

## Gut microbiome report

Client Diversity Low Shannon index reflects diversity of gut microbiota Uniqueness Average Blue area indicates level of similarity to reference group Diversity Shannon Shannon index reflects diversity of gut microbiota Diversity Shannon Shannon index reflects diversity of gut microbiota Shannon index reflects divers

Beneficial qualities of Your gut microbiome:

- ✓ The levels of probiotic-like bifidobacteria are average.
- ☑ The community structure is balanced and rather similar to average healthy gut.
- Solution The abundance of bacteria associated with protein and fat consumption is comparable to average.
- Levels of gut health supporting butyrogenic bacteria are average, which indicates sufficient fiber consumption.

## Unfavorable qualities of Your gut microbiome:

- 🔀 The diversity of microbiome is lower than average, which could indicate mild dysbiosis.
- 🔀 The species richness is lower average.
- Strong indication of proinflammatory overgrowth of bacteria.