

# Now Available...

## Gut Bacterial Microbiome Testing

The human microbiome is composed of trillions of microbes that live on and within the body. The largest and most important community of microbes reside in the gut and are as unique as a fingerprint. The gut microbiome has tremendous potential to influence both health and disease. In a healthy body, pathogenic and symbiotic microbiota coexist without problems. However, if that delicate balance is disturbed by infectious illnesses, certain diets, or the prolonged use of antibiotics or other bacteria-destroying medications, dysbiosis occurs. This interruption of the normal interactions may result in increased susceptibility to disease.

**Recent studies show that gut bacteria affect your health and well-being. Gut bacteria can:**



- digest certain food components providing essential nutrients, vitamins and energy



- support healthy weight and digestion



- train the developing immune system, e.g. altering food tolerance and protecting from pathogens



- have anti-inflammatory properties and affect symptoms of inflammatory bowel disease



- improve mental health, anxiety, depression, obsessive-compulsive disorder, and memory

### Advantages of MDL's Human Gut Microbiome Test:

- Next-Generation Sequencing determines key components of the gut bacterial microbiome
- Analyzes bacterial diversity, ratios of important bacteria and the abundance of beneficial bacteria
- Includes a health questionnaire to personalize microbiome results
- Provides dietary and lifestyle recommendations based on input and results
- Repeat testing can monitor changes in gut microbiome when implementing diets, lifestyle changes and new routines, supporting a journey to wellness
- Turnaround time 14 – 21 days
- **Prepayment in full is required - \$129**



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Final

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Test Results

This is a summary of your microbiome results. For more detailed results please scan the QR code or visit:

http://ingeniodiagnostics.com/microbiome

The information available includes:

- Interactive graphics and charts detailing your microbiome results
Filters for comparing your microbiome with selected populations
Access to microbiome health and wellness resources



Table with 2 columns: Field (Specimen Type, Date Collection, Date Processed, Date Reported) and Value (Stool, 12/21/2022, 12/22/2022, 12/28/2022)

Patient Information: SSN: N/A, DOB: 1/20/1953 (Age 69)
DOE, JANE
123 MAIN ROAD
HAMILTON, NJ 08690
HOME: (555) 555 - 5555 Patient ID: 12345

Ordering Physician/Lab: NPI: 123456780
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MICROBIOME TESTING

COMPREHENSIVE INTERPRETATION

Here we report on the comparative assessment of patient fecal microbiota. High microbial diversity and richness were shown to be positively correlated with various health markers.

Table with 3 columns: OBSERVED, INDEX RATIO, SUMMARY RESULTS. Rows include Bacterial Diversity, Bacteria Ratios, Beneficial Bacteria Abundance, and Probiotic Bacteria Abundance.

According to the data provided by patient in submitted questionnaire and observed Microbiome composition, here are some recommendations based on the published literature [1-27].

Table with 3 columns: OBSERVATION, COMMENTS, RECOMMENDATIONS. Rows include Bacterial Diversity, Bacterial Richness, Bacterial Evenness, and various bacterial ratios with associated dietary and lifestyle advice.

View: M

Mail: Yes USPS, All Yes

Fax: Yes Manual, All No

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