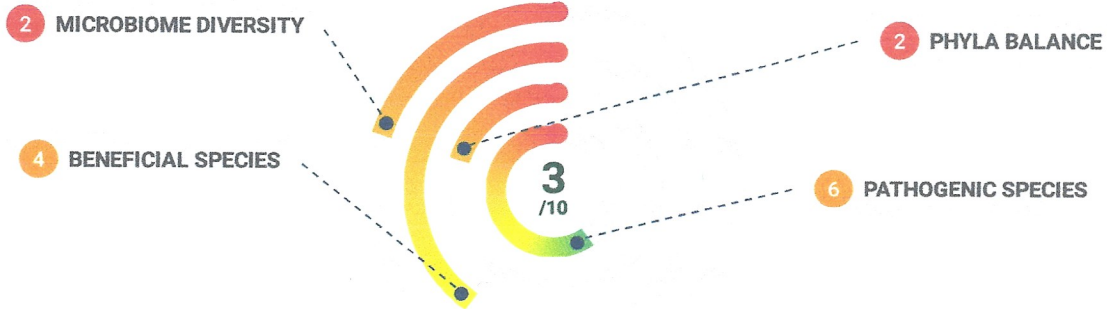


Gut Report

Kit ID #SP001412

Reported on Monday, May 24, 2021

Gut Score™



BEHIND YOUR GUT SCORE™

Your Gut Score is based on four criteria: your Microbiome Diversity, your Phyla Balance, your Beneficial Species levels, and your Pathogenic Species levels. The sections below break down your scores for each of the criteria making up the Gut Score so you can better see where the imbalances lie. However, the four criteria considered for the Gut Score aren't all equal! Your overall Phyla Balance, for instance, is a far more important piece of the equation and overall health of your microbiome than your Beneficial Species.



MICROBIOME DIVERSITY 2/10 Poor

Diversity describes how many different kinds of bacteria and fungi are in your microbiome. Research suggests more microbiome diversity is associated with better health.

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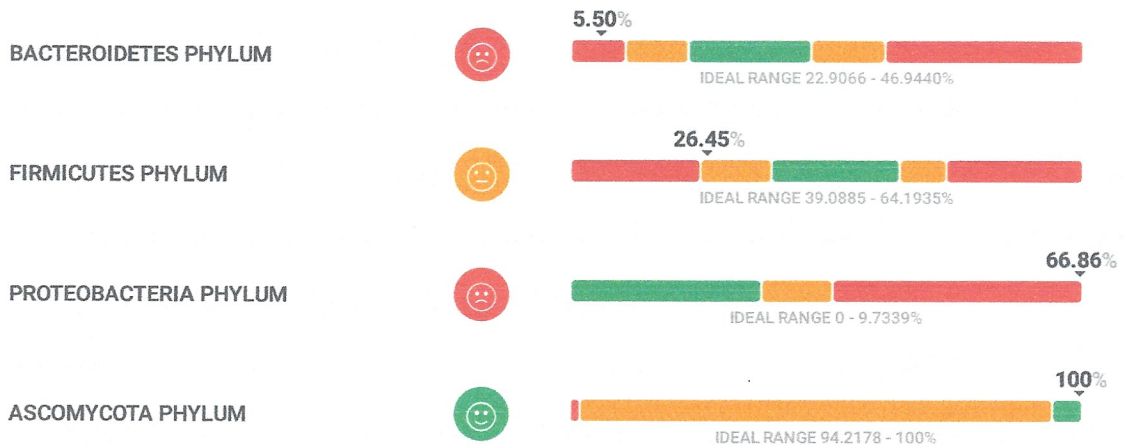
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PHYLA BALANCE 2/10 Poor

A **phylum** is a grouping of similar species, and those species can be beneficial (good), pathogenic (bad), or neutral (see Beneficial Species, Pathogenic Species, and Additional Species for more detail). Based on the research, a healthy microbiome is associated with the presence of a few major phyla balanced together, like Bacteroidetes, Firmicutes, and Proteobacteria, where Proteobacteria makes up a small amount, and Bacteroidetes and Firmicutes compose the majority. Ascomycota is the dominant fungal phylum. A higher score for Phyla Balance indicates that your microbiome is closer to an ideal phyla composition.

Microorganisms



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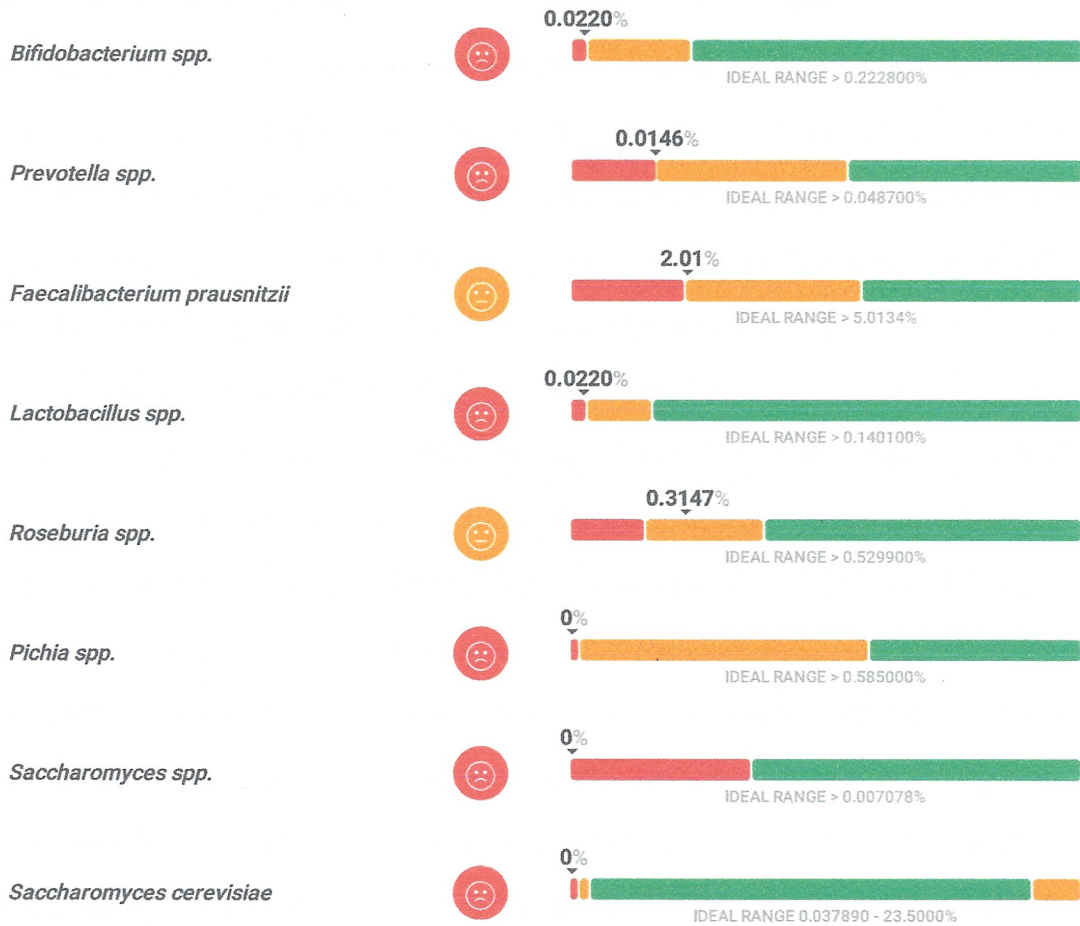


BENEFICIAL SPECIES
4/10 Okay

The Good Guys

Beneficial species are those microbes that provide specific benefit to the host, aka, YOU! There are many, but the most prominent ones of the human microbiome include the five bacterial and two fungal species shown below.

Microorganisms



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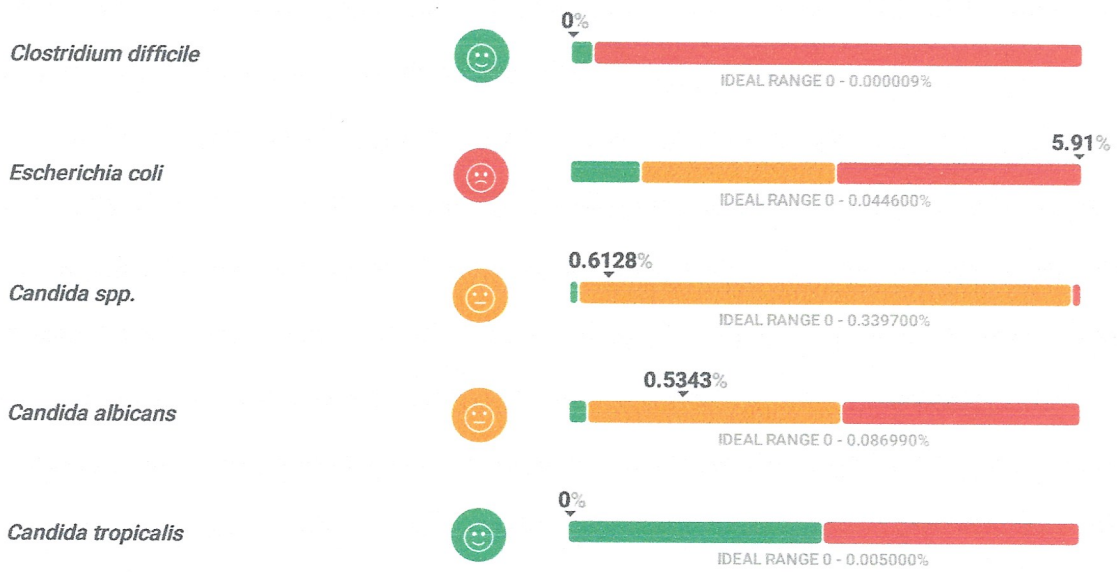
PATHOGENIC SPECIES

6/10 Okay

The Bad Guys

Pathogenic species are particular microbes that, especially when out of balance with the rest of the microbiome, can cause disease, inflammation, and damage to the host (YOU). There are many potential pathogens, but a healthy microbiome is able to keep these in check. The five prominent pathogens we look out for are the two bacterial and three fungal species shown below.

Microorganisms



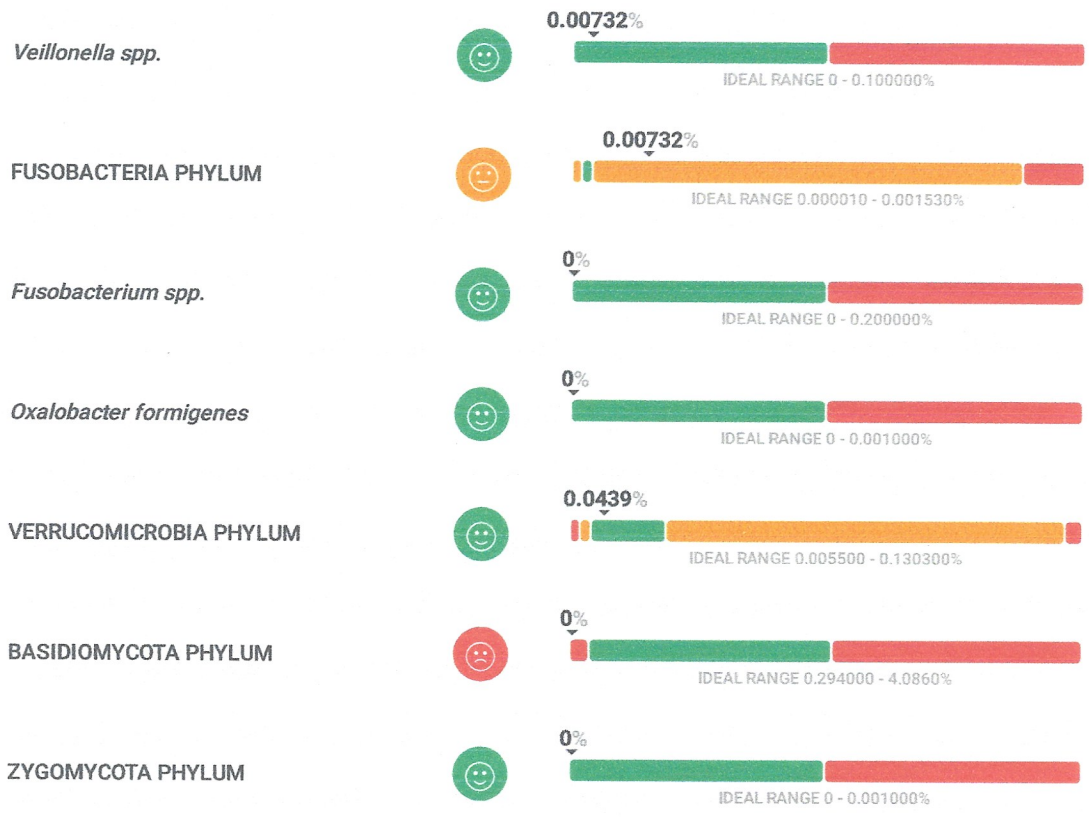


ADDITIONAL SPECIES

Our testing can detect up to a thousand different bacterial and fungal species in a person's microbiome. We have isolated a subset of yours here. These represent the ones of medical significance that can impact your well being and are used to determine your gut profile score.

Microorganisms





Gut Report

Reported on Saturday, May 29, 2021

Insights

These insights are based on your overall Gut Score™ and answers provided in your questionnaire.



DIETARY

Eat More Vegetables to Increase Antioxidants, Fiber, and Support Detoxification

WHAT THIS MEANS

Choose a variety of non-starchy vegetables, aiming for 4+ cups daily.

WHY IT'S IMPORTANT

Fiber from vegetables supports healthy Bacteroidetes levels, nurtures beneficial species, and has been shown to reduce Proteobacteria levels. Vegetables also supply a myriad of antioxidants which improve overall health and inflammation. Cruciferous vegetables, specifically, encourage healthy liver detoxification and microbiome diversity.

HOW TO IMPLEMENT

Incorporate high-fiber, nutrient-dense options like kale, cabbage, beets, cauliflower, broccoli, and spinach throughout the day.



DIETARY

Increase Fermented Foods to Balance the Microbiome & Promote Microbiome Diversity

WHAT THIS MEANS

Fermented foods are foods that naturally contain probiotics.

WHY IT'S IMPORTANT

Including natural probiotics in the diet supports beneficial species in the microbiome, as well as microbiome diversity. Fermented foods also encourage an environment that supports a balanced, healthy microbiome, and discourages pathogenic growth.

HOW TO IMPLEMENT

Include fermented foods like plain plant-based yogurt, kombucha, water kefir, miso, pickled vegetables, and sauerkraut daily.

Gut Report

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DIETARY

Reduce Sugar and Processed Carbohydrates to Reduce *Candida*

WHAT THIS MEANS

Limit processed foods with refined grains, like cookies, cake, crackers, and refined bread, pasta, bagels. Avoid sweets, added sugars, and artificial sweeteners.

WHY IT'S IMPORTANT

Processed foods and sugar feed imbalance, *Candida*, and inflammation. Artificial sweeteners have been shown to increase dysbiosis and encourage pathogenic growth.

HOW TO IMPLEMENT

Avoid fast food, added sugar, and refined grains. If you're craving sweetness, opt for natural sources like whole fruits and stevia or monk fruit in moderation.

Gut Report

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LIFESTYLE

Incorporate Breath Work to Reduce Stress

WHAT THIS MEANS

Working to incorporate exercises and tools to reduce and manage stress is crucial to gut balance.

WHY IT'S IMPORTANT

Stress has been linked to elevated Proteobacteria, inflammation, digestive symptoms, and more.

HOW TO IMPLEMENT

Incorporate breathing exercises, meditation, and restorative exercise into your daily routine. Try the 4-8-7 breath to start and end your day; inhale for a count of 4, hold for a count of 8, then exhale for a count of 7 (hold and exhale should be nearly twice the length of the inhale). Consider adding in yoga and/or Qigong into your movement routine.



LIFESTYLE

Practice Healthy Meal Habits to Support Proper Digestion

WHAT THIS MEANS

Focus on cultivating a calm, undistracted space for meal times.

WHY IT'S IMPORTANT

Setting the stage for calm, mindful meals supports healthy digestion and can improve digestive symptoms.

HOW TO IMPLEMENT

Take 5 deep belly breaths before eating to activate your "rest & digest" system, look and smell your food before eating, chew each bite thoroughly (20-30 chews), and eat at a table away from electronics, not at your desk or on the go as much as possible.

Gut Report

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SUPPLEMENT RECOMMENDATION

Inflammation Support - Turmeric

WHY IT'S IMPORTANT

An unhealthy inflammatory response stresses the system, leading to symptoms of pain and microbiome imbalance, like elevated Proteobacteria. An unhealthy inflammatory response also encourages pathogenic overgrowth, like *Candida*. Adding in supplements like turmeric to help support a healthy inflammatory response can promote microbiome balance and overall health.



SUPPLEMENT RECOMMENDATION

Stress Support - Adaptogens

WHY IT'S IMPORTANT

Stress may contribute to an unhealthy inflammatory response, which promotes gut imbalance like *Candida* overgrowth. Reducing stress and supporting your stress response can help support healthy inflammatory processes. Stress also negatively impacts digestion. Adaptogens are used to support a healthy stress response and support the adrenals.



SUPPLEMENT RECOMMENDATION

Digestive Support - Fiber

WHY IT'S IMPORTANT

Fruits, vegetables, legumes, and whole grains are a key source of fiber; both fiber and diverse plant intake support gut diversity.

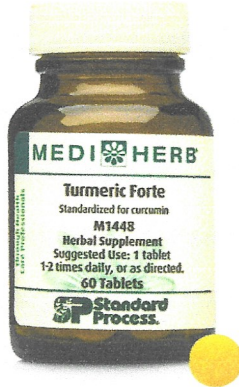
Gut Report

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PRODUCT CONSIDERATION

Turmeric Forte



Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. For other contraindications and cautions consult your health care professional. This product is packaged in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish and shellfish. Keep out of reach of children. Store in a cool, dry place out of direct sunlight.

Supplement Facts

Serving Size: 1 Tablet		
Servings per Container: 60		
	Amount per Serving	%DV
Ferrous metal 5:1 extract from Ferrous Ascorbate-ascorbic acid 25:1 mg	133 mg	1
Turmeric rhizome 5:1 extract from Curcuma longa rhizome 6:44 g Containing curcuminoids 101.2 mg Containing curcumin 62.5 mg	117 mg	1

†Daily Value (DV) not established.
Other ingredients: Dibasic calcium phosphate dihydrate, cellulose, sodium starch glycolate, croscarmellose sodium, hydroxypropyl methylcellulose, and magnesium stearate.

WHY IT'S IMPORTANT

The herbs in Turmeric Forte and their constituents support a healthy inflammatory response, maintain and support healthy joints, support healthy liver function and digestion, and provide antioxidant activity.*^{3 4}

HOW TO IMPLEMENT

Suggested Use: One tablet, 1-2 times daily.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease

³ Not recommended during pregnancy or lactation unless under direction of physician

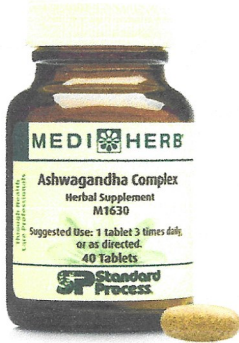
⁴ This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish. Keep out of reach of children. Store in a cool, dry place out of direct sunlight

Gut Report

Reported on Saturday, May 29, 2021



PRODUCT CONSIDERATION Ashwagandha Complex



Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Discontinue during an acute infection or fever. If you have a thyroid condition, use strictly under physician direction. For other contraindications and cautions, consult your health care professional. This product is packaged in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish and shellfish. Keep out of reach of children. Store in a cool, dry place out of direct sunlight.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 40

	Amount per Serving	%DV
Calcium	58 mg	4%
Skullcap herb 4:1 extract	1175 mg	†
from Scutellaria lateriflora herb 470 mg		
Liquorice root 2:1 extract	1875 mg	†
from Glycyrrhiza glabra root 750 mg		
Ashwagandha root 10:1 extract	95 mg	†
from Withania ashwagandha root 950 mg		
Korean Ginseng root 5:1 extract	20 mg	†
from Panax ginseng root 100 mg		
Containing ginsenosides* 1.68 mg		

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, malbolonin, hypromellose, magnesium stearate, silicon dioxide and dextrase.

*Rc2 to Rc1 is NLT 0.4 by HPLC

02

WHY IT'S IMPORTANT

The herbs in Ashwagandha Complex have been traditionally used in herbal preparations to work as tonic to maintain or improve general wellbeing, help the body adapt to the changes of everyday life, promote vitality and stamina in people of any age and maintain a healthy mood balance.*³

HOW TO IMPLEMENT

Suggested Use: 1 tablet, 3 times daily between meals

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease

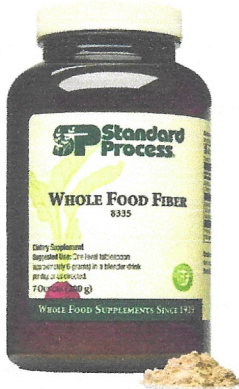
3 Not recommended during pregnancy or lactation unless under direction of physician

Gut Report

Reported on Saturday, May 29, 2021



PRODUCT CONSIDERATION Whole Food Fiber



Caution: This product is processed in a facility that manufactures other products containing soy, milk, eggs, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 1 Level Tablespoon
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	25	
Total Carbohydrate	5 mg	2%
Dietary Fiber	5 g	10%
Proprietary Blend	6 g	1
Oat fiber, beet fiber, rice bran, organic beet root, apple pectin, organic carrot root, organic sweet potato, and carrot fiber.		
†Daily Value not established.		

Soluble fiber from foods such as oat fiber, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

08

WHY IT'S IMPORTANT

Whole Food Fiber contains both soluble and insoluble fiber, supports healthy bowel function, promotes regular intestinal motility and elimination, encourages healthy epithelial cells in the bowel, provides food for beneficial microorganisms in the lower gastrointestinal (GI) tract, and supports the immune system.*

HOW TO IMPLEMENT

Suggested Use: One level tablespoon (approximately 6 grams) in a blended drink per day, or as directed.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease

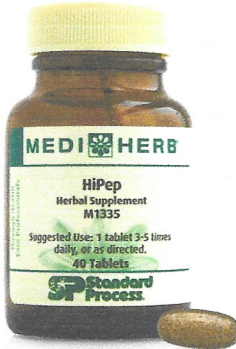
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Reported on Saturday, May 29, 2021



PRODUCT CONSIDERATION

HiPep



Caution: Contraindicated in known allergy to plants of the daisy family. Neurotoxic should be avoided by persons hypersensitive to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. For other contraindications and cautions consult your health care professional. This product is packaged in a facility that manufactures other products containing soy, milk, egg, wheat, yeast, tree nuts, fish and shellfish. Keep out of reach of children. Store in a cool, dry place out of direct sunlight.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 40

	Amount per Serving	%DV
Deglycyrrhizated Licorice root 27:1 extract	125 mg	†
from Glycyrrhiza glabra root 3.42 g		
Chamomile flower 0:1 extract	100 mg	†
from Matricaria recutita flower 600 mg		
Mandarin orange herb 0:1 extract	100 mg	†
from Citrus aurantium herb 500 mg		
Chamomile (Matricaria recutita) flower essential oil	5 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate diphosphate, sodium starch glycolate, malto-dextrin, silicon dioxide, hypromellose and magnesium stearate.

WHY IT'S IMPORTANT

The herbs in HiPep have been traditionally used in herbal preparations to support normal function of stomach acid secretions, promote healthy mucosal tissue within the upper gastrointestinal tract, promote healthy tone and function within the upper gastrointestinal tract, and help relieve occasional indigestion symptoms of the gastrointestinal tract, including bloating and flatulence.*³

HOW TO IMPLEMENT

Suggested Use: One tablet 3-5 times daily, with meals.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease

³ Not recommended during pregnancy or lactation unless under direction of physician

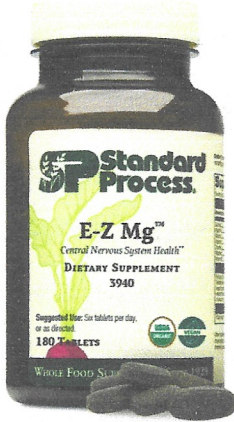
Gut Report

Reported on Saturday, May 29, 2021



PRODUCT CONSIDERATION

E-Z Mg™



Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Warning: This product contains naturally occurring Vitamin K1. If you are taking blood thinning medications, are pregnant or nursing, or have been diagnosed by a diet low in oxalates, please consult with your health care professional before taking this product.

Caution: This product is processed in a facility that manufactures other products containing soy, milk, eggs, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 6 Tablets
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	0.5 g	<1%
Total Carbohydrate	4 g	1%
Dietary Fiber	1 g	4%
Total Sugars	<1 g	1%
Protein	<1 g	1%
Vitamin K	36 mcg	30%
Calcium	20 mg	2%
Iron	6 mg	33%
Phosphorus	30 mg	7%
Magnesium	70 mg	17%
Potassium	300 mg	6%
Proprietary Blend	5.0 g	1

Organic, food-derived (natural parts) juice powder and organic sweet chard juice powder.

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Organic rice hulls concentrate, organic rice extract, organic rice hulls, organic Arabi gum, and organic sunflower oil.

02

WHY IT'S IMPORTANT

E-Z Mg™ is a plant-based, naturally occurring multiform of magnesium essential to help bridge the gap in dietary magnesium intake. It is essential for central nervous system health and is an excellent source of vitamin K1 and iron, as well as a good source of magnesium.*

HOW TO IMPLEMENT

Suggested Use: Six tablets per day, or as directed. Store in a cool, dark place.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease