



Microbiome test kit

Individual evaluation:

atlasbiomed

Atlas Biomed

2020 - **Rank 3** of 5

2018 - **Rank 4** of 5



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Developed the first and only standard for Microbiome friendly cosmetics and personal care products and also probiotic food supplements.

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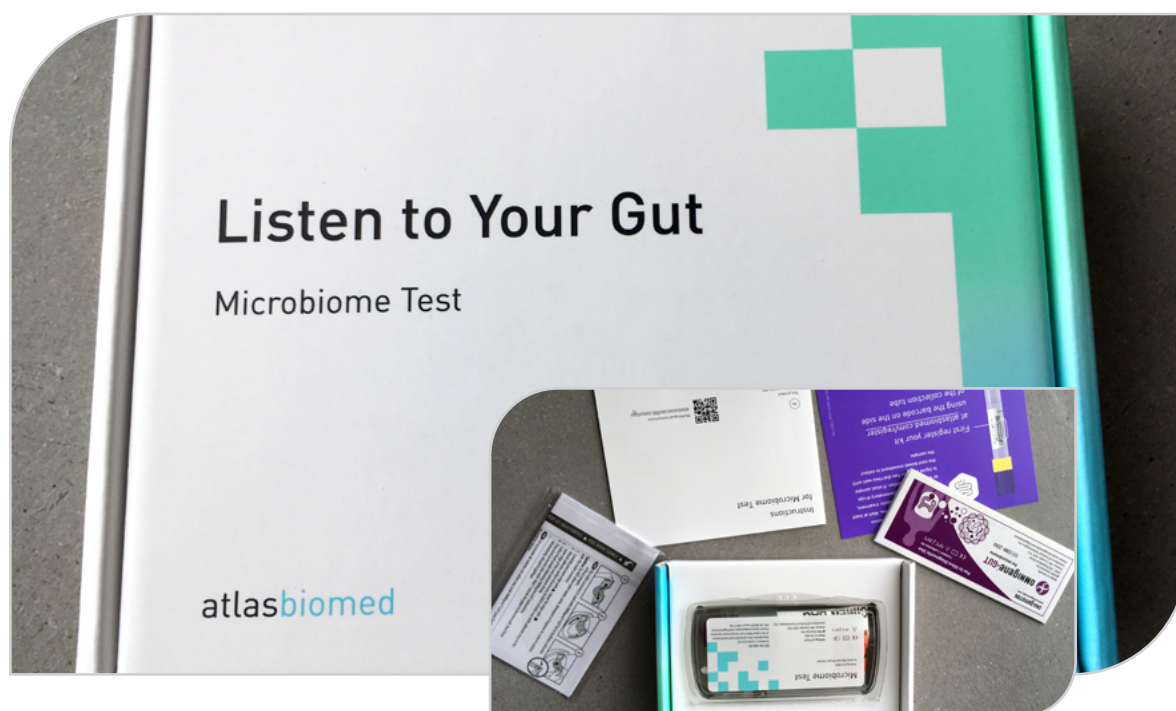
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Microbiome
friendly

Microbiome test kits – a thorough checkup

Evaluation Atlas Biomed, October 2020



The London health enterprise  [Atlas Biomed](#) sells a microbiome test (Listen To Your Gut), a DNA-test is currently available in Great Britain, Sweden, the Netherlands, Belgium, Luxembourg, Denmark, Finland, Ireland, Poland, Canada, Italy and Hungary.

In our  [first evaluation in 2018](#) the company achieved the 4th rank.

Evaluation criteria:



excellent (++)



good (+)



potential to
improve (+/-)



improvement strongly
recommended (-)

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1. Sideshow Assessment

The test can be purchased directly on the webpage and on several other webpages like amazon.com (but they do not deliver to Germany). The price is 169,00 EUR (**price: -**). The order form lists the countries Great Britain, Sweden, the Netherlands, Belgium, Luxembourg, Denmark, Finland, Ireland, Poland, Canada, Italy and Hungary. For orders to all other countries, an email address for direct order is given (**availability: +**). The webpage is available in German, English, Danish and Italian language; for some of the above-mentioned countries, the English webpage is displayed (eg. Belgium, Finland) (**language of website: +**).

Handling of tests

The instruction is printed very small and especially the German instruction can be read only with glasses and good light (**-**). The sample jar does not stand stable alone (**-**), but the test kit comes with a collecting paper (**+**). The featured spatula makes it easy to capture also the stool type Bristol 2 (**+**). However, the filling of the relatively narrow aperture is difficult and close to a mess (**-**). After closing the test tube, it has to be shaken for 30 seconds. The spatula has to be disposed by the client, which is a hygienic issue (**-**).

The cardboard packaging can be used for stamped returning (**shipping: +**). This is why a personal account has to be created on the webpage prior to testing, where a barcode is entered. It seems this is no longer possible after shipping and an analysis of the sample not possible, if the client has failed to note down the code. When activating the code, the clients fills in a questionnaire. The evaluation time was announced with 4 – 6 weeks and was completed within 5 weeks in the test run (**evaluation time: +**).

2. Assessment quality of methods of analysis and evaluation

To align the sample with already known sequences for identification, Atlas Biomed has created a company-owned database exclusively with gut bacteria. According to their claim, the database results from aligning with the HITdb. We assume the data equal the data of the **MetaHIT project (+/-)**.

The personal profile is created with the help of a company-owned knowledge database based on over 20,000 scientific studies (**+**). Reference values are created with an internal reference database containing probes of healthy clients. However, the extent of that database is not clear (**+/-**).

Personal information is collected over a questionnaire, but the questions are rather superficial. In the FAQs of the German website claim that the Atlas products are not meant for diagnostic means. This claim is also to be found on the bottom of the order page, but is easy to overlooked and will not be read by many clients, probably. Only dashboard, so the personal account, contains the disclaimer on every subpage. We would prefer placing that reference on the webpage in a way, so that customers find it also before purchasing the product (**information lifestyle product: +/-**).

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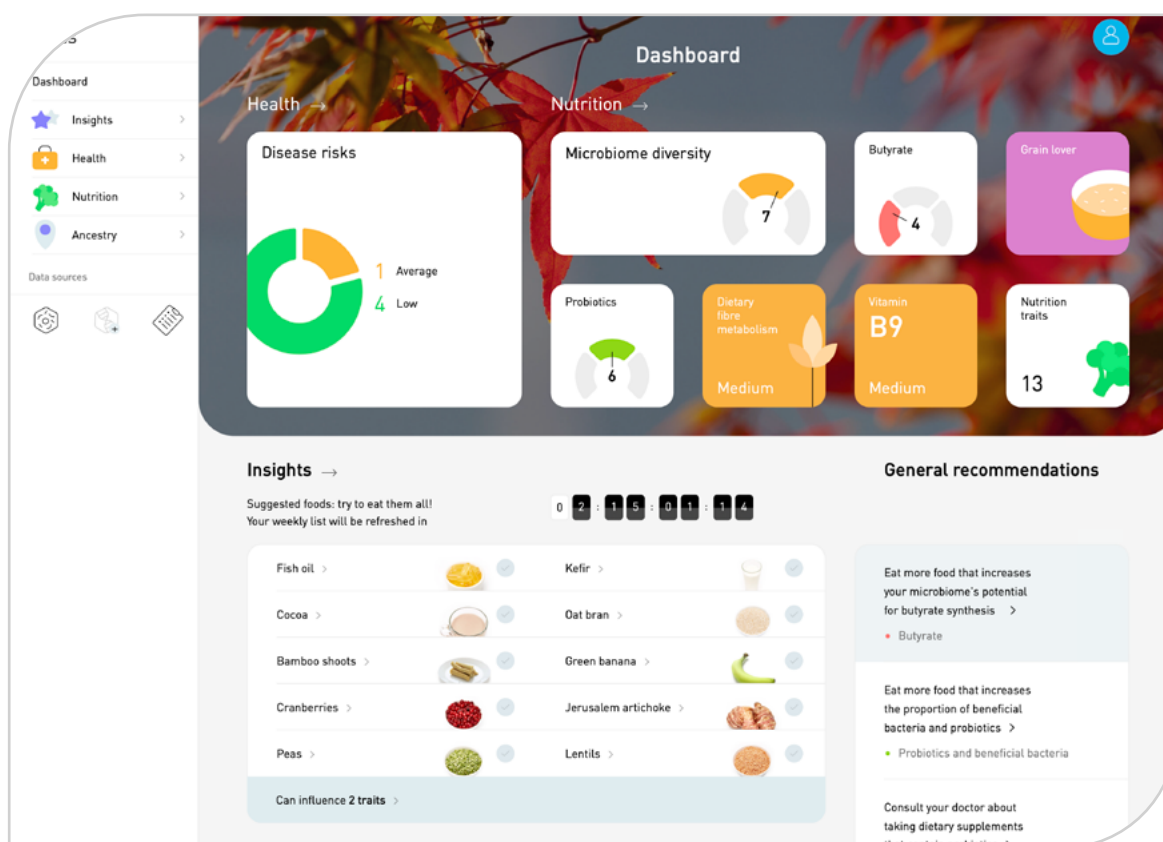
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3. Assessment results

The results are available online at a dashboard with personal account and via app (in English only). Clients who dislike being limited to online information or would like to discuss the results with an external expert can request a PDF. It would be better to provide clients with a PDF, anyway, to spare both parties unnecessary bureaucracy (**output format: +/-**). We focused on the dashboard in our assessment. The layout of the dashboard is a bit twisty (**arrangement: -**). The icons on the start page (health profile) are not really clear and rather confusing than helping. Many arrows link to many sub-pages.

The results are displayed in the categories health and nutrition, which is not concise and a bit confusing for laypersons (**understandability: +/-**). By clicking the icons of the sub-categories, a sub-page shows the personal value along with a brief explanation. Extensive scientific explanations follow, together with a table of listed raw data of involved microbes (with percentage) (**scientific derivation: +**). An advertisement for the gene test follows. In addition, scientific publications on the issue, are named, along with the link to the publication source (**references: +**). A survey on all microbes found is displayed on a separate sub-page of the dashboard. Some of the listed microbes come with additional information with a click (**list of microbes: +**).



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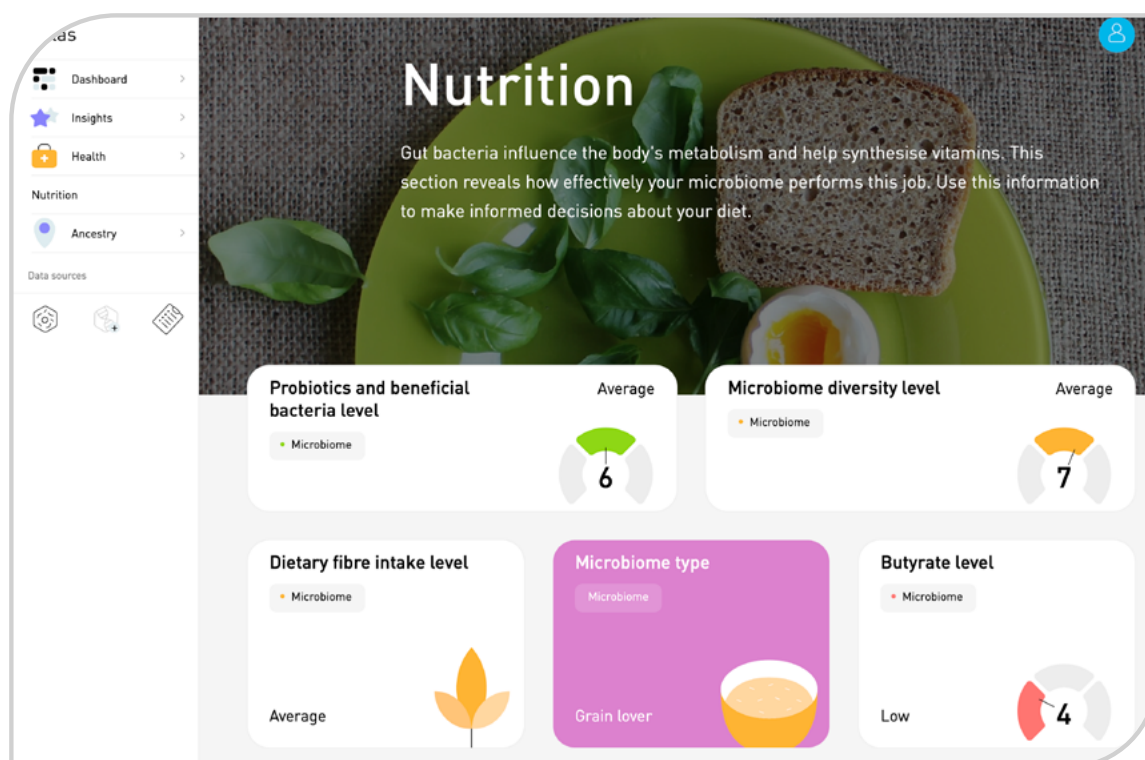
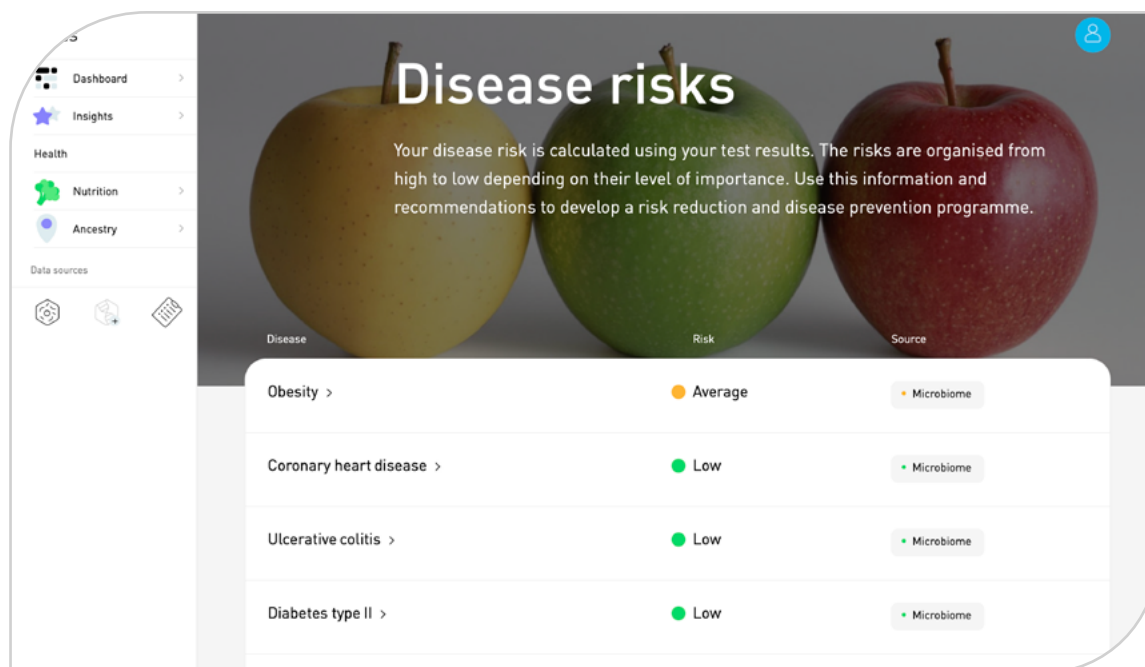
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The following categories /sub-categories are listed (in brackets the results of the analysis):

1. Health (risk of disease)

- Diabetes type 2 (average risk)
- Obesity (average risk)
- Colitis ulcerosa (low risk)
- Crohn disease (low risk)
- Coronary heart disease (low risk)

2. Nutrition indicators

(this examines the influence of the microbiome on metabolism)

- Probiotics and beneficial bacteria (high rate, so good)
- Microbiome diversity (high, so good)
- Intake of fibres (average)
- Type of microbiome (city dweller, so enterotype 1)
- Butyrate (high, so good)
- Level of nutrition (low level of vitamin B3)

The informative level of the results is not good regarding the main issue of the test person (Leaky Gut syndrome).

Result: High rate of Butyrate synthesizing bacteria, apart from that no explicit information about state of gut mucosa 📌 does not match with test person.

The recommendations include an alternating weekly plan with 10 foods that can be included in the diet. However, information on what foods are to be avoided, is missing. By clicking, one can learn about the foods and how they influence our microbiome, together with the scientific literature. The lifestyle recommendations come with only two points – improving the vitamin 3 synthesis and the “probiotics and beneficial bacteria”, in our case. The recommendations also feature a tab with further information and an extended list of foods (with the vitamins) and recommendation for dietary supplements. This comes with the claim that a lack of probiotics was diagnosed, which is opposed to the “high rate in probiotics” mentioned in the analysis. This rises some doubt about the correlation of analysis and recommendation.

Furthermore, the phrase “probiotics” in that context does not make sense. According to FAO, WHO and ISAPP, the term is defined as follows: “live micro-organisms that, when administered in adequate amounts, confer a health benefit on the host” (see also our [📄 White Paper – Facts about Probiotics](#)). What is meant here, are probably bifidobacterial and lactobacilli that a gut should naturally contain. So, the context for the phrase probiotics, is wrong here.

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What is positive, however, is the recommendation to have dietary supplements like probiotics recommended by a doctor and that no products are advertised. The email with the results comes with the offer to consult a dietary expert free of charge in the case of any doubts or questions regarding the results (**nutrition recommendations: +**).

Report outside of the dashboard:

The app is set up similarly to the homepage, but only available in English language. The website puts a strong focus on advertisement and does not provide general information.

A relatively new feature is the Food Tracking App, using Artificial Intelligence combined with company-owned algorithms to make statements on the current diet. The client can take a picture of a meal, the AI recognizes its components, and compares it to the personal results. The app informs if the current meal fits the personal gut health. An interesting product that certainly contributes to improved food-awareness.

Results Atlas Biomed:

| | Rank 1: MyBioma | Rank 2: BIOMES | Rank 3: Atlas Biomed | Rank 4: VIOME | Rank 5: Elsavie |
|--------------------------------------|-----------------|----------------|----------------------|---------------|-----------------|
| Excellent (++) | 0 | 0 | 0 | 2 | 0 |
| Good (+) | 16 | 14 | 13 | 8 | 10 |
| Potential to improve (+/-) | 7 | 9 | 6 | 9 | 10 |
| Improvement strongly recommended (-) | 0 | 0 | 4 | 3 | 4 |
| Grade | 1,30 | 1,39 | 1,61 | 1,63 | 1,75 |

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