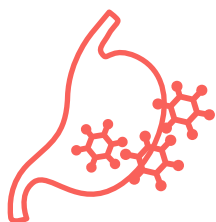


# Healthpath's Gut Health Tests

## 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:



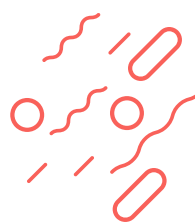
### 1 | Digestion/Absorption

- 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



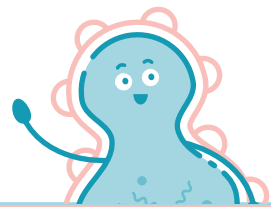
### 3 | Gut Microbiome/Mycobiome

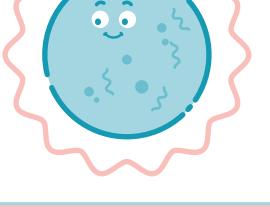
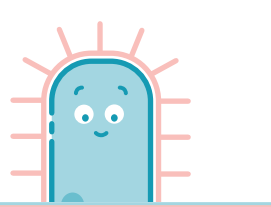
- Microbiome diversity
- Enterotype
- Dysbiosis index
- Actinobacteria
- Bacteroidetes
- Firmicutes
- Proteobacteria
- Fusobacteria
- Verrucomicrobia
- Hydrogen-sulphide production
- Oxalate-degrading bacteria
- Yeasts/moulds
- Parasites
- Helminths

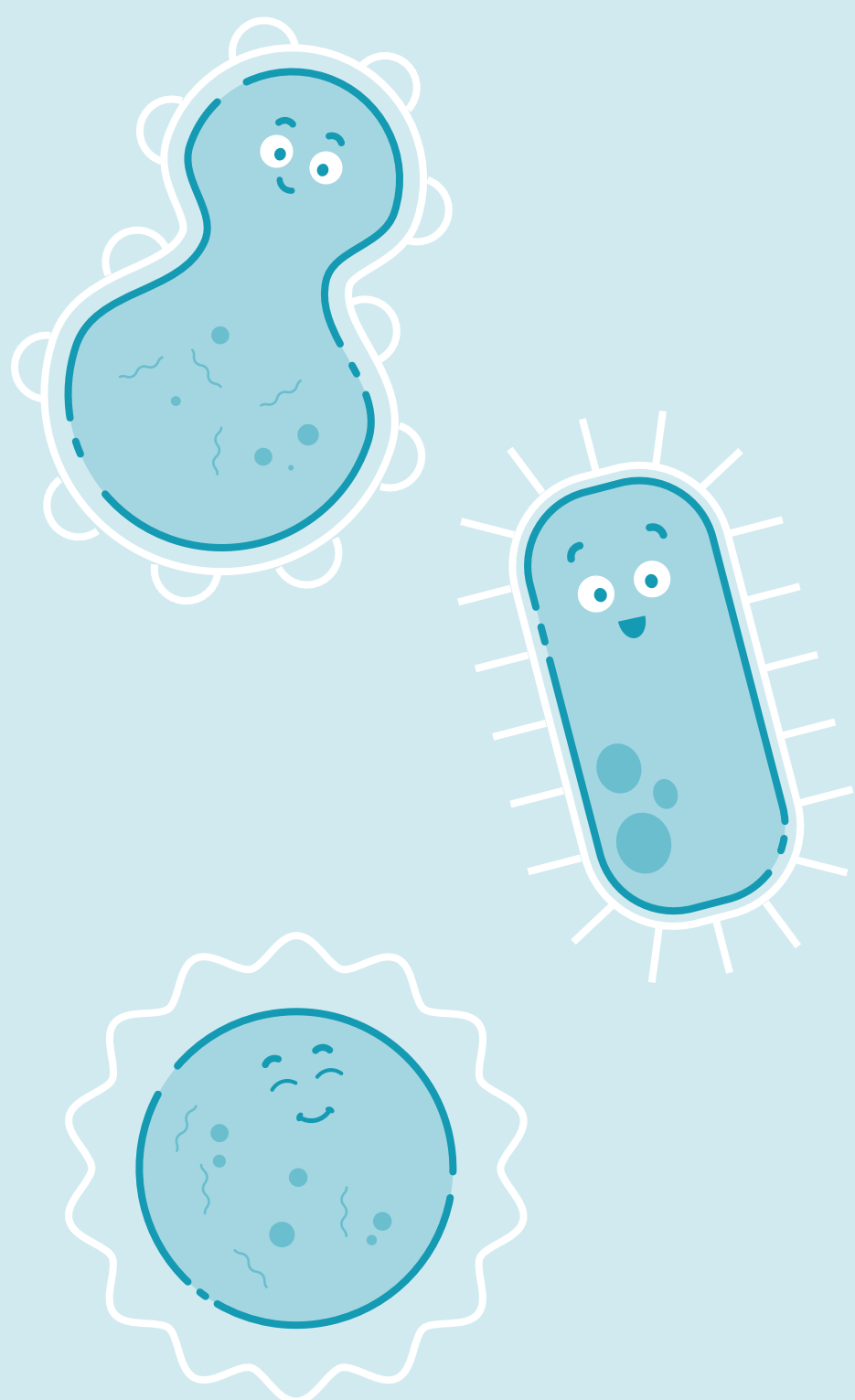


#### Clinical advantages of the qPCR technology used in Healthpath's tests

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.

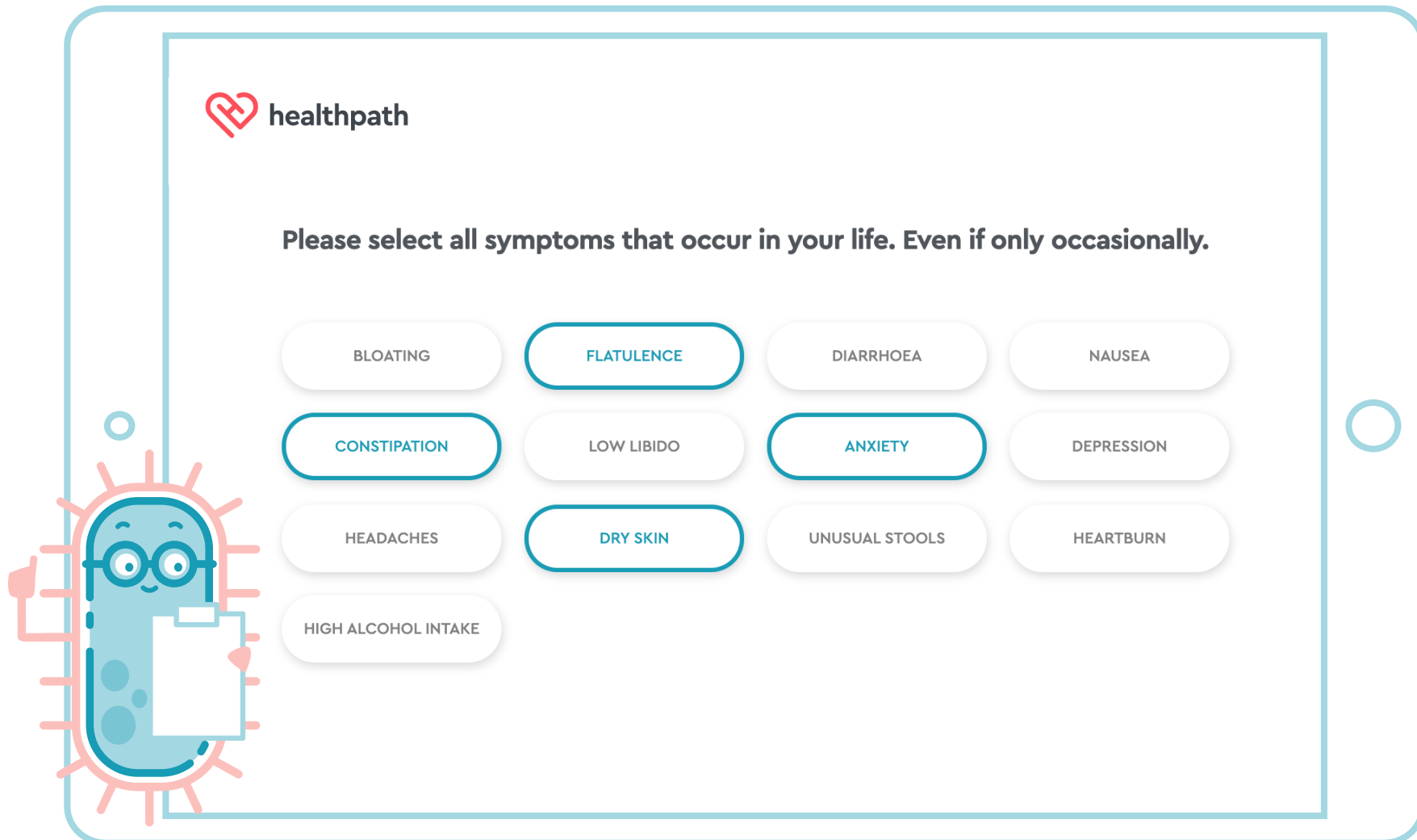
	Essential Gut Health Test	Advanced Gut Health Test
<b>Stool properties</b>		
Colour	✓	✓
Consistency	✓	✓
pH	✓	✓
<b>Biodiversity</b>		
Diversity	✓	✓
Dysbiosis index	✓	✓
<b>Bacterial distribution</b>		
Actinobacteria	✓	✓
Bacteroidetes	✓	✓
Firmicutes	✓	✓
Fusobacteria	✓	✓
Proteobacteria	✓	✓
Verrucomicrobia	✓	✓
Other	✓	✓
Firmicutes/ Bacteroidetes Ratio	✓	✓
<b>Enterotype</b>		
1, 2 or 3	✓	✓
<b>Actinobacteria</b>		
Bifidobacteria	✓	✓
Equol-producing bacteria	✓	✓
Adlercreutzia species		✓
Eggerthella lenta		✓
Slackia species		✓
<b>Bacteroidetes</b>		
Bacteroides	✓	✓
Prevotella	✓	✓
Prevotella copri	✓	✓
<b>Firmicutes</b>		
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		✓
<b>Fusobacteria</b>		
Fusobacterium species	✓	✓
<b>Verrucomicrobia</b>		
Akkermansia muciniphila	✓	✓


 	Essential Gut Health Test	Advanced Gut Health Test
<b>Proteobacteria</b>		
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		✓
<b>Archaea</b>		
Methanobrevibacter	✓	✓
<b>Immunogenically effective bacteria</b>		
Escherichia coli	✓	✓
Enterococcus species	✓	✓
Lactobacillus species	✓	✓
<b>Mucin production/ mucosal barrier</b>		
Akkermansia muciniphila	✓	✓
Faecalibacterium prausnitzii	✓	✓
<b>Yeasts/moulds</b>		
Candida albicans	✓	✓
Candida species	✓	✓
Geotrichum candidum	✓	✓
Moulds	✓	✓
<b>Parasites</b>		
Pathobionts	✓	✓
Blastocystis hominis	✓	✓
Dientamoeba fragilis	✓	✓
Helicobacter AG	✓	✓
Pathogenic intestinal protozoa	✓	✓
Giardia lamblia	✓	✓
Entamoeba histolytica	✓	✓
Cryptosporidium species	✓	✓
Cyclospora cayentanensis	✓	✓
Helminths <span style="font-size: 0.8em; vertical-align: middle;">} <b>Ultimate Gut Health Test</b></span>		✓
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		✓
<b>Functional markers</b>		
Calprotectin	✓	✓
Haemoglobin in faeces immunologically	✓	✓
Secretory IgA	✓	✓
Pancreatic elastase	✓	✓
Zonulin		✓



# Gut Health Test results are delivered in your private Healthpath dashboard

Your practitioner considers your symptoms:



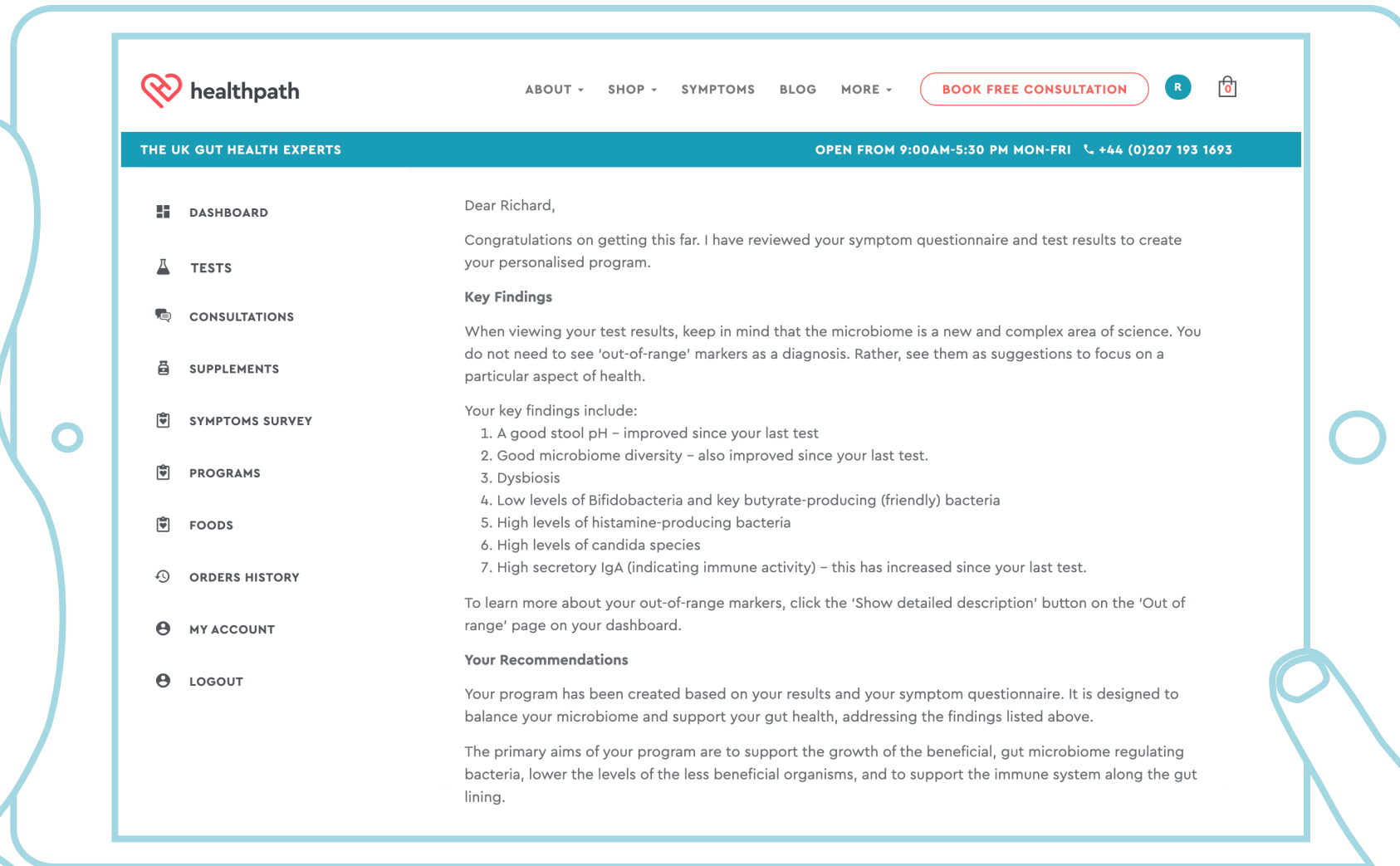
 healthpath

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

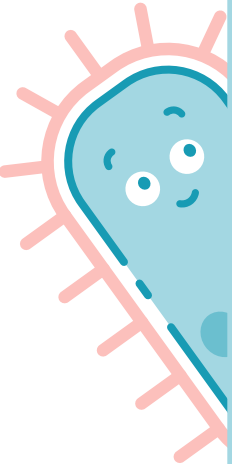
BLOATING	<b>FLATULENCE</b>	DIARRHOEA	NAUSEA
<b>CONSTIPATION</b>	LOW LIBIDO	<b>ANXIETY</b>	DEPRESSION
HEADACHES	<b>DRY SKIN</b>	UNUSUAL STOOLS	HEARTBURN
HIGH ALCOHOL INTAKE			

A cartoon character with a blue body, glasses, and a clipboard is positioned on the left side of the tablet screen.

# You get a personal note from your practitioner:



# An overview of your gut health:



healthpath

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- 📦 SUPPLEMENTS
- 📋 SYMPTOMS SURVEY
- 📅 PROGRAMS
- 🍽️ FOODS
- 🕒 ORDERS HISTORY
- 👤 MY ACCOUNT
- 🚪 LOGOUT

YOU

<b>TYPE 1</b>	<b>TYPE 2</b>	<b>TYPE 3</b>	<b>TYPE 4</b>	<b>TYPE 5</b>
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

YOU

pH is all about balance. Both very acidic and very alkaline scores represent unhealthy digestive systems.

A LOW pH can indicate
A HIGH pH suggests

**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 and an increased risk of disease.

What can decrease biodiversity? Some factors are

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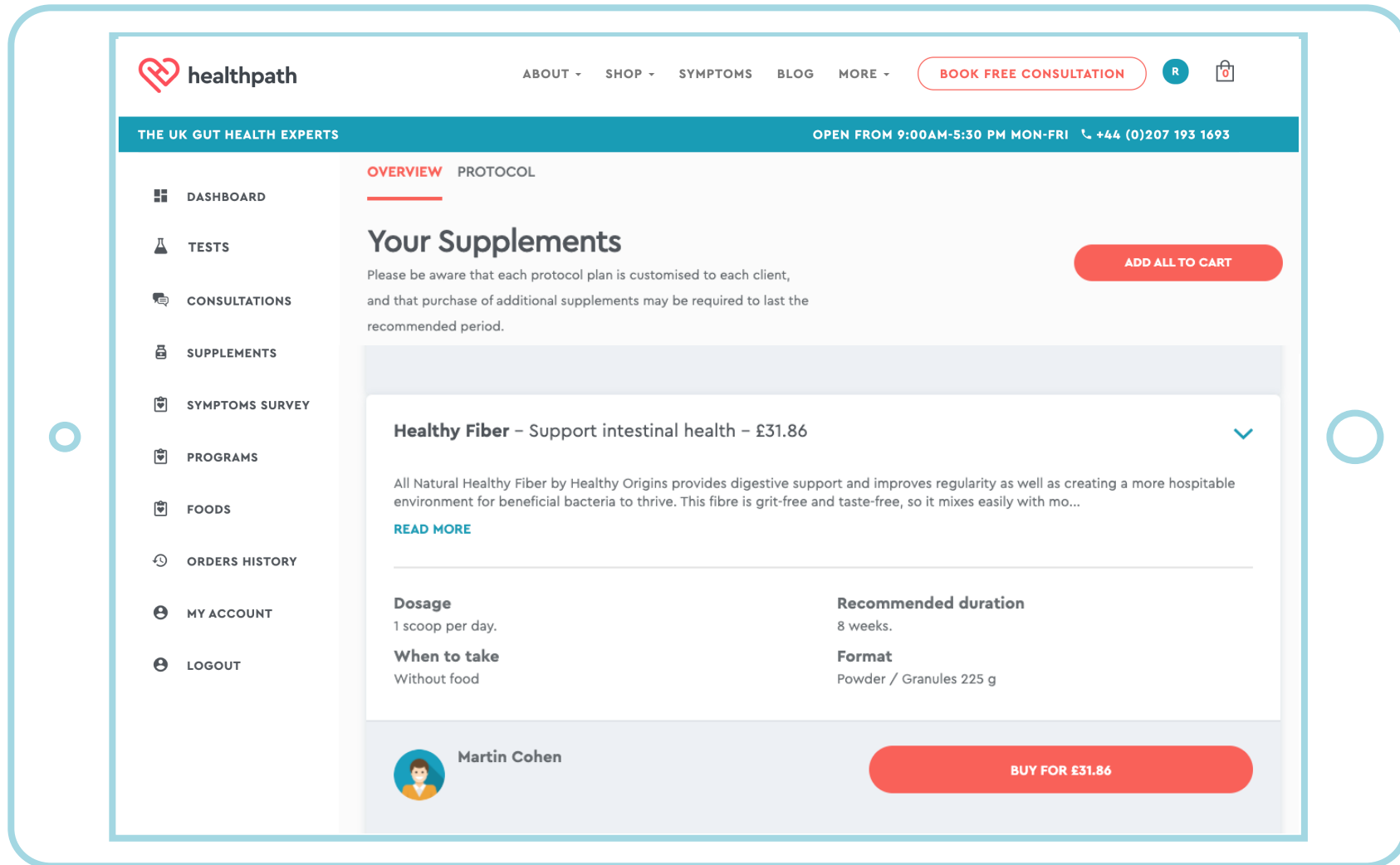
# A detailed breakdown of in-range and out-of-range markers:

The screenshot displays the HealthPath website interface. At the top, the logo 'healthpath' is on the left, and navigation links 'ABOUT', 'SHOP', 'SYMPTOMS', 'BLOG', and 'MORE' are in the center. A red button 'BOOK FREE CONSULTATION' and a user profile icon 'R' are on the right. Below this is a teal banner with 'THE UK GUT HEALTH EXPERTS' on the left and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693' on the right. The main content area is titled 'Results - out of range' and has tabs for 'Notes', 'Overview', 'In range', 'Out of range' (selected), and 'Next steps'. A 'Show detailed description' toggle is set to 'Yes', and a 'DOWNLOAD LAB REPORT' button is present. Navigation buttons '< PREV' and 'NEXT >' are also visible. The 'Bacterial distribution' section shows 'Out of range' in red. It lists 'Actinobacteria' with a 'Borderline low' indicator and a corresponding color-coded bar. Below this is a paragraph: '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.' Another paragraph follows: '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.' The 'Firmicutes' section also shows a 'Borderline low' indicator and a color-coded bar. Below it is a paragraph: 'Several species of Firmicutes break down complex carbohydrates to produce a short-chain fatty acid called butyrate.'



# A personalised program:

The screenshot displays the Healthpath website interface. At the top, the logo 'healthpath' is on the left, and navigation links 'ABOUT', 'SHOP', 'SYMPTOMS', 'BLOG', and 'MORE' are in the center. A 'BOOK FREE CONSULTATION' button is on the right, along with a user profile icon 'R' and a shopping cart icon. Below the navigation bar, a teal banner reads 'THE UK GUT HEALTH EXPERTS' on the left and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693' on the right. A sidebar on the left lists menu items: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOMS SURVEY, PROGRAMS, FOODS, ORDERS HISTORY, MY ACCOUNT, and LOGOUT. The main content area is titled 'Next steps' and includes a sub-header 'Notes Overview In range Out of range Next steps' with 'Next steps' underlined. The 'Next steps' text says: 'Head to your Healthpath dashboard to find the following:'. Three program cards are listed: 01 'The Modified Healthpath Plate' with a 'GET STARTED' button and a description: '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' with a 'GET STARTED' button and a description: '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.'; and 03 'Supplement recommendations' with a 'GET STARTED' button. A decorative illustration of a smiling blue microbe is in the bottom left corner of the screenshot area.

# Advanced supplement protocol:



The screenshot displays the HealthPath website interface. At the top, the logo 'healthpath' is on the left, and navigation links 'ABOUT', 'SHOP', 'SYMPTOMS', 'BLOG', and 'MORE' are in the center. A red button 'BOOK FREE CONSULTATION' is on the right, along with a user profile icon and a shopping cart icon. Below the navigation is a teal banner with 'THE UK GUT HEALTH EXPERTS' on the left and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693' on the right. The main content area is divided into a left sidebar and a main panel. The sidebar contains a menu with items: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOMS SURVEY, PROGRAMS, FOODS, ORDERS HISTORY, MY ACCOUNT, and LOGOUT. The main panel has a sub-header 'OVERVIEW | PROTOCOL' and a title 'Your Supplements'. Below the title is a red 'ADD ALL TO CART' button. A paragraph explains that each protocol is customized. A product card for 'Healthy Fiber' is shown, including a description, 'READ MORE' link, dosage, recommended duration, when to take, and format. At the bottom of the card is a 'BUY FOR £31.86' button and a profile for 'Martin Cohen'.

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OVERVIEW | PROTOCOL

## Your Supplements

[ADD ALL TO CART](#)

Please be aware that each protocol plan is customised to each client, and that purchase of additional supplements may be required to last the recommended period.


**Healthy Fiber** – Support intestinal health – £31.86 

All Natural Healthy Fiber by Healthy Origins provides digestive support and improves regularity as well as creating a more hospitable environment for beneficial bacteria to thrive. This fibre is grit-free and taste-free, so it mixes easily with mo...

[READ MORE](#)

---

<b>Dosage</b> 1 scoop per day.	<b>Recommended duration</b> 8 weeks.
<b>When to take</b> Without food	<b>Format</b> Powder / Granules 225 g

 **Martin Cohen** [BUY FOR £31.86](#)



# 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: Demo, Sex: Male, Order Date: 22.05.2019

Sampling Date: 14.05.2019 12:45, Validation Date: 04.06.2019, Findings Status: Final Report

Test	Result	Unit	Standard Range	Previous Result
<b>Stool Diagnostics</b>				
<b>Microbiome Healthpath Med</b>				
<b>Moleculargenetic Microbiomeanalysis MAXI</b>				
<b>Stool Properties</b>				
Colour	lightbrown			
Consistency	marshy			
pH	6.0		5.8 - 6.5	
<b>Biodiversity</b>				
Diversity	6.22		> 5.0	

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.

Grad **6**

Bacteria Phyla (Distribution)	Result	Unit	Standard Range	Previous Result
Actinobacteria	2.5	%	1.0 - 5	
Bacteroidetes	30.2	%	30 - 60	
Firmicutes	45.4	%	30 - 60	
Fusobacteria	0.0	%	0.0 - 1.0	
Proteobacteria	0.5	%	1.5 - 5.0	
Verrucomicrobia	0.1	%	1.5 - 5	
Other	12.1	%		

Ratio	Result	Unit	Standard Range	Previous Result
Firmicutes/Bacteroidetes	1.51	Quotient	< 1.5	

Human intestinal microbiomes can be differentiated into three Enterotypes. Enterotypes are defined by dominant bacterial clusters with distinct metabolic properties.

Enterotype **2**

Dysbiotic Index	Result	Unit	Standard Range	Previous Result
Prevotella				

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demo Seite 1 von 5

Name: Demo, Date of Birth: 28.04.1979, Order ID: 22.05.2019

First Name: Demo, Sex: Male, Order Date: 22.05.2019

The dysbiosis index represents a measure of deviations within the microbiome. Depending on their relevance, all detected phyla, genera and species are considered.

Index **19**

Bacteria Phyla - most important genera and species	Result	Unit	Standard Range	Previous Result
<b>Actinobacteria</b>				
Bifidobacteria	1.2 x 10 <sup>6</sup>	CFU/g faeces	> 5.0 x 10 <sup>9</sup>	
Bifidobacterium adolescentis	67	%		
Equol producing bacteria	2.5 x 10 <sup>10</sup>	CFU/g faeces	> 5.0 x 10 <sup>9</sup>	
Adieroreutzia spp.				
Eggerthella lenta				
Slackia spp.				
<b>Bacteroidetes</b>				
Bacteroides	3.4 x 10 <sup>10</sup>	CFU/g faeces	> 1.5 x 10 <sup>11</sup>	
Bacteroides uniformis	9	%		
Bacteroides ovatus	5	%		
Prevotella	1.6 x 10 <sup>11</sup>	CFU/g faeces	> 1.0 x 10 <sup>10</sup>	
<b>Firmicutes</b>				
<b>Butyrates producing bacteria</b>				
Faecalibacterium prausnitzii	6.5 x 10 <sup>10</sup>	CFU/g faeces	> 5.0 x 10 <sup>10</sup>	
Eubacterium rectale	4.0 x 10 <sup>9</sup>	CFU/g faeces	> 1.0 x 10 <sup>10</sup>	
Eubacterium hallii	3.0 x 10 <sup>9</sup>	CFU/g faeces	> 5.0 x 10 <sup>9</sup>	
Roseburia spp.	6.7 x 10 <sup>9</sup>	CFU/g faeces	> 2.0 x 10 <sup>10</sup>	
Ruminococcus spp.	3.2 x 10 <sup>10</sup>	CFU/g faeces	> 3.0 x 10 <sup>10</sup>	
Coprococcus	1.3 x 10 <sup>10</sup>	CFU/g faeces	> 2.0 x 10 <sup>10</sup>	
Butyrivibrio spp.	8.7 x 10 <sup>9</sup>	CFU/g faeces	> 5.0 x 10 <sup>9</sup>	
Ci. butyricum	1.6 x 10 <sup>10</sup>	CFU/g faeces	> 1.0 x 10 <sup>10</sup>	
Total bacterial count	1.3 x 10 <sup>11</sup>	CFU/g faeces	> 1.3 x 10 <sup>11</sup>	
<b>Clostridia</b>				
Clostridia total bacterial count	3.1 x 10 <sup>9</sup>	CFU/g faeces	< 4.0 x 10 <sup>9</sup>	
Clostridia cluster I	3.7 x 10 <sup>8</sup>	CFU/g faeces	< 2.0 x 10 <sup>9</sup>	
Clostridium histolyticum			< 2.0 x 10 <sup>9</sup>	
Clostridium perfringens	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	< 1.0 x 10 <sup>8</sup>	
Clostridium sporogenes	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	< 1.0 x 10 <sup>8</sup>	
<b>Other</b>				
Christensenellaceae	6.1 x 10 <sup>9</sup>	CFU/g faeces	> 1.0 x 10 <sup>9</sup>	
Dialister invisus	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	< 4.0 x 10 <sup>10</sup>	
<b>Fusobacteria</b>				
Fusobacterium spp.	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	< 1.0 x 10 <sup>7</sup>	
<b>Verrucomicrobia</b>				
Akkermansia muciniphila	< 1.0 x 10 <sup>9</sup>	CFU/g faeces	> 5.0 x 10 <sup>9</sup>	
<b>Proteobacteria</b>				
<b>Pathogenic or potentially pathogenic bacteria</b>				
Haemophilus	4.1 x 10 <sup>7</sup>	CFU/g faeces	< 1.0 x 10 <sup>9</sup>	

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demo Seite 2 von 5

Name: Demo, Date of Birth: 28.04.1979, Order ID: 22.05.2019

First Name: Demo, Sex: Male, Order Date: 22.05.2019

Test	Result	Unit	Standard Range	Previous Result
<b>Histamine producing bacteria</b>				
Histamine producing bacteria	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	< 5.0 x 10 <sup>8</sup>	
<b>H2S production</b>				
Sulphate reducing bacteria	7.0 x 10 <sup>9</sup>	CFU/g faeces	< 2.0 x 10 <sup>9</sup>	
Desulfovibrio piger	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	< 1.0 x 10 <sup>9</sup>	
Desulfomonas pigra	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	< 1.0 x 10 <sup>9</sup>	
Bilophila wadsworthii	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	< 2.0 x 10 <sup>9</sup>	
<b>Oxidative degrading bacteria</b>				
Oxalobacter formigenes	1.1 x 10 <sup>9</sup>	CFU/g faeces	> 1.0 x 10 <sup>8</sup>	
<b>Arthras</b>				
Methanobrevibacter	3.4 x 10 <sup>6</sup>	CFU/g faeces	< 1.0 x 10 <sup>8</sup>	
<b>Immunogenicity / Mucosa production</b>				
<b>Immunogenically effective bacteria</b>				
Escherichia coli	1.0 x 10 <sup>6</sup>	CFU/g faeces	10 <sup>6</sup> - 10 <sup>7</sup>	
Enterococcus species	< 1.0 x 10 <sup>4</sup>	CFU/g faeces	10 <sup>6</sup> - 10 <sup>7</sup>	
Lactobacillus species	< 1.0 x 10 <sup>4</sup>	CFU/g faeces	10 <sup>6</sup> - 10 <sup>7</sup>	
<b>Mucin production / Mucosa barrier</b>				
Akkermansia muciniphila	< 1.0 x 10 <sup>6</sup>	CFU/g faeces	> 5.0 x 10 <sup>9</sup>	
Faecalibacterium prausnitzii	6.5 x 10 <sup>10</sup>	CFU/g faeces	> 5.0 x 10 <sup>10</sup>	
<b>Yeasts / Molds</b>				
Candida albicans	< 1.0 x 10 <sup>3</sup>	CFU/g faeces	< 1.0 x 10 <sup>3</sup>	
Candida species	< 1.0 x 10 <sup>3</sup>	CFU/g faeces	< 1.0 x 10 <sup>3</sup>	
Geotrichum candidum	< 1.0 x 10 <sup>3</sup>	CFU/g faeces	< 1.0 x 10 <sup>3</sup>	
Moulds	negative		negative	
<b>Parasites</b>				
<b>Pathobionts</b>				
Blastocystis hominis	positive		negative	
Dientamoeba fragilis	negative		negative	
<b>Pathogenic Intestinal protozoa</b>				
Giardia lamblia	negative		negative	
Entamoeba histolytica	negative		negative	
Cryptosporidium spp.	negative		negative	
Cyclospora cayentanensis	negative		negative	
<b>Colon Ca early detection</b>				
Calprotectin	<17.9	mg/l	< 50	
Hemoglobin in faeces immunologically	<10	µg/g	< 10	
<b>Special Request</b>				

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