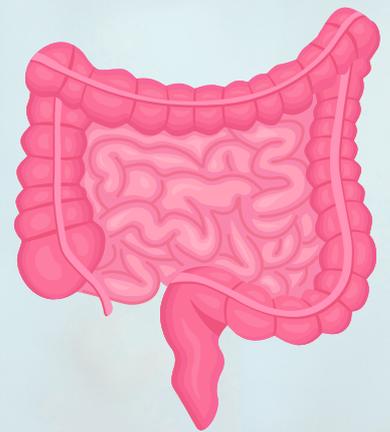
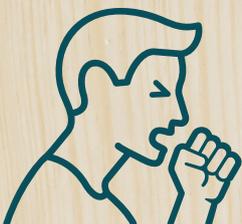
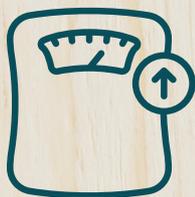


# GUT MICROBIOME TEST

Good Bacteria's can  
build better Health. Bad  
Bacteria can destroy a  
Healthy Gut.  
Which one's you have?



**GET STARTED**

+91 8800929600  
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# 5 FACTS ABOUT THE GUT MICROBIOME

There are 10x the number of microbial cells in the human gut than in the whole human body.

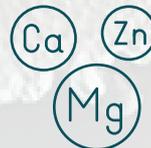
Gut bacteria are involved in harvesting energy from food, balancing the good versus bad bacterial composition and metabolic functions

Diet Plays a Role! The gut microbiome of Urban populations is less diverse than that of people from rural, less developed populations.

Fibers - including food-based resistant starch, are some of the key nutrients for promoting fermentation and ensuring a diverse microbiome.



10X



Intestinal health: living more consciously and healthier  
Around 100 trillion bacteria live in the intestine. According to scientific findings, this intestinal flora has an influence on the immune system. You could also say that healthy gut flora is a key to overall health. However, for a number of reasons, the composition of the gut flora can get out of balance which can lead to various symptoms and even diseases.

# 10

# IMPORTANT GUT MICROBIOME BACTERIAS

## GOOD BACTERIAS



### BACTEROIDES

**Increasing benefits:** Improved digestion, stronger immune system, reduced risk of chronic diseases

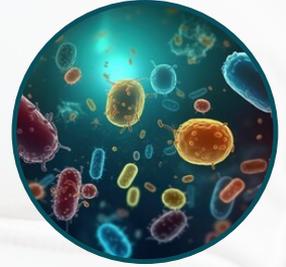
**Decreasing drawbacks:** Digestive problems, weakened immune system, increased risk of chronic diseases



### CHRISTENSENELLA

**Increasing benefits:** Reduced inflammation, reduced risk of colon cancer

**Decreasing drawbacks:** Increased inflammation, increased risk of colon cancer



### AKKERMANSIA

**Increasing benefits:** Healthy weight management, Improves digestion, and strengthens gut lining

**Decreasing drawbacks:** Obesity, Chronic diseases like Type 2 Diabetes



### BIFIDOBACTERIUM

**Increasing benefits:** Improved digestion, stronger immune system, reduced risk of allergies and asthma

**Decreasing drawbacks:** Digestive problems, weakened immune system, increased risk of allergies and asthma



### EUBACTERIUM

**Increasing benefits:** Reduced inflammation, reduced risk of colon cancer, improved gut barrier function, improved digestion

**Decreasing drawbacks:** Increased inflammation, increased risk of colon cancer, impaired gut barrier function, digestive problems



# IMPORTANT GUT MICROBIOME BACTERIAS

## GOOD BACTERIA



### FAECALIBACTERIUM

**Increasing benefits:** Reduced inflammation, reduced risk of colon cancer

**Decreasing drawbacks:** Increased inflammation, increased risk of colon cancer



### LACTOBACILLUS

**Increasing benefits:** Improved digestion, stronger immune system, reduced risk of diarrhoea and constipation

**Decreasing drawbacks:** Digestive problems, weakened immune system, increased risk of diarrhoea and constipation



### RUMINOCOCCUS

**Increasing benefits:** Improved digestion, reduced risk of nutrient deficiencies

**Decreasing drawbacks:** Digestive problems, increased risk of nutrient deficiencies

## BAD BACTERIA



### ENTEROCOCCUS

**Increasing drawbacks:** Enterococcal infections, such as endocarditis, urinary tract infections, and bacteraemia

**Decreasing benefits:** Improved digestion, stronger immune system, reduced risk of diarrhoea and constipation



### ENTEROBACTERIACEAE

**Increasing drawbacks:** Can cause diarrhoea and produce toxins that damage the intestine, cause intestinal complaints, and affect well-being

**Decreasing benefits:** Improved digestion, stronger immune system, reduced risk of food poisoning



# PROCEDURE FOR GUT HEALTH TEST

1

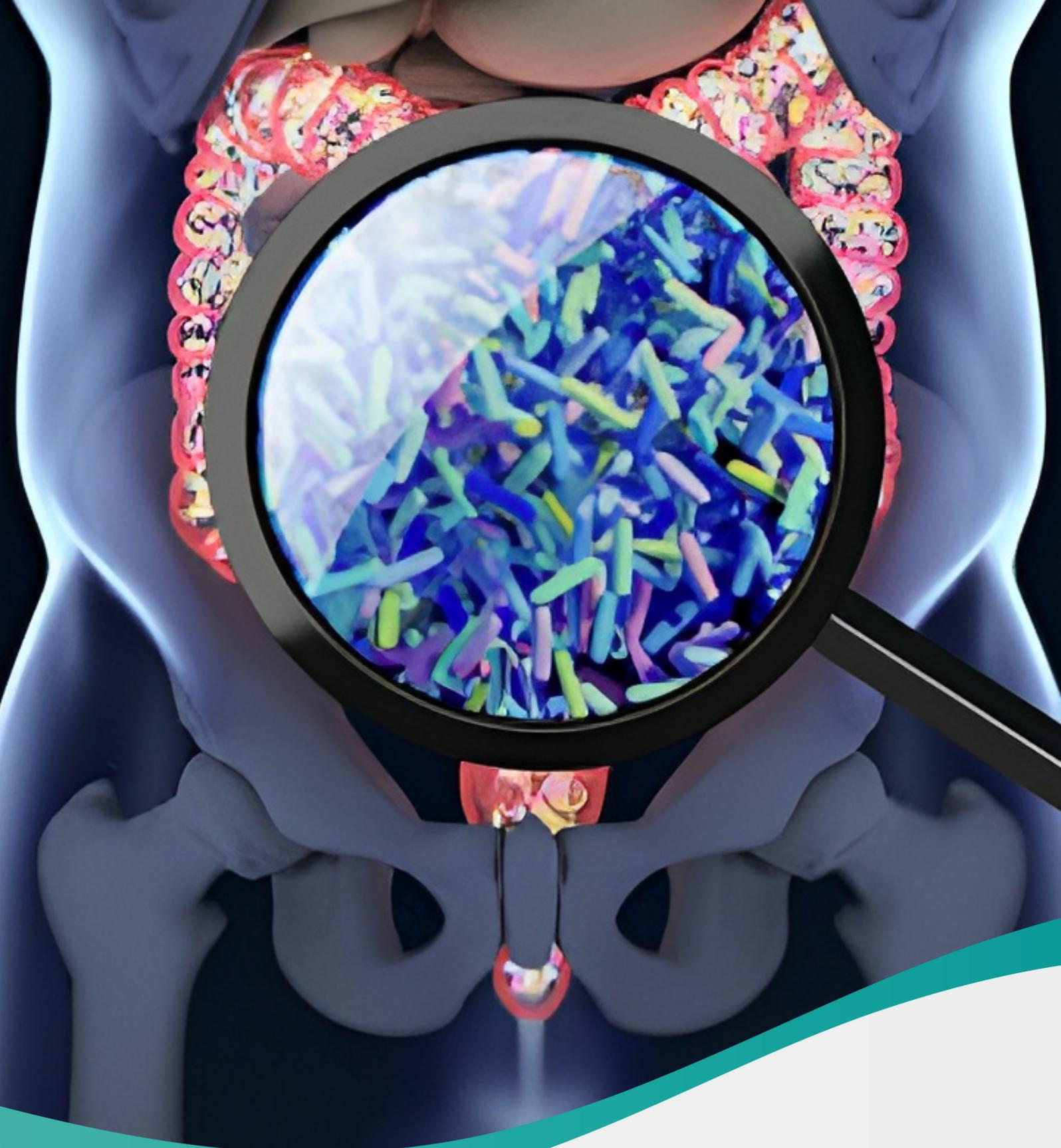
The Sample is collected in a specialised Kit received from Germany

2

The Sample Pickup is done from your House and Further sent to Germany for Testing.

3

The reports arrives in 3 weeks and further a detailed counselling is Done.



**Contact Us**

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