



GxGutHealth

Personal Report

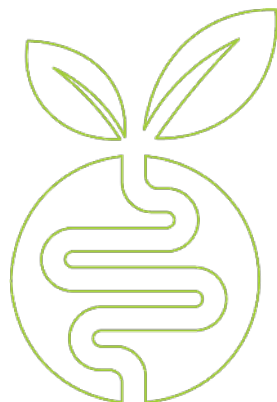
Prepared for: John Doe

July 10, 2025



Welcome to Your GxGutHealth Personal Report

July 10, 2025



Congratulations!

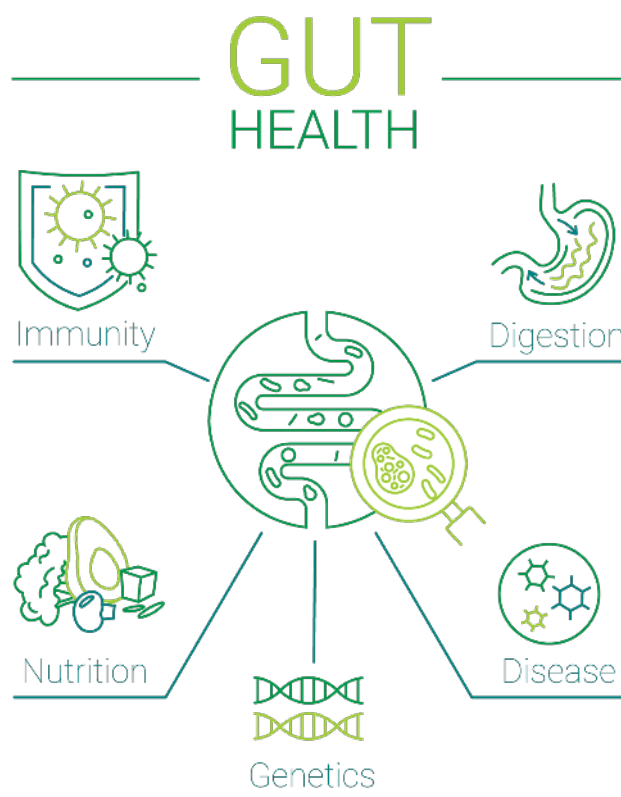
You're about to receive innovative insights about your body that, until now, have never been available. Your gut microbiome is a community of tiny organisms in the digestive system that help digest food, absorb nutrients, support the immune system, and ultimately impact overall health. Your report will provide you with the information that you need to understand the health of your gut microbiome and which specific nutrients can help you to optimize your gut microbiome on a very personal and individual level.

What Is Microbiome Testing?

Gut microbiome testing is like a detective mission for your body. It involves using a stool sample to uncover information about the bacteria and other tiny organisms living in the gut. With today's advanced technologies, we can identify these tiny communities living within the gut microbiome, and by comparing multiple samples, we can find patterns that may be linked to your health or certain conditions. This ultimately enables us to give you personalized advice on how to make it even better. It's like getting a special plan to help your body's tiny inhabitants thrive.

Why Is Your Microbiome Important?

The gut microbiome is important in several ways, including playing a role in digestion and absorption of food, immune system regulation, hormone regulation, protection against pathogens, and energy metabolism. In this report, we assess how your gut microbes are working together and with your body to optimize your health, and where appropriate, identify specifically where you could improve your nutrition to optimize the health of your microbes, thereby improving the health of your body.



My Recommendations

Based on the results of your gut microbiome test, we've provided specific information that can help support your gut microbes, moving them toward a healthier state and increasing your overall wellness. Our first recommendation is a *personalized supplement* that contains all the essential nutrients identified for better microbial balance. This page outlines the recommended personalized supplement information and how to order them.

Our second recommendation is specific *foods to target* and *foods to limit* to optimize your diet and promote the overall health of your gut microbiome. The food recommendations are on the following page.

Your Personalized Supplements

Each of the individual nutrients needed to optimize the health of your gut microbiome have been combined into a unique daily formula specific to you. Your GxGutHealth Personalized Supplements are provided to you in powder form contained in individual sachet packets. You simply mix one packet per day with water or your favorite drink. The sachet packets are provided in a 30-day supply in a resealable bag, and you can order up to 3 months' supply. Ask your practitioner about trying these personalized supplements that are targeted to your unique gut microbiome.

PERSONALIZED DIETARY SUPPLEMENT

G04

*Designed to increase the gut
microbiome alpha diversity
and overall health*

NATURALLY FLAVORED

POMEGRANATE GRAPE

NET WT 5.7 G

Sachet Packet

Supplement Facts		
Serving Size: 1 Packet (Approx. 5.7g)		
Amount Per Serving		% Daily Value
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Vitamin K (Vitamin K2)	100 mcg	83%
Thiamin (Vitamin B 1)	32 mg	2671%
Niacin	98 mg	616%
Vitamin B6 (Pyridoxal 5 Phosphate)	22 mg	1284%
Folate	399 mg DFE (235 mcg folic acid)	100%
Biotin	2363 mg	7877%
Pantothenic Acid (Calcium D-Pantothenate)	122 mg	2440%
Sodium	7 mg	<1%
VitalGut Blend Four	3834 mg	†
Avena sativa (Oat bran), INAVEA (Acacia Gum), L-Tryptophan, R-Lipoic Acid		
*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.		

Do not use this product if you are taking
warfarin/coumadin without consulting a physician.

Other ingredients: Natural Flavor (Pomegranate Grape), Malic Acid, Citric Acid, Stevia Leaf Extract, Silica, Grape Skin Extract (for color).

DIRECTIONS: Empty one packet (approx. 5.7g) into 6-8 oz of water, then shake vigorously and drink.

INDIVIDUAL PACKET NOT FOR RESALE

Why Personalized Supplements?

Your gut microbiome is constantly changing and affects many aspects of your overall health and wellness. With the personalized supplements driven by your gut microbiome test, we can continue to provide the right formula for your dynamic gut microbiome based on your most recent gut health test.



Supplement formula based upon **your** gut microbiome needs



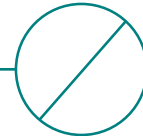
Individual sachet packets for daily consumption – perfect for on-the-go



Impact of Personalized Supplements can be measured and monitored by taking an additional gut microbiome test after 60 days

My Recommendations

In addition to personalized supplements, an essential component of gut microbiome balance is understanding which foods to prioritize and which to limit in your diet. Based on your gut microbiome analysis, the following lists outline recommended foods to incorporate and those to reduce. For optimal results, integrating both the personalized supplements and these dietary recommendations into your routine is the most effective approach. However, even adopting just one of these strategies can yield noticeable benefits.



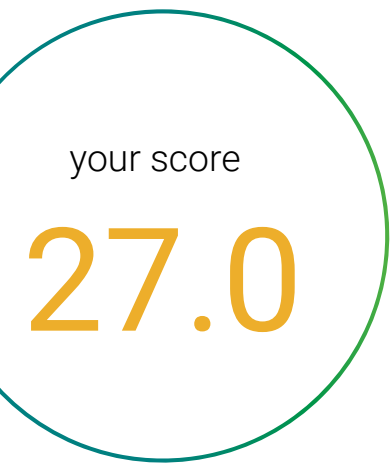
Your Recommended Foods

- Vegetables (Okra, Sweet Peppers, Mushrooms, Leeks, Kale)
- Fruits (Grapes, Oranges, Avocado, Banana, Pomegranate)
- Legumes (Peas, Black Beans, Kidney Beans, Navy Beans, Lentils)
- Grains (Wheat products, Oats, Barley, Rye)
- Animal Protein (Eggs, Organ Meat)

Your Foods to Limit

- Animal Protein (Fish, Poultry)
- Vegetables (Sweet Potatoes)
- Nuts & Seeds (Flaxseeds)

My Overall Gut Health

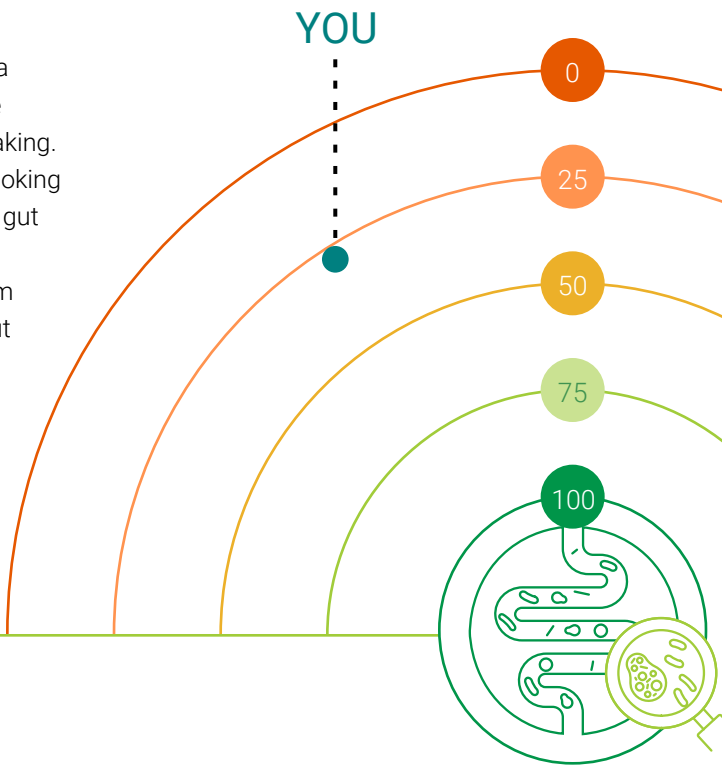


My Overall Gut Score

What does my score mean?

A healthy gut goes beyond just the bacteria present or absent. It also looks at what the bacteria are making and are capable of making. All of these factors come into play when looking at overall gut microbiome health, and your gut score takes all of these factors into consideration. This score is on a scale from 0-100, with 100 being a more optimized gut microbiome.

* Curious how this score or the Alpha Diversity score is calculated?
Check the last few pages in this report for our Definitions and FAQs!



Your Top 15 Gut Bacteria

	% Gut Bacteria
1 Bacteroides	24.8%
2 Faecalibacterium	9.6%
3 Phocaeicola	9.1%
4 Gemmiger	5.3%
5 Collinsella	4.2%
6 Blautia	4.2%
7 Parabacteroides	4.1%
8 Bacteria spp.	3.4%
9 Clostridia spp.	3.2%
10 [Eubacterium] rectale	3.1%
11 Streptococcus	2.4%
12 Oscillospiraceae spp.	1.8%
13 Hominimerdicola	1.6%
14 Lachnospira	1.4%
15 Dysosmobacter	1.3%

* spp is Latin for 'several species' - multiple species within a known genus

Why do we provide this information?

Knowing the makeup of the bacteria in your gut microbiome offers useful insights for your practitioner (if applicable) and empowers you with information to explore further on your own.

My Overall Gut Health

Alpha Diversity - Shannon Diversity Index

Your Alpha Diversity Level is

AVERAGE

Your Alpha Diversity Score is

44.6



Alpha diversity is assessing the variety of bacteria in a single sample. Using the Shannon Diversity Index, we offer insight into both how many different bacteria are in the sample, referred to as richness, as well as how evenly they are spread out in the sample, referred to as evenness. A higher alpha diversity indicates a more varied and balanced bacterial community, which is often associated with better overall gut health.

Alpha Diversity - Faith's Phylogenetic Diversity (PD) Index

Your Alpha Diversity Level is

AVERAGE

Your Alpha Diversity Score is

49.8



Alpha diversity assesses the variety of bacteria within a single sample. Using the Faith's Phylogenetic Diversity (PD) index, we gain insight into both the richness – how many different bacterial species are present – and the extent of their differences, or phylogenetic diversity. A higher alpha diversity indicates a more varied and balanced bacterial community, which is often associated with better overall gut health.

Dysbiosis Score

Your Dysbiosis Score is

75.4



Dysbiosis describes a disruption of the healthy balance within the gut's bacterial ecosystem, causing changes in the composition, function, and metabolic output of the bacterial community, often accompanied by a decline in beneficial bacteria and diversity.

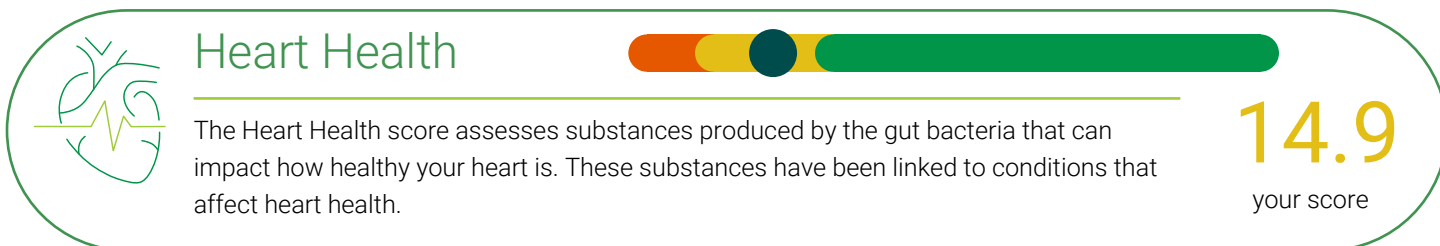
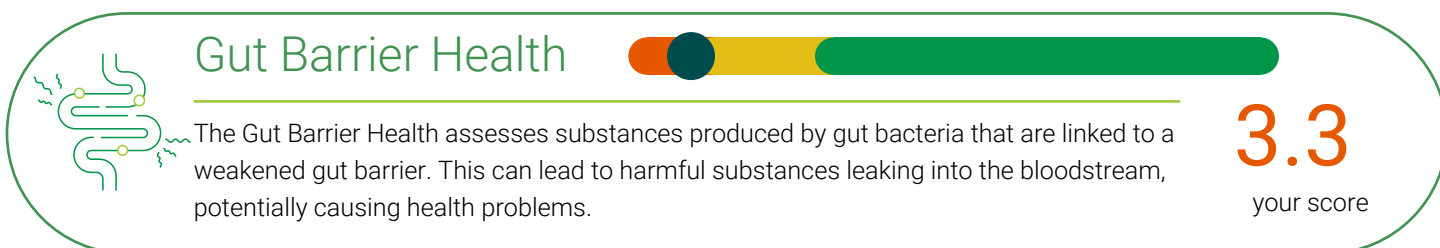
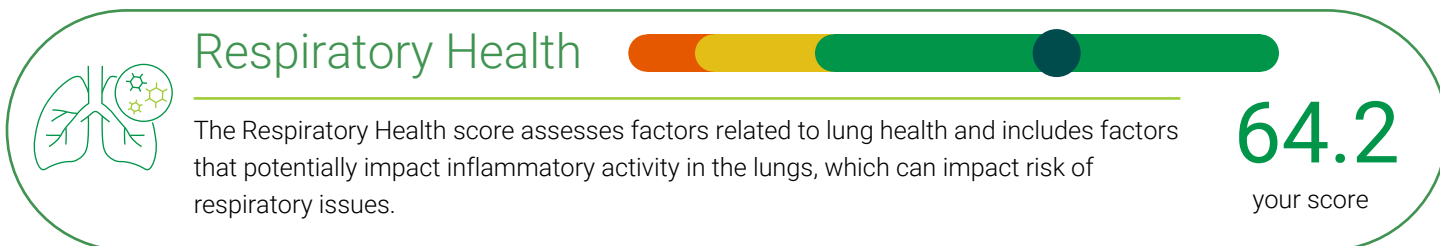
My Health Scores

The gut microbiome can influence multiple areas of our health. The following health scores indicate how the microbes within your gut are interacting with each other and with your body to impact or contribute to specific areas of your health. A higher score indicates a more positive contribution.

Health Score Determination

Each Health Score is determined by analyzing key gut health markers and comparing them to reference databases of healthy individuals. This process is backed by scientific research, which you can explore in the bibliography at the end of this report. For more details on how these scores are calculated, refer to the FAQs, where we provide an example of the inputs used.

Your health score will be a numerical value ranging from 0 to 100, with the green-shaded region indicating the beginning of the optimal range.



My Health Scores

Your health is influenced by a variety of factors, from the efficiency of your metabolism to the resilience of your skin, lungs, and digestive system. The following health scores indicate how the microbes within your gut are interacting with each other and impact your digestive, skin, and metabolic health. A higher score indicates a more positive contribution.



Digestive Health



The Digestive Health score evaluates factors linked to digestive well-being. These include factors that impact inflammatory signals, immune responses, regulate energy for gut cells, and contribute to overall digestive health.

75.6
your score



Skin Health



The Skin Health score focuses on factors relevant to skin well-being, including the production of compounds shown to benefit skin health and those that influence certain skin conditions.

74.5
your score



Metabolic Health

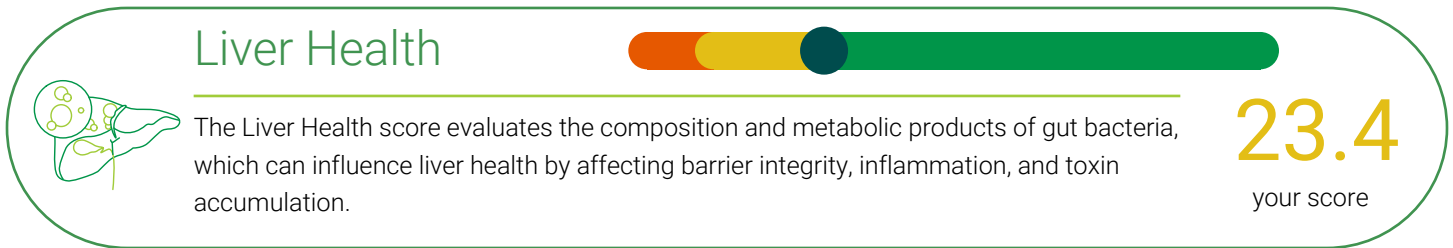
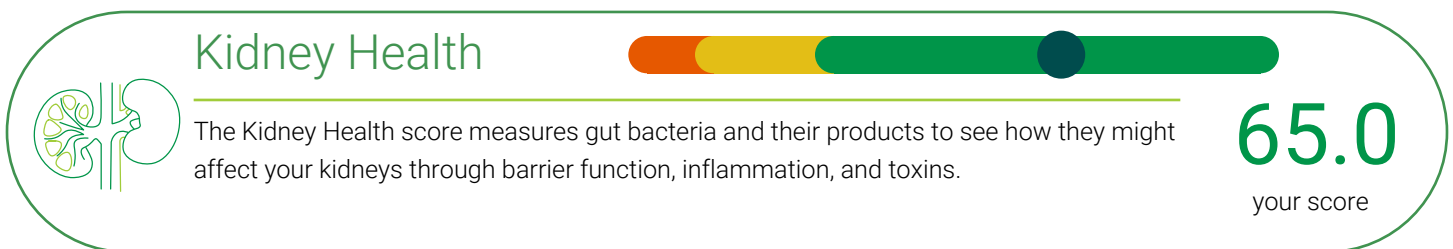


The Metabolic Health score assesses factors influencing metabolic processes in the body, including the production of compounds that can impact glucose control, appetite regulation, and other metabolic processes.

55.4
your score

My Health Scores

Your health is influenced by a variety of factors, from the efficiency of your metabolism to the resilience of your skin, lungs, and digestive system. The following health scores indicate how the microbes within your gut are interacting with each other and impact your digestive, skin, and metabolic health. A higher score indicates a more positive contribution.



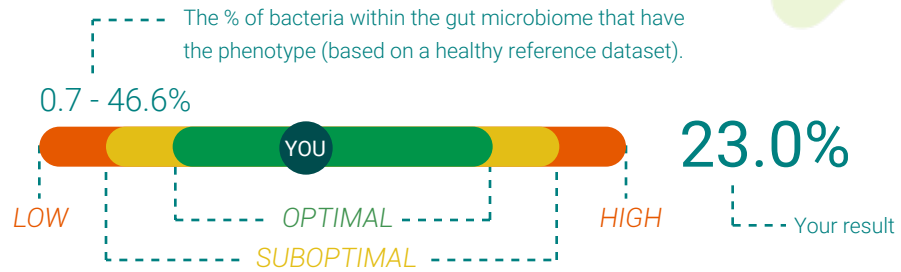
Health Score Disclaimer

These gut health scores offer insight into potential connections between your microbiome and aspects of overall health, such as heart health, skin health, and respiratory health. However, they are just one piece of the puzzle and do not provide a definitive assessment of any condition. These scores are not meant to be diagnostic—if you have concerns about a low score, please consult a physician.

Phenotype Key

Name of phenotype
(for example Butyrate producers)

Phenotype



Phenotypes are groupings of gut bacteria that contribute to or perform specific biological functions that impact your overall health. This section shows your current levels of four (4) major phenotypes and how they impact your health and how they compare to a 'Healthy Reference Range'. See the FAQs at the end of the report for more detail.

Phenotype Short Chain Fatty Acid Producers

Short chain fatty acids (SCFA) are the beneficial products of carbohydrate fermentation that are associated with a diverse microbiome and overall health. The percentage of SCFAs producers is shown below.

Acetate production

45.3 - 94.7%

Acetate production is tightly regulated within the microbiome. It is largely utilized for cholesterol synthesis and lipogenesis, and excessive production combined with insufficient butyrate production can lead to fat gain, particularly around the liver.

84.5%

Butyrate production

≥ 10.9%

Butyrate is produced by microbial fermentation and plays an integral role in maintaining digestive health by regulating gene expression, cell differentiation, gut tissue development, immune modulation, oxidative stress reduction, and more.

25.2%

Propionate production

13.1 - 76.2%

Propionate is known to have a significantly positive impact on the immune system, including improving lung health and increasing resistance to infection. It is typically converted to glucose in the liver and may prevent some lipogenic effects of acetate.

52.1%

Phenotype Sugar Utilization

Polysaccharides and mono/oligosaccharides are utilized for biosynthesis and energy metabolism in gut-colonizing bacteria. The percentage of sugar utilizers is shown below.

Arabinose utilization

10.2 - 58.8%



Arabinose is a prebiotic that promotes diversity within the microbiome. Bacteria who utilize arabinose can be helpful with blood sugar balancing, metabolic syndrome.

24.8%

FOS utilization

19.5 - 72.5%



Fructo-oligosaccharides (FOS) is a prebiotic with positive impact on the diversity and abundance of the microbiome. Bacteria who utilize FOS can be helpful in weight loss and correcting constipation.

58.1%

Inositol utilization

0.6 - 7.8%



Inositol is important for microbiome adaptation and diversity. Inositol can be beneficial for metabolic syndrome, lipid imbalances, and insulin resistance.

1.9%

Lactose utilization

30.5 - 79.5%



Lactose intolerance is a common medical problem marked by bloating, diarrhea, abdominal pain, or cramping, resulting from a reduction in the lactase enzyme. Colonic bacterial adaptation can significantly improve symptoms of intolerance.

71.4%

Phenotype Vitamin Production

B Vitamins are precursors of nearly all metabolic coenzymes universally essential in all lifeforms. With the exception of B12, which is dispensable for some bacterial species, all B vitamins that are not able to be produced must be retrieved through exogenous sources. The percentage of vitamin producers is shown below.

Thiamine (B1) production

32.1 - 80.0%



Thiamin is a water-soluble B vitamin that plays a critical role in energy metabolism, particularly in the brain and nervous system, as well as in the growth and function of cells. Some bacteria are able to produce thiamin, while others are not.

61.8%

Riboflavin (B2) production

54.4 - 90.4%



Riboflavin is a B-vitamin that is a component of two important coenzymes required for energy production and fatty acid metabolism, as well as metabolism of drugs and steroids. Some bacteria are able to produce riboflavin, while others are not.

70.2%

Niacin (B3) production

44.9 - 86.3%



Niacin is a B-vitamin required for the coenzyme NAD, which is involved in more than 400 enzymatic reactions in the body. Notably, NAD works to convert food into energy for our cells. Some bacteria are able to produce niacin, while others are not.

67.2%

Pantothenate (B5) production

28.5 - 80.6%



Pantothenate is a B-vitamin that plays a major role in energy production, particularly the breakdown of fatty acids. It may play a role in reducing lipid production in certain individuals. Some bacteria are able to produce pantothenate, while others are not.

53.7%

Phenotype Vitamin Production

B Vitamins are precursors of nearly all metabolic coenzymes universally essential in all lifeforms. With the exception of B12, which is dispensable for some bacterial species, all B vitamins that are not able to be produced must be retrieved through exogenous sources. The percentage of vitamin producers is shown below.

Pyridoxine (B6) production

44.5 - 86.7%



Pyridoxine is a B-vitamin required for coenzymes that play a role in enzymatic reactions mostly concerning protein metabolism, immune function, and brain development during pregnancy. Some bacteria are able to produce pyridoxine, while others are not.

67.8%

Biotin (B7) production

8.8 - 68.9%



Biotin is a B-vitamin that plays a critical role in energy production, histone modification, gene regulation, and cell signaling. Signs of deficiency include skin rashes, hair loss, and brittle nails. Some bacteria are able to produce biotin, while others are not.

43.9%

Folate (B9) production

41.3 - 89.5%



Folate is a B-vitamin that is required to synthesize DNA, metabolize amino acids, enable methylation, and prevent anemia, as well as protect against neural tube defects in pregnancy. Some bacteria are able to produce folate, while others are not.

67.6%

Cobalamin (B12) production

29.8 - 80.6%



Cobalamin is a B-vitamin that is important in synthesizing DNA and red blood cells, brain and nervous system function, and metabolism. It is required to prevent megaloblastic anemia. Some bacteria are able to produce cobalamin, while others are not.

78.1%

Phenotype Amino Acid Production

Amino acids are indispensable for microbiome health. Bacteria that are not capable of producing amino acids require exogenous sources from the diet or other bacteria. The percentage of amino acid producers is shown below.

Cysteine production

73.0 - 98.5%

Cysteine is a nonessential sulfur containing amino acid in the methionine -> homocysteine pathway and one of three amino acids that build glutathione. Cysteine is beneficial as an antioxidant, assists with collagen formation and immune system regulation.

93.4%

Histidine production

63.2 - 96.8%

Histidine is an essential amino acid and precursor to histamine. Histidine and its derivatives have important roles in the immune response, blood clotting pathways, and detoxification.

94.8%

Tryptophan production

45.1 - 87.1%

Tryptophan is an essential amino acid with an important role in the gut-brain axis (GBS). Tryptophan is important in the production of neurotransmitters that regulate mood, particularly depression, and intestinal barrier integrity.

67.4%

FAQs/Definitions

1. How is the Overall Gut Score calculated?

The Overall Gut Score is a proprietary algorithm utilizing several inputs, including the Alpha Diversity score. The Overall Gut Score is the most comprehensive score in the report. It includes the following inputs: Alpha Diversity score, level of butyrate producers and a score comparing the sample to an 'ideal' gut microbiome. An 'ideal' gut microbiome is defined as the one having the abundances of bacteria (that were observed in the analyzed sample) equal to the "typical" (more precisely, the median) values from the reference dataset. Reference dataset defined below.

2. Is there such a thing as a 'perfectly optimized' gut microbiome?

No. While there is no 'perfect' microbiome - since it is constantly evolving - the scores in this report offer insight into your overall gut health. They also serve as a reference point for future tests, helping you track changes over time and assess whether your gut microbiome is improving.

3. Why are there two different Alpha Diversity Scores?

Two different Alpha Diversity methodologies are used to provide as much information about the gut microbiome as possible. Using both Shannon Diversity and Faith PD allows us to gain insight into not just the mix of the microbes in the gut but also shed light on the potential range of metabolic capabilities and functions, making us better able to investigate the complex links between the microbiome and human health.

4. What is the primary focus of each of the Alpha Diversity scores?

[The Shannon diversity](#) method refers to how many different species are present and in what quantities. Higher values are thought to reflect a balanced mix of microbes in the gut. When the numbers are lower, the balance is skewed with the potential for a single group to be in the majority. A commonly used analogy of this is likening it to a balanced community with all groups being equally represented. [The Faith's Phylogenetic Diversity \(FBD\)](#) method is the evolutionary history in the community. Higher values are thought to reflect a greater variety of evolutionary features, potentially contributing to increased resilience and adaptability of the gut microbiome. A commonly used analogy is to think of Faith PD as how much of the "Tree of Life" does your gut microbiome represent? The higher the number, the more of the Tree of Life is encompassed.

5. Are the Overall Gut Score and Alpha Diversity Scores correlated?

The scores should track together since one is an input to the other, however there could be instances where the rate of change is different. This is because Alpha Diversity scores are only one of many inputs into the Overall Gut Score.

FAQs/Definitions

6. What is Dysbiosis?

Dysbiosis describes a disruption of the healthy balance within the gut's bacterial ecosystem, causing changes in the composition, function, and metabolic output of the bacterial community, often accompanied by a decline in beneficial bacteria and diversity.

7. How are the Eight Health Scores calculated?

Each Health Score is determined by analyzing specific gut microbiome phenotypes relevant to that category. These phenotypes—groups of bacteria that contribute to specific biological functions—are compared against findings from scientific literature that link microbiome composition to health outcomes. For more details, see the references below for the research supporting these Health Scores.

8. What should I do if I am concerned about my health score(s) being low?

The scores in this report are not meant to be a medical diagnosis. These gut health scores offer insight into potential connections between your microbiome and aspects of overall health, such as heart health, skin health, and respiratory health. However, they are just one piece of the puzzle and do not provide a definitive assessment of any condition. These scores are not meant to be diagnostic—if you have concerns about a low score, please consult a physician.

9. If the Overall Gut Score and/or the Alpha Diversity Scores improve (increase), will the Health Scores also improve?

If the Overall Gut Score improves and/or the Alpha Diversity improves, it is expected (but not guaranteed) that there will be an overall improvement in all health scores. However, there may be some that do not improve or do not improve at the same rate.

FAQs/Definitions

10. What is the Reference Dataset that is mentioned in the report?

The dataset used for many of the scores in this report is [The American Gut Project](#). An open platform for microbiome data contribution and research with thousands of microbiome gut datasets.

11. What is the BEST method for me to improve my gut microbiome health?

The best approach to enhancing your gut health is to ensure that you are providing the required vitamins, micronutrients and fiber to the bacteria that impact certain health conditions, many of which are listed in this report. Whether you focus on food intake or utilize our GxGutHealth Personalized Supplements that are designed for you based upon the analysis of your gut test, the only way to know if your gut is improving is to stick to the regimen and RE-TEST! After 60 (minimum) or 90 days, take another gut test and compare your various scores and see the improvement.

12. If my gut scores improve after my second test, why would I need to keep taking the GxGutHealth Personalized Supplements?

If your scores improve, it may be due in part to the GxGutHealth Personalized Supplements providing key vitamins and micronutrients that support gut health. However, your microbiome is also influenced by factors like diet, stress, and environmental changes. If you stop taking the supplements, your microbiome may continue to shift based on these factors, which is why maintaining a gut-friendly lifestyle—and continuing your supplement routine—may be important for long-term balance.

13. Will my GxGutHealth Personalized Supplements change after my second test?

It is very possible. The GxGutHealth Personalized Supplements will provide much needed vitamins, micronutrients and fiber and if your gut is healthier, the formula may change to address other gut changes found in the analysis.

14. What kinds of lifestyle activities can affect my gut health?

Your diet and lifestyle obviously affect your gut health but so many other factors are involved. If you are stressed from work, your gut changes. If you move your place of residence, your gut changes. If you take anti-biotics, your gut changes. If you travel, your gut changes. If you are on a diet, your gut changes. Think of the GxGutHealth Personalized Supplements as a way to assist your gut in adjusting to your life events.

15. Why is this Gut Microbiome Report different from others on the market?

The Phenotype bioinformatic analysis of the sample results has over a decade of proprietary curation of phenotypes (and how they interact with each other) built into the software. In addition, the personalization component of the GxGutHealth Personalized Supplements is unique in the market. The same ingredients for everyone ignores the fact that your gut microbiome is unique to you. Lastly, we strongly recommend retesting to monitor progress and optimize outcomes over time.

16. Is there any special handling of the Personalized Supplements such as refrigeration, etc.?

No. They are provided in powder form and have the same handling requirements as regular supplements such as keeping dry and at room temperature. These are NOT PRObiotics and there are no live bacteria.

Links to Related Studies

HEALTH SCORES - HEART HEALTH

J Exp Med. 2019 Jan 7;216(1):20–40. doi: 10.1084/jem.20180448.

The gut microbiome: Relationships with disease and opportunities for therapy.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6314516/>

Durack J, Lynch SV.

Indian J Microbiol. 2020 Jul 7;60(4):405–419. doi: 10.1007/s12088-020-00898-z

Human Gut Microbiota and Mental Health: Advancements and Challenges in Microbe-Based Therapeutic Interventions

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7539250/>

Verma H, Phian S, Lakra P, et al

Scientific Reports, vol. 7, 2017, article number 11616

Butyrate-producing bacteria supplemented in vitro to Crohn's disease patient microbiota increased butyrate production and enhanced intestinal epithelial barrier integrity

<https://www.nature.com/articles/s41598-017-11734-8.pdf>

Geirnaert A, Calatayud M, Grootaert C, et al

Immunity, Volume 52, Issue 2, 241 - 255

The Role of Lung and Gut Microbiota in the Pathology of Asthma

[https://www.cell.com/immunity/fulltext/S1074-7613\(20\)30034-0](https://www.cell.com/immunity/fulltext/S1074-7613(20)30034-0)

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Role of Butyrate, a Gut Microbiota Derived Metabolite, in Cardiovascular Diseases

<https://www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2021.837509/full>

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Nutrients. 2020 Nov 4;12(11):3380. doi: 10.3390/nu12113380

B Vitamins and Their Role in Immune Regulation and Cancer

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7693142/>

Peterson CT, Rodionov DA, Osterman AL, Peterson SN.

Links to Related Studies

HEALTH SCORES - GUT BARRIER HEALTH

Progress in Neuro-Psychopharmacology and Biological Psychiatry, Volume 107, 2021

Gut microbiota-derived vitamins – underrated powers of a multipotent ally in psychiatric health and disease

<https://www.sciencedirect.com/science/article/abs/pii/S027858462030556X>

Rudzki L, Stone TW, Maes M, Misiak B, Samochowiec J, Szulc A.

Clinical Nutrition, Volume 42, Issue 2, 2023

Butyrate's role in human health and the current progress towards its clinical application to treat gastrointestinal disease

<https://www.sciencedirect.com/science/article/pii/S0261561422003843>

Hodgkinson K, El Abbar F, Dobranowski P, et al.

HEALTH SCORES - RESPIRATORY HEALTH

J Exp Med. 2019 Jan 7;216(1):20–40. doi: 10.1084/jem.20180448.

The gut microbiome: Relationships with disease and opportunities for therapy.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6314516/>

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The Role of Lung and Gut Microbiota in the Pathology of Asthma

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