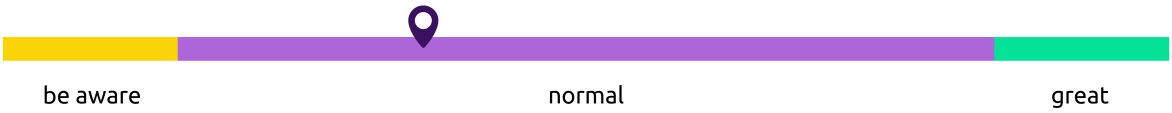


Lactobacillus
Lactobacillus is associated with immune strength, as it has been linked to an increase in bowel movement and microbial richness, and a decrease in inflammation. It can be induced by vegetables (such as artichoke, leek, and cabbage), fruits (like cantaloupe, nectarine, and apple), and fermented products (for example miso, tempeh, and kefir). This bacteria is present in 42.6% of the population.

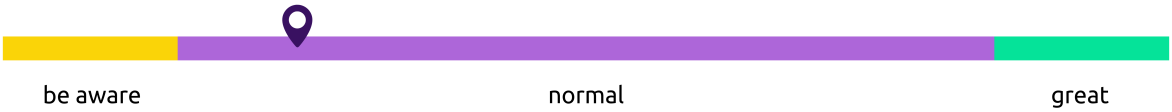
Parabacteroides
Parabacteroides is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. This bacteria is present in 95.4% of the population.



Roseburia
Roseburia is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement, and a decrease in insulin production. This bacteria is present in 92.4% of the population.

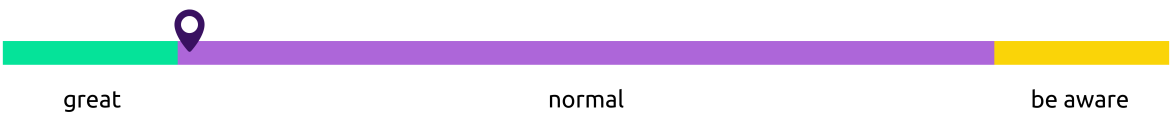


Ruminococcaceae
Ruminococcaceae is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement. This bacteria is present in 50.8% of the population.

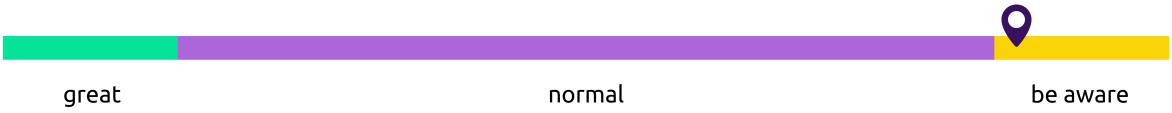


Bad bacteria

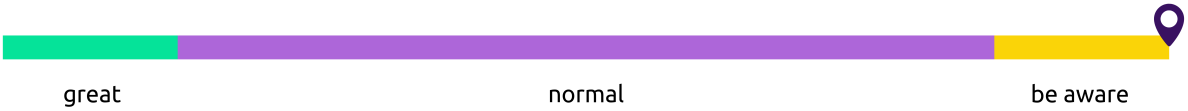
Bacteroides
Bacteroides is associated with infection alarm, as it has been linked to an increase in lipids. It can be induced by animal (such as butter, cream, and lard) or vegetable condiments (like margarine, coconut oil, and corn syrup) and can be reduced by seafood (for example cod and bass). This bacteria is present in 99.8% of the population.



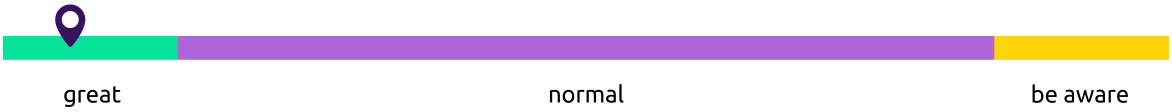
Bilophila
Bilophila is associated with fat alarm, as it has been linked to an increase in hydrogen sulphide production and cholesterol. It can be induced by organs (such as liver, heart, and kidney) and can be reduced by cereals (like oat, amaranth, and muesli). This bacteria is present in 60.5% of the population.



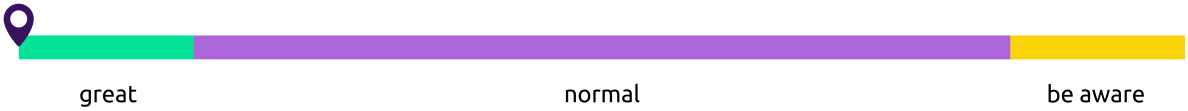
Desulfovibrio
Desulfovibrio is associated with fat alarm, as it has been linked to an increase in cholesterol. It can be induced by organ meat (such as liver, heart, and kidney) and can be reduced by cereals (like oat, amaranth, and muesli). This bacteria is present in 42.6% of the population.



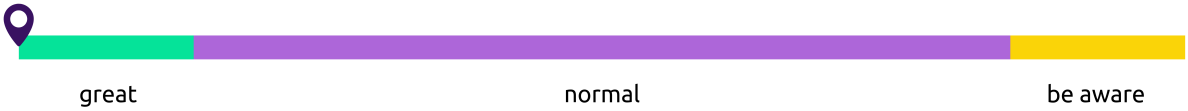
Escherichia Shigella
Escherichia-Shigella is associated with infection alarm, as it has been linked to an increase in lipids and inflammation. This bacteria is present in 62.0% of the population.



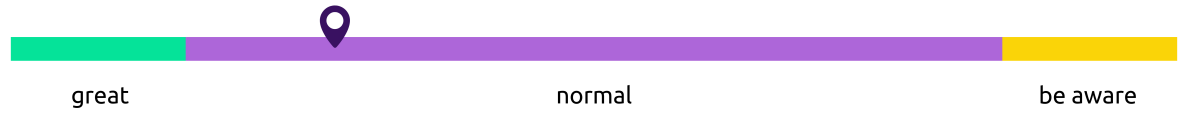
Fusobacterium
Fusobacterium is associated with potential colon problems, as it has been linked to an increase in cancer risk. It can be induced by red (such as pork, beef, and lamb) and processed meat (like sausage, burger, and pate) and reduced by fruits (for example pear, kiwi, and grape). This bacteria is present in 2.3% of the population.



Klebsiella
Klebsiella is associated with infection alarm, as it has been linked to an increase in lipids and inflammation. This bacteria is present in 2.7% of the population.

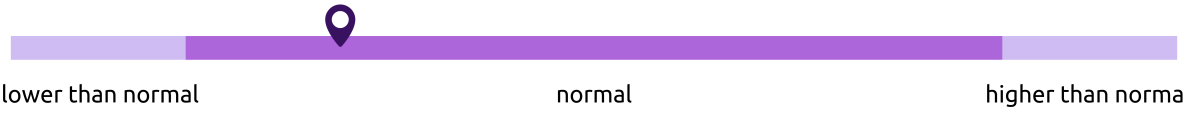


Sutterella
Sutterella is associated with infection alarm, as it has been linked to an increase in lipids and inflammation. This bacteria is present in 73.8% of the population.

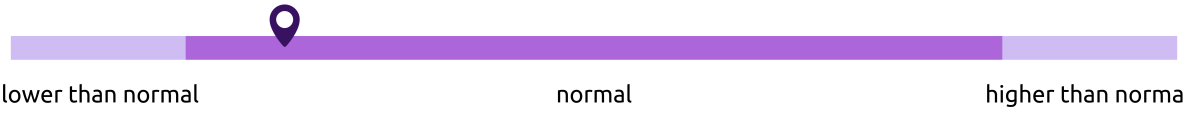


Other relevant bacteria

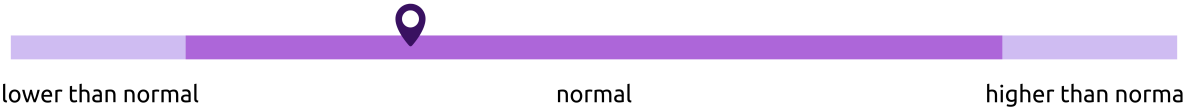
Clostridium
Clostridium sensu stricto 1 is not yet associated with a category, but some literature linked it to an increase in cholesterol and obesity risk. This bacteria is present in 73.6% of the population.



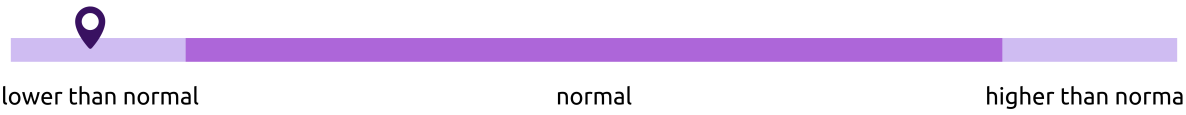
Dorea
Dorea is not yet associated with a category, but some literature linked it to an increase in butyrate production and bowel movement. This bacteria is present in 94.1% of the population.



Fusicatenibacter
Fusicatenibacter is not yet associated with a category, but some literature linked it to an increase in butyrate production and bowel movement. This bacteria is present in 89.0% of the population.



Lachnoclostridium
Lachnoclostridium is not yet associated with a category, but some literature linked it to a decrease in cancer risk. This bacteria is present in 89.9% of the population.



Lachnospira
Lachnospira is not yet associated with a category, but some literature linked it to a decrease in cholesterol and obesity risk. This bacteria is present in 74.3% of the population.

lower than normal normal higher than normal

Lachnospiraceae
Lachnospiraceae is not yet associated with a category, but some literature linked it to an increase in butyrate production, and a decrease in cholesterol and obesity risk. This bacteria is present in 32.7% of the population.

lower than normal normal higher than normal

Methanobrevibacter
Methanobrevibacter smithii is associated with fibre degradation, as it can be linked to an increase in methane production and constipation. This bacteria is present in 26.2% of the population.

lower than normal normal higher than normal

Methanosphaera
Methanosphaera is associated with fibre degradation, as it can be linked to an increase in methane production and constipation. This bacteria is present in 5.9% of the population.

lower than normal normal higher than normal

Prevotella
Prevotella is not yet associated with a category, but some literature linked it to a decrease in lipids. This bacteria is present in 16.3% of the population.

lower than normal normal higher than normal

Ruminiclostridium
Ruminiclostridium is not yet associated with a category, but some literature linked it to an increase in butyrate production and a decrease in cholesterol and obesity risk. This bacteria is present in 49.9% of the population.

lower than normal normal higher than normal

Subdoligranulum
Subdoligranulum is not yet associated with a category, but some literature linked it to a decrease in cholesterol and obesity risk, and an increase in lipids. This bacteria is present in 81.0% of the population.

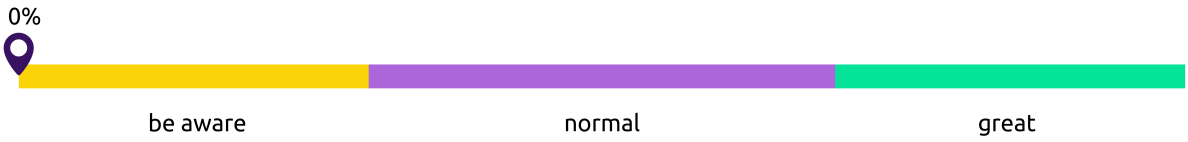
3.2 Bacteria functions

The bacteria functions show how efficiently your gut microbiome performs key activities based on three groups (Good functions, Bad functions, and Other relevant functions). It describes the bacterial pathways and presents it via the ranges ‘be aware’, ‘normal’, or ‘great’, based on comparisons with our database of healthy individuals. The pointer indicates your results for that particular function and the information icon contains a brief explanation.

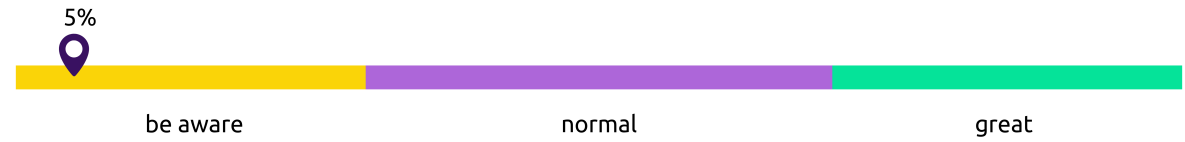
Good functions (such as antioxidant capacity etc.) are pathways that can have a positive effect on your health , while bad functions (such as antibiotic resistance etc.) can have negative effect on your health. For other relevant functions (such as methane production etc.), the literature is mixed on whether they have a positive or negative effect on your health. This is why we can only show whether you are 'lower than normal' or 'higher than normal'.

Good functions

Antioxidant capacity
These bacteria help break down or neutralize free radicals. This supports cell protection, anti-aging, and disease prevention.

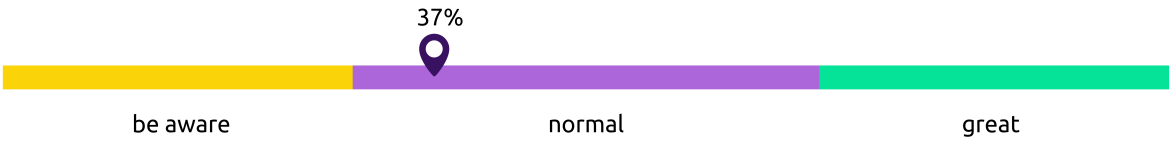


Detoxification
These bacteria help break down or neutralize toxins, heavy metals, and chemicals. This supports liver health, gut lining integrity, and toxin load.



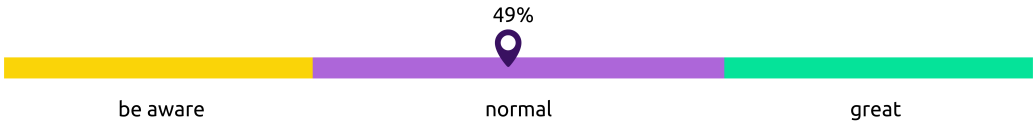
Essential amino acids metabolism

These bacteria help synthesize and modify essential amino acids that humans cannot produce themselves. This supports overall metabolism, brain function, and neurotransmitter production.



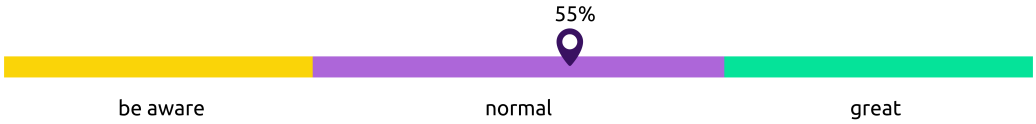
Histidine

This amino acid supports immune response, tissue growth, and antioxidant regeneration.



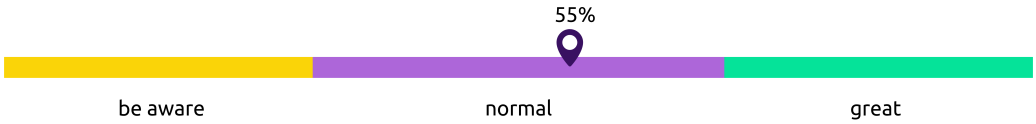
Isoleucine

This amino acid supports muscle recovery, energy production, and blood sugar regulation.



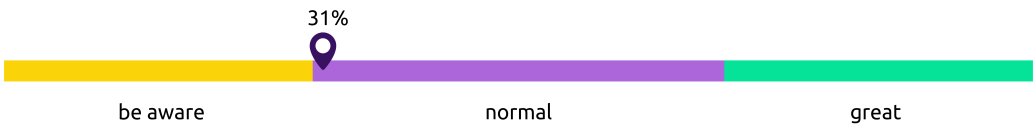
Leucine

This amino acid supports muscle recovery, energy production, and blood sugar regulation.



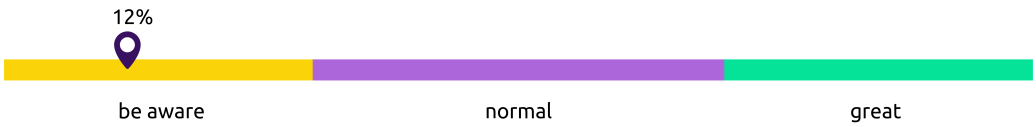
Lysine

This amino acid supports skin repair, bone strength, and immune response.



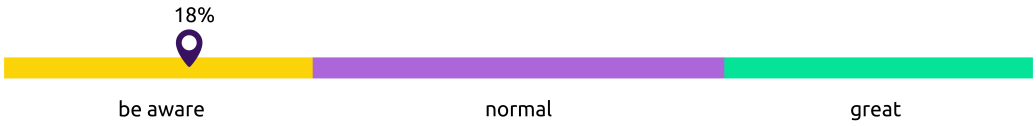
Methionine

This amino acid supports detoxification, fat metabolism, and liver health.



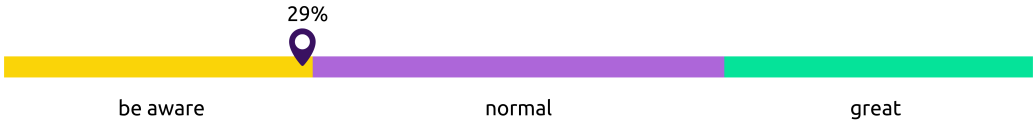
Phenylalanine

This amino acid supports hormone production (dopamine, epinephrine, and norepinephrine) affecting mood and pain.



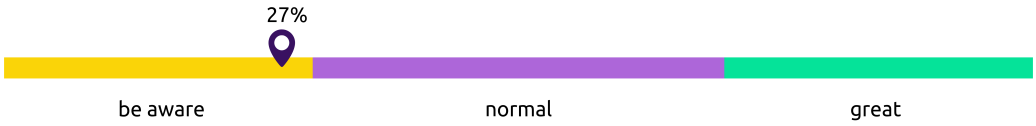
Threonine

This amino acid supports gut lining integrity, immune response, and protein balance.



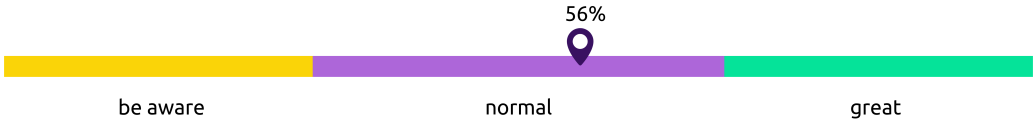
Tryptophan

This amino acid supports hormone production (serotonin and melatonin) affecting mood, sleep, and appetite.



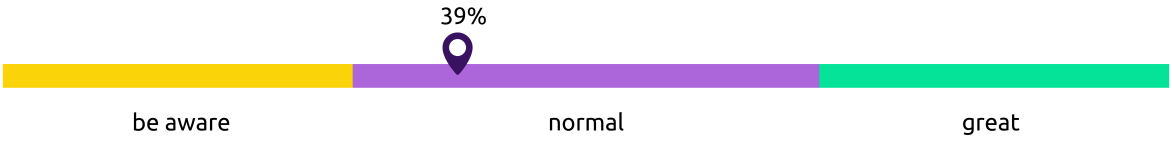
Valine

This amino acid supports muscle metabolism and endurance, tissue growth and repair, and energy production.



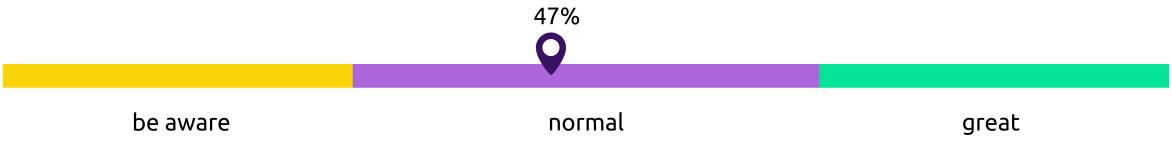
Short-chain fatty acid production

These bacteria help ferment dietary fibers to produce SCFAs like butyrate, acetate, and propionate. This supports gut health, immune regulation, and metabolic balance.



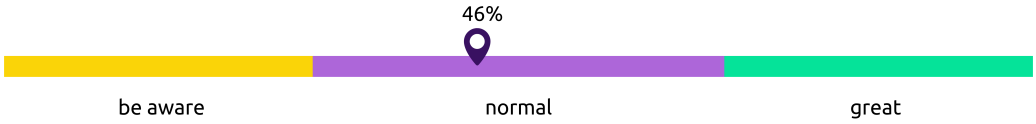
Vitamin production

These bacteria help synthesize B vitamins, vitamin K, and coenzyme Q10. Vitamins and coenzymes are essential for life and support energy metabolism, blood health, and neurological function.



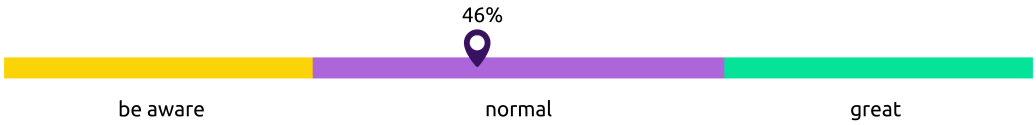
Vitamin B1 (thiamin)

This vitamin supports energy production, nerve function, and heart health.



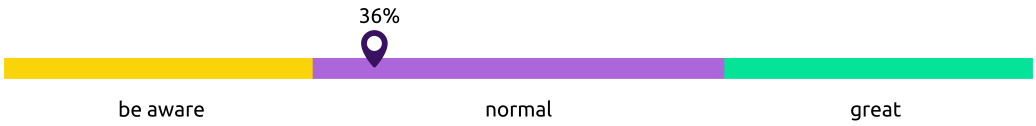
Vitamin B2 (riboflavin)

This vitamin supports energy production, antioxidant regeneration, and skin repair.



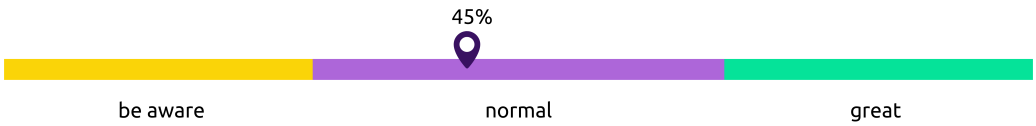
Vitamin B7 (biotin)

This vitamin supports fatty acid metabolism, gene regulation (epigenetics), and hair and nail health.



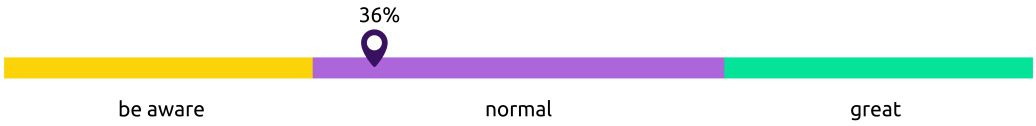
Vitamin B9 (folate)

This vitamin supports DNA and RNA synthesis, fetal development, and brain health.



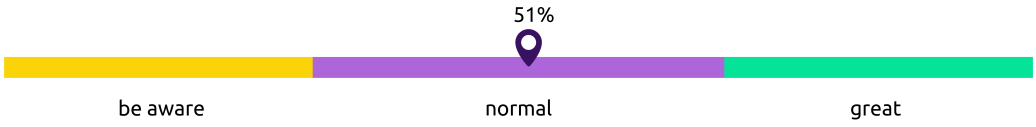
Vitamin B12 (cobalamin)

This vitamin supports red blood cell formation, DNA synthesis, and energy production.



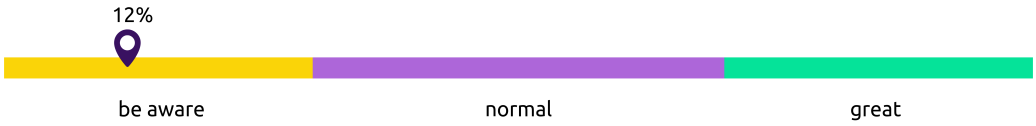
Other B vitamins and co-factors

These vitamins support for instance cholesterol regulation, stress regulation, and immune response.



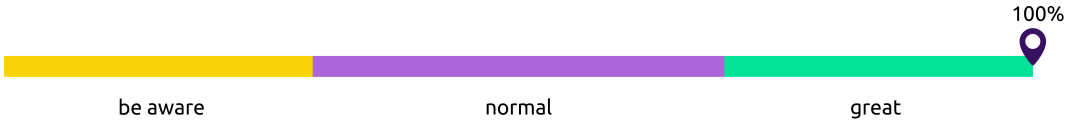
Vitamin K

This vitamin supports blood clotting, bone mineralization, and arterial health.



Coenzyme Q10

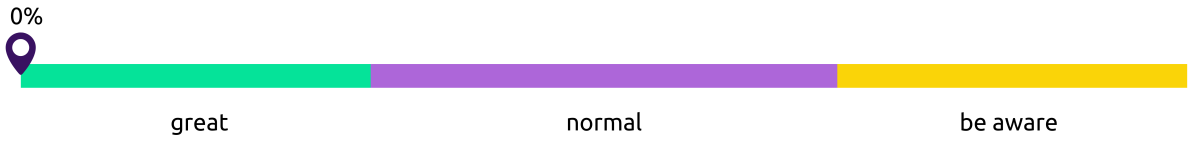
This coenzyme supports energy production, antioxidant regeneration, and heart health.



Bad functions

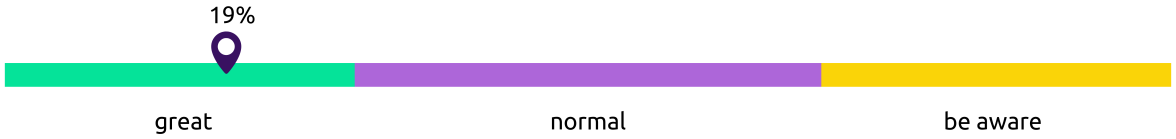
Antibiotic resistance

These bacteria carry antibiotic resistance genes, which allow them to survive antibiotic treatment. It causes harmful bacteria to overgrow, leading to more drug-resistant infections. Moreover, they can break down antibiotics you take, making them less effective.



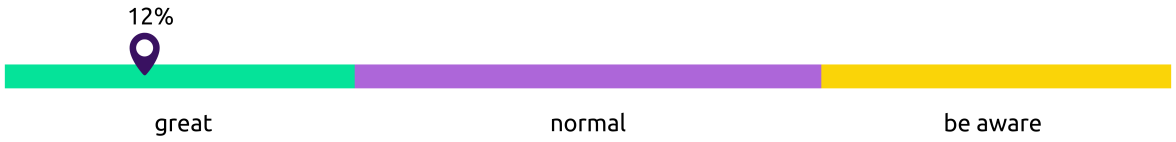
Inflammation

These bacteria trigger the immune system to release inflammatory signals. It causes damage to the gut lining, leading to increased intestinal permeability.



Toxin production

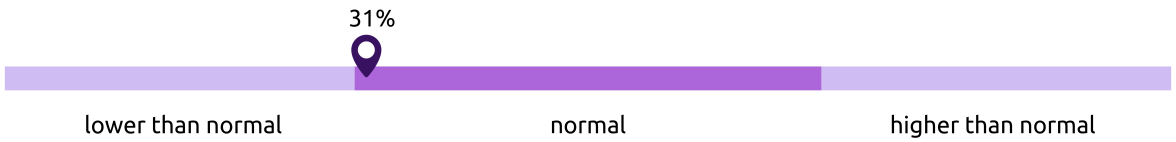
These bacteria produce toxins that damage tissues or disrupt normal cellular function. This causes diarrhoea, gut inflammation, and systemic illness.



Other relevant functions

Methane production

These bacteria produce methane gas during the digestion of carbohydrates, especially fiber. It causes slower gut motility, leading to constipation, gas retention, and bloating.



4. Human connections

4.1 Focus areas

Longevity refers to the length or duration of your life, especially when living to an advanced age in good health.

The gut microbiome plays a crucial role in healthy aging by influencing the immune system and nutrient metabolism. A high diversity is associated with reduced 'inflammaging' - defined as a chronic, low-grade inflammation that increases with age and raises the risk of age-related diseases.

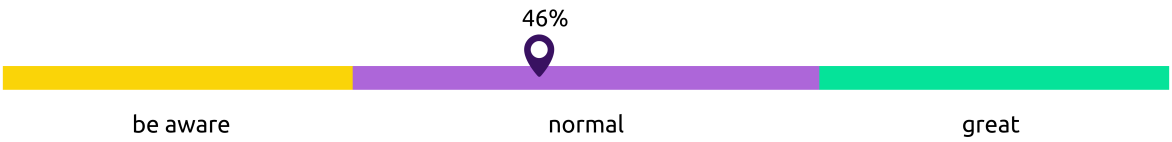
A score of **56** indicates moderate microbial support for longevity.

View the Recommended foods in Nutrition advice to get recommendations with regards to longevity.

Good functions

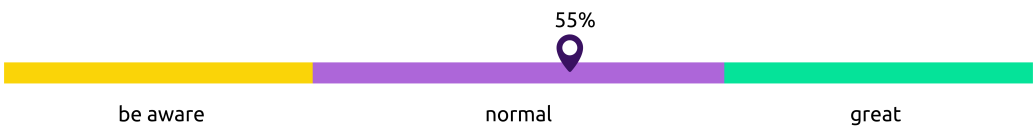
Anti-Inflammatory & Immune support

Chronic inflammation accelerates ageing. These pathways help lower silent inflammation and keep your immune system in check.



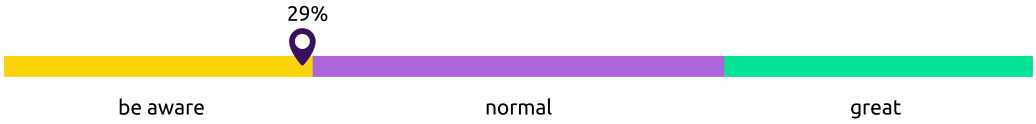
Bile acid metabolism

Helps manage cholesterol and gut-liver communication.



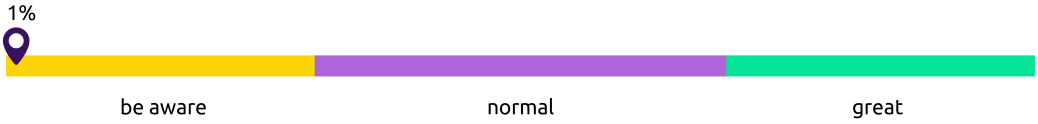
Lipopolysaccharide (LPS) and ammonia detoxification

Clears out harmful toxins to protect your body. Critical pathway for reducing chronic low-grade inflammation, also called inflammaging.



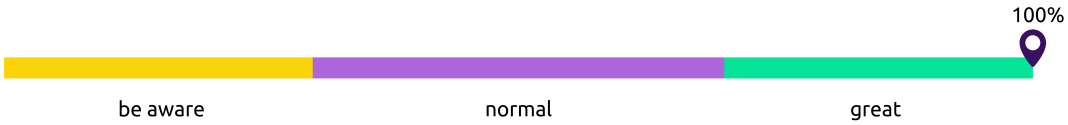
Polyamine metabolism

Promotes cell repair and healthier ageing.



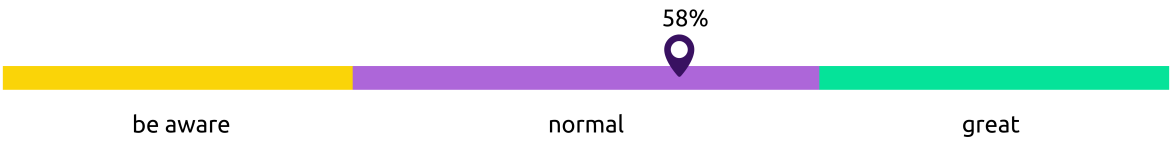
Tryptophan and indole metabolism

Supports gut-brain health, mood balance, and the immune system.



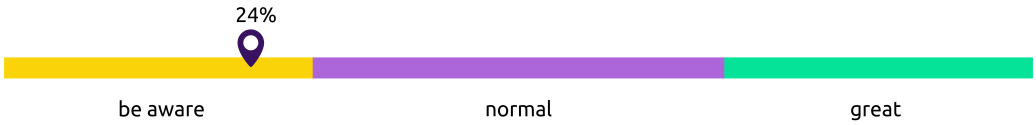
DNA protection & Cellular renewal

These pathways help your cells repair, protect DNA, and clear out old, damaged parts - all essential for healthy ageing.



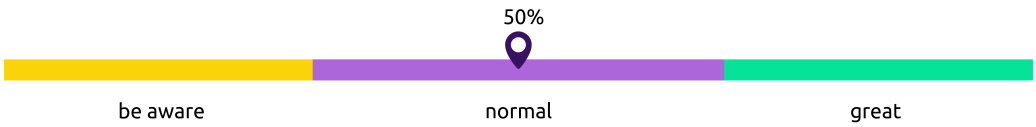
Antioxidant capacity

These bacteria help break down or neutralize free radicals. This supports cell protection, anti-aging, and disease prevention.



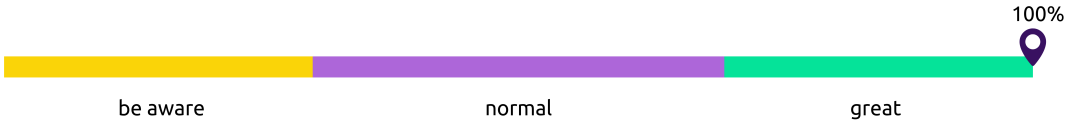
NAD synthesis

Fuels your cells' repair and anti-ageing processes.



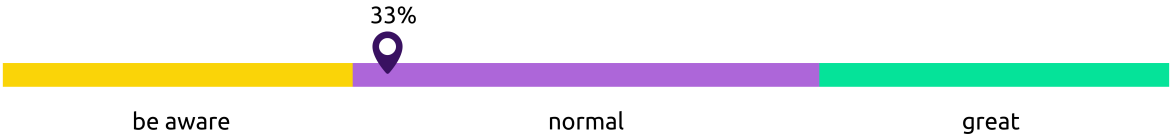
Vitamin B9 (folate) metabolism

This vitamin supports DNA and RNA synthesis, fetal development, and brain health.



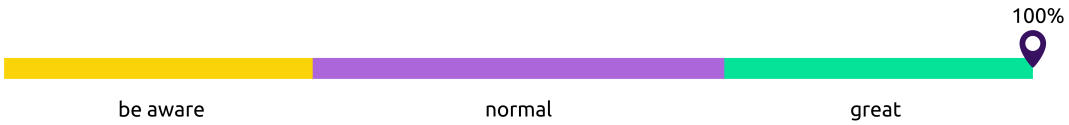
Energy & Mitochondrial health

These pathways support your cells' "powerhouses" (mitochondria) for better energy and healthy ageing.



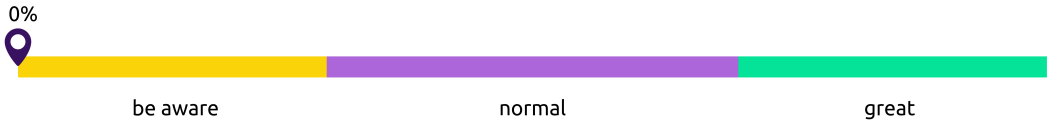
Branched-chain amino acid production

Supports muscle health and metabolism.



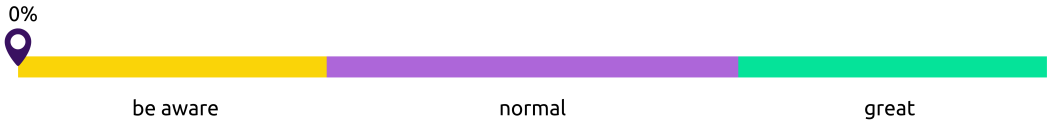
Fat-based energy

Helps your body burn fat efficiently



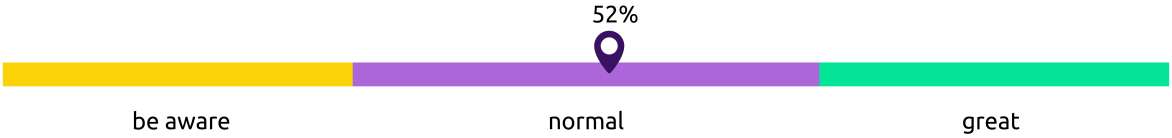
Mitochondrial energy

Supports mitochondrial health and keeps your cells energised and youthful.



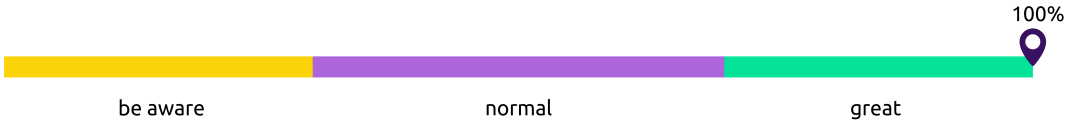
Fasting & Caloric restriction

These pathways mimic the benefits of fasting and caloric restriction, which support healthy ageing.



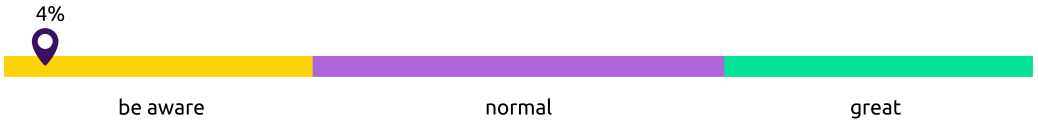
Ketone Synthesis

Supports brain health and fat-burning energy.



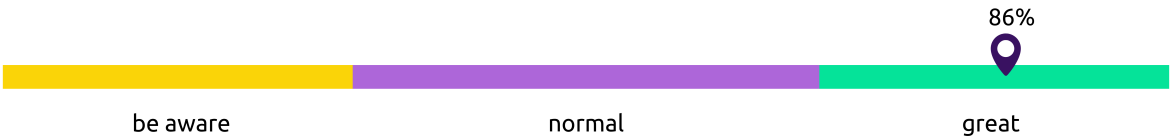
Polyphenol and resveratrol metabolism

Promotes antioxidant and anti-inflammation linked to healthy ageing.



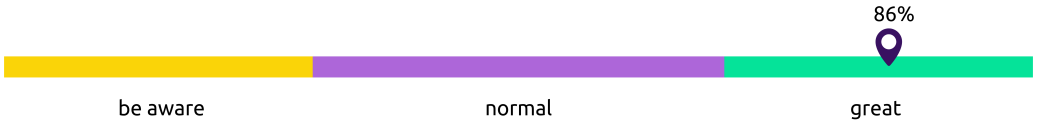
Short-chain fatty acid production

These bacteria help ferment dietary fibers to produce SCFAs like butyrate, acetate, and propionate. This supports gut health, immune regulation, and metabolic balance.



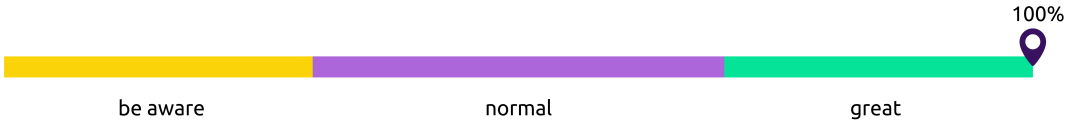
Acetate

Foundation for gut health and energy production.



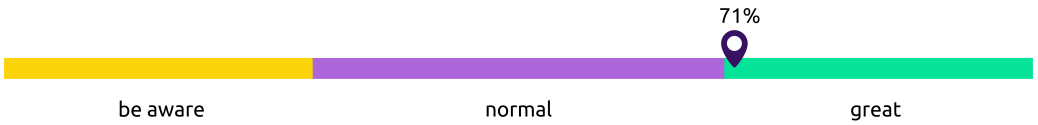
Butyrate

Fuels gut lining integrity, supports metabolism, and helps reduce inflammation.



Propionate

Supports healthy blood sugar and appetite balance.

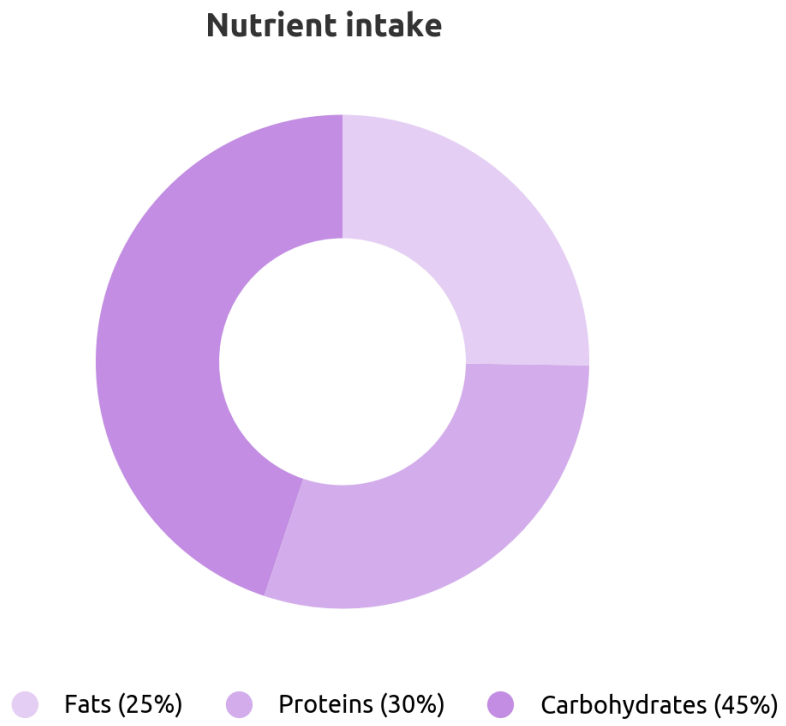


5. Nutrition advice

5.1 Nutrient intake

The nutrient intake shows your eating habits based on the food diary you completed before taking a stool sample. It reflects the amount of carbohydrates (including dietary fibres), fats (including saturated fats), proteins, and salt you consumed.

Number	Question	Answer
1	What is your gender?	Prefer not to answer
2	What is your age?	25
3	What is your height (in cm)?	200
4	What is your weight (in kg)?	100
5	How often do you exercise?	3-5 times a week
6	How hard do you exercise?	No intensity (no increase in heart rate)
7	How long do you exercise?	Less than 30 minutes



Your **nutrient intake** consists of 48g carbohydrates (of which 11g is dietary fibre), 12g fats (of which 3g is saturated fats), and 32g proteins.

Recommended caloric intake: 2,929 kcal

Your recommended daily caloric intake is calculated to maintain your current weight based on your gender, age, height, and activity level. If you want to gain or lose weight, it is generally advised to increase or decrease your daily caloric intake by 250 to 500 kcal.

The chart displays the recommended caloric distribution of carbohydrates, fats, and proteins based on your **recommended** calorie intake of **2,929 kcal**. The ranges account for differences in individual needs like activity level, health goals, and energy metabolism, ensuring a balanced diet that fits your lifestyle.

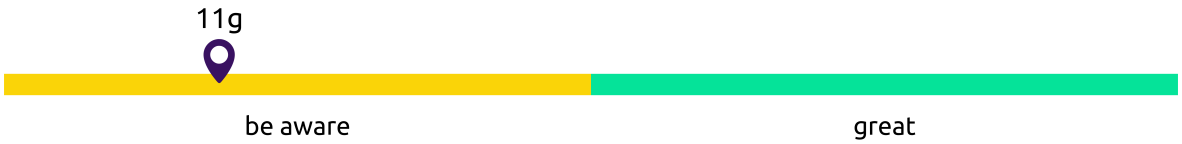
Carbohydrates

Recommended carbohydrate intake: 329 - 476g

Carbohydrates are one of the macronutrients that provide the main source of energy. Depending on the carbohydrates that make up your diet and how they are prepared and ingested may change your gut microbiome accordingly. Some carbohydrates avoid the small intestinal absorption fully or partly and therefore reach the colon, hence serving as a nutrient for the gut microbiome. As well as dietary fibres, some starchy structures may resist the small intestinal absorption. As an example, resistant starches can form new crystalline structures (in a process called retrogradation) and reach the colon where they are fermented by the gut microbiome.

Examples of food groups with a lot of carbohydrates are:
- Unrefined and refined grains
- Starchy vegetables
- Fruits

Dietary fibres



Recommended dietary fibre intake: 30 - 40g

Dietary fibres are non-digestible carbohydrates that reach the colon and can be fermented by the gut microbiome. The gut microbiome then produces Short Chain Fatty Acids (SCFAs), namely propionate, acetate, and butyrate. Propionate contributes to the production of glucose, acetate is involved in the synthesis of lipids, and butyrate is the main source of energy for the cells present in the large intestine. Dietary fibres are further divided into soluble and insoluble fibres.

Soluble fibres can create a gel-like matrix that helps to achieve a better feeling of satiety, leading to a lower calorie intake. In addition, one of the most abundant soluble fibres has the ability to lower cholesterol, namely beta-glucan.

Examples of food groups with high amounts of soluble fibres are:
- Oats
- Barley
- Nuts
- Beans

Insoluble fibres can create a soft stool texture that helps to achieve a better sense of intestinal motility, leading to an easier bowel movement. Besides, they may also reduce inflammation and the risk of colon cancer.

Examples of food groups with high amounts of insoluble fibres are:
- Unrefined grains (e.g., bread, rice, pasta)
- Legumes

Fats

Recommended fat intake: 65 - 114g

Fats are also one of the macronutrients that provide the main source of energy. In addition, fats ensure that fat-soluble vitamins can be adequately absorbed by our body. Some fats are believed to have beneficial effects, such as mono- and polyunsaturated fats, while others are associated with the development of chronic diseases, such as saturated and trans fats. Besides, high fat diets have been suggested to negatively impact the gut microbiome by reducing diversity and leading to dysbiosis.

Examples of food groups with high amounts of fats are:
- Dairy products
- Nuts and seeds
- Vegetable fats (e.g., olive oil)
- Animal fats (e.g., butter)

Saturated fats

Recommended saturated fat intake: < 33g

Saturated fats are a type of fat that is mainly found in animal products. High consumption of saturated fatty acids has been linked to the development of cardiovascular disease and diabetes type 2. Besides, it has been suggested that the consumption of saturated fats negatively alters the gut microbiome.

Examples of food groups with high amounts of saturated fats are:
- Animal products
- Processed and fried foods

Proteins

Recommended protein intake: 110 - 183g

Proteins are considered as the building blocks of the body. Consuming plant-based proteins can contribute to the diversity of the microbiome. In addition, regardless of the source, they participate in numerous physiological processes. Including the right amounts in your meals helps to achieve a positive net protein balance. Conversely, increased protein consumption may not lead to the expected beneficial effects. In fact, it can reduce bacteria diversity and the relative production of its substrates. The mechanism that controls this process can be regulated by a decreased intake of fermentable foods, mostly dietary fibres. The net protein balance is the difference between muscle build-up and muscle breakdown. A positive protein balance leads to muscle, tissue, and cell build-up, while a negative protein balance leads to muscle, tissue and cell breakdown.

Examples of food groups with high amounts of proteins are:
- Dairy
- Legumes
- Nuts and seeds
- Seafood
- Meat

Salt

Recommended salt intake: < 5g

Salt is a nutrient that participates in many physiological processes. However, excessive consumption of salt has been linked to cardiovascular diseases. In addition, a high salt intake can change the intestinal composition and cause a lower bacteria diversity.

Examples of food groups with high amounts of salt are:
- Processed foods
- Ready-to-eat meals

6. 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.