# 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, obsessivecompulsive 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







### MEDICAL DIAGNOSTIC LABORATORIES

2439 KUSER ROAD, HAMILTON, NJ 08690-3303 

Final

MDL#: 1234567 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

Specimen Type:	Stool
Date Collection:	12/21/2022
Date Processed:	12/22/2022
Date Reported:	12/28/2022



DOB: 1/20/1953 (Age 69) Patient Information: SSN: N/A

DOE, JANE

123 MAIN ROAD

HAMILTON, NJ 08690

HOME: (555) 555 - 5555 Patient ID: 12345

Ordering Physician/Lab: NPI: 123456780

JOE FAMILY PRACTICE SALLY DOE, MD 321 FIRST ROAD

SUITE B HAMILTON, NJ 08690

**Tel:** (555) 555 - 5555 Fax: (555) 555 - 5556

### 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.

OBSERVED	INDEX RATIO	SUMMARY RESULTS
Bacterial Diversity:	InvSimpson	Above Average
_	Observed	Above Average
	Simpson	Average
Bacteria Ratios:		Below Average
		Above Average
Beneficial Bacteria Abundance:		Above Average
Probiotic Bacteria Abundance:		Below Average

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].

OBSERVATION	COMMENTS	RECOMMENDATIONS
Bacterial Diversity (InvSimpson)	Above Average	
Bacterial Richness (Observed ASV)	Above Average	
Bacterial Evenness (Simpson's E)	Average	
Prevotella to Bacteroides Ratio	Below Average	Prevotella is strongly associated with high fiber diet. Eating more fruits, vegetables, and legumes would be beneficial.
Firmicutes to Bacteroidota Ratio	Above Average	Eating a high-fiber diet with good carbs would help. Firmicutes are needed to absorb fats, higher fat diets cause you to have more of them, leading to weight gain. Avoid sugars and processed carbs. Raise your intake of beans. Sleep and eat on a regular schedule.
Beneficial Bacteria	Above Average	
Bifidobacterium	Below Average	Eating more polyphenol-rich foods like grapes, cranberries, apples, or taking pre- or probiotics that contain those species, can increase their levels in the gut (yogurt, kefir, sauerkraut, tempeh, kimchi, miso, kombucha, pickles, traditional buttermilk, some types of cheese like cheddar, mozzarella & gouda)
Lactobacillus	Below Average	Lactobacilli can be found in different food and is most often consumed via fermented milk products (like kombucha, some cottage cheese, kefir, miso, tempeh, sauerkraut) or probiotic foods, such as yogurt. It is also possible to increase Lactobacilli by consuming probiotic supplementation and prebiotics fibers, such as the ones found in plant-based diet (onions, garlic, bananas)
Reported bowel movement	Once every 1 - 3 days	Probiotics including the following bacteria have been shown to help
Reported health conditions	Constipation	constipation:     Bifidobacterium bifidum and longum

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View:	M	
Mail:	Yes	USPS
	All	Yes

Fax:	Yes	Manual
	All	No

Medical Director, Jing-Jing Yang, M.D.

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