



GUT MICROBIOME REPORT

Detailed Report: **Test Report + Dietary Recommendations**

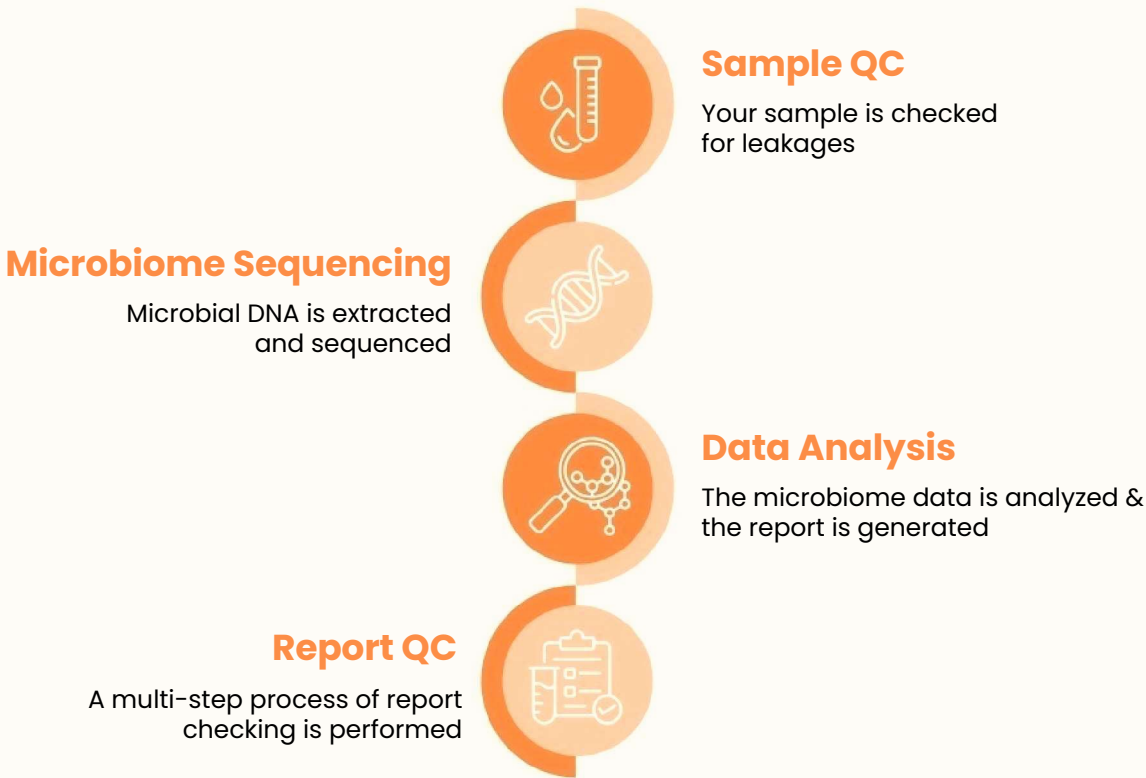
Researched & Developed by:



Sample Details

Name:	Anonymised		Sample Collection Date:		
Age:	.. Yrs	Gender:	Male	Sample Received Date:	
ID:	BS.....	Sample Type:	Stool	Report Generated Date:	

What we do once we get the sample?



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PhD, Microbiology

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MBBS, MD [Microbiology]

Rohini Prasad
MSc Nutrition

Conditions of Laboratory Testing & Reporting

- This is a computer-generated non-diagnostic report that has been validated by Authorized Medical Practitioner(s)/Doctor. The report does not need a physical signature.
- It is presumed that the test sample belongs to the patient named or identified in the test requisition form or as per the barcode. Test results released pertain to the specimen submitted.
- These laboratory investigations are not a tool to facilitate arriving at a diagnosis and should be clinically correlated by a Physician/ Clinician.
- All tests are performed and reported as per the turnaround time committed.
- Leucine Rich Bio and BugSpeaks confirms that all tests have been performed with the highest quality standards, clinical safety & technical integrity.
- All test results are dependent on the quality of the sample received by the laboratory and the technology.
- Test results may show interlaboratory variations.
- Test results are not valid for medico-legal purposes.

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Name: **Anonymised**

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ID: **BS•••••**

Gender: **Male**

Sample Type: **Stool**

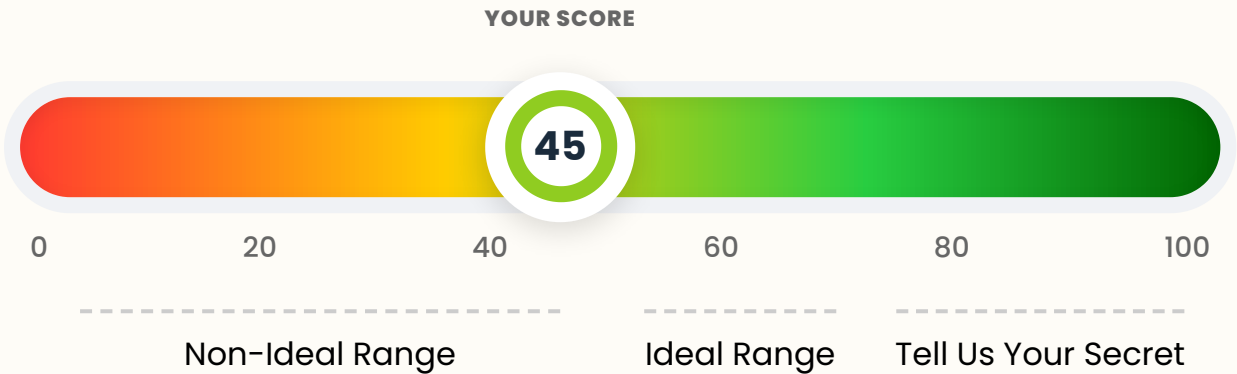
Sample Collection Date: **••••••••**

Sample Received Date: **••••••••**

Report Generated Date: **••••••••**

Rych Index – Your Gut Health Score

Scores in the Green Range represents a Healthy Gut and in the Red range represents an Unhealthy Gut. Know more about "Rych Index" within FAQ section.



Probiotics – The Good Microbes

You may require supplements that contain these probiotics. For more details please read the detailed report.

- | | |
|------------------------------|---------------------------|
| Bacillus coagulans | Lactobacillus jensenii |
| Bacillus indicus | Lactobacillus johnsonii |
| Bifidobacterium lactis | Lactobacillus lactis |
| Lacticaseibacillus casei | Lactobacillus pentosus |
| Lacticaseibacillus paracasei | Leuconostoc mesenteroides |
| Lactobacillus amylovorus | Levilactobacillus brevis |
| Lactobacillus bulgaricus | Pediococcus acidilactici |
| Lactobacillus caucasicus | Saccharomyces boulardii |



Pathogens – The Bad Microbes

The following "pathogen" abundance was found to be more than the average healthy individuals. Please correlate clinically. For more details please read the detailed report.

No critical pathogens detected.

Your Gut Scorecard

Snapshot of your risks.

CATEGORY	LOW	OPTIMAL	HIGH ATYPICAL
SCFA Production Potential	Acetate Isobutyric acid Isovaleric acid Valeric acid	Butyrate Caproate Propionate	2-Methylbutyric acid Formate
Vitamin Production Potential	Vitamin B1 Vitamin B12 Vitamin B2 Vitamin B3	Vitamin B5 Vitamin B7 Vitamin B9 Vitamin C	Vitamin B6
Neurotransmitter Potential	GABA Glutamate Histamine Serotonin	Acetylcholine Dopamine Epinephrine	Norepinephrine Tryptamine Tryptophan
Macronutrient Metabolism	Fat Metabolism Protein Metabolism	Carbohydrate Metabolism	
Gut Function	Mineral Bioavailability Potential	Intestinal Motility Potential	
Intolerance Management	Fructose Intolerance Management Lactose Intolerance Management	Gluten Intolerance Management Histamine Sensitivity Management	
Endurance Potential	Aerobic Endurance Physical Endurance		
Diversity		Optimal	
Antibiotic Recovery Potential	Low		

CATEGORY	LOW RISK	MODERATE RISK	HIGH RISK
Health Indicators	Fatigue TMAO	Leaky Gut Microplastics Potential Gut Inflammation	

! ANTIBIOTIC RESISTANCE

Antibiotics detected with "Resistant" gene markers:

Clindamycin, Erythromycin, Lincomycin, Lincosamide, Nitroimidazole, Pristinamycin ia, Quinupristin, Streptomycin, Virginiamycin s

Name: Anonymised

Age: •• Yrs

ID: BS•••••

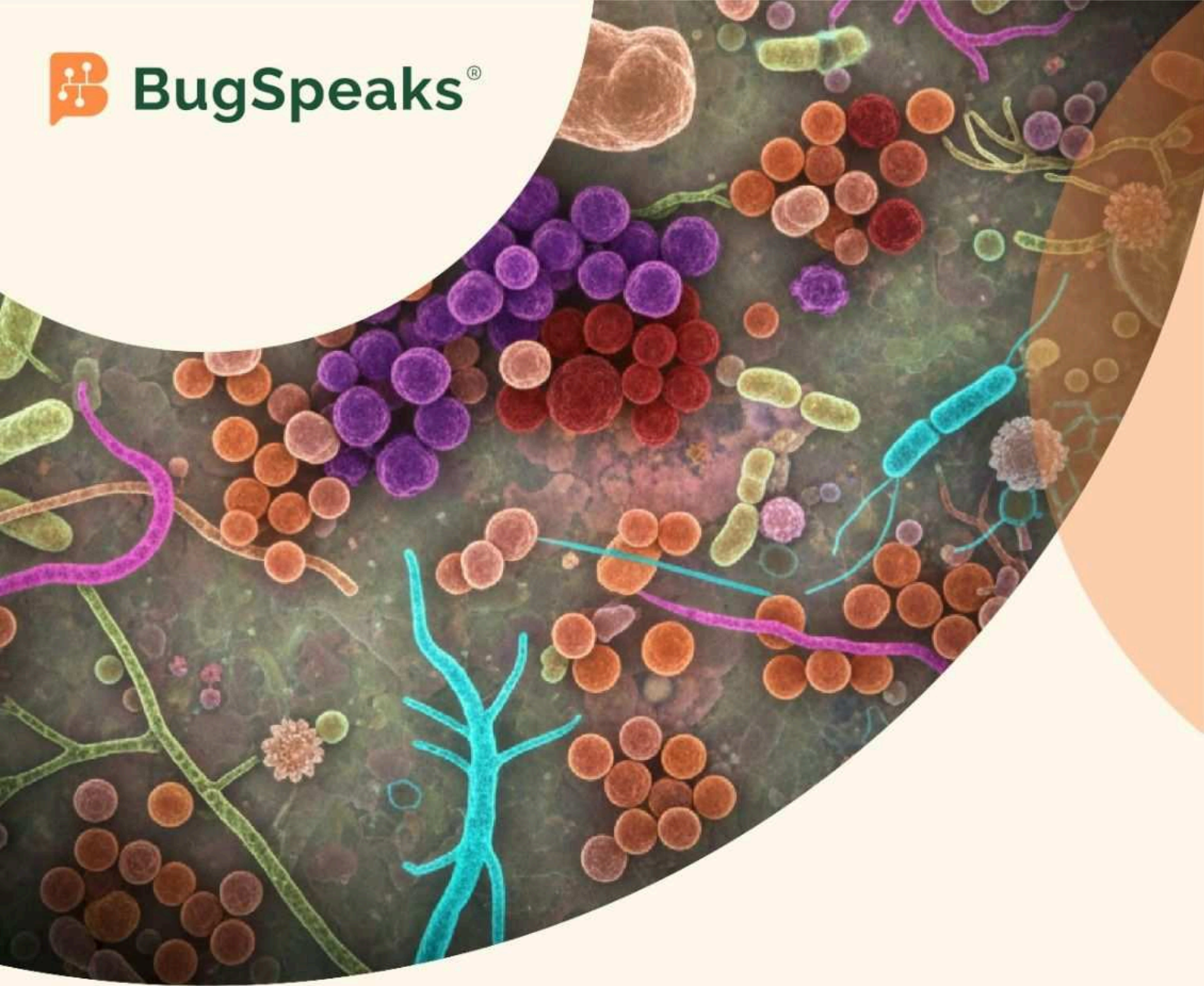
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Sample Type: Stool

Sample Collection Date: ••••-••-••

Sample Received Date: ••••-••-••

Report Generated Date: ••••-••-••



WHAT MICROBES PRODUCE?

Researched & Developed by:



Production, Metabolism and Gut Function (3-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: SCFA Production, Vitamin Production, Neurotransmitter Production, Macronutrient Metabolism, and Gut Function.



This section measures your gut’s capacity to perform vital tasks, like making vitamins or processing nutrients.

- **Bin 1 (Orange):** Low Potential. Your microbiome may not be performing this function at an ideal level.
- **Bin 2 (Green):** Optimal Potential. Your gut is perfectly equipped to handle these tasks.
- **Bin 3 (Red):** Above Optimal. Your scores are very high. While this sounds good, current scientific research hasn't yet confirmed if having "extra" potential in these areas provides a benefit or if it creates an imbalance.

Short Chain Fatty Acid (SCFA) Production Potential

The current potential of the microbes to produce SCFAs.
(Handbook Page No. 03)

SUBCATEGORY



Name: **Anonymised**

Age: **•• Yrs**

ID: **BS•••••**

Gender: **Male**

Sample Type: **Stool**

Sample Collection Date: **••••-••-••**

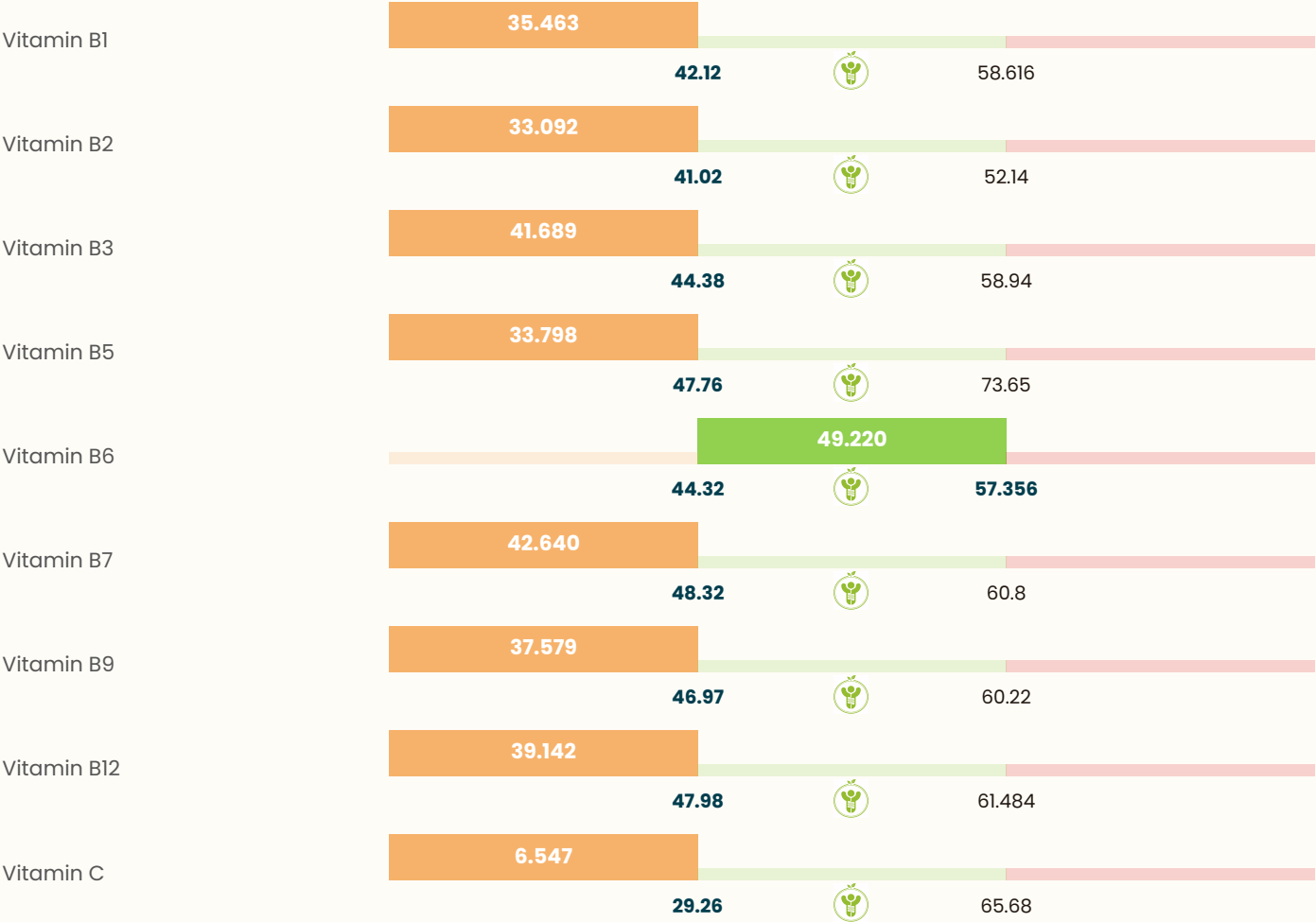
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Report Generated Date: **••••-••-••**

Vitamin Production Potential

The current potential of the microbes to produce Vitamins.
(Handbook Page No. 06)

SUBCATEGORY



Name: **Anonymised**

Age: **•• Yrs**

ID: **BS•••••**

Gender: **Male**

Sample Type: **Stool**

Sample Collection Date: **••••-••-••**

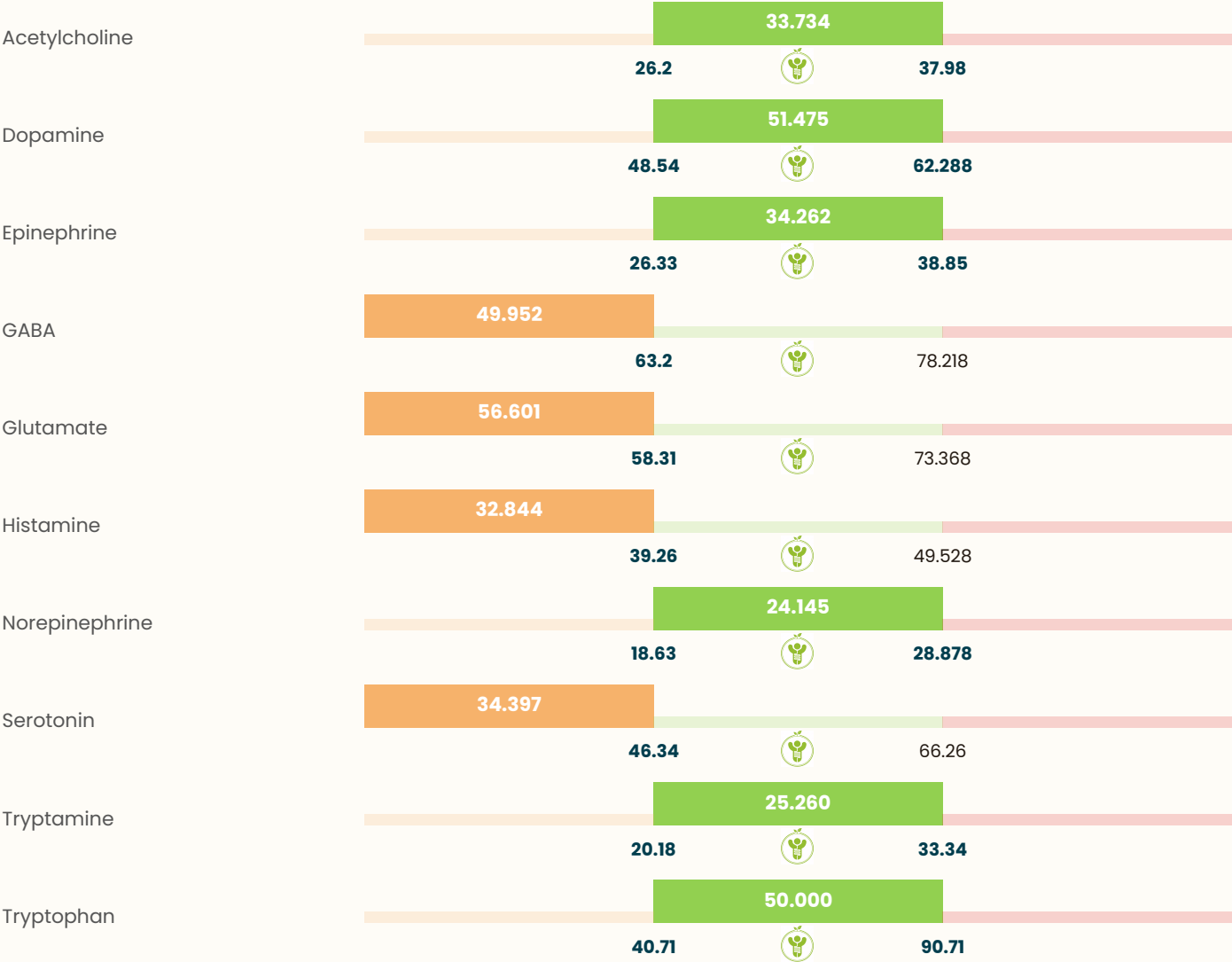
Sample Received Date: **••••-••-••**

Report Generated Date: **••••-••-••**

Neurotransmitter Production Potential

The current potential of the microbes to produce Neurotransmitter.
(Handbook Page No. 09)

SUBCATEGORY



Name: **Anonymised**

Age: **•• Yrs**

ID: **BS•••••**

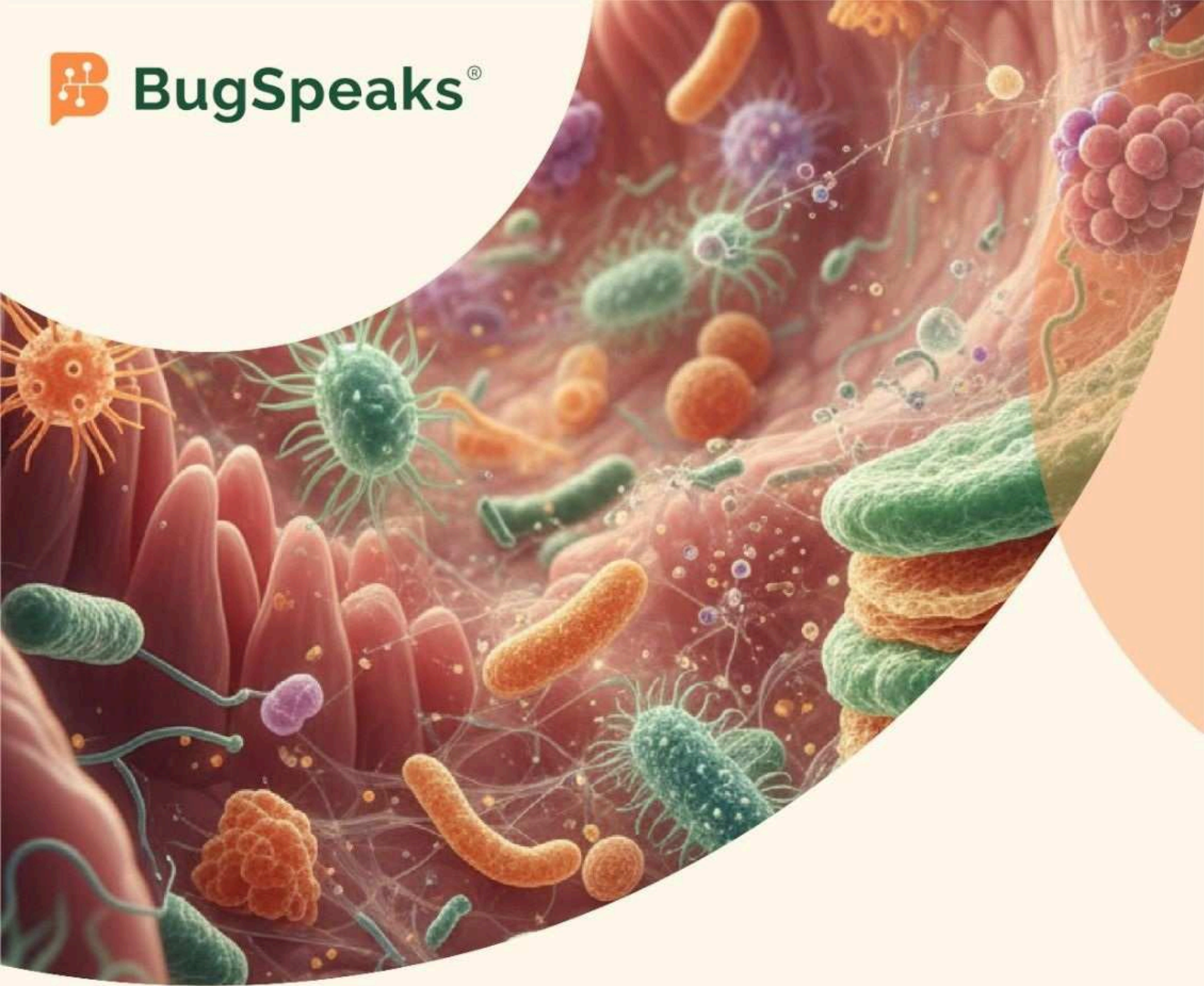
Gender: **Male**

Sample Type: **Stool**

Sample Collection Date: **••••-••-••**

Sample Received Date: **••••-••-••**

Report Generated Date: **••••-••-••**



WHAT MICROBES DO?

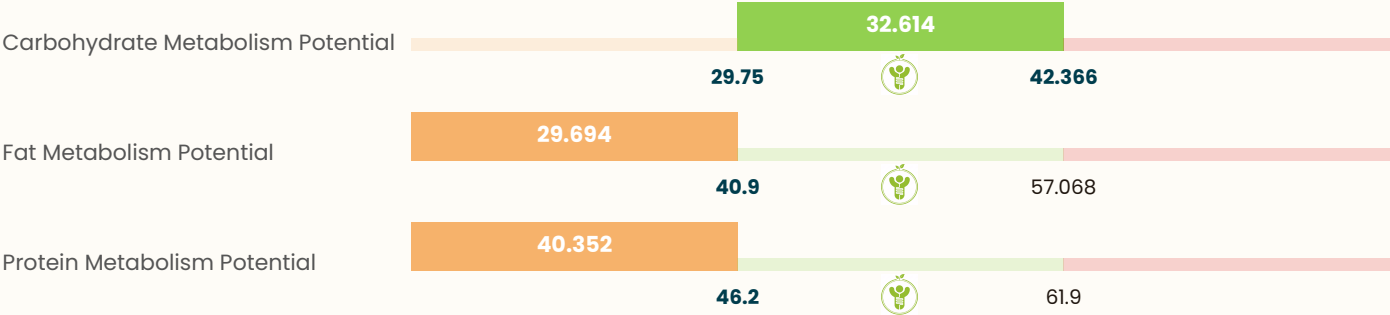
Researched & Developed by:



Macronutrient Metabolism Potential

The current ability of the microbes to metabolise different food groups.
(Handbook Page No. 12)

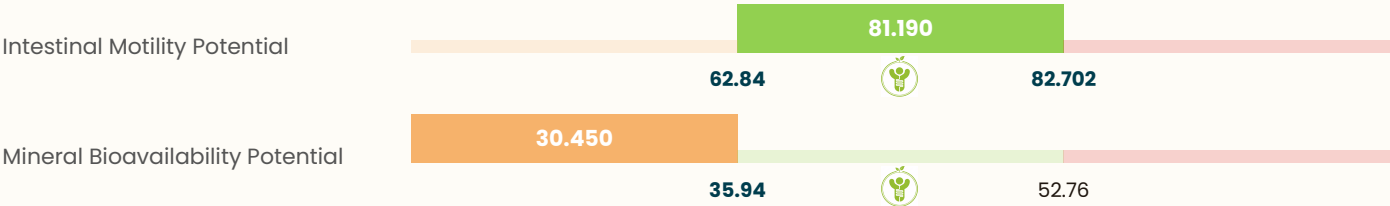
SUBCATEGORY



Gut Function

The current ability of the microbes to enhance gut activity.
(Handbook Page No. 17)

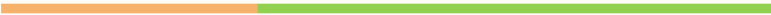
SUBCATEGORY



Management & Potential (2-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Intolerance Management and Endurance Potential.

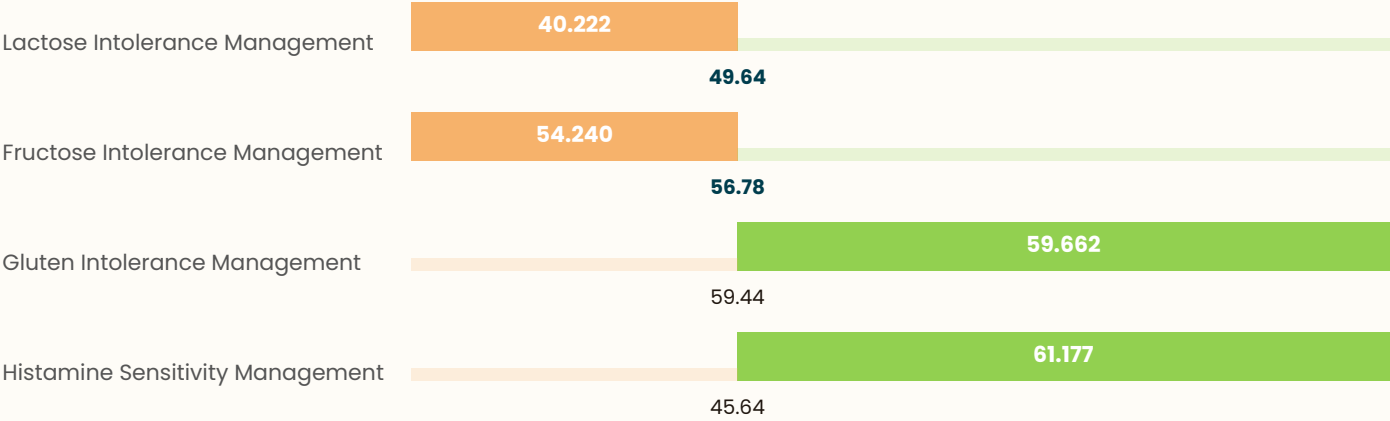


- **Bin 1 (Orange):** Low Potential. Your microbiome may not be performing this function at an ideal level.
- **Bin 2 (Green):** Optimal Potential. Your gut is perfectly equipped to handle these tasks.

Intolerance Management

This section evaluates your microbiome’s ability to help manage common food intolerances.
(Handbook Page No. 13)

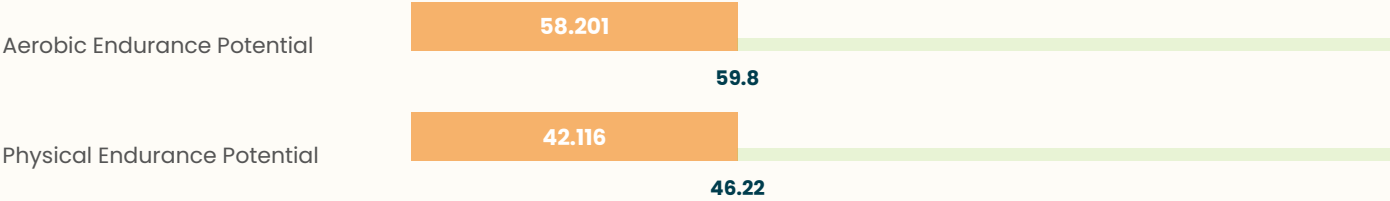
SUBCATEGORY



Endurance Potential

The current ability of the microbes to enhance physical activity.
(Handbook Page No. 18)

SUBCATEGORY



Health Risks & Indicators

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Propensity to Disease Development and Health Traits.



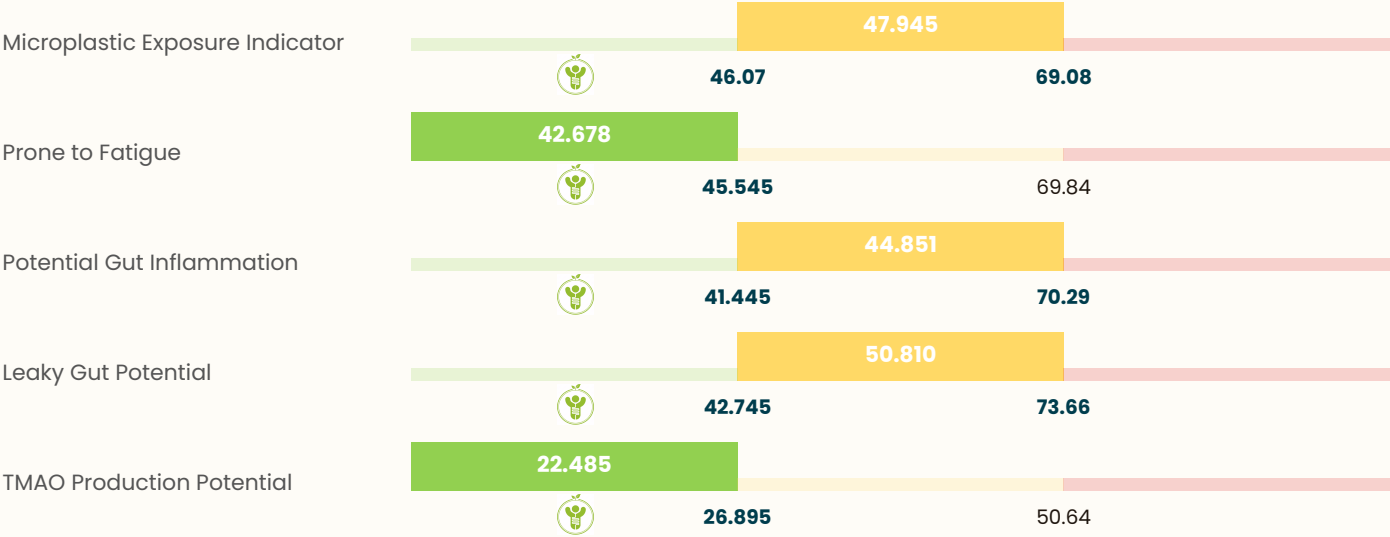
These scales measure your risk levels for specific health conditions based on your microbial signatures.

- **Bin 1 (Green):** Low Risk. Your microbiome resembles that of a healthy population with no leanings toward these traits.
- **Bin 2 (Orange):** Moderate Risk. There are signs that your microbiome is shifting toward a less ideal state.
- **Bin 3 (Red):** High Risk. Your microbial profile strongly matches patterns associated with these specific health concerns.

Health Indicators

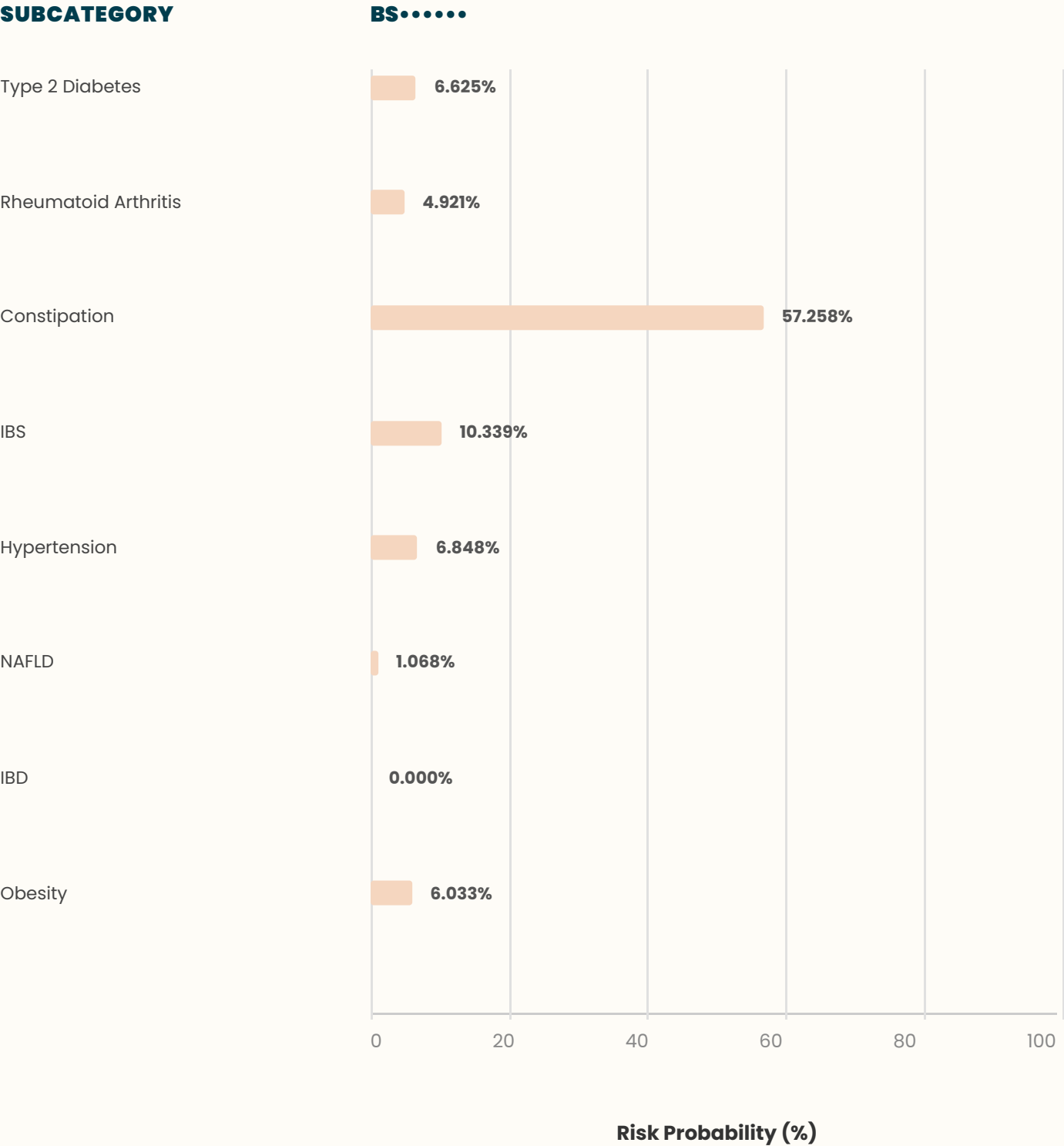
The risk indication for various health indications.
(Handbook Page No. 19)

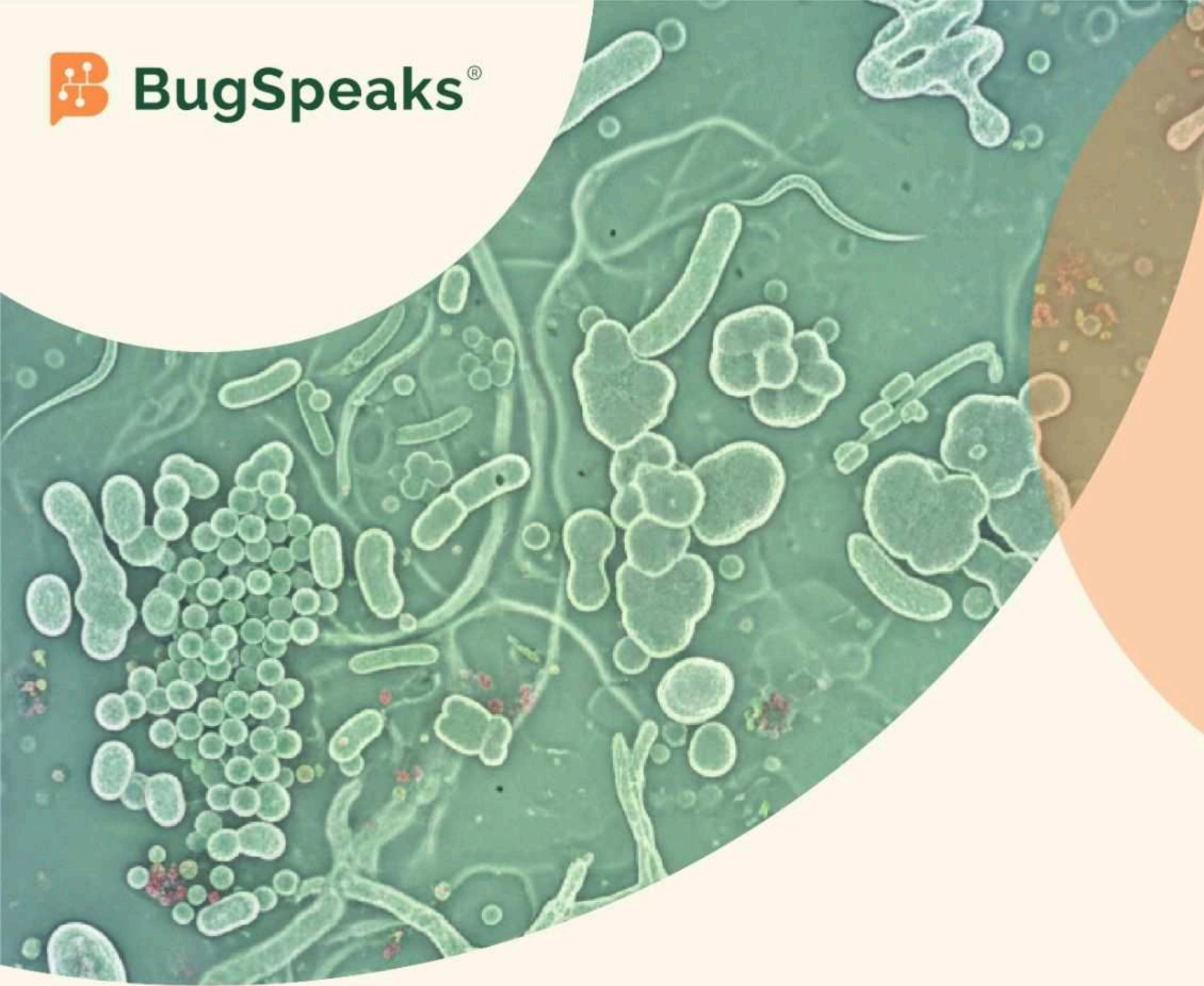
SUBCATEGORY



Propensity to Disease Development

The risk indication for various diseases.
(Handbook Page No. 20)





WHAT TYPES OF MICROBES ARE **PRESENT?**

Researched & Developed by:



Microbial Diversity (3-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Diversity.



- **Bin 1 (Orange):** Low Potential. Your microbiome may not be performing this function at an ideal level.
- **Bin 2 (Green):** Optimal Potential. Your gut is perfectly equipped to handle these tasks.
- **Bin 3 (Grey):** Above Optimal. Your scores are very high. While this sounds good, current scientific research hasn't yet confirmed if having "extra" potential in these areas provides a benefit or if it creates an imbalance.

The Balance Scales (7-Bin System)

Used for: Kingdom Distribution, Foundation Microbiota, Probiotic Characterization, and Top 5 Abundant Species.

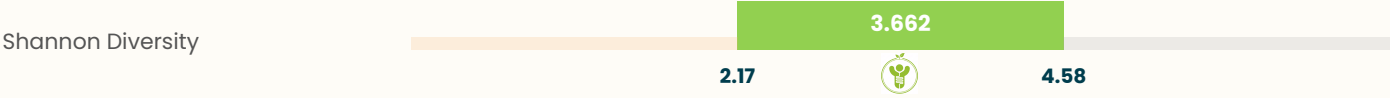


In these categories, balance is key. We use a 7-bin scale where the **center (Bin 4)** is the (🌱) "Bullseye."

- **The Optimal Center (Bin 4):** This is the most balanced state for your gut.
- **The Green Zone (Bins 3 & 5):** You are still in a healthy range, though slightly off-center.
- **Together**, the Bins 3,4, & 5 represent 90% of the healthy population.
- **The Orange Zone (Bins 2 & 6):** You are trending too low or too high. You can usually move back to green with consistent diet and lifestyle adjustments.
- **The Red Zone (Bins 1 & 7):** These are the extremes. Being here means your microbiome is significantly out of balance, which may require more intensive effort and time to correct.

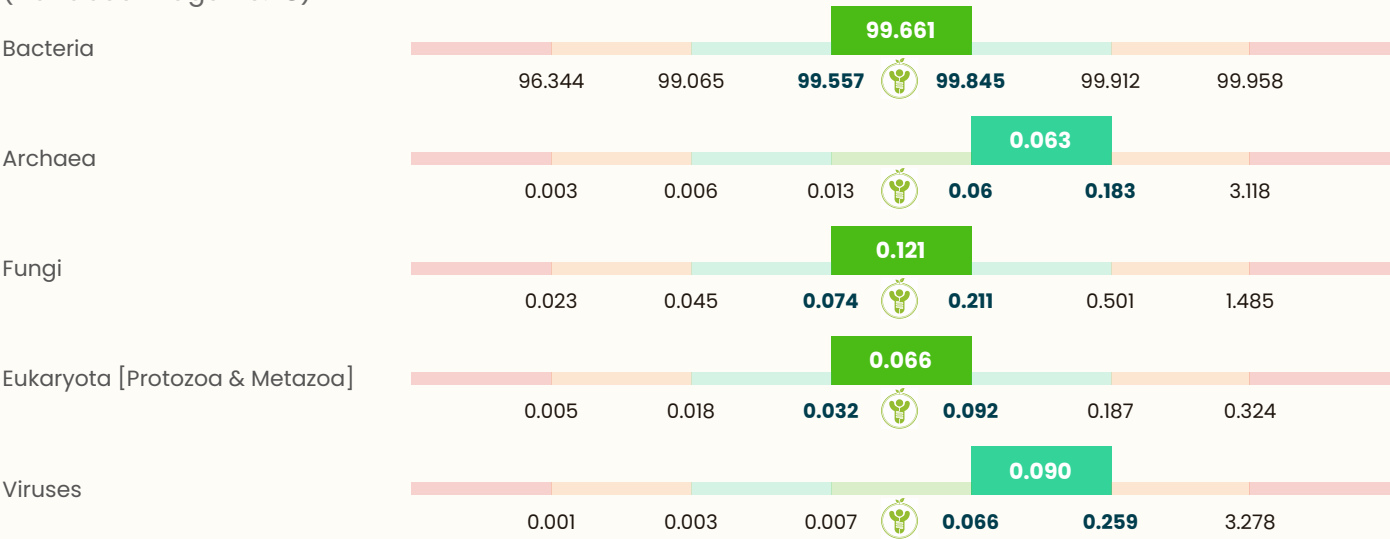
Diversity in Kingdom Distribution

The major diversity of microbes present.
(Handbook Page No. 25)



Kingdom Distribution

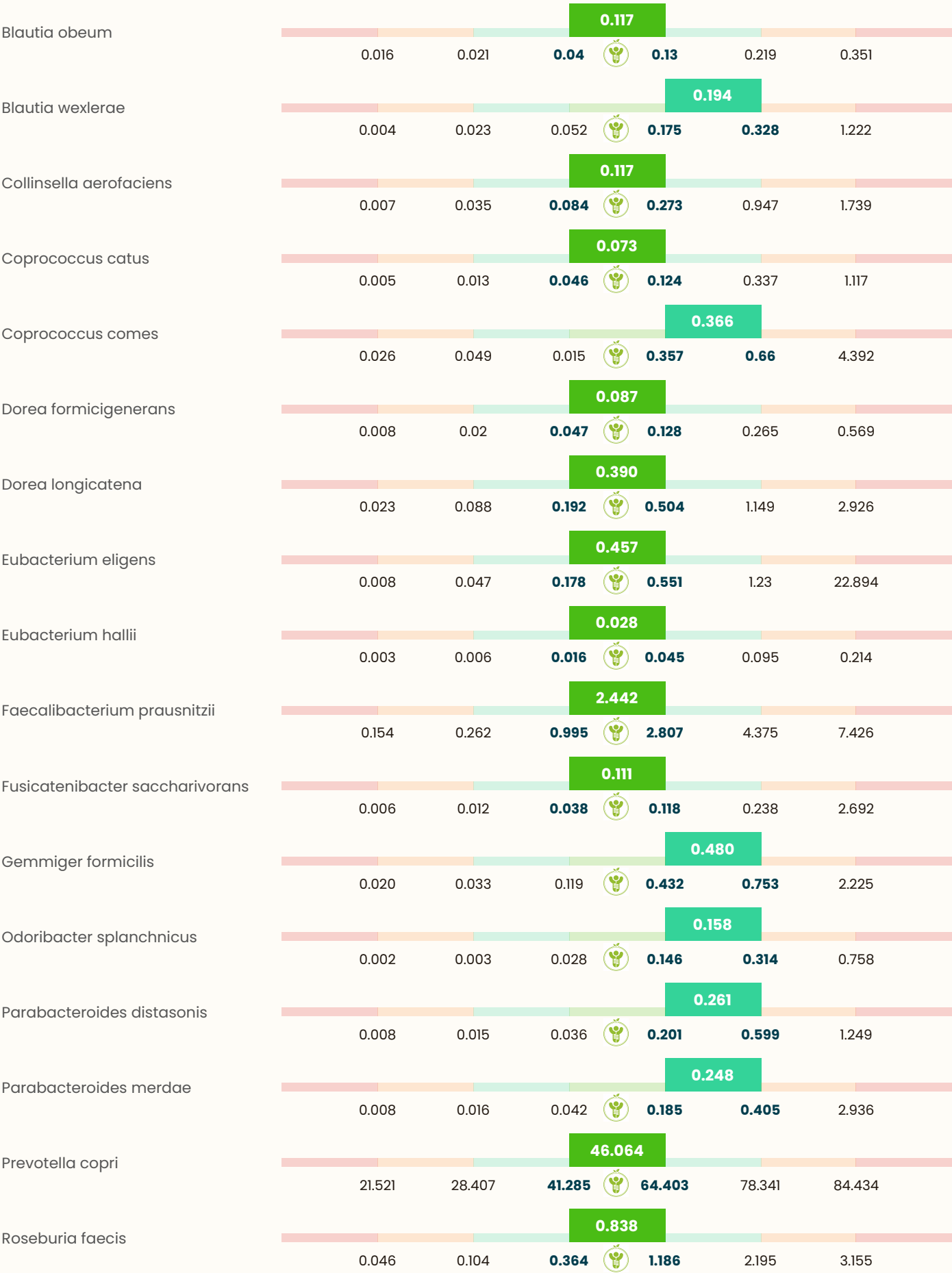
The major kingdoms of microbes present.
(Handbook Page No. 18)

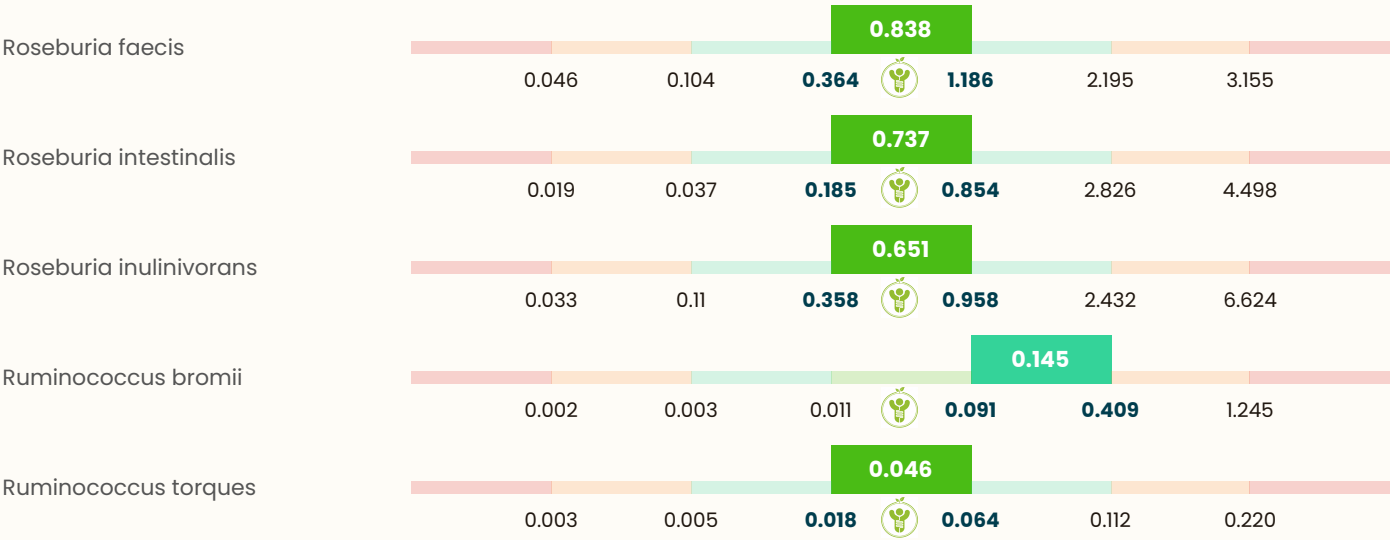


Foundation Microbiota

Perturbations of these keystone species can have large effects on the overall microbiome. Rebalance through diet.(Handbook Page No. 26)



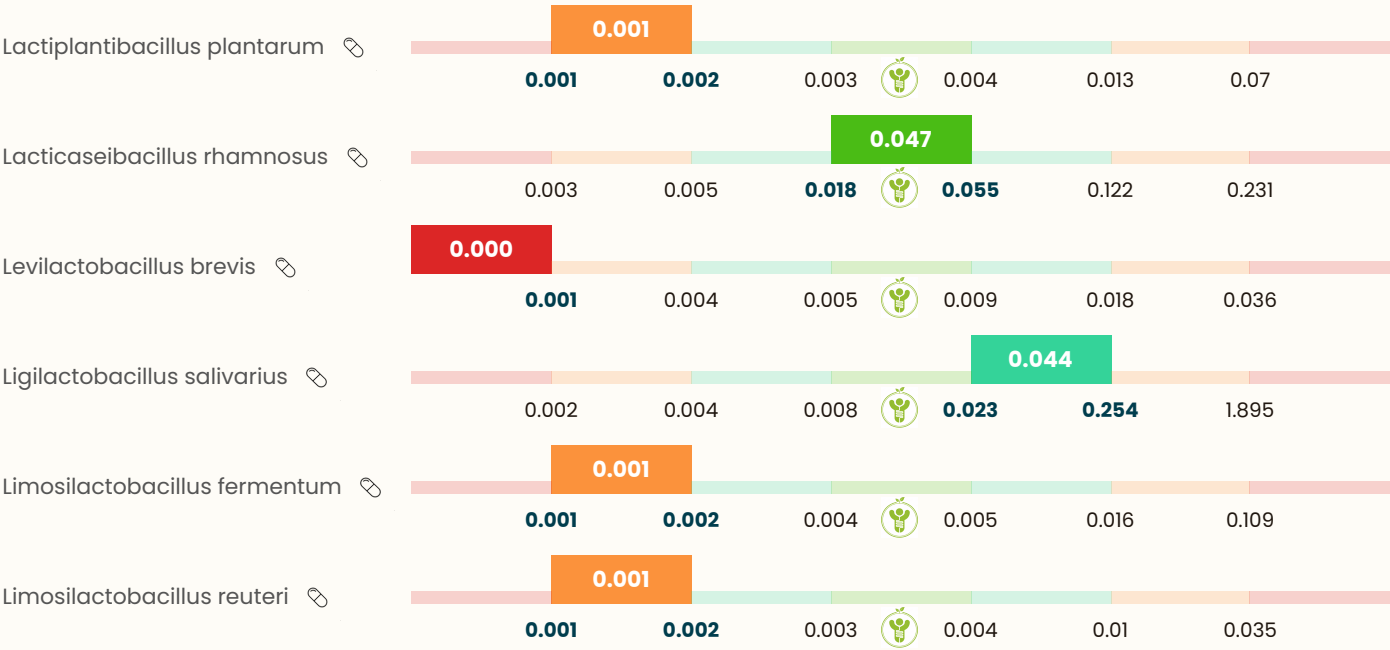




Probiotic Characterization

BugSpeaks® identifies and characterizes many probiotics commonly known to be present and beneficial to gut health. The Pill icons beside the probiotic names represent FSSAI-approved probiotics.
(Handbook Page No. 26)





SUBCATEGORY

BIFIDOBACTERIUM PROBIOTICS



Name: **Anonymised**

Age: **•• Yrs**

ID: **BS•••••**

Gender: **Male**

Sample Type: **Stool**

Sample Collection Date: **••••-••-••**

Sample Received Date: **••••-••-••**

Report Generated Date: **••••-••-••**

SUBCATEGORY

OTHER PROBIOTICS



Name: **Anonymised**
Age: **•• Yrs**
ID: **BS•••••**

Gender: **Male**
Sample Type: **Stool**

Sample Collection Date: **••••-••-••**
Sample Received Date: **••••-••-••**
Report Generated Date: **••••-••-••**

Probiotic Supplementation Summary

BugSpeaks® identifies and characterizes many probiotics commonly known to be present and beneficial to gut health. These probiotics are reported with "indicative tags", which can be interpreted as described below. The Pill icons beside the probiotic names represent FSSAI-approved probiotics. (Handbook Page No. 26)

Absent Supplementation Needed	Low Optimal Follow Recommendation	Optimal Continue your current diet
<div>Bacillus coagulans </div> <div>Bacillus indicus </div> <div>Bifidobacterium lactis </div> <div>Lactacaseibacillus casei </div> <div>Lactacaseibacillus paracasei </div> <div>Lactobacillus amylovorus </div> <div>Lactobacillus bulgaricus </div> <div>Lactobacillus caucasicus </div> <div>Lactobacillus jensenii</div> <div>Lactobacillus johnsonii </div> <div>Lactobacillus lactis</div> <div>Lactobacillus pentosus</div> <div>Leuconostoc mesenteroides</div> <div>Levilactobacillus brevis </div> <div>Pediococcus acidilactici</div> <div>Saccharomyces boulardii </div>	<div>Bacillus clausii </div> <div>Bacillus subtilis </div> <div>Bifidobacterium animalis </div> <div>Lactiplantibacillus plantarum </div> <div>Lactobacillus acidophilus </div> <div>Lactobacillus gallinarum </div> <div>Lactobacillus gasseri </div> <div>Lactobacillus helveticus </div> <div>Limosilactobacillus fermentum </div> <div>Limosilactobacillus reuteri </div>	<div>Akkermansia muciniphila</div> <div>Bifidobacterium adolescentis</div> <div>Bifidobacterium bifidum </div> <div>Bifidobacterium breve </div> <div>Bifidobacterium infantis </div> <div>Bifidobacterium longum </div> <div>Clostridium butyricum</div> <div>Lactacaseibacillus rhamnosus </div> <div>Lactobacillus crispatus</div> <div>Lactobacillus delbrueckii </div> <div>Lactococcus lactis </div> <div>Ligilactobacillus salivarius </div> <div>Saccharomyces cerevisiae </div> <div>Streptococcus salivarius</div> <div>Streptococcus thermophilus </div>
	High Optimal Follow recommendation	Atypical High Avoid supplementation
	<div>None</div>	<div>Enterococcus faecium</div>

Pathogen Characterization (7-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Negatively associated bacteria, fungi, and worms.



For pathogens, lower is generally better, but a "completely sterile" gut isn't the goal. Your immune system needs a tiny bit of "practice" to stay sharp.

- **The Sweet Spot (Bin 4)**(🍬): This is the most optimal. You have a very low level of pathogens—just enough to "train" your immune system without causing illness.
- **Safe Zone (Bins 1-3)**: Very low to zero presence. This is perfectly healthy.
- **Warning Zone (Bins 5-6)**: Higher than ideal levels. These may be starting to compete with your "good" bacteria.
- **Danger Zone (Bin 7)**: High abundance. These pathogens are at a level that could be problematic for your wellness.

Pathogen Characterization

BugSpeaks® identifies and characterizes many pathogens commonly known to cause gut infections and other health issues.
(Handbook Page No. 26)



SUBCATEGORY

OPPORTUNISTIC BACTERIA



SUBCATEGORY

POTENTIAL AUTOIMMUNE TRIGGERS



Name: **Anonymised**
Age: **•• Yrs**
ID: **BS•••••**

Gender: **Male**
Sample Type: **Stool**

Sample Collection Date: **•••••-•••••**
Sample Received Date: **•••••-•••••**
Report Generated Date: **•••••-•••••**

SUBCATEGORY

FUNGAL PATHOGENS



Name: **Anonymised**
Age: **•• Yrs**
ID: **BS•••••**

Gender: **Male**
Sample Type: **Stool**

Sample Collection Date: **••••-••-••**
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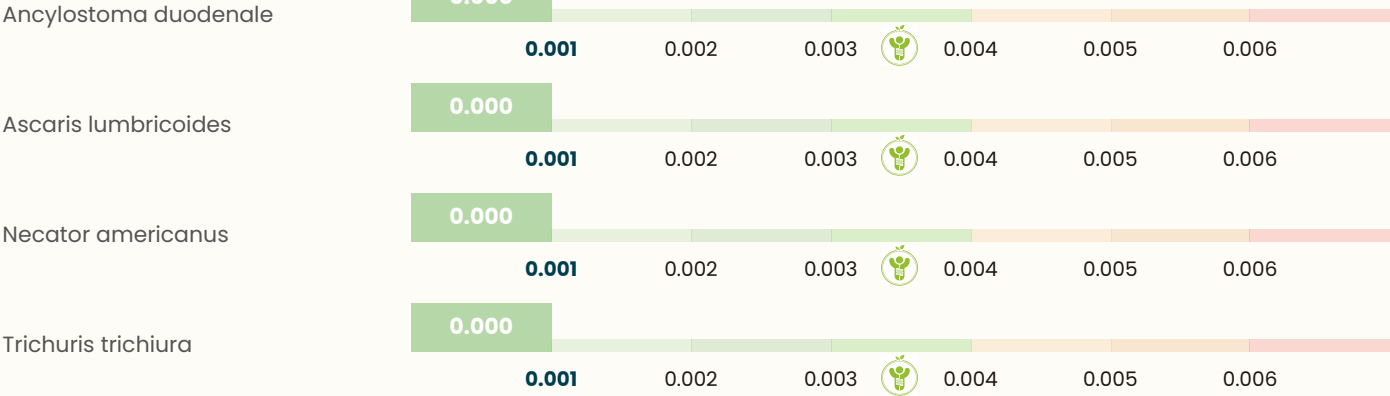
SUBCATEGORY

PROTOZOAL PATHOGENS



SUBCATEGORY

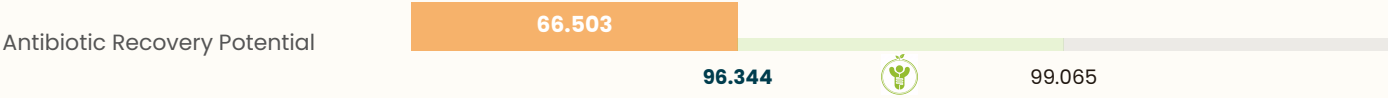
WORMS



Antibiotic Recovery Potential

Antibiotics are known to disrupt the microbiota ecosystem dramatically. Research suggests that recovery of the microbial ecosystem may be dependent on a few species of bacteria among other factors.
(Handbook Page No. 27)

SUBCATEGORY



Antibiotic Resistance

Some bacteria are known to possess genes that can lead to resistance to antibiotics.
(Handbook Page No. 27)

Antibiotic Name			
Azithromycin	Sensitive	Diaminopyrimidine	Sensitive
Aztreonam	Sensitive	Doxycycline	Sensitive
Benzalkonium Chloride	Sensitive	Elfamycin	Sensitive
Bicyclomycin	Sensitive	Ertapenem	Sensitive
Bleomycin	Sensitive	Erythromycin	Resistant
Carbapenem	Sensitive	Florfenicol	Sensitive
Carbomycin	Sensitive	Fosfomycin	Sensitive
Cefepime	Sensitive	Fusidic Acid	Sensitive
Cefixime	Sensitive	Gentamicin	Sensitive
Cefotaxime	Sensitive	Glycylcycline	Sensitive
Cefotaxime+Clavulanic_Acid	Sensitive	Hygromycin	Sensitive
Cefoxitin	Sensitive	Imipenem	Sensitive
Ceftazidime	Sensitive	Isoniazid	Sensitive
Ceftazidime+Avibactam	Sensitive	Kanamycin	Sensitive
Ceftriaxone	Sensitive	Kasugamycin	Sensitive
Cephalothin	Sensitive	Lincomycin	Resistant
Cephamycin	Sensitive	Lincosamide	Resistant

Antibiotic Name	
Ciprofloxacin	Sensitive
Meropenem	Sensitive
Methicillin	Sensitive
Minocycline	Sensitive
Monobactam	Sensitive
Mupirocin	Sensitive
Nalidixic Acid	Sensitive
Nitrofuran	Sensitive
Nitroimidazole	Resistant
Oleandomycin	Sensitive
Penicillin	Sensitive
Phenicol	Sensitive
Piperacillin	Sensitive
Piperacillin+Tazobactam	Sensitive
Pleuromutilin	Sensitive
Pristinamycin Ia	Resistant
Pristinamycin Iia	Sensitive
Quinupristin	Resistant
Quinupristin+Dalfopristin	Sensitive
Rhodamine	Sensitive
Rifampin	Sensitive
Rifamycin	Sensitive
Spectinomycin	Sensitive
Spiramycin	Sensitive
Streptomycin	Resistant
Streptothricin	Sensitive
Linezolid	Sensitive
Clindamycin	Resistant
Colistin	Sensitive
Dalfopristin	Sensitive
Sulfamethoxazole	Sensitive
Teicoplanin	Sensitive
Telithromycin	Sensitive
Spectinomycin	Sensitive
Temocillin	Sensitive
Tetracenomycin	Sensitive
Tetracycline	Sensitive
Thiostrepton	Sensitive
Tiamulin	Sensitive
Ticarcillin	Sensitive
Ticarcillin+Clavulanic_Acid	Sensitive
Tigecycline	Sensitive
Tobramycin	Sensitive
Triclosan	Sensitive
Trimethoprim	Sensitive
Tylosin	Sensitive
Vancomycin	Sensitive
Viomycin	Sensitive
Virginiamycin M	Sensitive
Virginiamycin S	Resistant
Zorbamycin	Sensitive

Top Abundant Species (3-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Top 5 Abundant Species.

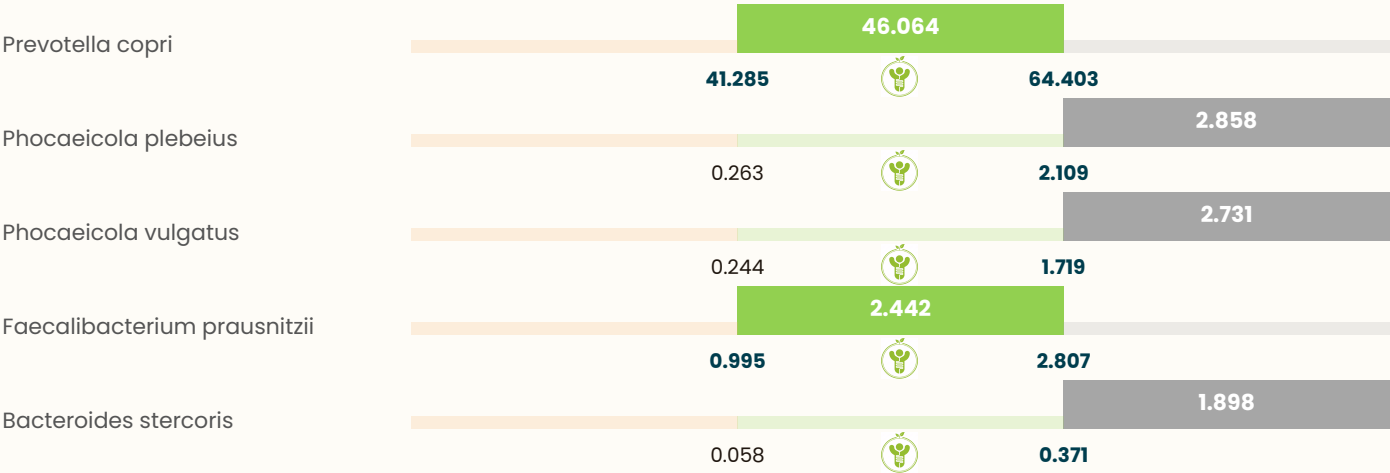


- **Bin 1 (Orange):** Low Potential. Your microbiome may not be performing this function at an ideal level.
- **Bin 2 (Green):** Optimal Potential. Your gut is perfectly equipped to handle these tasks.
- **Bin 3 (Grey):** Above Optimal. Your scores are very high. While this sounds good, current scientific research hasn't yet confirmed if having "extra" potential in these areas provides a benefit or if it creates an imbalance.

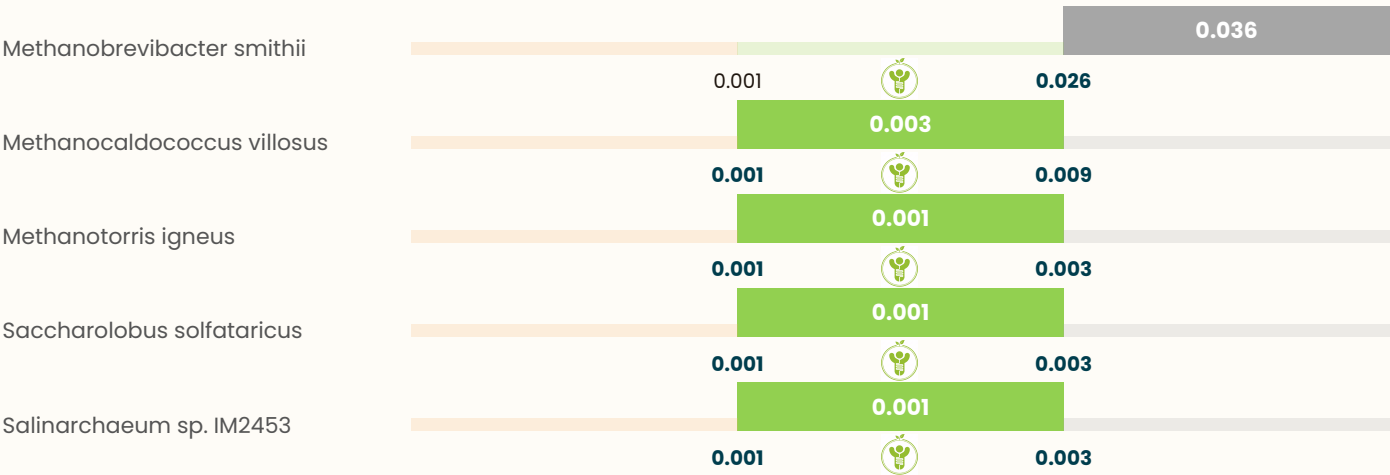
Top 5 Abundant Species

The 5 most abundant species of each kingdom.
(Handbook Page No. 19)

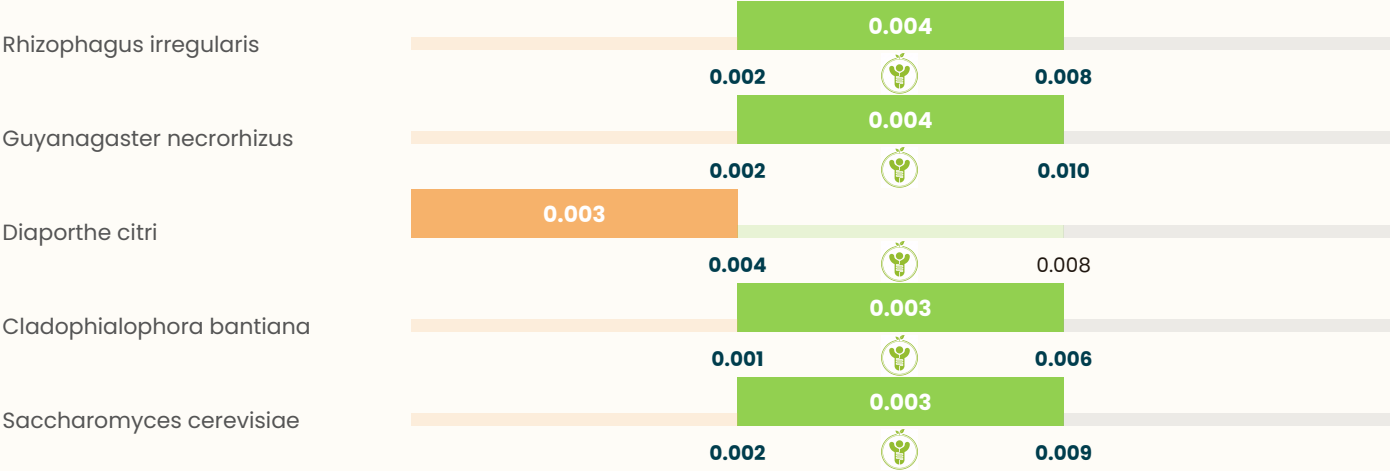
Bacteria



Archaea



Fungi



Name: **Anonymised**

Age: **•• Yrs**

ID: **BS•••••**

Gender: **Male**

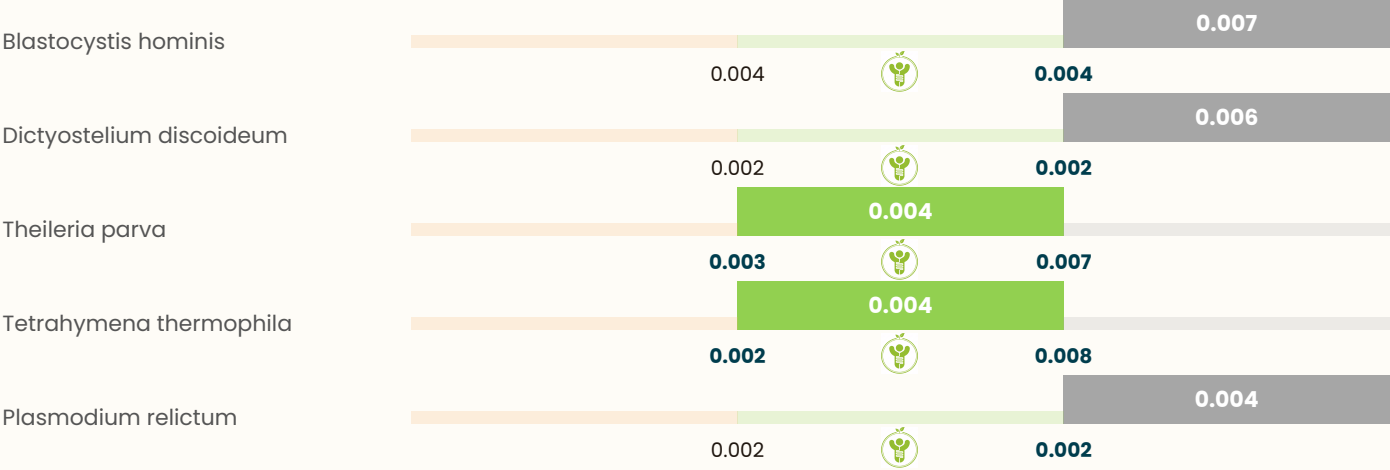
Sample Type: **Stool**

Sample Collection Date: **••••-••-••**

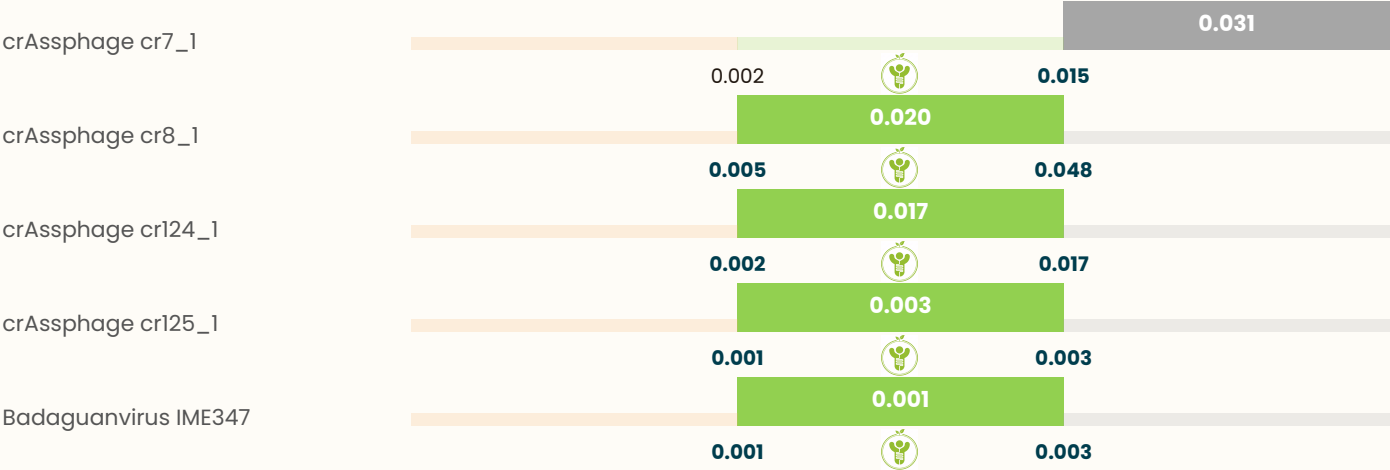
Sample Received Date: **••••-••-••**

Report Generated Date: **••••-••-••**

Eukaryota [Protozoa & Metazoa]



Virus





NUTRITION RECOMMENDATION

Researched & Developed by:



Dietary Recommendations

Our approach to restore the gut balance is based on a three stage strategy:
(Handbook Page No. 28)

Phase 1

Restoring your gut microbiome – 2 Weeks

Involves restoration or resetting of your gut microbiome, where we minimize the composition and abundance of pathogenic or opportunistic microorganisms, to create a gut environment ideal for beneficial microorganisms to grow in Phase 2. This phase requires strict changes in your diet for a short period of time and supplementation with anti-inflammatory foods, natural antibiotics, and through restriction of selected inflammatory foods.

Phase 2

Rebuilding your microbiome – 8 Weeks

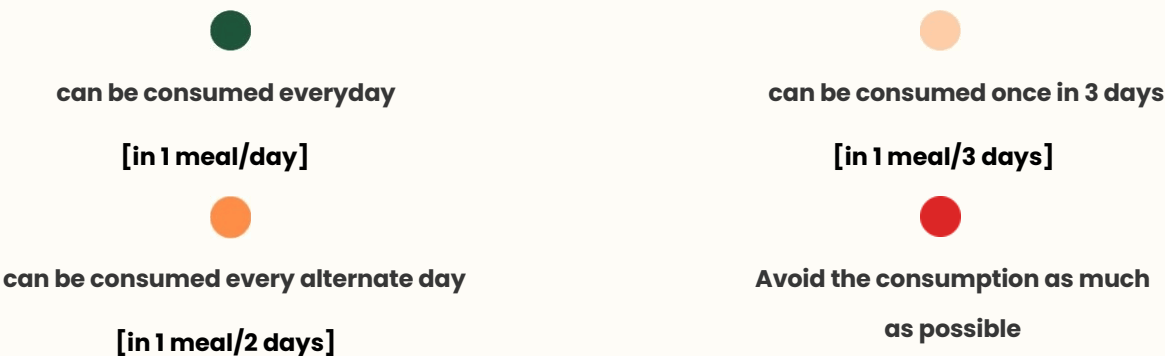
Involves rebuilding of your healthy gut microbiome, through re-inoculation and replacement with mostly beneficial microorganisms. We achieve this through incorporation of prebiotics and probiotics, via natural dietary sources and commercially available supplements. This lasts for up to 10th week of your diet plan (a total of 8 weeks), which ensure the complete restoration of your gut microbiota.

Phase 3

Maintaining the healthy gut – 2 Weeks

Largely involves a streamlined method for sustaining the healthy gut microbiome built during phase 2. These dietary, prebiotic and probiotic recommendations can be adopted for long term sustenance, spanning up to 2 weeks of your diet plan.

All 3 phases have a total of 6 food categories, each containing a list of foods and a frequency tag. We have used a total of 4 frequency tags that indicates how frequently you can include a specific food in your meal plan.



Please Note:

These recommendations are largely beneficial, with no or minimal negative impact on your health. Even though these dietary charts are evidence based recommendations, we would strongly suggest you to consult a physician/nutritionist, before implementing these in your lifestyle. This is specifically true about the extent of inclusion and exclusion of a specific food and for individuals who are either diabetic, hypertensive and/or having special dietary needs.

Greens & Vegetables

Items				Items			
Phase 1Phase 2Phase 3				Phase 1Phase 2Phase 3			
 Amaranth	<div></div>	<div></div>	<div></div>	 Drumstick	<div></div>	<div></div>	<div></div>
 Artichoke	<div></div>	<div></div>	<div></div>	 Fennel	<div></div>	<div></div>	<div></div>
 Ash Gourd	<div></div>	<div></div>	<div></div>	 French Beans	<div></div>	<div></div>	<div></div>
 Asparagus	<div></div>	<div></div>	<div></div>	 Green Chillies	<div></div>	<div></div>	<div></div>
 Beet Root	<div></div>	<div></div>	<div></div>	 Green Peas	<div></div>	<div></div>	<div></div>
 Bitter Gourd	<div></div>	<div></div>	<div></div>	 Horseradish	<div></div>	<div></div>	<div></div>
 Brinjal	<div></div>	<div></div>	<div></div>	 Indian Round Gourd	<div></div>	<div></div>	<div></div>
 Broccoli	<div></div>	<div></div>	<div></div>	 Jalapeno Pepper	<div></div>	<div></div>	<div></div>
 Brussels Sprouts	<div></div>	<div></div>	<div></div>	 Kale	<div></div>	<div></div>	<div></div>
 Burdock Root	<div></div>	<div></div>	<div></div>	 Kimchi	<div></div>	<div></div>	<div></div>
 Cabbage	<div></div>	<div></div>	<div></div>	 Ladies Finger (Okra)	<div></div>	<div></div>	<div></div>
 Capsicum	<div></div>	<div></div>	<div></div>	 Leek	<div></div>	<div></div>	<div></div>
 Carrot	<div></div>	<div></div>	<div></div>	 Mushrooms	<div></div>	<div></div>	<div></div>
 Cauliflower	<div></div>	<div></div>	<div></div>	 Mustard Greens	<div></div>	<div></div>	<div></div>
 Celery	<div></div>	<div></div>	<div></div>	 Nopales	<div></div>	<div></div>	<div></div>
 Chicory	<div></div>	<div></div>	<div></div>	 Onion	<div></div>	<div></div>	<div></div>
 Cucumber	<div></div>	<div></div>	<div></div>	 Pointed Gourd	<div></div>	<div></div>	<div></div>
 Dandelion	<div></div>	<div></div>	<div></div>				

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
 Potato				 Spinach			
 Pumpkin				 Sugarcane			
 Radishes				 Sweet Corn			
 Rhubarb				 Sweet Potato			
 Ridge Gourd				 Turnips			
 Sauerkraut				 Wakame			
 Seaweed (Laminaria Japonica)				 Watercress			
 Snake Gourd				 Yam			

Cereals

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
 Barley				 Foxtail Millet			
 Black Rice				 Kamut (Khorasan Wheat)			
 Brown rice				 Kodo Millet			
 Buckwheat				 Oat Bran			
 Coix Seeds				 Oats			
 Corn				 Quinoa			
 Durum Wheat				 Resistant Starch Enriched Brown Rice			
 Finger Millet							

Items				Items					
Phase 1 Phase 2 Phase 3				Phase 1 Phase 2 Phase 3					
	Rice	<div></div>	<div></div>	<div></div>		Sorghum	<div></div>	<div></div>	<div></div>
	Rice Bran	<div></div>	<div></div>	<div></div>		Wheat	<div></div>	<div></div>	<div></div>
	Rye	<div></div>	<div></div>	<div></div>		Wheat Bran	<div></div>	<div></div>	<div></div>

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Blackcurrant					Longan			
	Blueberry					Mango			
	Camu Camu					Mangosteen			
	Cherry					Mulberry			
	Chokeberry					Muskmelon			
	Cloudberry					Myrobalan Plum			
	Cranberry					Olive			
	Custard Apple					Orange			
	Dates					Papaya			
	Dragon Fruit					Pear			
	Elderberry					Persimmon			
	Gooseberry					Pineapple			
	Grape Fruit					Plum			
	Green Grapes					Pomegranate			
	Guava					Raisins			
	Jackfruit					Raspberry			
	Java Plum					Red Grapes			
	Kiwi					Sapota			
	Lemon					Strawberry			

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Lingonberries					Tomato			
	Litchi					Watermelon			

Herbs & Condiments

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Bayleaf					Ginger			
	Black Pepper					Lemon Grass			
	Cardamom					Mango Ginger			
	Cayenne Pepper					Mint Leaves			
	Chives					Mustard Seeds			
	Cilantro					Oregano			
	Cinnamon					Peppermint			
	Cinnamon Oil					Red Chilli			
	Cloves					Rosemary			
	Coriander					Saffron			
	Cumin					Sage			
	Curry Leaves					Sichuan Peppercorns			
	Fenugreek					Thyme			
	Fenugreek Leaves					Turmeric			
	Galangal								

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Garlic					Vanilla			
	Garlic Oil					Wasabi			

Nuts & Seed Oils

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Almond					Ground Nuts			
	Baru Almonds					Hazelnut			
	Brazil Nut					Hemp Seeds			
	Cashew Nut					Pistachio Nut			
	Chestnut					Poppy Seeds			
	Chia Seeds					Rapeseed			
	Flax Seeds					Sesame Oil			
	Flaxseed Oil					Sesame Seeds			
	Grape Seeds					Walnut			

Fats & Oils

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Butter					Ghee			
	Canola Oil					Lard			
	Coconut Oil					Mustard Oil			

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Olive Oil					Soyabean Oil			
	Perilla Oil					Tuna Oil			
	Rice Bran Oil								

Milk & Fermented Products

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Bovine Milk					Sheep Cheese			
	Buttermilk					Sheep Milk			
	Camel Milk					Skyr			
	Cheese					Soya Milk			
	Fermented Soy Milk					Whey			
	Goat Milk					Yak Milk			
	Kefir					Yakult			
	Natto					Yoghurt			

Egg & Meat

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Beef					Chicken			
	Catla					Clam			

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	Crab					Prawns			
	Crayfish					Rohu			
	Egg					Salmon			
	Goat					Sardine			
	Haddock					Sheep			
	Mackerel					Shrimp			
	Mussels					Trout			
	Oysters					Tuna			
	Pork					Turkey			

Dietary Supplements

Items		Phase 1Phase 2Phase 3			Items		Phase 1Phase 2Phase 3		
	Aloe Vera					Liquorice			
	Ashitaba					Nettle			
	Ashwagandha					Psyllium Husk			
	Astragalus					Spirulina			
	Ginseng								

Meal Plan Phase-I

The following meal plan is based on the personalized nutritional recommendation which in turn is based on your specific gut microbiota profile.

General Guidelines for Phase-I:

- Add – more fibre, plant-based protein to each of your main meals.
- Restrict – use of animal products, dairy, fermented foods, sugar, jaggery, sweeteners, gluten-based food – once or twice a week
- Avoid – processed & packaged foods, alcoholic & carbonated beverages, restaurant food, red meat, bakery items, fried foods, desserts & sweets.

Time	Food Items/ Dishes	Portion Size
Early Morning 6:00 AM	Fennel tea with a pinch of cinnamon powder	150 ml
Breakfast 8:00 AM	Zelnik (savory buckwheat pancake) with stuffing of spinach, beans, tomatoes, garlic (use flax meal inplace of egg)	2-3 pieces
	OR Overnight oats with apple/cherries, almonds (4), walnuts (2) (Use coconut/almond milk) OR	1 bowl
	OR Baked Pumpkin Banitsa (use egg & feta cheese),	2-3 pieces
Mid-morning 10:30 AM	Avocado/Apple/ Grapes/ Orange/ Kiwi/fruits in season + Toasted sunflower seeds OR	1, medium sized, 1 tablespoon
	OR 1 tablespoon garden cress/chia seeds in 1 glass tender coconut water (two to three times a week only)	250 ml
Lunch 1:00 PM	Tomato rice stew (Domatis oriz) with stir fried vegetables	1 bowl
	OR Stuffed Peppers with foxtail/kodo millet (Pecheni Chushki s Oriz), baked brussle sprouts with herbs & olive oil	1 cup, 1 bowl
	OR grilled vegetable capachio - without cheese (2-3 times a week), shopska salad	1 bowl, 1 cup
Evening 4:30 PM	Tender coconut water OR burdock root tea with roasted nuts & seeds	150ml, 1 small cup
	OR steamed edamame/brussle sprouts/asparagus with guacamole	1 small cup
Dinner 7:30 PM to 8:00 PM	Bob Chorba (Bean Soup) with any of the main course given below	1 bowl
	OR Grilled sweetpotato (Avoid processed sauces) with stirfried aubergene (once in 3 days) + chickpea soup	1 Cup + 1 bowl
	OR Veg stew with clay pot, accompanied with sourdough bread/fermented bread	1 Bowl
	OR Grilled Vegetables with Sirene Cheese	1 cup each
Bedtime 10:00 PM	Ginger - turmeric Tea/ Cumin seed Tea	150ml

Meal Plan Phase-II

The following meal plan is based on the personalized nutritional recommendation which in turn is based on your specific gut microbiota profile.

General Guidelines for Phase-II:

- Add – fermented foods & probiotic supplements, prebiotic rich foods.
- Restrict – on refined grains, wheat-based foods, artificial sweeteners, desserts, bakery items, fermented beer/wine – once or twice a week
- Avoid – processed & packaged foods, carbonated beverages and distilled alcohol, restaurant foods, processed meat.

Time	Food Items/ Dishes	Portion Size
Early Morning 6:00 AM	green tea/lemon grass tea	150 ml
Breakfast 8:00 AM	Breakfast Gyuveche with baked eggs, cheese, baked beans	1 bowl
	OR ----- steel cut oats porridge with apple sauce, almonds (4), pecans (2-3) (No milk) OR	1 bowl
	OR ----- egg omelet with vegetables with stirfried bell peppers & mushroom with 2 slices of sourdough OR	1 + 1 cup
Mid-morning 10:30 AM	Fruits as per the green ring list in the food frequency table OR	1 no/100g
	OR ----- Bulgarian yogurt with honey and walnuts	1 cup
Lunch 12:30 PM	Chicken Kavarma with chicken & baked vegetables	1 bowl
	OR ----- Prawn risotto with roasted pear salad	1 cup, 1 cup
	OR ----- Grilled Salmon + Wild rice + Vegetable stew (No cornflour or cream) - once a week OR	2 small fillets + 1 cup + 1 cup
	OR ----- Mushroom-corn casserole with asparagus stirfry with rosemary and leeks	1 bowl + 1 cup
	OR ----- tuna croquette with grilled broccoli, asparagus and aubergene with garlic and herbs	2-3 pieces, 1 bowl
Evening 4:30 PM	Tender coconut water OR	150ml
	OR ----- Bulgarian yogurt with honey and walnuts, pumpkin seeds,	150 ml, 1 cup
Dinner 7:30 PM to 8:00 PM	Lemon grass & Ginger Clear Soup OR chicken soup (No Cream or Cornflour)	1 cup
	OR ----- Bob Chorba (Bean Soup - twice a week) Or Bone broth	1 bowl
	OR ----- Roasted bean soup with 2 slices of grilled tempeh/tofu sandwich using sourdough bread	1 bowl
Bedtime 10:00 PM	fennel tea/peppermint tea (alternate days)	1 small cup

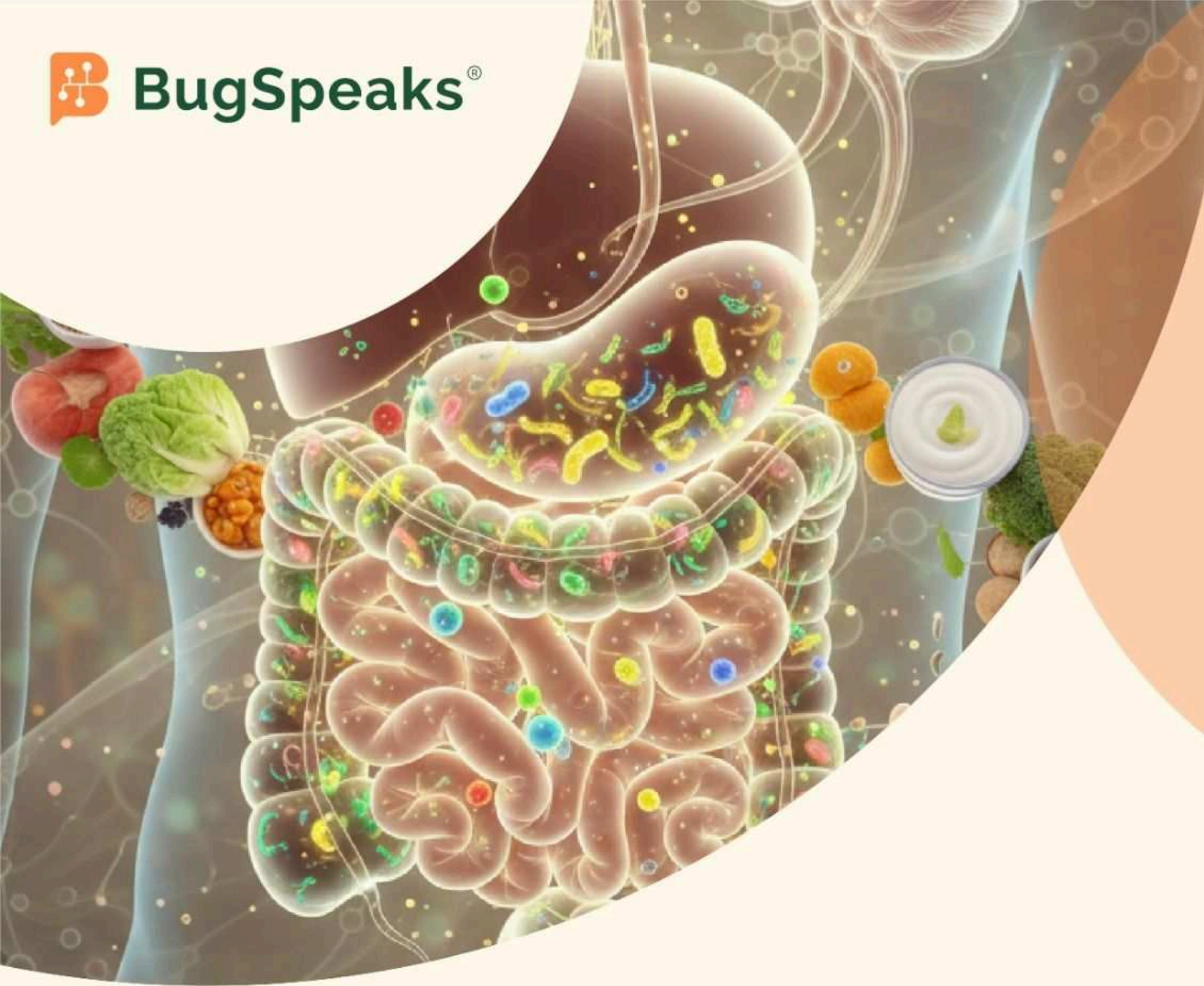
Meal Plan Phase-III

The following meal plan is based on the personalized nutritional recommendation which in turn is based on your specific gut microbiota profile.

General Guidelines for Phase-III:

- Focus on healthy meal plate method: 50%vegetables (both cooked + raw), 25% carbohydrates (whole grains), 25% proteins (lentils, sprouts, poultry, seafood, dairy)
- Add fermented foods like kanji/kefir/kombucha/fermented beverage – twice a week
- Add other fermented pickled vegetables like kimchi/sauerkraut/homemade pickles/vegetables fermented in brine solution – 3-4 times a week

Time	Food Items/ Dishes	Portion Size
Early Morning 6:00 AM	Strained Dandelion Tea OR fennel/lemon grass tea (2 times a week)	150 ml
Breakfast 8:00 AM	Tikvenik (Pumpkin Banitsa), baked	2-3, 6 inch + 2 tbsp
	OR ----- Overnight oats with apple/cherries, almonds (4), walnuts (2) (No milk) OR	1 bowl
	OR ----- 1 scrambled egg with 2 slices of sourdough garlic bread and an avocado	1 bowl
Mid-morning 10:30 AM	Eat a different variety of fruit daily depending on the availability and season OR	1 cup/1 no
	OR ----- Garden cress seeds/chia seeds with tender coconut water (two to three times a week only)	1 tbsp, 150ml
Lunch 12:30 PM	Bean stew (No coconut milk, cornflour or cream) + 1 egg omelet OR	1 bowl
	OR ----- tofu or tempeh stir fry with vegetables and baked jacket potatoes with mushroom filling OR	1 cup, 2-3 pieces
	OR ----- Grilled fish with herbed vegetable millet (kodo/foxtail millet) OR	2 small pieces + 1 bowl
	OR ----- Buckwheat + Lobster curry + Onion, horse radish,kale and zucchini with toasted pistachios olive oil Salad OR	1 cup+ 1 cup + 1 cup
Evening 4:30 PM	Low sugar kombucha OR Kefir (2 times a week)	150ml
	OR ----- Yogurt with berries & roasted seeds OR	1 cup
Dinner 7:30 PM to 8:00 PM	broccoli almond Soup + Grilled prawns (2-3 times a week) OR	1 cup + 2-3 nos.
	OR ----- Tofu Curry (1-2 times a week) and Wild Rice + Mixed vegetable salad with dandelion greens (once a week only) OR	1cup + 1 Bowl
	OR ----- Mushroom-spinach pie with roasted pear salad	2 pieces, 1 bowl
Bedtime 10:00 PM	Ginger - turmeric tea/cumin tea	1 small cup



REFERENCES & DISCLAIMERS

Researched & Developed by:



Selected Evidences

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Disclaimers

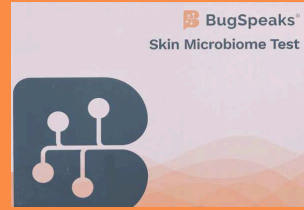
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- This Report's role is limited to providing insights of Your gut microbiome, with a general set of dietary recommendations and risk managements. General risk management strategies provided in Our Report are for information purpose only and in this regard, it is essential to understand that every person's resistance, immunity, sensitivity and response to medication is different and therefore not all general risk management strategies may be suitable to everyone. It is also essential to note that, while assessing Your Report and providing these recommendations, We assume that You are in a general state of good health, and do not consider Your past or existing health conditions and or any medication taken by You (either in the past or currently), even if You have provided Us with such information. Therefore, it is essential that, You consult a Professional Practitioners for detailed recommendations or risk managements that may be specific / customized for You. In other words, information contained in this Report is not intended to replace medical or professional advice offered by Professional Practitioners.
- We would like to bring it to Your notice that not all disease-associated microbial groups may have been identified, validated and recorded by the scientific community, and the clinical significance of many microbial groups are also not well understood. Hence, it should be noted that this analysis and this Report does not cover all clinically relevant microbes' that have been identified or reported till date. This Report is limited only to those variants within Your gut microbiome which has strong evidence of causing or contributing to a disease or a drug response or a metabolism related issue till date.
- We would also like to bring to Your attention that the microbiome sequencing data is being constantly updated both with new taxonomic groups and curation of old microbial databases. Hence, it is subject to revision-based updates, based on the latest scientific research. Therefore, it is important to note that it is possible that the interpretation of the results that have been reported herein may vary or be altered, subject to these revisions. Hence, We would recommend that You to undergo periodical reinterpretation of Your microbiome data that You possess, especially when a specific disease is confirmed through diagnosis or new symptoms arise, in the future.

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