

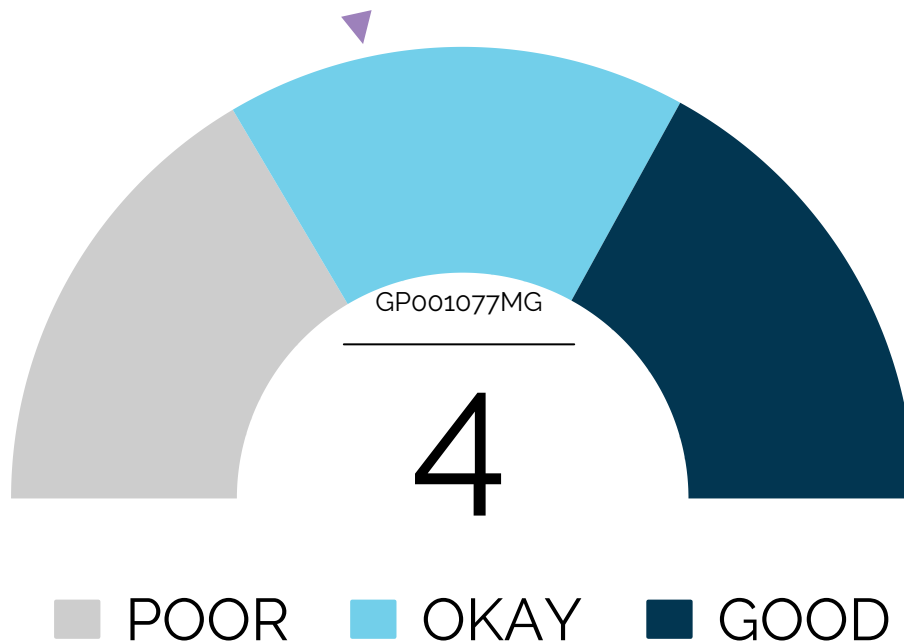
B I O H M

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# GUT REPORT

**Important!** Please Read: The BIOHM Gut Report is for personal research purposes only. The BIOHM Gut Report is not approved to, nor is it intended to, diagnose any disease or condition. You should always consult a physician regarding any questions pertaining to your own health and wellness. The comparative data in this report is based on data from the National Institutes of Health (NIH) Human Microbiome project and research conducted at Case Western Reserve University, Center for Medical Mycology

## YOUR GUT HEALTH ON July 02, 2019

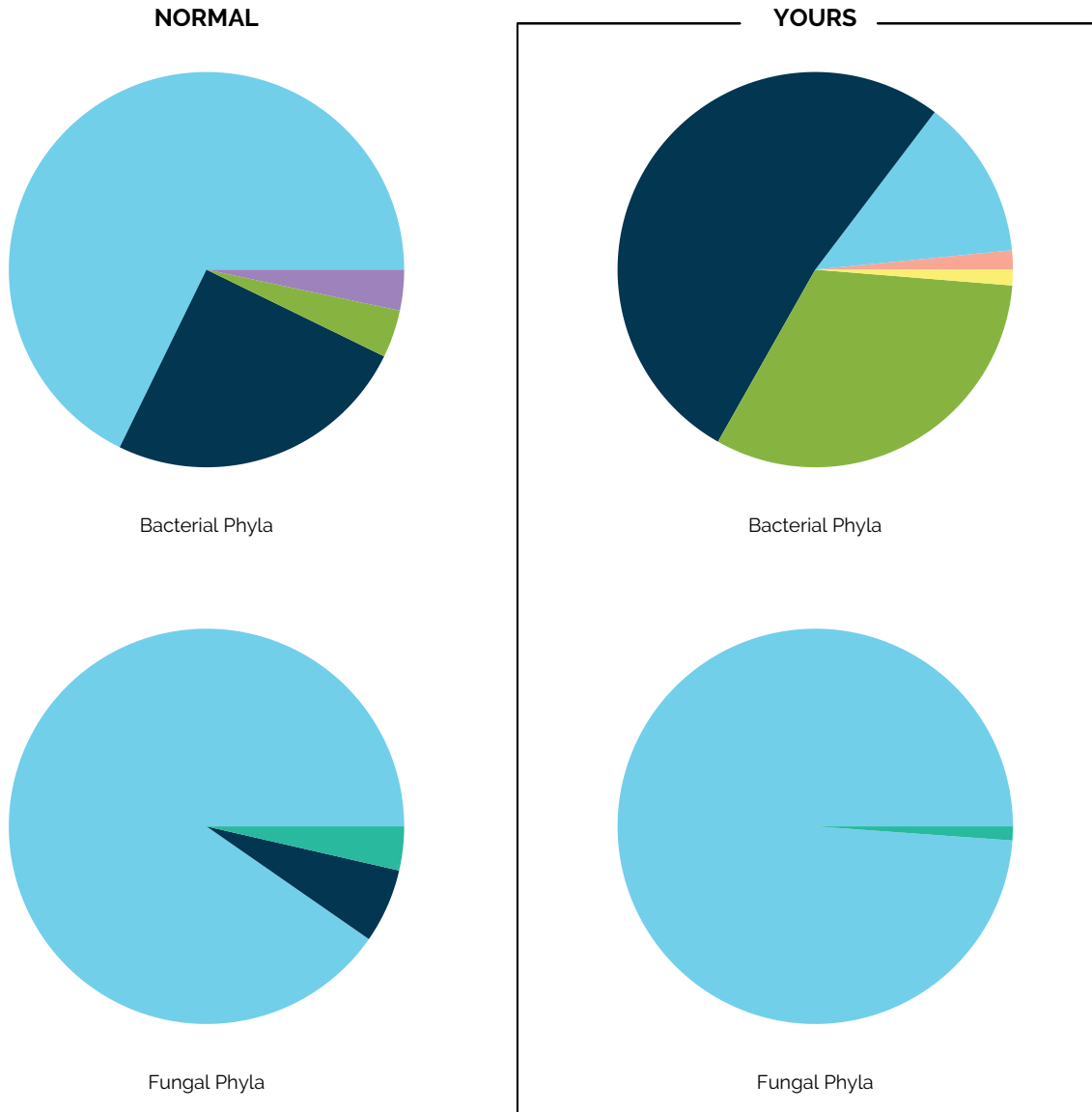


### YOUR GUT SCORE

The BIOHM Diversity Score compares your gut microbiome to other normal gut microbiomes. The higher the number, the more diversity of bacterial and fungal species you have and the better overall digestive health and balance found in your gut. Think more = better when it comes to diversity.

## YOUR GUT'S BACTERIAL AND FUNGAL COMMUNITIES

**What is a phylum?** A phylum is a major grouping of microorganisms (such as bacteria and fungi). It is important to analyze because it gives us a good basis for determining overall gut health. The charts below show how your phyla compares to people who have a normal balance gut.



### BACTERIAL PHYLA KEY

- Bacteroidetes
- Firmicutes
- Proteobacteria
- Other
- Actinobacteria
- Verrucomicrobia

### FUNGAL PHYLA KEY

- Ascomycota
- Basidiomycota
- Other

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## PART 3

### YOUR GUT'S BACTERIAL AND FUNGAL SPECIES

The results in Part III reflect the specific bacterial and fungal species found in your gut's microbiome.

- The blue dot is your result; the % indicates how much of each community in your gut (bacterial and fungal) is made up of this microorganism.

— The blue bar represents the range in which your level falls for each organism. Your goal is for all levels to fall on the blue line, which represents the normal, balanced gut level.

- ⊕ Indicates a beneficial strain, based on supporting literature.

- ⊗ Indicates a pathogenic strain, based on supporting literature.













- ◆ Indicates a neutral strain.

■ This color block tells you whether your levels are low, high, or in the normal, balanced range compared to the normal gut microbiome.

■ LOW    ■ NORMAL    ■ HIGH

PART 3

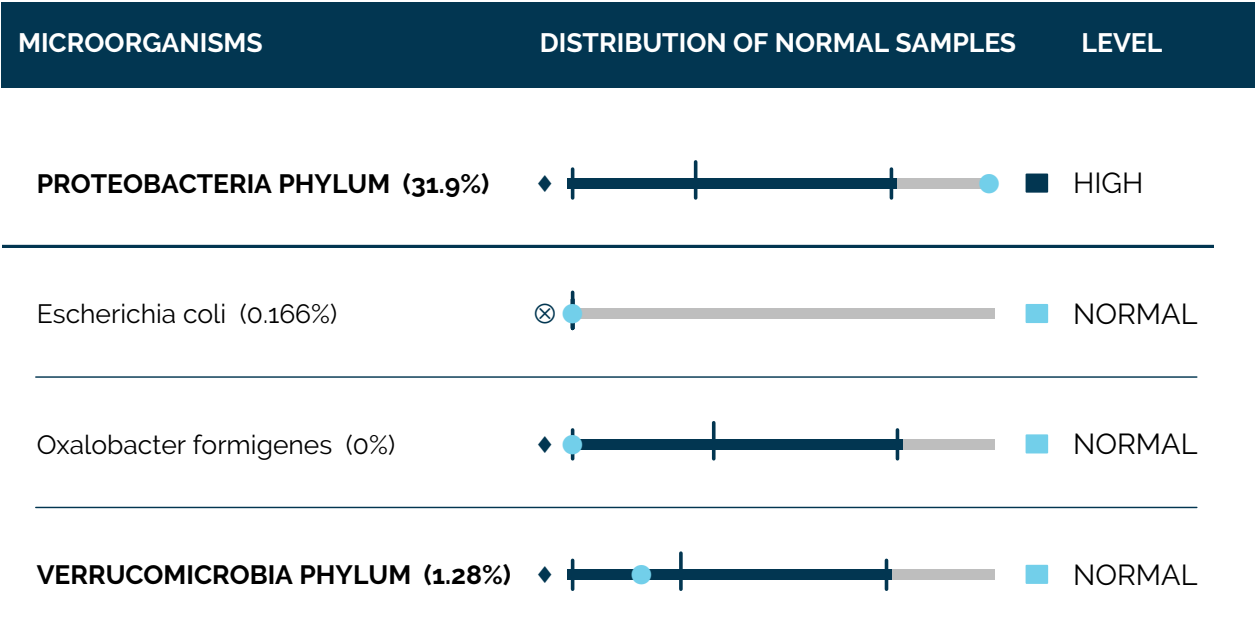
YOUR GUT'S BACTERIAL GENERA AND SPECIES

| MICROORGANISMS                       | DISTRIBUTION OF NORMAL SAMPLES   | LEVEL    |
|--------------------------------------|--|----------|
| <b>ACTINOBACTERIA PHYLUM (1.57%)</b> |    | ■ HIGH   |
| Bifidobacterium spp. (0%)            |    | ■ LOW    |
| Collinsella aerofaciens (0%)         |    | ■ NORMAL |
| <b>BACTEROIDETES PHYLUM (13.1%)</b>  |    | ■ LOW    |
| Bacteroides spp. (3.22%)             |    | ■ LOW    |
| Barnesiella spp. (0%)                |  | ■ NORMAL |
| Odoribacter spp. (0%)                |  | ■ NORMAL |
| Prevotella spp. (0%)                 |  | ■ LOW    |
| <b>FIRMICUTES PHYLUM (52.1%)</b>     |  | ■ HIGH   |
| Anaerotruncus spp. (0%)              |  | ■ NORMAL |
| Clostridium spp. (0.047%)            |  | ■ NORMAL |
| Clostridium difficile (0%)           |  | ■ NORMAL |

PART 3

| MICROORGANISMS                       | DISTRIBUTION OF NORMAL SAMPLES | LEVEL   |
|--------------------------------------|--------------------------------|---|
| <b>FIRMICUTES PHYLUM (contd.)</b>    |                                |   |
| Coprococcus catus (0%)               |                                | <span style="color: #00AEEF;">■</span> NORMAL |
| Coprococcus eutactus (0%)            |                                | <span style="color: #00AEEF;">■</span> NORMAL |
| Faecalibacterium prausnitzii (1.97%) |                                | <span style="color: #00AEEF;">■</span> NORMAL |
| Lactobacillus spp. (0%)              |                                | <span style="color: #808080;">■</span> LOW    |
| Roseburia spp. (0.19%)               |                                | <span style="color: #808080;">■</span> LOW    |
| Ruminococcus spp. (0%)               |                                | <span style="color: #00AEEF;">■</span> NORMAL |
| Ruminococcus albus (0%)              |                                | <span style="color: #00AEEF;">■</span> NORMAL |
| Streptococcus agalactiae (0%)        |                                | <span style="color: #00AEEF;">■</span> NORMAL |
| Veillonella spp. (0%)                |                                | <span style="color: #00AEEF;">■</span> NORMAL |
| <b>FUSOBACTERIA PHYLUM (0%)</b>      |                                |   |
| Fusobacterium spp. (0%)              |                                | <span style="color: #00AEEF;">■</span> NORMAL |

PART 3



PART 3

YOUR GUT'S FUNGAL GENERA AND SPECIES

| MICROORGANISMS                   | DISTRIBUTION OF NORMAL SAMPLES | LEVEL         |
|----------------------------------|--------------------------------|---------------|
| <b>ASCOMYCOTA PHYLUM (98.9%)</b> |                                | <b>NORMAL</b> |
| Candida spp. (0.887%)            |                                | <b>NORMAL</b> |
| Candida albicans (0.317%)        |                                | <b>NORMAL</b> |
| Candida tropicalis (0%)          |                                | <b>NORMAL</b> |
| Pichia spp. (0%)                 |                                | <b>LOW</b>    |
| Saccharomyces spp. (0%)          |                                | <b>LOW</b>    |
| Saccharomyces cerevisiae (0%)    |                                | <b>LOW</b>    |
| <b>BASIDIOMYCOTA PHYLUM (0%)</b> |                                | <b>NORMAL</b> |
| <b>ZYGOMYCOTA PHYLUM (0%)</b>    |                                | <b>NORMAL</b> |



