



# Gut Microbiome Report

Detailed Report : Test Report + Dietary Recommendations

This Report has been Researched & Developed by:



# We are a team of healthcare experts, scientists, researchers and engineers.

BugSpeaks report is researched and developed by Leucine Rich Bio, South Asia's first microbiome company. The company is a recipient of multiple awards such as Frost and Sullivan, National startup award (Govt. of India), Super Startup Asia award etc.



## What we do once we get your sample?



### Sample QC

Your sample is checked for leakages



### Microbiome Sequencing

Microbial DNA is extracted and sequenced



### Data Analysis

The microbiome data is analysed & the report is generated



### Report QC

A multi-step process of report checking is performed





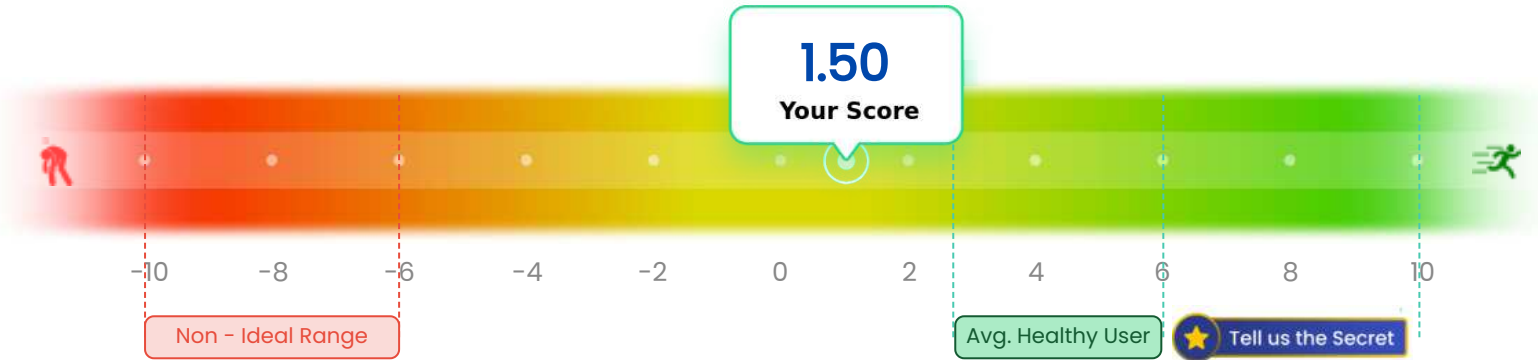
# Summary Report

A one page report on your overall gut health, the probiotics you require & pathogen presence

This Report has been Researched & Developed by:

# Rych Index – Your Gut Health Score

Scores in the Green Range represents a Healthy Gut and in the Red Range represents an Unhealthy Gut. Know More about "Rych Index" within the FAQ Section.



## Probiotics – The Good Microbes

You may require supplements that contain these probiotics. For more details please read the detailed report.



**Supplementation Needed**

- Lactobacillus pentosus
- Lactobacillus lactis
- Lacticaseibacillus casei
- Levilactobacillus brevis
- Lactobacillus helveticus
- Saccharomyces boulardii
- Lactobacillus gasseri
- Bacillus clausii
- Bacillus indicus
- Lactobacillus delbrueckii
- Bifidobacterium animalis
- Bifidobacterium lactis
- Leuconostoc mesenteroides
- Enterococcus durans

## Pathogen – The Bad Microbes

The following "pathogens" abundance was found to be more than the average healthy individuals. Please correlate clinically and follow recommendations. For more details please read the detailed report.



**Follow Nutrition Guidelines**

- Shigella dysenteriae
- Candida tropicalis
- Candida krusei
- Blastocystis hominis
- Cryptosporidium



# Detailed Report

A detailed report of your gut microbiome

This Report has been Researched & Developed by:



# Bugspeaks Diversity

Category Tag

Ideal

This is a proprietary diversity score developed by us taking into consideration individual kingdom diversities and internal data analysis of healthy and unhealthy.

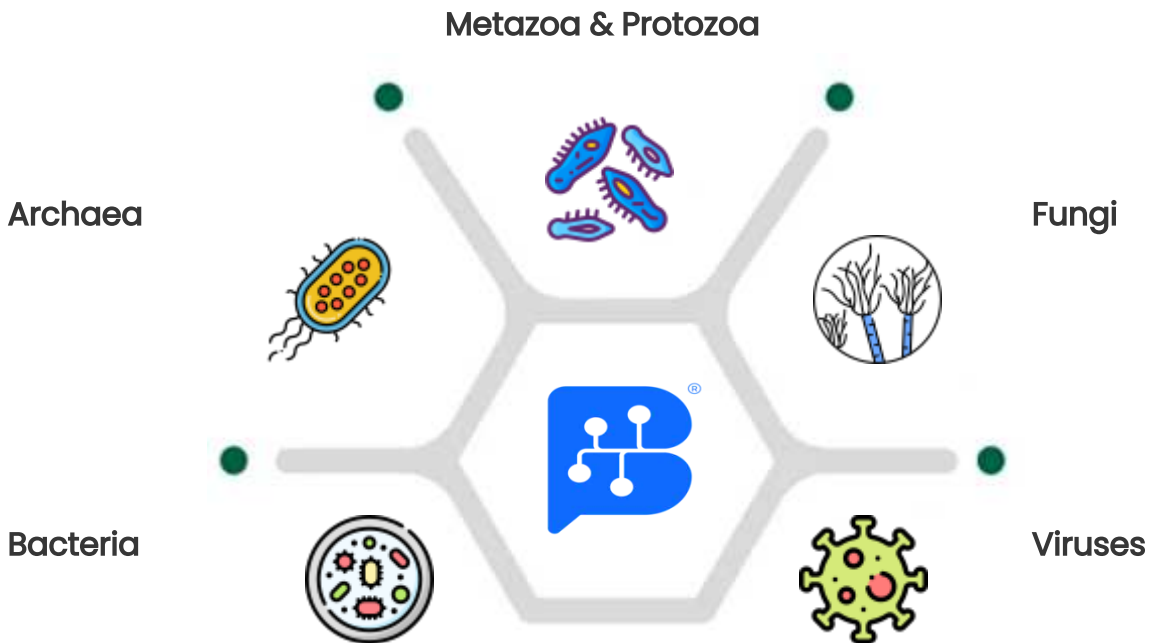
# Kingdom Distribution

Category Tag

Non-Ideal

Composition of gut microbiome is defined by 4 major groups of microorganisms - Bacteria, Archaea, Virus and Eukaryota (Fungi, Protozoa and Metazoa). Below is a representation highlighting these 4 groups, its corresponding abundance and what it means to you, in context of gut microbiome.

Kingdom Distribution	Range(%)	Your Sample Value	Tag
Bacteria	97.94% - 99.07%	99.578%	Atypical
Fungi	0.36% - 0.86%	0.198%	Atypical
Metazoa & Protozoa	0.21% - 0.51%	0.105%	Atypical
Archaea	0.11% - 0.28%	0.087%	Atypical
Viruses	0.25% - 1.06%	0.033%	Atypical







# Probiotic Characterization

Category Tag

Below Average

BugSpeaks® identifies and characterizes many probiotics commonly known to be present and beneficial to gut health. These probiotics are reported with "indicative tags", which can be interpreted as described below.

**Supplementation Needed** - These probiotics were found either absent or very less in abundance in your sample.

**Follow Recommendation** - These probiotics were found to be present but less abundant.

**Follow your current diet** - These probiotics were present in adequate abundance in your sample.



## Supplementation Needed

- Lactobacillus pentosus
- Lactobacillus lactis
- Lacticaseibacillus casei
- Levilactobacillus brevis
- Lactobacillus helveticus
- Saccharomyces boulardii
- Lactobacillus gasseri
- Bacillus clausii
- Bacillus indicus
- Lactobacillus delbrueckii
- Bifidobacterium animalis
- Bifidobacterium lactis
- Leuconostoc mesenteroides
- Enterococcus durans



## Follow Recommendations

- Bifidobacterium adolescentis
- Bifidobacterium infantis
- Lactobacillus acidophilus
- Lactiplantibacillus plantarum
- Limosilactobacillus reuteri
- Lacticaseibacillus rhamnosus
- Ligilactobacillus salivarius
- Lactobacillus johnsonii
- Bacillus coagulans
- Limosilactobacillus fermentum
- Lactobacillus caucasicus
- Bifidobacterium bifidum
- Bifidobacterium breve
- Streptococcus thermophilus
- Saccharomyces cerevisiae
- Lacticaseibacillus paracasei
- Bacillus subtilis
- Lactobacillus bulgaricus
- Bifidobacterium longum



## Follow your Current Diet

- Akkermansia muciniphila\*

# Pathogen Characterization

Category Tag

Below Average

BugSpeaks® identifies and characterizes many pathogens commonly known to cause gut infections and other health issues. These pathogens are reported with "indicative tags", which can be interpreted as described below. This is not a diagnostic and are not correlated clinically with cfu/ug. Know More about "Pathogen Characterization" within the FAQ Section.

- Nothing to Worry
- Please follow recommendations and if any symptoms present then correlate clinically and consult a doctor.

Species	Species
<b>Bacterial Pathogens / Primary Pathogens</b>	<b>Opportunistic Bacteria</b>
Campylobacter jejuni	Bacillus cereus
Clostridioides difficile	Enterococcus faecalis
Escherichia coli	Enterococcus faecium
Helicobacter pylori	Listeria monocytogenes
Salmonella enterica	Pseudomonas aeruginosa
Shigella dysenteriae	Staphylococcus aureus
Vibrio cholerae	Staphylococcus epidermidis
Yersinia enterocolitica	Staphylococcus saprophyticus
<b>Potential Autoimmune Triggers</b>	Streptococcus agalactiae
Klebsiella pneumoniae	Streptococcus pneumoniae
Mycobacterium avium	<b>Worms</b>
Proteus mirabilis	Giardia intestinalis
Citrobacter freundii	Necator americanus
Fusobacterium nucleatum	Trichuris trichiura
	Ancylostoma duodenale
	Ascaris lumbricoides





Antibiotic Name		Antibiotic Name	
Kasugamycin	Susceptible	Spectinomycin	Susceptible
Lincomycin	Susceptible	Spiramycin	Susceptible
Lincosamide	Susceptible	Streptomycin	Susceptible
Linezolid	Susceptible	Streptothricin	Susceptible
Meropenem	Susceptible	Sulfamethoxazole	Susceptible
Methicillin	Susceptible	Teicoplanin	Susceptible
Minocycline	Susceptible	Telithromycin	Susceptible
Monobactam	Susceptible	Temocillin	Susceptible
Mupirocin	Susceptible	Tetracenomycin	Susceptible
Nalidixic_Acid	Susceptible	Tetracycline	Susceptible
Nitrofurantoin	Susceptible	Thiostrepton	Susceptible
Nitroimidazole	Susceptible	Tiamulin	Susceptible
Oleandomycin	Susceptible	Ticarcillin	Susceptible
Penicillin	Susceptible	Ticarcillin+Clavulanic_Acid	Susceptible
Phenicol	Susceptible	Tigecycline	Susceptible
Piperacillin	Susceptible	Tobramycin	Susceptible
Piperacillin+Tazobactam	Susceptible	Tobramycin	Susceptible
Pleuromutilin	Susceptible	Triclosan	Susceptible
Pristinamycin_la	Susceptible	Trimethoprim	Susceptible
Pristinamycin_lia	Susceptible	Tylosin	Susceptible
Quinupristin	Susceptible	Vancomycin	Susceptible
Quinupristin+Dalfopristin	Susceptible	Viomycin	Susceptible
Rhodamine	Susceptible	Virginiamycin_M	Susceptible
Rifampin	Susceptible	Virginiamycin_S	Susceptible
Rifamycin	Susceptible	Zorbamycin	Susceptible





# Propensity to Disease Development

Category Tag

Average

The disease susceptibility index is based on our patent pending algorithm and matrix. Briefly, microorganisms in the gut are linked to various diseases. We have developed technology to assess the vulnerability of an individual to various diseases based on the gut microbiota profile. Know More about "Propensity to Disease Development" within the FAQ Section.

Gut Related Diseases	
Inflammatory Bowel Disease	Low Risk
Irritable Bowel Syndrome	Moderate Risk
Leaky Gut	Low Risk
Obesity	Low Risk
Ulcerative Colitis	Low Risk
Lifestyle Diseases & Traits	
Aerobic Endurance	Fair
Muscle Strength	Favorable
Physical Endurance	Fair
Prone to Fatigue	Unlikely
Other Diseases	
Depression	Moderate Risk
Non-Alcoholic Fatty Liver Disease	Low Risk
Rheumatoid Arthritis	Moderate Risk

**Disclaimer:**

This is not a diagnostic report, but an algorithm-based susceptibility score based on the gut microbiota profile. Please correlate clinically. This indicates only susceptibility and not actual disease, hence this does not mean that individuals with diseases under low risk category will not clinically manifest the diseases or individuals with high disease risk will clinically manifest those diseases, as there are many factors apart from the gut microbiota that may result in the disease outcome.



# Nutritional Report

3 Phase (12 Week) Nutritional & Dietary Recommendations

This Report has been Researched & Developed by:

# Dietary Recommendations

Our approach to restore the gut balance is based on a three stage strategy:

## Phase 1 Restoring your gut microbiome – 2 Weeks

Involves restoration or resetting of your gut microbiome, where we minimize the composition and abundance of pathogenic or opportunistic microorganisms, to create a gut environment ideal for beneficial microorganisms to grow in Phase 2. This phase requires strict changes in your diet for a short period of time and supplementation with anti-inflammatory foods, natural antibiotics, and through restriction of selected inflammatory foods.

## Phase 2 Rebuilding your microbiome – 8 Weeks

Involves rebuilding of your healthy gut microbiome, through re-inoculation and replacement with mostly beneficial microorganisms. We achieve this through incorporation of prebiotics and probiotics, via natural dietary sources and commercially available supplements. This lasts for up to 10th week of your diet plan (a total of 8 weeks), which ensure the complete restoration of your gut microbiota.

## Phase 3 Maintaining the healthy gut – 2 Weeks

Largely involves a streamlined method for sustaining the healthy gut microbiome built during phase 2. These dietary, prebiotic and probiotic recommendations can be adopted for long term sustenance, spanning up to 2 weeks of your diet plan.

All 3 phases have a total of 6 food categories, each containing a list of foods and a frequency tag. We have used a total of 4 frequency tags that indicates how frequently you can include a specific food in your meal plan.

 can be consumed everyday [in 1 meal/day]

 can be consumed once in 3 days [in 1 meal/3 days]

 can be consumed every alternate day [in 1 meal/2 days]

 Avoid the consumption as much as possible

Please Note:

These recommendations are largely beneficial, with no or minimal negative impact on your health. Even though these dietary charts are evidence based recommendations, we would strongly suggest you to consult a physician/nutritionist, before implementing these in your lifestyle. This is specifically true about the extent of inclusion and exclusion of a specific food and for individuals who are either diabetic, hypertensive and/or having special dietary needs.

## General Guidelines

- **Dietary Plan:** Tailored to your current state of gut microbiome only. It does not consider your genetics or other major health conditions.
- **Meal Quantities:** Are approximates and for informational purposes only. For a more personalized guidance, please consult a healthcare professional.
- **Milletts:** Start with small quantities, one type at a time. Soak overnight before cooking, especially if you are trying millets out for the first time.
- **Exercise:** Essential to adhere to a comprehensive regimen for optimal results. Try to engage in at least 30 minutes of moderate physical activity each day.
- **Hydration:** The diet recommended has high fibre content. Please, consume minimum 2 litres of water daily.
- **Sleep:** Aim for a minimum 7 hours of quality sleep each night for good gut health.

## Medications & Supplementations

- **Antibiotic / Antacid Course:** Complete full course before initiating dietary recommendations.
- **Supplements:** Recommendations based on gut microbiome report, decision rests with you with regard to the brand or product of choice. we do not endorse or cannot prescribe any specific supplement.
- **Probiotic Supplement:** It's common to experience mild stomach discomfort [like bloating or gassy movements] when you start taking probiotics supplementation. Discontinue and consult healthcare provider if discomfort persists for more than a week.
- **Healthcare Advisor:** Keep them informed and seek their guidance before implementing significant lifestyle changes.

## Are you Diabetic? or are you at Moderate or High Risk for Diabetes on Page-15?

- **Sweetened Beverages:** Avoid these regardless of the source (jaggery, sugar, honey). Refrain from probiotics with added sugars.
- **High-Carbohydrate Foods:** Limit foods like rice, whole wheat, and millets to 25% of your meal.
- **Plate Meal Method:** Refer to the shared image below for guidance.
- **Protein-Rich Foods:** Prioritize tofu, sprouts, legumes, peanuts, eggs, chicken and fish, along with salads before consuming grains like rice, roti, or millets during each meal.
- **Early Dinners:** Opt for these to aid digestion and prevent elevated fasting glucose levels.
- **Insulin Usage:** Follow the provided meal plan under the guidance of your healthcare expert.
- **Medications:** Do not alter or discontinue any medications or dosages without consulting your clinician.

## HEALTHY EATING TIPS



### Are you suffering from IBS or IBD? or are you at Moderate or High Risk for IBS or IBD on Page-15?

- **FODMAP Foods:** FODMAP Stands for "Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols". Select low FODMAP foods in phases 1 and 2 to prevent symptom flare-ups. Gradually introduce high FODMAP foods in phase 3 to assess tolerance.
- **Trigger Foods:** Reintroduction of suspected trigger foods should be supervised by a qualified dietitian or nutritionist.
- **Some Avoids:** Dairy products (except buttermilk/curd), wheat-based products, and barley are pro-inflammatory and can exacerbate symptoms. Avoid sugary or packaged juices and beverages.
- **Food Diary:** Maintain this to identify food triggers. Eliminate them for two phases, then gradually reintroduce in phase 3, but continue to avoid dairy and gluten.

### Are you suffering from any Autoimmune conditions? or are you at Moderate or High Risk for Rheumatoid Arthritis on Page-15?

- **Dietary Restrictions:** Avoid dairy products (except curd/buttermilk) and gluten-containing foods.
- **Lifestyle Factors:** Prioritize good sleep, regular exercise, and stress management, in addition to dietary adjustments. Try to swim frequently, along with yoga.
- **Food Diary:** Maintain this to identify food triggers. Eliminate them for two phases, then gradually reintroduce in phase 3, but continue to avoid dairy and gluten.

**Re-Test**







































































































*Recommended after 4 months to assess improvement and for a refined dietary recommendations and meal plan for long term implementation.*





















## Fruits

Items	 Phase 1	 Phase 2	 Phase 3	Items	 Phase 1	 Phase 2	 Phase 3
 Apple				 Mosambi			
 Banana				 Muskmelon			
 Custard Apple				 Orange			
 Fig				 Papaya			
 Goosberry				 Pear			
 Grapes				 Pineapple			
 Guava				 Pomegranate			
 Jack Fruit				 Raisins			
 Kala Jamun				 Sapota			
 Kokum				 Strawberry			
 Lychee				 Watermelon			
 Mango				 Wood Apple			

## Egg & Meat

Items	 Phase 1	 Phase 2	 Phase 3	Items	 Phase 1	 Phase 2	 Phase 3
 Beef				 Catla			

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
Chicken				Prawns			
Crab				Rohu			
Egg				Salmon			
Goat				Sardine			
Haddock				Sheep			
Mussels				Trout			
Oysters				Tuna			
Pork				Turkey			

## Milk & Fermented Products

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
Butter Milk				Kombucha			
Cheese				Panner			
Soy Products				Sauerkraut			
Kefir				Shrikhand			
Kimchi				Yogurt			

## Processed Foods

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
Artificial Sweeteners				Ice Cream			
Bakery Breads				Milk Chocolate			
Burger				Noodles			
Cake				Pasta			
Cookies				Pastry			
Crackers				Pizza			
Dark Chocolate				Rolls			
French Toast				Sandwich			
Garlic Bread				Taco			

## Drinks & Beverages

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
Beer				Red Wine			
Carbonated Beverages				Soy Milk			
Distilled Alcoholic Beverages				Sugarcane Juice			
Milk Shakes				Tender Coconut			

# Supplements

## Probiotics

Probiotics are a set of beneficial microorganisms that help you metabolize the food you eat and have significantly positive impact on your overall gut health. Consuming foods or supplements rich in these probiotics will aid in restoring and maintaining a healthy gut in the long run. Below we have listed of probiotics species along with one example of its natural source.

Lactobacillus pentosus	Fermented dairy	Lactobacillus delbrueckii	Greek yogurt
Lactobacillus lactis	Cheddar cheese	Bifidobacterium animalis	Fermented dairy products
Lactocaseibacillus casei	Fermented milk	Bifidobacterium lactis	Fermented dairy products
Levilactobacillus brevis	Kimchi	Leuconostoc mesenteroides	Sauerkraut
Lactobacillus helveticus	Italian Cheeses	Enterococcus durans	Kefir
Saccharomyces boulardii	Kefir	Lactobacillus johnsonii	Fermented Vegetables
Lactobacillus gasseri	Kimchi	Lactobacillus caucasicus	Kefir & Cheese
Bacillus clausii	Fruit Juices	Bifidobacterium infantis	Yogurt
Bacillus indicus	Soyabean Natto	Lactobacillus acidophilus	Fermented foods

Also, these supplements are available for purchase through online retailers. Example of a probiotic supplement include RychBiome.

## Prebiotics

PREBIOTICS are a special form of dietary fibers that act as fertilizers for the probiotics in your gut (listed above). Below we have listed a set of prebiotics along with one example of its natural source.

Isomalto-oligosaccharides	Honey	Hemicellulosic oligosaccharide	Garlic
Arabinoxylan oligosaccharides	Cluster beans	Inulin	Onions
Dextran	Artichokes	Lactulose	Oats
Fructo-oligosaccharides	Sugar cane	Mannose and Galactose	Yogurt
Galacto-oligosaccharides	Bamboo shoots	Resistant starch	Rice bran

Also, these supplements are available for purchase through online retailers. Example of a Prebiotic supplement include Prebiotic D - a natural fiber to promote colon and gut health.

# Meal Plan Phase-1

The following meal plan is based on the personalized nutritional recommendation which in turn is based on your specific gut microbiota profile.

Time	Food Items/ Dishes	Portion Size
Early Morning 🕒 6:00 AM	Cumin seeds water	200ml
Breakfast 🕒 8:00 AM	Jowar upma with vegetables/Oats upma with vegetables (semi-solid consistency)	1 katori/1 bowl
	Sprouted moong dosa/chilla OR Mixed dal dosa with any veg curry	2 no, 1 katori
	Millet idli with drumstick-lobia sambar OR Millet dhokla with pudina chutney	3-4, 1katori/1 tbsp
	Poha with sprouted moong, carrot, onion, peanuts, pomegranate, 1 tsp roasted seed mix	1 katori
	Peas/Sattu/radish paratha with curd, pudina chutney (once a week)	2 medium, 1 katori, 1 tbsp
Mid-Morning 🕒 10:30 AM	Apple/ Banana/Fig/Gooseberry/Grapes/Kala Jamun/Kokum/Orange/Wood Apple OR	100g/ 1 no
	any seasonal fruit locally available, one variety everyday, Restrict Mousambi to once a week	100g/ 1 no
Lunch 🕒 1:00 PM	Millet masala veg Khichdi (using millet-Kodo/Little & mung dal), bhindi fry OR	1 katori each
	Jowar/Bajra bhakri with masoor palak dal and cauliflower sabzi, salad OR	2 no, 1 katori each
	White rice OR Methi-peas pulao with any legume curry + salad (1-2 times a week)	1 katori
	legume curry - Chickpea curry /Rajma curry/Field bean curry/Mung bean curry OR	1 medium katori
	Cow pea curry/Mothbean curry (Once in 2 days) Horsegram curry/Greengram curry (Once in 3 days)	1 medium katori
	Ash gourd/Brinjal/Broccoli/Pointed gourd/Snake gourd Sabji OR	1 Katori
	Bitter gourd/Bottle gourd/Broad beans/Cabbage/Cauliflower/Cluster beans /Drumstick/Methi/French beans/Knol/Ladies finger/Ridge gourd/Spinach/Tinda/Yam Sabji (Once in 2 days)	1 Katori
	Pumpkin/Mushroom/Sweet corn/Sweet Potato (restrict to 1-2 times a week)	1 Katori
	Salad- Beetroot/Carrot/Onion/Radish OR - can be grated/sliced/cut into sticks	few slices/sticks
	Salad- Cucumber/Tomato (Once in 2 days)	few slices/sticks













# Microbiome Handbook

A exhaustive collection of all the terms & frequently asked questions

This Report has been Researched & Developed by:









# Frequently Asked Questions

## 1. Is BugSpeaks a diagnostic report?

No, BugSpeaks is not a diagnostic report however the information provided can be used to take complimentary/supplementary measures along with standard treatment if needed. A lot of information contained in the report are actionable and provides guidance for living healthy!

## 2. What is Rych Index and how it can help?

Rych Index is a patent pending algorithm based intestinal health score developed by us. It tries to give a snapshot of the intestinal health with respect to the microbiota profile (microorganisms in the gut). It is not a diagnostic marker but can be used as an information to ascertain the gut health.

## 3. Is Rych Index only criteria for determining the gut health?

Rych index has been designed to take into consideration various gut microbiota characteristics, which in turn are known to influence the host health. However, this is an evolving research area and gut microbiota alone is not responsible of the complete gut health, although it plays a primary role. Genetics, gut architecture, gender, hormones, food, lifestyle etc. also play a role in defining the gut health.

## 4. Can “disease susceptibility” section be used as diagnostic?

No, disease susceptibility is a score-based prediction that is dependant on the microbiota profile. This is not a diagnostic assessment, but only a risk assessment. This can be used a guide for health. Preventive health check-ups can be performed if required.

## 5. Can pathogen characterization be used directly as indicator of pathogen load?

Pathogen characterization section uses bioinformatics tools to ascertain relative abundance of the various microbes. It is not based on culture assays and is not an indicator of absolute abundance of the microbes represented. However, this information can be used to correlate clinically and/or validated by other assays as may deem fit by the medical practitioner.

## 6. What is the “antibiotic recovery potential” section all about?

This is a unique score developed by us to provide an estimate of how well one’s gut microbiota may recover post an antibiotic course. As it is known, antibiotics not only kills that pathogen in question but can also destroy other bacteria in the gut leading to short term to long term deleterious effects. Everyone takes different time to recover their gut microbiota post an antibiotic course. Our effort here is to provide a prediction of the potential of this recovery, post an antibiotic course. A lower score/potential means the person might need additional nutritional/supplemental support during or post an antibiotic course to recover faster and better.



## Selected Evidences

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## Disclaimer

- Throughout this Disclaimer (hereinafter referred to as "Disclaimer"), Leucine Rich Bio Private Limited is referred to as "We/Us/Our" and the person to whom the specimen belongs (including such person's guardian or any person acting on his/her behalf) shall be referred to as "You/Your".
- This is not a diagnostic report (hereinafter referred to as this "Report") and therefore should be used for Research Use Only (RUO) or Investigational Use Only (IUO) and should be interpreted or used exclusively by or under the guidance of a practitioner, including but not limited to, certified physicians, clinicians, dietitians, nutritionists, sports therapists and such other persons in similar profession having appropriate validation to undertake such practice (from here on referred to as "Professional Practitioners"). It is imperative that any preventative or therapeutic measures taken, by placing reliance on this Report, for any of the diagnosis should be solely under the guidance of a "Professional Practitioner". In the event of You executing any preventative or therapeutic measures by virtue of practicing self-medication and/or undergoing diagnosis from persons other than Professional Practitioners, then We cannot be held responsible in any manner for any loss, liability, counter-effect and so on suffered by You as a result of ignorance of this Disclaimer. Further, We shall not be held responsible for any misinterpretation by Your "Professional Practitioner" of this Report or for any other matter arising out of this Report.
- This Report's role is limited to providing insights of Your gut microbiome, with a general set of dietary recommendations and risk managements. General risk management strategies provided in Our Report are for information purpose only and in this regard, it is essential to understand that every person's resistance, immunity, sensitivity and response to medication is different and therefore not all general risk management strategies may be suitable to everyone. It is also essential to note that, while assessing Your Report and providing these recommendations, We assume that You are in a general state of good health, and do not consider Your past or existing health conditions and or any medication taken by You (either in the past or currently), even if You have provided Us with such information. Therefore, it is essential that, You consult a Professional Practitioners for detailed recommendations or risk managements that may be specific / customized for You. In other words, information contained in this Report is not intended to replace medical or professional advice offered by Professional Practitioners.
- We would like to bring it to Your notice that not all disease-associated microbial groups may have been identified, validated and recorded by the scientific community, and the clinical significance of many microbial groups are also not well understood. Hence, it should be noted that this analysis and this Report does not cover all clinically relevant microbes' that have been identified or reported till date. This Report is limited only to those variants within Your gut microbiome which has strong evidence of causing or contributing to a disease or a drug response or a metabolism related issue till date.
- We would also like to bring to Your attention that the microbiome sequencing data is being constantly updated both with new taxonomic groups and curation of old microbial databases. Hence, it is subject to revision-based updates, based on the latest scientific research. Therefore, it is important to note that it is possible that the interpretation of the results that have been reported herein may vary or be altered, subject to these revisions. Hence, We would recommend that You to undergo periodical reinterpretation of Your microbiome data that You possess, especially when a specific disease is confirmed through diagnosis or new symptoms arise, in the future.





## Thanks for taking the test with us.

Nurture your gut health for a better tomorrow. Visit our website and connect with our experts for an all-inclusive solution. Take charge of your well-being now!

This Report has been Researched & Developed by:

