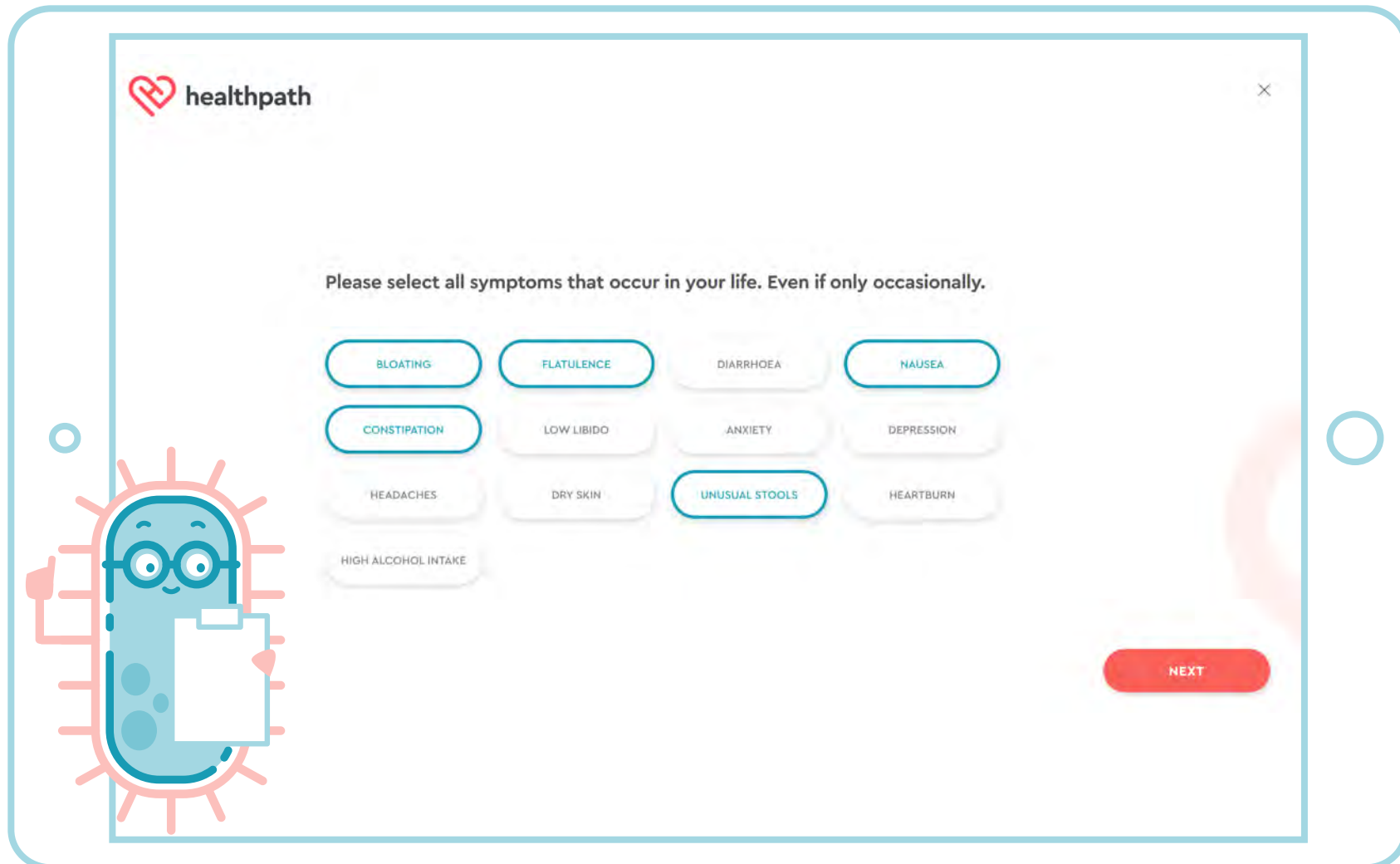


Gut Health Test results are delivered in your private Healthpath dashboard

Your practitioner considers your symptoms:



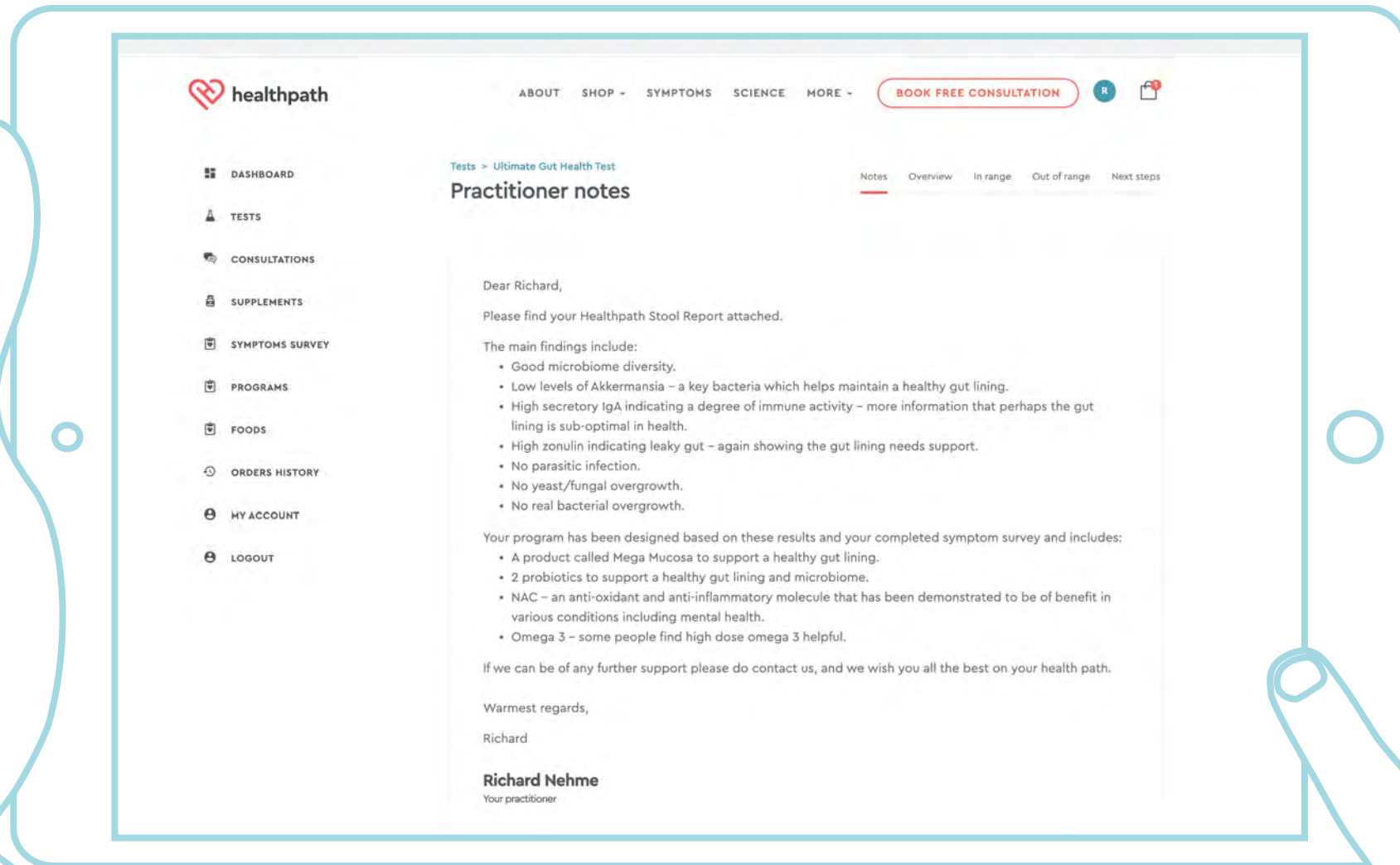
healthpath

Please select all symptoms that occur in your life. Even if only occasionally.

<input type="checkbox"/> BLOATING	<input type="checkbox"/> FLATULENCE	<input type="checkbox"/> DIARRHOEA	<input type="checkbox"/> NAUSEA
<input type="checkbox"/> CONSTIPATION	<input type="checkbox"/> LOW LIBIDO	<input type="checkbox"/> ANXIETY	<input type="checkbox"/> DEPRESSION
<input type="checkbox"/> HEADACHES	<input type="checkbox"/> DRY SKIN	<input checked="" type="checkbox"/> UNUSUAL STOOLS	<input type="checkbox"/> HEARTBURN
<input type="checkbox"/> HIGH ALCOHOL INTAKE			

NEXT

You get a personal note from your practitioner:



An overview of your gut health:

The screenshot displays the healthpath website interface for a 'Ultimate Gut Health Test'. The page is titled 'At a glance' and features a navigation menu on the left with options like DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOMS SURVEY, PROGRAMS, FOODS, ORDERS HISTORY, MY ACCOUNT, and LOGOUT. The main content area shows a comparison of stool types (TYPE 1 to TYPE 5) with 'YOU' highlighted as TYPE 3. Below this, there are two detailed result cards: 'pH' and 'Biodiversity'. The pH card shows a value of 8 on a scale from 3.0 (ACIDIC) to 11.0 (ALKALINE), with an optimal range between 5.0 and 6.0. The Biodiversity card shows a score of 4 and notes that the user is lacking some diversity. A large, stylized illustration of a smiling bacterium is positioned on the left side of the tablet frame.

YOU				
TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5
Sausage shaped but lumpy	Like a sausage but with cracks on its surface	Soft blobs with clear-cut edges	Fluffy pieces with rugged edges	Watery, no solid pieces. Entirely liquid

pH
8
ACIDIC NEUTRAL ALKALINE
3.0 4.0 5.0 6.0 7.0 8.0 9.0 10.0 11.0
OPTIMAL
YOU

Biodiversity
4
Not bad, but you're lacking some diversity.
Species richness is thought to be a major marker for gut health. Ideally, we all want high bacterial richness and diversity, as these often reflect ecosystem stability and resilience.
There's also an association between a reduction in the number of species in a person's poop sample

A detailed breakdown of in-range and out-of-range markers:

healthpath

ABOUT SHOP - SYMPTOMS SCIENCE MORE - BOOK FREE CONSULTATION R

Tests > Ultimate Gut Health Test

Notes Overview In range Out of range Next steps

Results - out of range

Show detailed description ⓘ

DOWNLOAD LAB REPORT

< PREV NEXT >

Bacterial distribution

Out of range

Actinobacteria Borderline low

Actinobacteria help to maintain balance in the gut. They produce special substances called short-chain fatty acids, which reduce the pH within the intestines. A lower pH is a good thing because it helps to prevent the growth of bad bacteria.

Low levels of Actinobacteria may predispose a person to intestinal inflammation. Low levels of Bifidobacteria (a type of Actinobacteria) are seen in IBS, IBD and colon cancer. Taking antibiotics can reduce Bifidobacteria.

Firmicutes Borderline low

Several species of Firmicutes break down complex carbohydrates to produce a short-chain fatty acid called butyrate. Butyrate nourishes the intestinal lining, helping to prevent leaky gut.

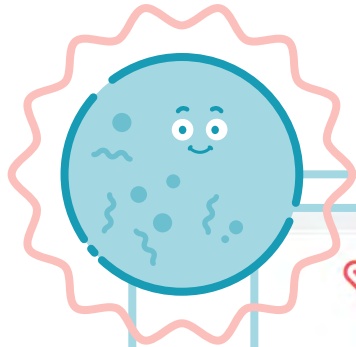
Studies have found that Firmicutes tend to be reduced in people with irritable bowel disease.

Proteobacteria Borderline high

Proteobacteria are normal residents of the gut microbiome.

High levels of Proteobacteria may indicate dysbiosis. Excess Proteobacteria has also been associated with IBS.

A personalised protocol:



healthpath

ABOUT SHOP - SYMPTOMS SCIENCE MORE - [BOOK FREE CONSULTATION](#) R 📄

Tests > Ultimate Gut Health Test

Notes Overview In range Out of range **Next steps**

Next steps

Head to your Healthpath dashboard to find the following:

- 01 The Modified Healthpath Plate** [GET STARTED](#)

In Programmes you can find food lists and a simple guide to creating gut-friendly meals. We'll show you how to help your gut by focusing on low-fermentable foods for up to 8 weeks.
- 02 The Fundamentals of Health** [GET STARTED](#)

Your stress, sleep and activity levels affect the health of your gut and beyond. In Programs, open the Fundamentals of Health to discover how to pay attention to these foundational habits.
- 03 Supplement recommendations £93.79** [GET STARTED](#)

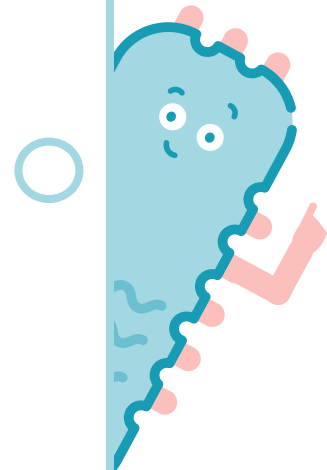
We have partnered with Amrita Nutrition to provide professional-grade supplements. Click on the Supplements section in your dashboard to see what your practitioner has recommended for you.

[← BACK TO RESULTS](#) [RETURN TO DASHBOARD](#)

Targeted supplement recommendations:

The screenshot shows the HealthPath website interface. On the left is a navigation menu with options: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS (highlighted), SYMPTOMS SURVEY, PROGRAMS, FOODS, ORDERS HISTORY, MY ACCOUNT, and LOGOUT. The main content area is titled 'Your Supplements' and shows 'Recommendations based on your Essential Gut Health Test' with a total price of £93.79 and an 'ADD ALL TO CART' button. Two supplement cards are displayed:

- Curcumin 500 with Bioperine® - Support intestinal health - £43.55**
 - Description: Curcumin with Bioperine promotes the absorption of curcumin. Bioperine® is a black pepper extract that contains piperine. Research reveals that Bioperine® has the potential to enhance the bioavailability of curcumin, promoting its absorption. Also featuring Curcumin C3 Complex®, a high potency turmeric extract providing a full spectrum of curcuminoids which has been the subject of scientific investigations at many hospitals and universities. The recommended supply in this product may differ based on your practitioner's recommendations.
 - Dosage: 1 capsule per day.
 - Duration: 8-12 weeks.
 - When to take: Breakfast
 - Buttons: FACT SHEET, ADD TO CART
- Ideal Bowel Support - Support intestinal health - £27.16**
 - Description: Ideal Bowel Support® 299v™ contains a clinically documented human origin probiotic strain, L. plantarum 299v, that resists stomach acid and bile salts and demonstrated specific adherence properties for colonization of human intestinal mucosa. L. plantarum 299v has been used in human clinical studies for intestinal health and function. Each capsule contains a minimum of 10 billion L. plantarum 299v viable cells. The recommended supply in this product may differ based on your practitioner's recommendations.
 - Dosage: 1 capsule per day.
 - Duration: 8-12 weeks.
 - When to take: Lunch
 - Buttons: ADD TO CART



Plus a copy of the original lab report

Example Lab Report

Name	Demo	Date of Birth	28.04.1979	Order ID	22.05.2019
First Name	Sex	Male	Order Date	22.05.2019	
<p>The dysbiosis index represents a measure of deviations within the microbiome. Depending on their relevance, all detected phyla, genera and species are considered.</p> <p>Index 19</p>					
Test	Result	Unit	Standard Range	Previous Result	
<p>Bacteria Phyla - most important genera and species</p> <p>Actinobacteria</p> <p>Bifidobacteria 1,2 x 10⁹ CFU/g faeces > 5,0 x 10⁹</p> <p>Bifidobacterium adolescentis 67 %</p> <p>Equol producing bacteria 2,5 x 10¹⁰ CFU/g faeces > 5,0 x 10⁹</p> <p>Adieroreutzia spp.</p> <p>Eggerthella lenta</p> <p>Slackia, spp.</p> <p>Bacteroidetes</p> <p>Bacteroides 3,4 x 10¹⁰ CFU/g faeces > 1,5 x 10¹¹</p> <p>Bacteroides uniformis 9 %</p> <p>Bacteroides ovatus 5 %</p> <p>Prevotella 1,6 x 10¹¹ CFU/g faeces > 1,0 x 10¹⁰</p> <p>Firmicutes</p> <p>Butyrates producing bacteria</p> <p>Faecalibacterium prausnitzii 6,5 x 10¹⁰ CFU/g faeces > 5,0 x 10¹⁰</p> <p>Eubacterium rectale 4,0 x 10⁹ CFU/g faeces > 1,0 x 10¹⁰</p> <p>Eubacterium hallii 3,0 x 10⁹ CFU/g faeces > 5,0 x 10⁹</p> <p>Roseburia spp. 6,7 x 10⁹ CFU/g faeces > 2,0 x 10¹⁰</p> <p>Ruminococcus spp. 3,2 x 10¹⁰ CFU/g faeces > 3,0 x 10¹⁰</p> <p>Coprococcus 1,3 x 10¹⁰ CFU/g faeces > 2,0 x 10¹⁰</p> <p>Butyrivibrio spp. 8,7 x 10⁹ CFU/g faeces > 5,0 x 10⁹</p> <p>Cl. butyricum 1,6 x 10¹⁰ CFU/g faeces > 1,0 x 10¹⁰</p> <p>Total bacterial count 1,3 x 10¹¹ CFU/g faeces > 1,3 x 10¹¹</p> <p>Clostridia</p> <p>Clostridia total bacterial count 3,1 x 10⁹ CFU/g faeces < 4,0 x 10⁹</p> <p>Clostridia cluster I 3,7 x 10⁸ CFU/g faeces < 2,0 x 10⁹</p> <p>Clostridium histolyticum 3,7 x 10⁸ CFU/g faeces < 2,0 x 10⁹</p> <p>Clostridium perfringens < 1,0 x 10⁶ CFU/g faeces < 1,0 x 10⁸</p> <p>Clostridium sporogenes < 1,0 x 10⁶ CFU/g faeces < 1,0 x 10⁸</p> <p>Other</p> <p>Christensenellaceae 6,1 x 10⁹ CFU/g faeces > 1,0 x 10⁹</p> <p>Dialister invisus < 1,0 x 10⁶ CFU/g faeces < 4,0 x 10¹⁰</p> <p>Fusobacteria</p> <p>Fusobacterium spp. < 1,0 x 10⁶ CFU/g faeces < 1,0 x 10⁷</p> <p>Verrucomicrobia</p> <p>Akkermansia muciniphila < 1,0 x 10⁹ CFU/g faeces > 5,0 x 10⁹</p> <p>Proteobacteria</p> <p>Pathogenic or potentially pathogenic bacteria</p> <p>Haemophilus 4,1 x 10⁷ CFU/g faeces < 1,0 x 10⁹</p>					

Name	Demo	Date of Birth	28.04.1979	Order ID	22.05.2019
First Name	Sex	Male	Order Date	22.05.2019	
<p>The bacterial diversity in the intestinal tract may vary considerably from person to person. Antibiotic therapies, infections, increasing age, unbalanced diets or smoking are causes of declining diversity.</p> <p>Diversity 6,22</p> <p>Grad 6</p>					
Test	Result	Unit	Standard Range	Previous Result	
<p>Bacteria Phyla (Distribution)</p> <p>Actinobacteria 2,5 % 1,0 - 5</p> <p>Bacteroidetes 30,2 % 30 - 60</p> <p>Firmicutes 45,4 % 30 - 60</p> <p>Fusobacteria 0,0 % 0,0 - 1,0</p> <p>Proteobacteria 0,5 % 1,5 - 5,0</p> <p>Verrucomicrobia 0,1 % 1,5 - 5</p> <p>Other 12,1 %</p> <p>Ratio</p> <p>Firmicutes/Bacteroidetes 1,51 Quotient < 1,5</p> <p>Enterotype</p> <p>Prevotella</p> <p>Human intestinal microbiomes can be differentiated into three Enterotypes. Enterotypes are defined by dominant bacterial clusters with distinct metabolic properties.</p> <p>Enterotype 2</p> <p>Dysbiosis Index</p>					

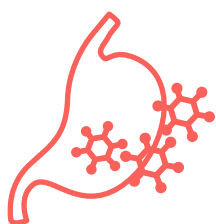
Name	Demo	Date of Birth	28.04.1979	Order ID	22.05.2019
First Name	Sex	Male	Order Date	22.05.2019	
<p>Histamine producing bacteria</p> <p>Histamine producing bacteria < 1,0 x 10⁶ CFU/g faeces < 5,0 x 10⁸</p> <p>H2S production</p> <p>Sulphate reducing bacteria 7,0 x 10⁹ CFU/g faeces < 2,0 x 10⁹</p> <p>Desulfovibrio piger < 1,0 x 10⁶ CFU/g faeces < 1,0 x 10⁹</p> <p>Desulfomonas pigra < 1,0 x 10⁶ CFU/g faeces < 1,0 x 10⁹</p> <p>Bilophila wadsworthii < 1,0 x 10⁶ CFU/g faeces < 2,0 x 10⁹</p> <p>Oxalate degrading bacteria</p> <p>Oxalobacter formigenes 1,1 x 10⁹ CFU/g faeces > 1,0 x 10⁸</p> <p>Arthras</p> <p>Methanobrevibacter 3,4 x 10⁹ CFU/g faeces < 1,0 x 10⁸</p> <p>Immunogenicity / Mucosa production</p> <p>Immunogenically effective bacteria</p> <p>Escherichia coli 1,0 x 10⁶ CFU/g faeces 10⁶ - 10⁷</p> <p>Enterococcus species < 1,0 x 10⁴ CFU/g faeces 10⁶ - 10⁷</p> <p>Lactobacillus species < 1,0 x 10⁴ CFU/g faeces 10⁵ - 10⁷</p> <p>Mucin production / Mucosa barrier</p> <p>Akkermansia muciniphila < 1,0 x 10⁹ CFU/g faeces > 5,0 x 10⁹</p> <p>Faecalibacterium prausnitzii 6,5 x 10¹⁰ CFU/g faeces > 5,0 x 10¹⁰</p> <p>Yeasts / Molds</p> <p>Candida albicans < 1,0 x 10³ CFU/g faeces < 1,0 x 10³</p> <p>Candida species < 1,0 x 10³ CFU/g faeces < 1,0 x 10³</p> <p>Geotrichum candidum < 1,0 x 10³ CFU/g faeces < 1,0 x 10³</p> <p>Moulds negative negative</p> <p>Parasites</p> <p>Pathobionts</p> <p>Blastocystis hominis positive negative</p> <p>Dientamoeba fragilis negative negative</p> <p>Pathogenic Intestinal protozoa</p> <p>Giardia lamblia negative negative</p> <p>Entamoeba histolytica negative negative</p> <p>Cryptosporidium spp. negative negative</p> <p>Cyclospora cayentanensis negative negative</p> <p>Colon Ca early detection</p> <p>Calprotectin <17,9 mg/l < 50</p> <p>Hemoglobin in faeces immunologically <10 µg/g < 10</p> <p>Special Request</p>					

Healthpath's Gut Health Tests

BIOMARKERS

Healthpath's **Essential**, **Advanced** and **Ultimate Gut Health Tests** show you what's going on in your gut. By looking at imbalances in bacteria, yeasts, parasites and other intestinal health biomarkers, you find out what's contributing to your symptoms. You also receive targeted diet, supplement and lifestyle recommendations to help you take back control.

The biomarkers provide clinical information on three key areas:



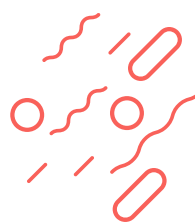
1 | Digestion/Absorption

- pH
- Pancreatic elastase
- Zonulin



2 | Immune activity/Inflammation

- Calprotectin
- Haemoglobin
- Secretory IgA
- H. Pylori
- Archaea/methanogens
- E. Coli, Lactobacillus species, Enterococcus species
- Akkermansia muciniphila, Faecalibacterium prausnitzii



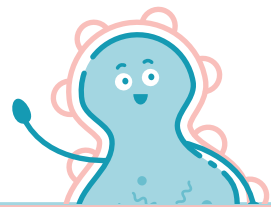
3 | Gut Microbiome/Mycobiome

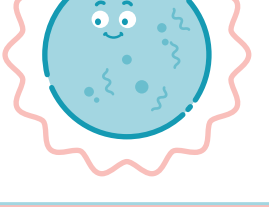
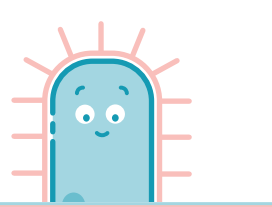
- Microbiome diversity
- Enterotype
- Dysbiosis index
- Actinobacteria
- Bacteroidetes
- Firmicutes
- Proteobacteria
- Fusobacteria
- Verrucomicrobia
- Hydrogen-sulphide production
- Oxalate-degrading bacteria
- Yeasts/moulds
- Parasites
- Helminths



Clinical advantages of the qPCR technology used in Healthpath's tests

This new method of analysis allows for a single sample. This makes the process easier for everyone, and it's particularly helpful for children and those struggling with diarrhoea or constipation.

	Essential Gut Health Test	Advanced Gut Health Test
Stool properties		
Colour	✓	✓
Consistency	✓	✓
pH	✓	✓
Biodiversity		
Diversity	✓	✓
Dysbiosis index	✓	✓
Bacterial distribution		
Actinobacteria	✓	✓
Bacteroidetes	✓	✓
Firmicutes	✓	✓
Fusobacteria	✓	✓
Proteobacteria	✓	✓
Verrucomicrobia	✓	✓
Other	✓	✓
Firmicutes/ Bacteroidetes Ratio	✓	✓
Enterotype		
1, 2 or 3	✓	✓
Actinobacteria		
Bifidobacteria	✓	✓
Equol-producing bacteria	✓	✓
Adlercreutzia species		✓
Eggerthella lenta		✓
Slackia species		✓
Bacteroidetes		
Bacteroides	✓	✓
Prevotella	✓	✓
Prevotella copri	✓	✓
Firmicutes		
Butyrate-producing bacteria	✓	✓
Faecalibacterium prausnitzii	✓	✓
Eubacterium rectale	✓	✓
Eubacterium hallii	✓	✓
Roseburia species	✓	✓
Ruminococcus species	✓	✓
Coprococcus	✓	✓
Butyrivibrio species		✓
Cl. butyricum		✓
Total bacterial count	✓	✓
Clostridia	✓	✓
Clostridia total bacterial count	✓	✓
Clostridia cluster 1	✓	✓
Clostridia histolytium		✓
Clostridium perfringens		✓
Clostridium sporenges		✓
Other		✓
Christensenellaceae		✓
Dialister invisus		✓
Fusobacteria		
Fusobacterium species	✓	✓
Verrucomicrobia		
Akkermansia muciniphila	✓	✓

 	Essential Gut Health Test	Advanced Gut Health Test
Proteobacteria		
Potentially pathogenic bacteria	✓	✓
Haemophilus	✓	✓
Acinetobacter	✓	✓
Escherichia coli biovars	✓	✓
Proteus species	✓	✓
Proteus mirabilis		✓
Klebsiella species	✓	✓
Klebsiella pneumoniae		✓
Enterobacter species	✓	✓
Serratia species	✓	✓
Hafnia species	✓	✓
Morganella species	✓	✓
Campylobacter species		✓
Providencia species	✓	✓
Citrobacter species	✓	✓
Pseudomonas species	✓	✓
Histamine-producing bacteria	✓	✓
H2S production	✓	✓
Sulphate-reducing bacteria	✓	✓
Desulfovibrio piger		✓
Desulfomonas pigra		✓
Bilophila wadsworthii		✓
Oxalate-degrading bacteria		✓
Oxalobacter formigenes		✓
Archaea		
Methanobrevibacter	✓	✓
Immunogenically effective bacteria		
Escherichia coli	✓	✓
Enterococcus species	✓	✓
Lactobacillus species	✓	✓
Mucin production/ mucosal barrier		
Akkermansia muciniphila	✓	✓
Faecalibacterium prausnitzii	✓	✓
Yeasts/moulds		
Candida albicans	✓	✓
Candida species	✓	✓
Geotrichum candidum	✓	✓
Moulds	✓	✓
Parasites		
Pathobionts	✓	✓
Blastocystis hominis	✓	✓
Dientamoeba fragilis	✓	✓
Helicobacter AG	✓	✓
Pathogenic intestinal protozoa	✓	✓
Giardia lamblia	✓	✓
Entamoeba histolytica	✓	✓
Cryptosporidium species	✓	✓
Cyclospora cayetanensis	✓	✓
Helminths } Ultimate Gut Health Test		✓
Taenia species		✓
Taenia solium		✓
Taenia saginata		✓
Ascaris species		✓
Enterobius vermicularis		✓
Ancylostoma species		✓
Ancylostoma duodenale		✓
Hymenolepis species		✓
Hymenolepis nana		✓
Hymenolepis diminuta		✓
Trichuris trichiura		✓
Necator americanus		✓
Strongyloides species		✓
Strongyloides stercoralis		✓
Microsporidia		✓
Enterocytozoon species		✓
Encephalitozoon species		✓
Functional markers		
Calprotectin	✓	✓
Haemoglobin in faeces immunologically	✓	✓
Secretory IgA	✓	✓
Pancreatic elastase	✓	✓
Zonulin		✓

