

BALANCE OF GUT MICROBIOTA

Institution	GCGenome	App/Ver	99 / 1.1
Name	Sample	Collected Date	2020.05.29
Specimen Type	Stool	Accepted	2020.05.29
Registration No.	20200529-001-0001	Reported	2020.06.12
Application No.	20200529-001-0001		

Broken balance of gut microbiota causes various diseases.

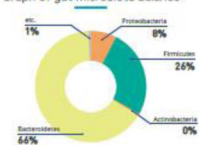
Balance index



45 / 100

Gut microbial balance index is moderate.

Graph of gut microbiota balance



By examining Sample's gut microbiota, the balance index of 4 taxa is calculated.



Dietary guidelines for Sample's gut microbial balance index

Animal-based high fat, high protein, high carbohydrates, high sugars and strong-tasting foods are to be avoided for a healthy intestine.



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Microbiome Balance (4category)

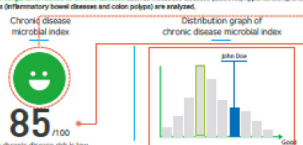
GUT MICROBIOTA SCREEN

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How to interpret Results

CHRONIC DISEASE

The gut microgardens related to chronic diseases such as metabolic diseases (diabetes, hypertension), and gut diseases (inflammatory bowel diseases and colon polyps) are analyzed.



Of 100 items, 7 microbes that prevent chronic disease are analyzed.



Dietary guidelines for John Doe's chronic disease microbial index

Avoid: seasoned meats, drinks, salty and strong-tasting foods for a healthy intestine.



1 The result of test items are divided into three levels.



2 The score of test items is ranged from 0 to 100 points.

3 The distribution of the score for the test items in Korean general population can be accessed.

4 The average relative abundance of the microbe in Korean general population is shown above and that of examinee is shown below.

5 Check the customized diet guidelines according to the results of examinee!

- Good: Beneficial bacteria that affects the body in a favorable way
- Bad: Harmful bacteria that affects the body in a deleterious way



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Gut microbiome associated diseases (9 Diseases)

GUT MICROBIOTA SCREEN

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Check the gut microbiota result again after following the customized guideline.

Diet guideline



A frequent intake of spicy, salty, and strong-tasting foods stress the intestine, creating dysbiosis, and is easily exposed to various diseases as the immunity weakens. For a balanced gut environment, it is recommended to reduce the consumption of high-fat, high carbohydrate instant foods and meat, and instead, consume white meat or fish such as low-fat chicken. Also, eating low-fat, low-carb foods and those that are rich in fiber, polyphenols, and antioxidants such as beta-carotene, calcium, and vitamins is suggested.

Supplement guideline



Intake deficient beneficial bacteria and take probiotics to enhance the beneficial bacteria. It can prevent bowel disease and colon cancer by inhibiting the growth of harmful bacteria and by strengthening immunity and gut function. It is also known to be effective in various aspects such as depression, allergic diseases, and cardiovascular diseases.

Lifestyle



The International Association for the Study of Dreams (IASD) recommends 6-8 hours of sleep for adults. An adult's intestine, who takes a regular sleep, allows microorganisms to rest and is less stressed. Therefore, it can maintain a healthy gut environment compared to that of an adult whose sleep is irregular and lacking.

A regular exercise, more than 30 minutes a day, 3-5 times a week, strengthens the immunity of the intestine, prevents the growth of harmful bacteria in the intestine, helps the growth of beneficial bacteria, and also increases the diversity index of gut microbiota.



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Diet,Supplements,Lifestyle Guidelines

IRRITABLE BOWEL SYNDROME

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The gut microorganisms related to irritable bowel syndrome (abdominal pain, swelling, diarrhea) are analyzed.

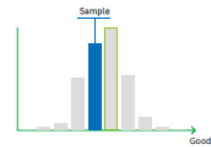
Irritable bowel syndrome microbial index



45 / 100

The irritable bowel syndrome risk is moderate.

Distribution graph of irritable bowel syndrome microbial index



Of Sample's gut microbes, 6 microbes related to irritable bowel syndrome are analyzed.



Dietary guidelines for Sample's irritable bowel syndrome microbial index



For a healthy intestine, avoid high-lactose dairy products, high-fructose foods, high-fructose drinks and alcohol.



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Customized diet guideline for each disease