Microbiome report

Sample ID	Sampling	Analysed	Material	Laboratory
44615153	04/09/2025	30/09/2025	Stool	labors.at

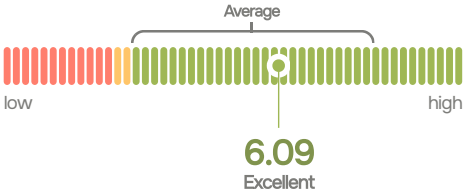
1. Microbial health

Microbial diversity

The overall diversity of your gut bacteria is very good! This indicates a healthy gut microbiome, which optimally supports your general health and well-being.

Species richness: 339 (Average: 202-322)

Species evenness: 0.73 (Average: 0.72-0.78)



Additional information

The microbial diversity describes the variety of your gut microbiome and is made up of species richness and species evenness. Diversity is the most important parameter for analysing the health of your gut microbiome. It measures how many different bacterial species (species richness) are present in the gut and how evenly they are distributed among the individual species (species evenness).

A bacterial community with high diversity therefore consists of many different species and the individuals are evenly distributed.

Diversity is calculated using the "Shannon-Index" - the number you see in the graphic. This index takes into account both species richness and evenness (the distribution of individuals among those species). The higher the value, the better!

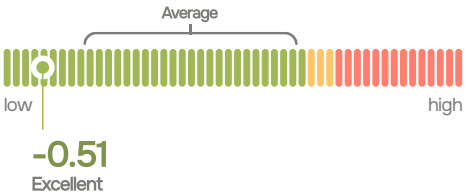
Research shows that low diversity can be linked to various health problems such as inflammatory bowel disease, obesity, metabolic disorders and autoimmune diseases, among others.

Species richness: Indicates the number of different bacterial species in a stool sample. A high value indicates a high species richness.

Species evenness: Provides information on how balanced the frequency of the different types of bacteria is in your gut. A more even distribution helps to prevent the dominance of a few species, making the microbial community less susceptible to disturbances or adverse changes

Dysbiosis index

Your gut microbiome is in balance with no signs of dysbiosis (= imbalance).



Additional information

Dysbiosis refers to an imbalance in your gut microbiome, where potentially harmful bacteria outnumber beneficial ones. This imbalance can result from various factors, including an unbalanced diet high in ultra-processed foods, lifestyle habits such as chronic stress, lack of physical activity, or insufficient sleep, and the regular use of medication. Certain medical conditions, particularly inflammatory bowel disease, can also increase the risk of dysbiosis. The dysbiosis index quantifies the severity of this imbalance and can be useful for monitoring changes in the microbiome during treatments or dietary adjustments.

Enterotype

Enterotype 1 ("Bacteroides") is associated with a diet rich in animal foods.

Enterotype 1: Bacteroides

Additional information

Enterotype categorise the gut microbiome into three dominant bacterial groups, which form the "basic microbiome" during the early years of life, primarily influenced by genetic factors and dietary habits. There is evidence that your enterotype may influence which foods you can metabolise particularly well and how efficient vitamin production occurs in your gut. Long-term dietary habits, along with age, health status, and medication use, can influence your enterotype.

Please note that this classification and your result indicate only a tendency and the types may overlap.

Enterotype 1: Bacteroides

Enterotype 1 is characterised by the dominance of the bacterial genus Bacteroides. They specialise in obtaining energy from animal protein, saturated fatty acids and simple carbohydrates such as sugar. The body obtains its energy mainly from carbohydrates and proteins. In addition, these bacteria produce vitamins B2 (riboflavin), B5 (pantothenic acid), B7 (biotin), B9 (folic acid) and vitamin C. However, nutrient absorption may be slightly poorer in enterotype 1, so special attention must be paid to micronutrient supply.

Enterotype 2

Enterotype 2 ("Prevotella") is associated with a plant-based diet rich in fruit, vegetables, legumes and wholegrain products.

Enterotype 3

Enterotype 3 ("Ruminococcus") is associated with a diet that is balanced and rich in complex carbohydrates, including fibre.

2. Gut-body interaction

Gut-immune axis

Low support for your immune system

Your gut bacteria could be more resilient to support your immune system more effectively. Our tips can help you strengthen your gut microbiome.

Additional information

The gut-immune axis describes the connection and interaction between the gut and the body's immune system. Over 70% of the immune system is located in the gut and is supported by the bacteria living there. Certain bacteria activate immune cells or regulate their activity and produce anti-inflammatory substances such as short-chain fatty acids. The health of your gut microbiome is crucial for a strong immune system.

A stool sample can provide valuable insights into the strength and resilience of your immune system.

Inflammatory potential

Your gut shows no signs of LPS-related inflammation. Your inflammation potential linked to LPS is low.

Low inflammatory potential

Your result is made up of 4 metabolic pathways for LPS production:

- Sugar building blocks for LPS
- Extended LPS modules
- Surface antigens
- Preliminary stage for LPS

Additional information

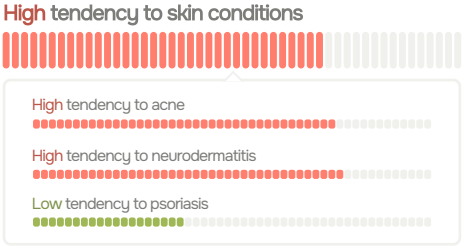
The inflammatory potential in your gut can be calculated using **lipopolysaccharides (LPS)**. LPS are molecules that occur in the cell walls of certain bacteria. Recent research shows how the composition of the gut microbiome (including the types and amounts of LPS-producing bacteria) influences the immune system in the gut.

Certain bacteria can use the metabolic pathways described to produce LPS. If there are too many LPS-producing bacteria in your gut, the potential for inflammation is increased.

In addition, the dysbiosis index and immune strength are important parameters that can influence the inflammatory potential in the gut.

Gut-skin axis

Your gut microbiome could better support your skin health. Our tips can help you strengthen your gut bacteria and improve the appearance of your skin.

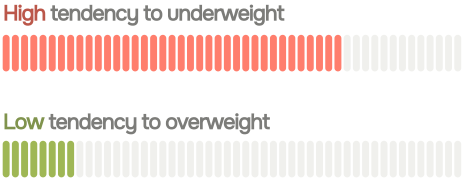


Additional information

The gut-skin axis describes the connection between the gut microbiome and skin health. Skin diseases such as acne, neurodermatitis and psoriasis are often caused by inflammation in the body, which then becomes visible on the surface of the skin. Intestinal bacteria can directly regulate the immune system and inflammatory processes in the body. It is therefore possible to draw conclusions about skin health by analysing the bacteria found in a stool sample.

Weight management

Your intestinal bacteria could help you regulate your weight. If you are pursuing health goals, seek additional individual advice from a healthcare professional.



Additional information

The composition of gut bacteria influences various aspects of metabolism, such as energy production from food. Several studies indicate that gut bacteria play a role in weight regulation. Some bacteria are associated with a lean physique, while others may contribute to obesity.

Your gut may harbour both types of bacteria associated with being underweight and those linked to being overweight.

Other important factors in weight regulation include microbial diversity and short-chain fatty acids produced by bacteria.

3. Gut health

Leaky gut syndrome

Low tendency to leaky gut syndrome

There doesn't seem to be a link between your gut bacteria and leaky gut syndrome. Your gut bacteria effectively support the barrier function of your intestinal mucosa.

Additional information

Leaky gut syndrome describes an increased permeability of the intestinal mucosa. It controls which substances pass from the gut into the bloodstream. If the intestinal mucosa is impaired, unwanted substances can enter the body and trigger inflammation. To maintain an intact intestinal mucosa, a healthy gut microbiome is key. Beneficial gut bacteria help strengthen the gut barrier and reduce inflammation. Please note that a high diversity is crucial for maintaining a healthy intestinal mucosa.

On the other hand, if your gut bacteria are imbalanced, certain bacteria can proliferate that break down mucosal cells excessively, making the intestinal mucosa more "leaky". This can lead to leaky gut syndrome. An impaired intestinal mucosa is associated with an increased risk of chronic inflammation, food intolerances, autoimmune diseases, irritable bowel syndrome and skin diseases, among other things.

Irritable bowel syndrome

Low tendency to irritable bowel syndrome

There seems to be no connection between your gut bacteria and irritable bowel syndrome.

Additional information

Irritable bowel syndrome (IBS) is a common gastrointestinal disorder characterised by symptoms such as diarrhoea and/or constipation, bloating, and abdominal pain. Studies show that affected individuals often have an unfavourable composition and lower diversity of gut bacteria compared to individuals without IBS. There are numerous causes that can trigger irritable bowel syndrome or acerbate symptoms. Psychological factors, such as stress, appear to play a particularly important role. In addition, malnutrition, nutrient deficiencies, other diseases, toxins, a lack of stomach acid, medication, infections and an imbalance in the gut microbiome are among the potential triggers.

SIBO

Low tendency to SIBO

There seems to be no connection between your gut bacteria and a possible bacterial overgrowth in the small intestine.

Additional information

SIBO (Small Intestinal Bacterial Overgrowth) refers to an excessive growth of bacteria in the small intestine. Typically, the small intestine contains far fewer bacteria than the large intestine. In cases of SIBO, however, there is an increased presence of bacteria from the large intestine in the small intestine. This is usually triggered by slower digestion or anatomical changes following surgery. The most common symptoms are bloating, but other digestive disorders and nutrient deficiencies (especially vitamin B12) can also occur.

Research findings show that bacterial overgrowth in the small intestine also has an impact on the composition of the bacteria in the large intestine. A stool sample can therefore provide indications of the possible presence of SIBO. If the result is positive, consider consulting a doctor and carrying out an additional breath test

Gluten sensitivity

Low tendency to gluten sensitivity

The composition of your gut microbiome provides no evidence of gluten sensitivity. Foods containing gluten do not appear to cause you any symptoms.

Additional information

Gluten sensitivity refers to a reaction to gluten that is not associated with celiac disease (an autoimmune response) or a wheat allergy. Gluten is a protein found in grains such as wheat, spelt, rye and barley. The consumption can lead to digestive issues and symptoms such as chronic fatigue and headaches in individuals with gluten sensitivity.

Based on scientific studies, it is now possible to establish a link between the composition of the gut microbiome and the potential for gluten sensitivity.

4. Bacteria lists

F/B ratio

Your F/B ratio: 8.50

Reference (%) 1.08 - 2.03

Bacterium	Frequency (%)	Reference (%)
Bacteroidota	↓ 10.17	30.88 - 45.11
Firmicutes	↑ 86.44	48.28 - 63.47

Probiotic bacteria

Bacterium	Frequency (%)	Reference (%)
Akkermansia muciniphila	0.00	0.00 - 1.56
Bifidobacterium	0.35	0.03 - 0.66
Bifidobacterium longum	0.13	0.00 - 0.36

Bacterium	Frequency (%)	Reference (%)
Lactobacillus	↑ 0.03	0.00 - 0.01

Mucin-producing bacteria

Bacterium	Frequency (%)	Reference (%)
Akkermansia muciniphila	0.00	0.00 - 1.56
Bacteroides fragilis	0.21	0.00 - 0.26
Bacteroides thetaiotaomicron	↑ 0.85	0.02 - 0.65
Bifidobacterium	0.35	0.03 - 0.66
Faecalibacterium prausnitzii	10.35	3.44 - 11.31
Lactobacillus	↑ 0.03	0.00 - 0.01

Butyrate-producing bacteria

Bacterium	Frequency (%)	Reference (%)
Anaerostipes	0.22	0.04 - 0.36
Coprococcus	↑ 2.36	0.06 - 1.90
Eubacterium hallii group	0.03	0.00 - 0.09
Faecalibacterium prausnitzii	10.35	3.44 - 11.31
Roseburia	0.01	0.00 - 0.16
Subdoligranulum	↑ 6.56	0.30 - 2.50

Sulphate-reducing bacteria

Bacterium	Frequency (%)	Reference (%)
Bilophila	0.03	0.02 - 0.25
Bilophila wadsworthia	0.00	0.00 - 0.24
Desulfovibrio	0.00	0.00 - 0.23

Overview of all bacteria

Phylum	Genus	Frequency (%)	Reference (%)
Verrucomicrobiota	Akkermansia	0.08	0.00 - 1.94
Bacteroidota	Alistipes	1.59	1.35 - 4.96
Firmicutes	Anaerofilum	0.00	0.00 - 0.01

Phylum	Genus	Frequency (%)	Reference (%)
Firmicutes	Anaerofustis	0.01	No data
Firmicutes	Anaerostipes	0.22	0.04 - 0.36
Firmicutes	Anaerotruncus	0.01	0.00 - 0.01
Firmicutes	Asteroleplasma	0.02	No data
Bacteroidota	Bacteroides	↓ 6.73	11.89 - 31.62
Bacteroidota	Barnesiella	0.80	0.13 - 2.04
Actinobacteriota	Bifidobacterium	0.35	0.03 - 0.66
Desulfobacterota	Bilophila	0.03	0.02 - 0.25
Firmicutes	Blautia	0.08	0.00 - 0.16
Firmicutes	Butyricicoccus	0.23	0.11 - 0.47
Bacteroidota	Butyricimonas	0.00	0.00 - 0.22
Firmicutes	CAG-56	0.10	0.00 - 0.12
Actinobacteriota	CHKCI002	0.01	No data
Firmicutes	Christensenellaceae R-7 group	↑ 4.40	0.05 - 1.83
Firmicutes	Clostridium sensu stricto 1	0.02	0.00 - 0.11
Firmicutes	Colidextribacter	0.11	0.05 - 0.19
Actinobacteriota	Collinsella	0.03	0.02 - 0.22
Bacteroidota	Coprobacter	0.11	0.00 - 0.24
Firmicutes	Coprococcus	↑ 2.36	0.06 - 1.90
Firmicutes	Defluviitaleaceae UCG-011	↑ 0.03	0.00 - 0.03
Desulfobacterota	Desulfovibrio	0.00	0.00 - 0.23
Firmicutes	Dialister	0.66	0.00 - 2.50
Firmicutes	Dielma	0.00	0.00 - 0.01
Firmicutes	DTU089	0.00	0.00 - 0.02
Firmicutes	Eisenbergiella	0.00	0.00 - 0.02
Actinobacteriota	Enterorhabdus	0.00	0.00 - 0.01
Firmicutes	Erysipelatoclostridium	0.00	0.00 - 0.05
Firmicutes	Erysipelotrichaceae UCG-003	0.24	0.03 - 0.33
Proteobacteria	Escherichia-Shigella	0.01	0.00 - 0.07

Phylum	Genus	Frequency (%)	Reference (%)
Firmicutes	Eubacterium eligens group	0.87	0.25 - 2.68
Firmicutes	Eubacterium hallii group	0.03	0.00 - 0.09
Firmicutes	Eubacterium nodatum group	0.00	0.00 - 0.02
Firmicutes	Eubacterium oxidoreducens group	↑ 0.39	0.00 - 0.05
Firmicutes	Eubacterium ruminantium group	0.00	0.00 - 0.13
Firmicutes	Eubacterium siraeum group	0.03	0.01 - 1.49
Firmicutes	Eubacterium ventriosum group	0.11	0.01 - 0.15
Firmicutes	Eubacterium xylanophilum group	0.11	0.00 - 0.37
Firmicutes	Faecalibacterium	13.35	6.02 - 15.78
Firmicutes	Family XIII AD3011 group	0.03	0.00 - 0.08
Firmicutes	Family XIII UCG-001	0.00	0.00 - 0.03
Firmicutes	Flavonifractor	0.01	0.00 - 0.06
Firmicutes	Fournierella	↑ 0.15	0.00 - 0.01
Firmicutes	GCA-900066575	0.03	0.01 - 0.08
Proteobacteria	Haemophilus	↑ 1.58	0.00 - 0.12
Firmicutes	Holdemanella	0.00	0.00 - 0.09
Firmicutes	Holdemania	0.00	0.00 - 0.05
Firmicutes	Hydrogenoanaerobacterium	0.01	0.00 - 0.01
Firmicutes	Intestinibacter	0.00	0.00 - 0.03
Firmicutes	Intestinimonas	0.01	0.00 - 0.06
Firmicutes	Lachnoclostridium	↓ 0.04	0.15 - 0.82
Firmicutes	Lachnospira	0.96	0.35 - 2.63
Firmicutes	Lachnospiraceae FCS020 group	↑ 0.86	0.03 - 0.37
Firmicutes	Lachnospiraceae NC2004 group	0.70	0.02 - 1.00
Firmicutes	Lachnospiraceae ND3007 group	1.80	0.24 - 2.58
Firmicutes	Lachnospiraceae NK4A136 group	↑ 0.30	0.00 - 0.28
Firmicutes	Lachnospiraceae UCG-001	0.10	0.02 - 0.51
Firmicutes	Lachnospiraceae UCG-004	0.22	0.00 - 0.29
Firmicutes	Lachnospiraceae UCG-008	↑ 0.48	0.00 - 0.05

Phylum	Genus	Frequency (%)	Reference (%)
Firmicutes	Lachnospiraceae UCG-010	0.03	0.03 - 0.27
Firmicutes	Lactobacillus	↑ 0.03	0.00 - 0.01
Firmicutes	Lactococcus	0.00	0.00 - 0.01
Firmicutes	Marvinbryantia	0.00	0.00 - 0.02
Firmicutes	Merdibacter	0.00	0.00 - 0.01
Firmicutes	Monoglobus	0.25	0.07 - 0.37
Firmicutes	Moryella	0.02	0.00 - 0.05
Firmicutes	Negativibacillus	0.03	0.00 - 0.08
Firmicutes	NK4A214 group	0.70	0.00 - 0.95
Bacteroidota	Odoribacter	0.32	0.11 - 0.41
Firmicutes	Oscillibacter	0.05	0.03 - 0.31
Firmicutes	Oscillospira	0.02	0.00 - 0.11
Proteobacteria	Oxalobacter	0.00	0.00 - 0.03
Bacteroidota	Parabacteroides	↓ 0.64	0.94 - 3.59
Bacteroidota	Paraprevotella	0.00	0.00 - 0.36
Proteobacteria	Parasutterella	0.05	0.01 - 0.80
Firmicutes	Peptococcus	0.00	0.00 - 0.03
Firmicutes	Phascolarctobacterium	0.00	0.00 - 2.07
Firmicutes	Phocea	0.00	0.00 - 0.01
Bacteroidota	Prevotella	0.00	0.00 - 11.55
Firmicutes	Pseudoflavonifractor	0.00	0.00 - 0.01
Firmicutes	Romboutsia	0.00	0.00 - 0.01
Firmicutes	Roseburia	0.01	0.00 - 0.16
Firmicutes	Ruminiclostridium	0.01	No data
Firmicutes	Ruminococcus	↑ 16.21	0.15 - 1.95
Firmicutes	Ruminococcus torques group	0.00	0.00 - 0.11
Actinobacteriota	Senegalimassilia	0.00	0.00 - 0.02
Actinobacteriota	Slackia	0.00	0.00 - 0.02
Firmicutes	Streptococcus	0.17	0.03 - 0.31

Phylum	Genus	Frequency (%)	Reference (%)
Firmicutes	Subdoligranulum	↑ 6.56	0.30 - 2.50
Proteobacteria	Sutterella	0.41	0.02 - 2.45
Firmicutes	Terrisporobacter	0.00	0.00 - 0.02
Patescibacteria	TM7x	0.00	0.00 - 0.03
Firmicutes	Turicibacter	0.04	0.00 - 0.06
Firmicutes	Tyzzerella	0.00	0.00 - 0.11
Firmicutes	UBA1819	0.01	0.00 - 0.05
Firmicutes	UCG-002	0.49	0.03 - 0.63
Firmicutes	UCG-003	0.16	0.00 - 0.18
Firmicutes	UCG-005	↑ 0.64	0.02 - 0.54
Firmicutes	UCG-009	0.01	0.00 - 0.01
Firmicutes	Veillonella	↑ 0.22	0.00 - 0.15
Verrucomicrobiota	Victivallis	0.00	0.00 - 0.24

5. Recommendations

Microbial health

Incorporate prebiotic foods

Consuming prebiotic-rich foods is essential for nourishing beneficial gut bacteria. These plant fibers help good bacteria thrive and outcompete harmful microbes, improving digestion and boosting gut diversity. Regular intake of prebiotic foods ensures your gut bacteria get the nourishment they need.

Add prebiotic foods to your meals and snacks:

- Garlic an onions: Use it as a flavor base in various savory dishes and soups or include raw or cooked in salads.
- Chicory: Add it to salads for a crunchy, slightly bitter flavor, or sauté it as a side dish. You can also use it in soups and stews.
- Bananas: Enjoy them sliced in smoothies or as a quick snack for energy.
- Asparagus: Steam or grill it to serve as a nutritious side dish.

Use of spices and herbs

Incorporating spices and herbs into your diet can provide flavorful additions to meals as well as health benefits for your gut microbiome. Many spices possess anti-inflammatory properties and support digestion, helping to create a healthy gut environment. By utilizing herbs and spices regularly, you can enhance the taste of your food while simultaneously promoting gut health. Experimenting with different flavors can keep your meals exciting and enjoyable.

Begin using various herbs and spices in your cooking:

- Turmeric: Add it to soups, stews, rice or smoothies for its anti-inflammatory benefits.
- Ginger: Incorporate fresh or powdered ginger into teas, stir-fries, or marinades.
- Cinnamon: Sprinkle ground cinnamon on oatmeal, pancakes, or baked goods for taste and health benefits.
- Fresh herbs: Use basil, oregano, and rosemary in pasta sauces or roasted vegetable dishes for flavor and nutrients.

Limit highly processed foods

Reducing your intake of highly processed foods is essential in maintaining a healthy microbiome. These foods tend to be low in nutrients and high in unhealthy fats, sugars, and additives, which can disrupt the balance of your gut bacteria. A diet heavy in processed foods has been linked to increased inflammation and various health issues. Instead, focus on preparing meals from scratch using whole, natural ingredients that support gut health.

Replace processed food options with healthier alternatives:

- Fresh fruits and vegetables: Choose whole, fresh options over sugary snacks and desserts.
- Lean proteins: Grilled chicken, fish, or plant-based proteins like beans are better choices than processed meats.
- Homemade snacks: Consider making your own trail mix with nuts and dried fruits instead of store-bought snacks.
- Whole ingredients: Use natural spices and herbs for seasoning instead of packaged dressings and sauces.

Herbed quinoa and grilled vegetables

Ingredients:
1 cup quinoa
2 cups water
1 tablespoon olive oil
1 zucchini, sliced
1 bell pepper, sliced
1 eggplant, sliced
1 teaspoon garlic powder (optional)
Salt and pepper to taste
Fresh thyme leaves

Preparation:
1. Rinse the quinoa under cold water.
2. Bring water to a boil and add quinoa; cover and simmer for 15 minutes.
3. Toss vegetables with olive oil, garlic powder, salt, and pepper.
4. Grill vegetables in the oven until tender and charred.
5. Serve grilled vegetables over cooked quinoa, topped with fresh thyme leaves.

A delightful way to pack in protein and vegetables for a nutritious meal.

Gut-body interaction

Avoid additives

Food additives like emulsifiers and preservatives are often found in processed foods and can negatively affect gut bacteria, leading to imbalances that promote inflammation.

Look out for harmful additives and try to avoid them:

- Common Additives: Avoid products with: Polysorbate 20 and 80, carrageenan, Carboxymethyl cellulose, Sodium nitrate/nitrite, potassium sorbate, Sodium (bi)sulphite, sodium benzoate, Monosodium glutamate.
- Processed Foods: Minimize the intake of ready-made meals, snacks, and other heavily processed items.
- Ingredient Labels: Always read ingredient labels and opt for natural foods whenever possible.

Limit sweeteners

The impact of artificial sweeteners on the gut microbiome is not fully understood, but they may cause imbalances leading to weight management difficulties.

Be mindful of your sweetener choices:

- Natural Alternatives: Use ripe bananas, dates, or other dried fruits as natural sweeteners.
- Healthier Syrups: Consider using maple syrup, yacon syrup, or monk fruit for sweetness.
- Limit Intake: Aim to reduce overall sugar consumption rather than relying on artificial alternatives.
- Moderation is Key: Keep your sweetener intake moderate to maintain gut health.

Integrate movement

For optimal health, aim to engage in moderate-intensity movement or exercise for at least 30 minutes each day. This practice not only supports healthy weight management but also enhances the diversity of your gut microbiome. Notably, it promotes the growth of Akkermansia muciniphila, a beneficial bacterium that positively influences glucose metabolism and insulin sensitivity, among other important functions.

Make movement a part of your daily routine:

- Walk More: Park further away and walk the rest of the way.
- Take the Stairs: Opt for stairs instead of elevators for a quick workout.
- Active Breaks: Use your lunch break to take a walk around the block.
- Exercise with Friends: Schedule workouts or walks with friends for motivation.

Lentil and sweet potato soup

Ingredients:
1 cup lentils
1 sweet potato, peeled and cubed
1 onion, chopped
2 cloves garlic, minced
1 carrot, sliced
2 tablespoons olive oil
4 cups vegetable broth
1 teaspoon cumin
Salt and pepper to taste

Preparation:
1. In a large pot, heat olive oil and sauté onion, garlic, and carrot until soft.
2. Add sweet potato and cumin, stirring to incorporate flavors.
3. Pour in vegetable broth and lentils, bringing the mixture to a boil.
4. Reduce heat and simmer for about 25 minutes, until lentils and sweet potatoes are tender.
5. Blend slightly if a smoother texture is desired, but leave chunky if preferred.
6. Serve hot, garnished with fresh herbs if available.

A warming and hearty soup filled with protein and fiber to keep you satisfied.

Intestinal health

Stay hydrated

Proper hydration is crucial for supporting digestive health and maintaining a healthy gut microbiome. Water helps to keep the mucosal lining of the intestines functioning optimally, ensuring that beneficial bacteria thrive.

Aim to drink plenty of fluids throughout the day:

- Water: Make it a habit to carry a reusable water bottle and aim for at least eight glasses per day.
- Herbal teas: Consider chamomile or peppermint to soothe the digestive system.
- Broths: Use homemade vegetable or bone broth to enhance hydration and nutrient intake.

Consider probiotic supplements

While obtaining probiotics from food is ideal, a quality probiotic supplement can be a valuable addition, especially if fermented foods are not part of your daily diet.

Consider taking a probiotic supplement if needed:

- Research and choose a reputable brand that suits your specific digestive health needs.
- Consult with a healthcare professional before starting any new supplement regimen.
- Pair supplementation with probiotic-rich foods for a comprehensive approach to gut health.

Grow your own sprouts

Sprouts and microgreens are packed with essential nutrients, such as vitamins-C, B, potassium, magnesium, and proteins, and their rich fiber content can aid in digestion and enhance overall gut health.

Start growing your own sprouts at home:

- Buy sprouting jars and seeds from health food stores or online.
- Among the most delightful seeds for sprouting are mung beans, broccoli seeds, alfalfa seeds, lentil seeds, and radish seeds.
- Soak the seeds overnight, drain, and rinse daily until they sprout.
- Enjoy your sprouts in salads, on sandwiches, or as a topping for meals.

Miso vegetable soup

Ingredients:
4 cups vegetable broth
2 tablespoons miso paste
1 cup sliced oyster mushrooms
1 cup spinach
Salt to taste

Preparation:
1. Heat vegetable broth in a pot over medium heat.
2. Stir in mushrooms and spinach, cook until soft.
3. Dissolve miso paste in a small amount of soup liquid, then stir back into the pot.
4. Season with salt and serve warm.

A nourishing soup served as a starter, enriched with fermented miso to enhance gut flora and promote digestion.

Summary

To improve your gut health, consider the following:

- **Nourish your gut with prebiotics:** Consuming prebiotic-rich foods is essential for nourishing beneficial gut bacteria. These plant fibers help good bacteria thrive and outcompete harmful microbes, improving digestion and boosting gut diversity.

- **Embrace herbs and spices:** Incorporating spices and herbs into your diet can provide flavorful additions to meals as well as health benefits for your gut microbiome. Many spices possess anti-inflammatory properties and support digestion, helping to create a healthy gut environment.
- **Reduce processed foods:** Reducing your intake of highly processed foods is essential in maintaining a healthy microbiome. These foods tend to be low in nutrients and high in unhealthy fats, sugars, and additives, which can disrupt the balance of your gut bacteria.
- **Stay hydrated:** Proper hydration is crucial for supporting digestive health and maintaining a healthy gut microbiome. Water helps to keep the mucosal lining of the intestines functioning optimally, ensuring that beneficial bacteria thrive.
- **Consider probiotic supplements:** While obtaining probiotics from food is ideal, a quality probiotic supplement can be a valuable addition, especially if fermented foods are not part of your daily diet.
- **Incorporate sprouts and microgreens:** Sprouts and microgreens are packed with essential nutrients, such as vitamins-C, B, potassium, magnesium, and proteins, and their rich fiber content can aid in digestion and enhance overall gut health.
- **Avoid food additives:** Food additives like emulsifiers and preservatives are often found in processed foods and can negatively affect gut bacteria, leading to imbalances that promote inflammation.
- **Limit artificial sweeteners:** The impact of artificial sweeteners on the gut microbiome is not fully understood, but they may cause imbalances leading to weight management difficulties.
- **Engage in daily physical activity:** For optimal health, aim to engage in moderate-intensity movement or exercise for at least 30 minutes each day. This practice not only supports healthy weight management but also enhances the diversity of your gut microbiome.

6. About us

herNutrea offers a women's health technology solution dedicated to improving menopause care through personalised nutrition. Our platform provides tailored nutritional solutions, helping women navigate their menopausal journey with confidence.

Founded on the understanding that menopause is unique for every woman, herNutrea delivers individualised meal plans that support overall well-being during this transition. Our approach is grounded in scientific research focusing on how nutrition can positively influence women's health.

Our microbiome testing service offers valuable insights into gut health, enabling us to further personalise nutrition recommendations. We are committed to delivering practical, science-backed guidance that helps women feel informed and supported throughout their menopause experience.

7. Questionnaire

Personal

Is this test and questionnaire for someone else?
Yes

When is your birthday?
2010-01-06

What is your biological sex?
Female

Are you pregnant?
No

How tall are you?
159 cm

How much do you weigh?
50 kg

In which country were you born?
IE

In which country do you currently reside?
IE

Which region of the world better describes your ancestry?
Western Europe

Were you born by C-section?
No

Your sample

When did you take your sample?
2025-09-04

What is the stool consistency of your sample?
4

Nutrition

Do you follow a specific diet?
No

When did you last take probiotics?
3 months or less ago

How often do you drink alcohol?
Never

Lifestyle

How many people live in your household?
3-5 people

Do you have any pets living with you?
No

Do you smoke?
No

How many hours do you sleep on average per night?
7-9 hours

How often do you exercise?
More than 1x per day

How would you assess your current stress level?
9

Have you been outside of Europe in the last 6 months?
No

Gut health

How often do you have bowel movements on average?
Every other day

Do you have regular discomfort in the gastrointestinal tract?
No

Do you have any allergies?
Yes

Which type of allergies do you have?
Pets, Peanuts, Nuts, Dust mites, Mold

Do you suffer from any intolerances?
No

Do you suffer from a chronic inflammatory bowel disease?
No

Have you been diagnosed with any other digestive tract disease?
No

How long has it been since your last colonoscopy?
Never

General health

How would you rate your physical health?
10

How would you assess your psychological well-being?
8

Do you have skin problems?
No

Do you suffer from any infectious disease(s)?
No

Do you have any mental or neurological disorders?
No

Do you have any of the following diseases?
No

Drugs

When did you last take antibiotics?
1 year or less ago

Are you regularly taking any medication?
Yes

Which of the following medications do you take?
Antihistamines, Other

Which other medication do you take?
Seretide

Please note

Detection of a microorganism by this test does not imply the presence of a disease. Similarly, non-detection of a microorganism by this test does not rule out the presence of a disease-causing microorganism. Other organisms may also be present that are not detected by this test. This test is not a substitute for established methods for the identification of microorganisms or their antimicrobial susceptibility profile.

The analysed data is examined using specific phylogenetic analysis algorithms to obtain precise results on the basis of which your microbiome report is created. The latest scientific findings, bioinformatic excellence and AI-supported algorithms are used for this. These machine learning algorithms are used, with the highest standards of privacy and data security, in the gut health and gut-body interaction (excluding inflammatory potentials) chapters to determine the propensity of the microbiome profile of a sample to the profile of samples from individuals with specific characteristics. The summary in the chapter "Recommendations" was created with the help of AI.

We accept no liability for health decisions made on the basis of the test results.

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