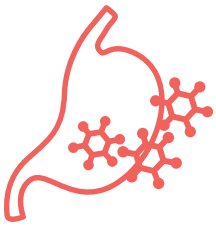
Healthpath's Gut Health Tests

BIOMARKERS

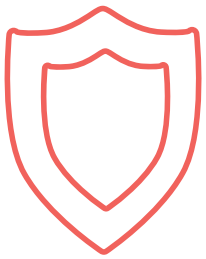
Healthpath's **Essential, Advanced** and **Ultimate Gut Health Tests** show you what's going on in your gut. By looking at imbalances in bacteria, yeasts, parasites and other intestinal health biomarkers, you find out what's contributing to your symptoms. You also receive targeted diet, supplement and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

The biomarkers provide clinical information on three key areas:



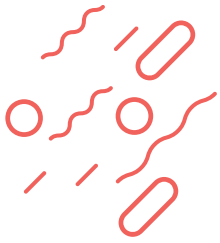
1 | Digestion/Absorption

- pH
- Pancreatic elastase
- Zonulin
- Digestive Residues



2 | Immune activity/ Inflammation

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



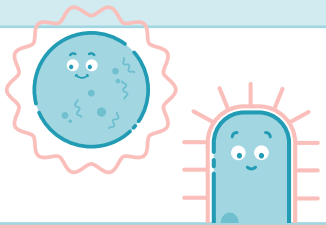
3 | Gut microbiome/ Mycobiome

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

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

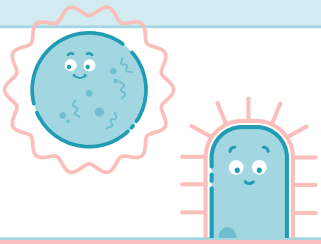
This new method of analysis allows for a single sample. This makes the process easier for everyone, and it's particularly helpful for children and those struggling with diarrhoea or constipation.

	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	✓	✓

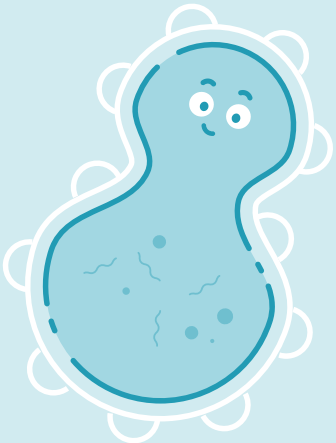


	Essential Gut Health Test	Advanced Gut Health Test
Actinobacteria		
Bifidobacteria	✓	✓
Equol-producing bacteria	✓	✓
Adlercreutzia species	✓	✓
Eggerthella lenta	✓	✓
Slackia species	✓	✓
Bacteroidetes		
Bacteroides	✓	✓
Bacteroides uniformis	✓	✓
Bacteroidesovatus	✓	✓
Prevotella	✓	✓
Prevotella copri	✓	✓
Firmicutes		
Butyrate-producing bacteria	✓	✓
Faecalibacterium prausnitzii	✓	✓
Eubacterium rectale	✓	✓
Eubacterium hallii	✓	✓
Roseburia species	✓	✓
Ruminococcus species	✓	✓
Coprococcus	✓	✓
Butyrivibrio species	✓	✓
Total bacterial count	✓	✓

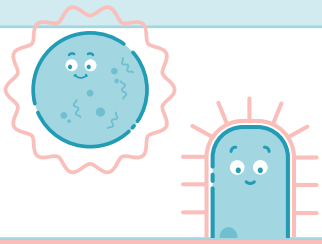
	Essential Gut Health Test	Advanced Gut Health Test
Firmicutes		
Clostridia	✓	✓
Clostridia total bacterial count	✓	✓
Clostridia cluster 1	✓	✓
Fusobacteria		
Fusobacterium species		✓
Verrucomicrobia		
Akkermansia muciniphila	✓	✓



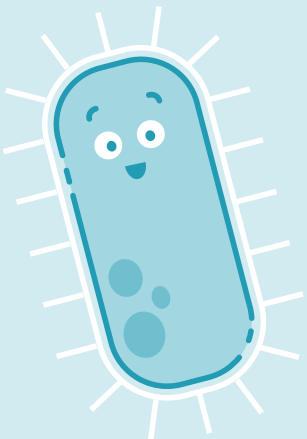
	Essential Gut Health Test	Advanced Gut Health Test
Proteobacteria		
Potentially pathogenic bacteria	✓	✓
Haemophilus	✓	✓
Acinetobacter	✓	✓
Proteus species	✓	✓
Klebsiella species	✓	✓
Enterobacter species	✓	✓
Serratia species	✓	✓
Hafnia species	✓	✓
Morganella species	✓	✓
Providencia species	✓	✓
Citrobacter species	✓	✓
Pseudomonas species	✓	✓
Histamine-producing bacteria	✓	✓
H2S production	✓	✓
Sulphate-reducing bacteria	✓	✓
Desulfovibrio piger	✓	✓
Desulfomonas pigra	✓	✓
Bilophila wadsworthii	✓	✓

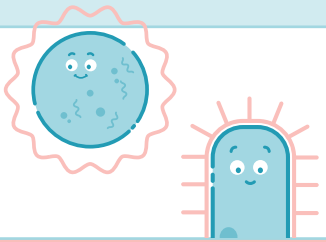


	Essential Gut Health Test	Advanced Gut Health Test
Archaea		
Methanobrevibacter	✓	✓
Immunogenically effective bacteria		
Escherichia coli	✓	✓
Enterococcus species	✓	✓
Lactobacillus species	✓	✓
Mucin production/ mucosal barrier		
Akkermansia muciniphila	✓	✓
Faecalibacterium prausnitzii	✓	✓
Helicobacter pylori (H. pylori)		
Helicobacter AG		✓



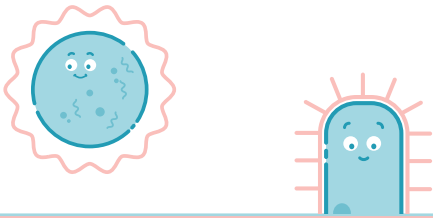
	Essential Gut Health Test	Advanced Gut Health Test
Yeasts		
Candida albicans	✓	✓
Candida krusei	✓	✓
Candida glabrata	✓	✓
Candida dubliniensis	✓	✓
Candida parapsilosis	✓	✓
Candida tropicalis	✓	✓
Candida lusitaniae	✓	✓
Parasites		
Pathobionts		✓
Blastocystis hominis		✓
Dientamoeba fragilis		✓
Helicobacter AG		✓
Pathogenic intestinal protozoa		✓
Giardia lamblia		✓
Entamoeba histolytica		✓
Cryptosporidium species		✓
Cyclospora cayetanensis		✓



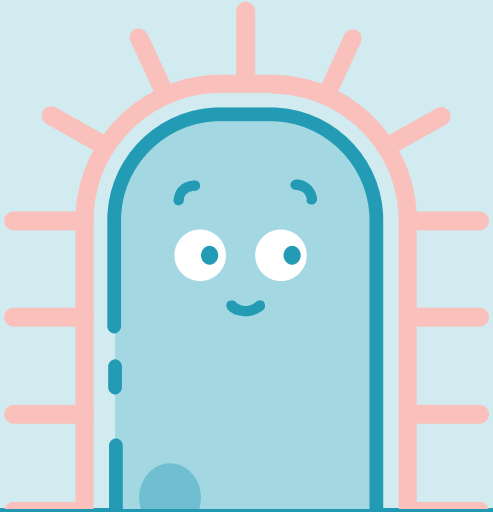


	Essential Gut Health Test	Advanced Gut Health Test
Functional markers		
Calprotectin		✓
Haemoglobin in faeces immunologically		✓
Secretory IgA		✓
Pancreatic elastase		✓
Digestive residues		
Determination of fat		✓
Determination of nitrogen		✓
Determination of sugar		✓
Determination of water		✓

Our Ultimate Gut Health test is the most comprehensive stool test. In addition to everything in the Advanced, you will also receive:

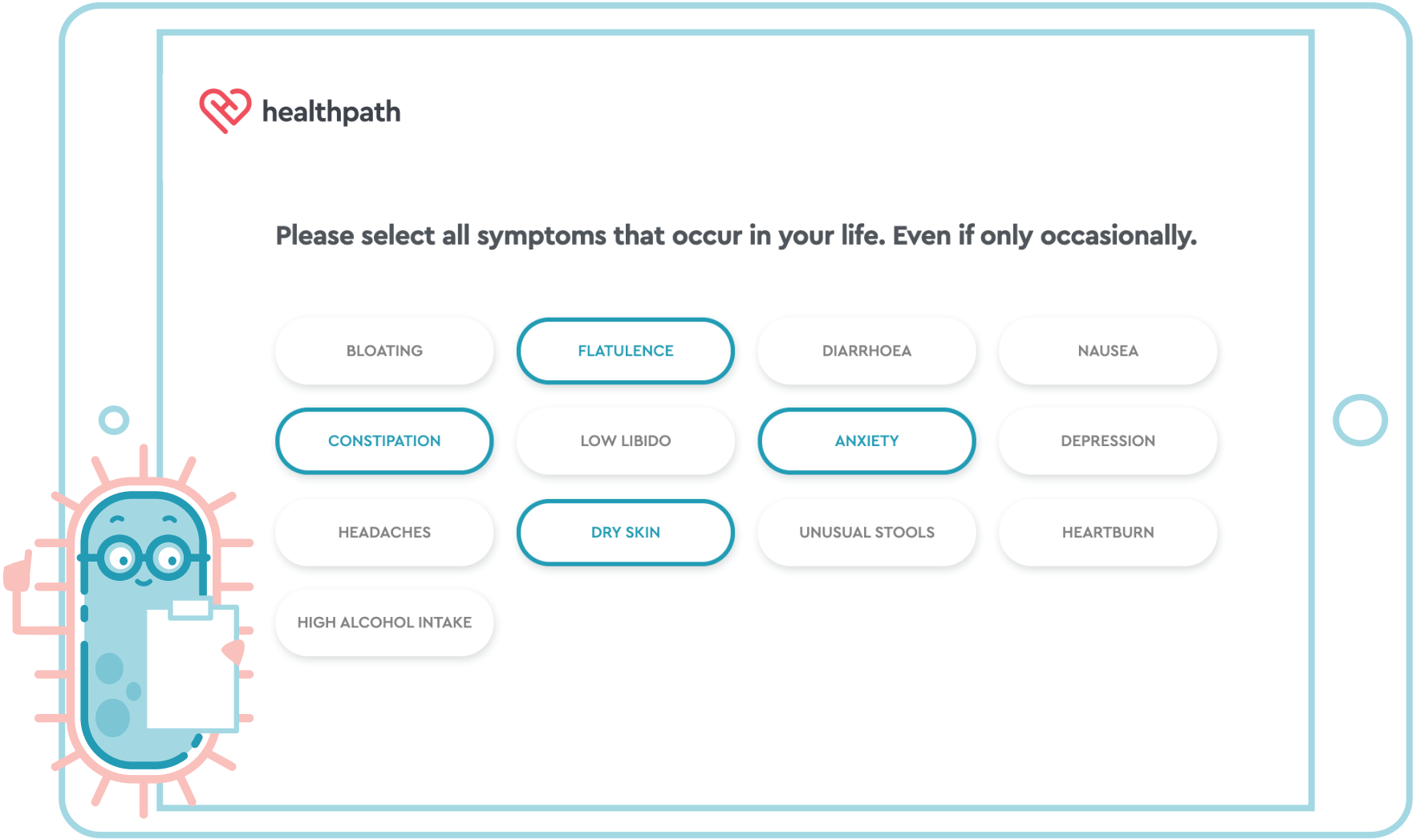


	Ultimate Gut Health Test
Functional markers	
Zonulin	✓
Buytrate-producing bacteria	
Cl. buytricum	✓
Clostridia	
Clostridia histolytium	✓
Clostridia perfringens	✓
Clostridia sporenges	✓
Other Firmicutes	
Christensenellaceae	✓
Dialister invisus	✓
Proteobacteria	
Proteus mirabilis	✓
Oxalate-degrading bacteria	✓
Oxalobacter formigenes	✓

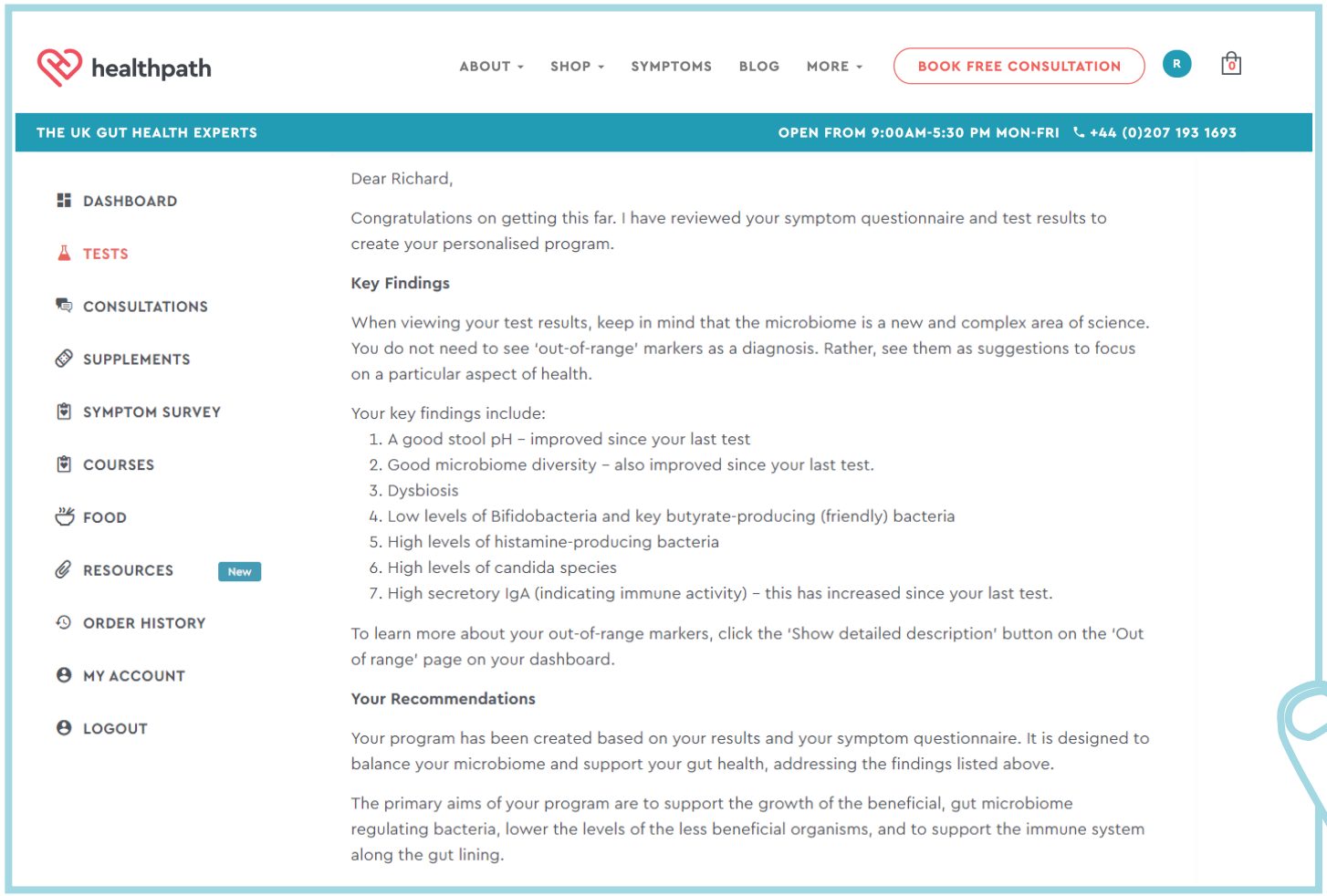


Gut Health Test results are delivered in your private Healthpath dashboard

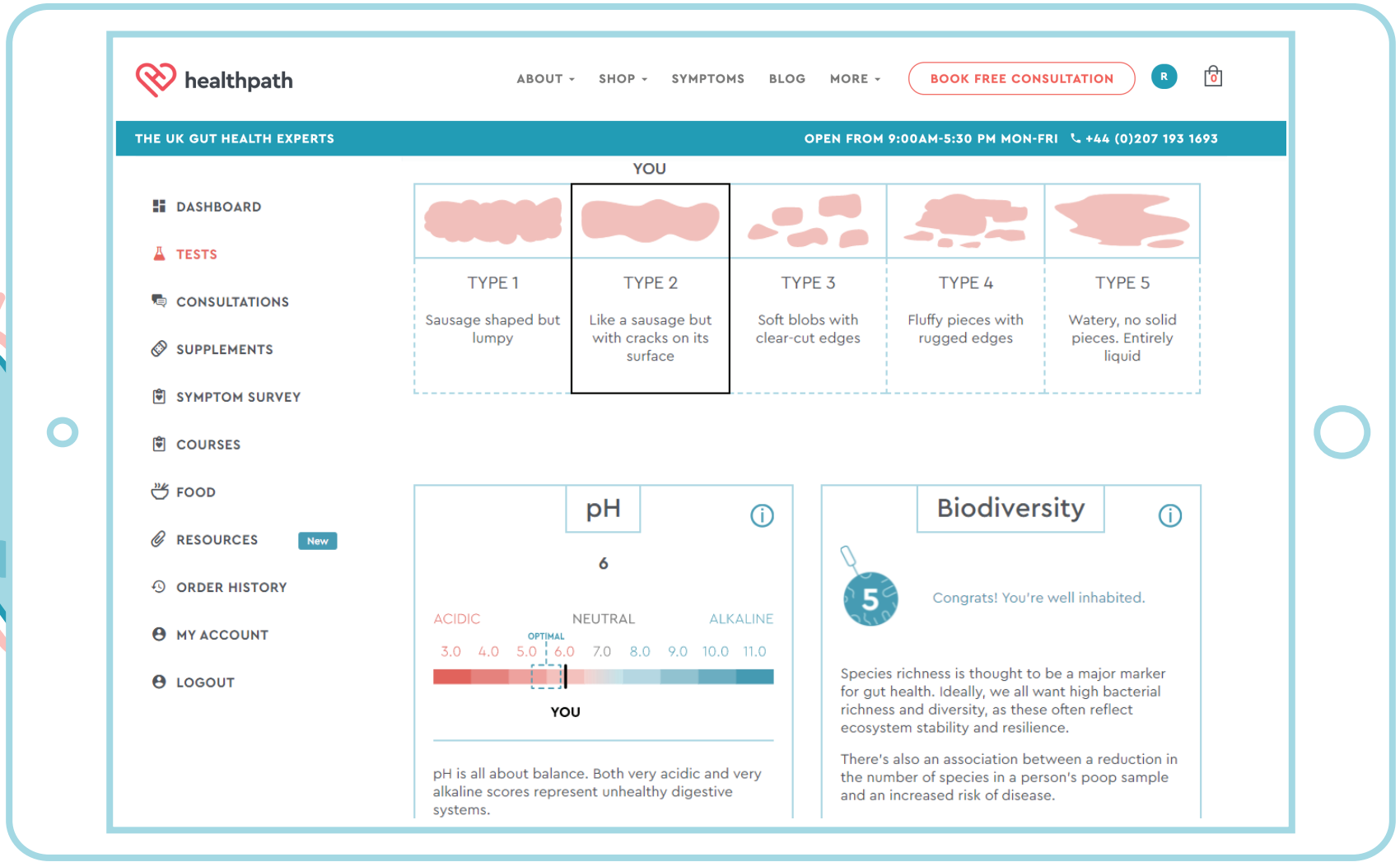
Your practitioner considers your symptoms:



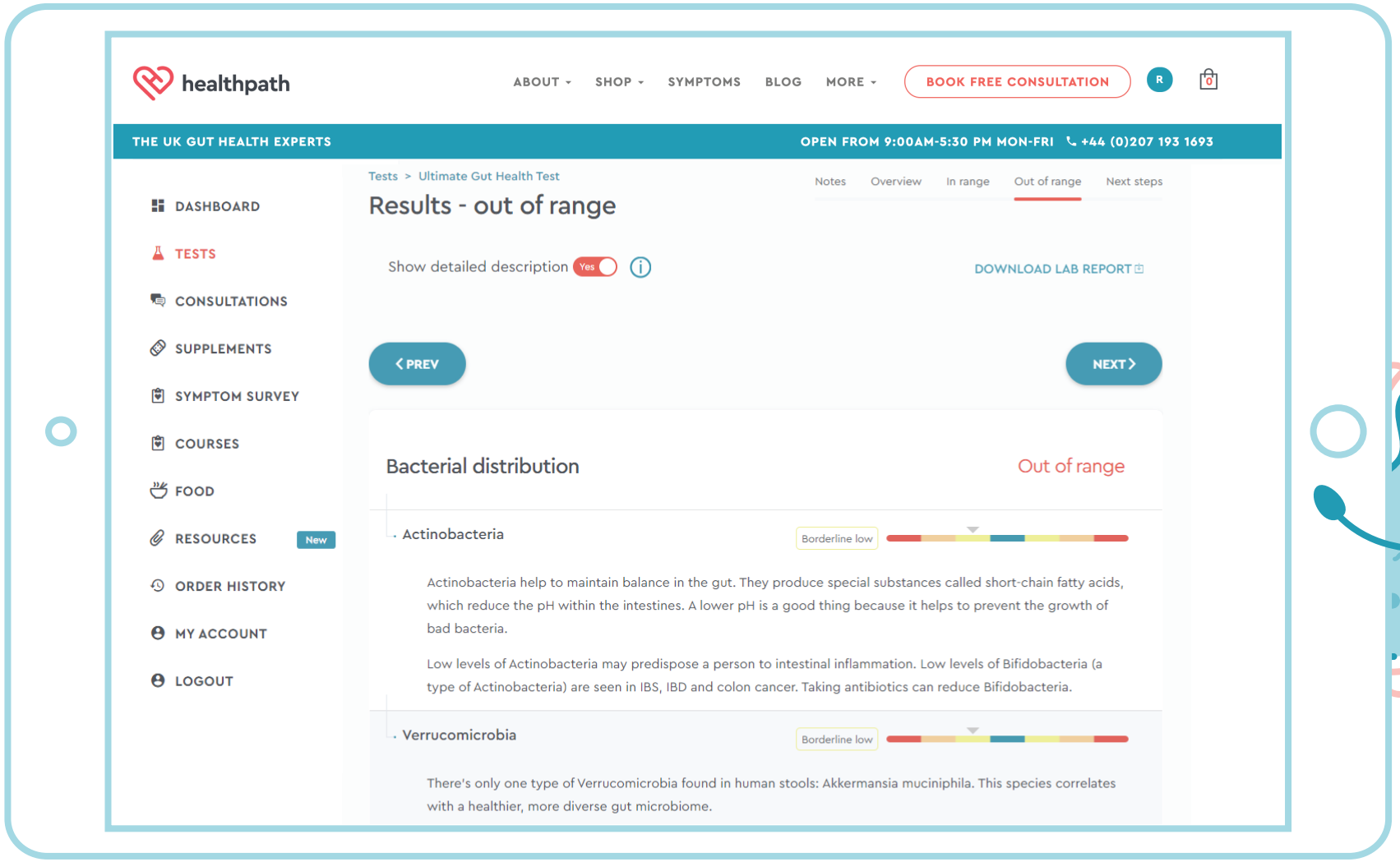
You get a personal note from your practitioner:



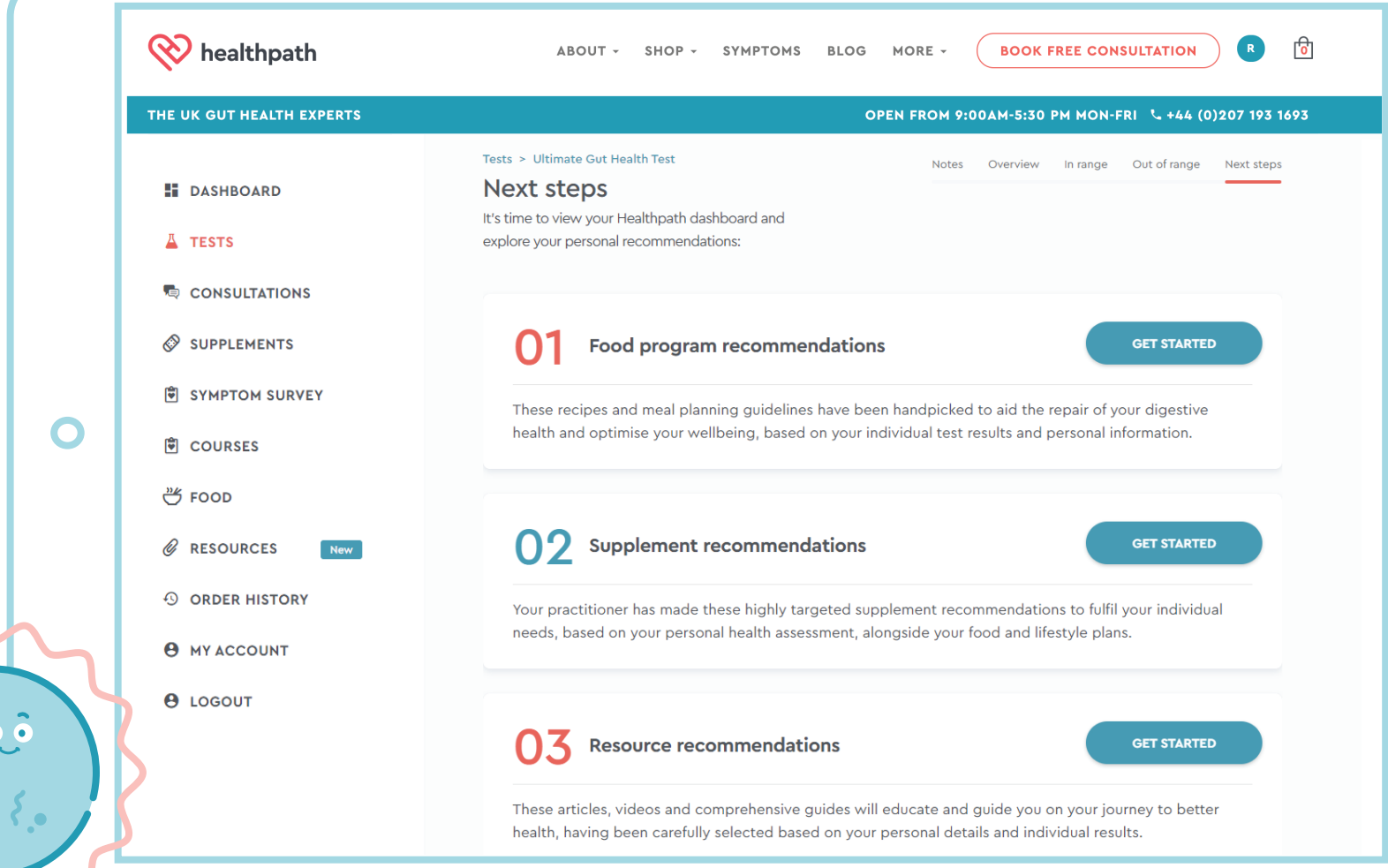
An overview of your gut health:



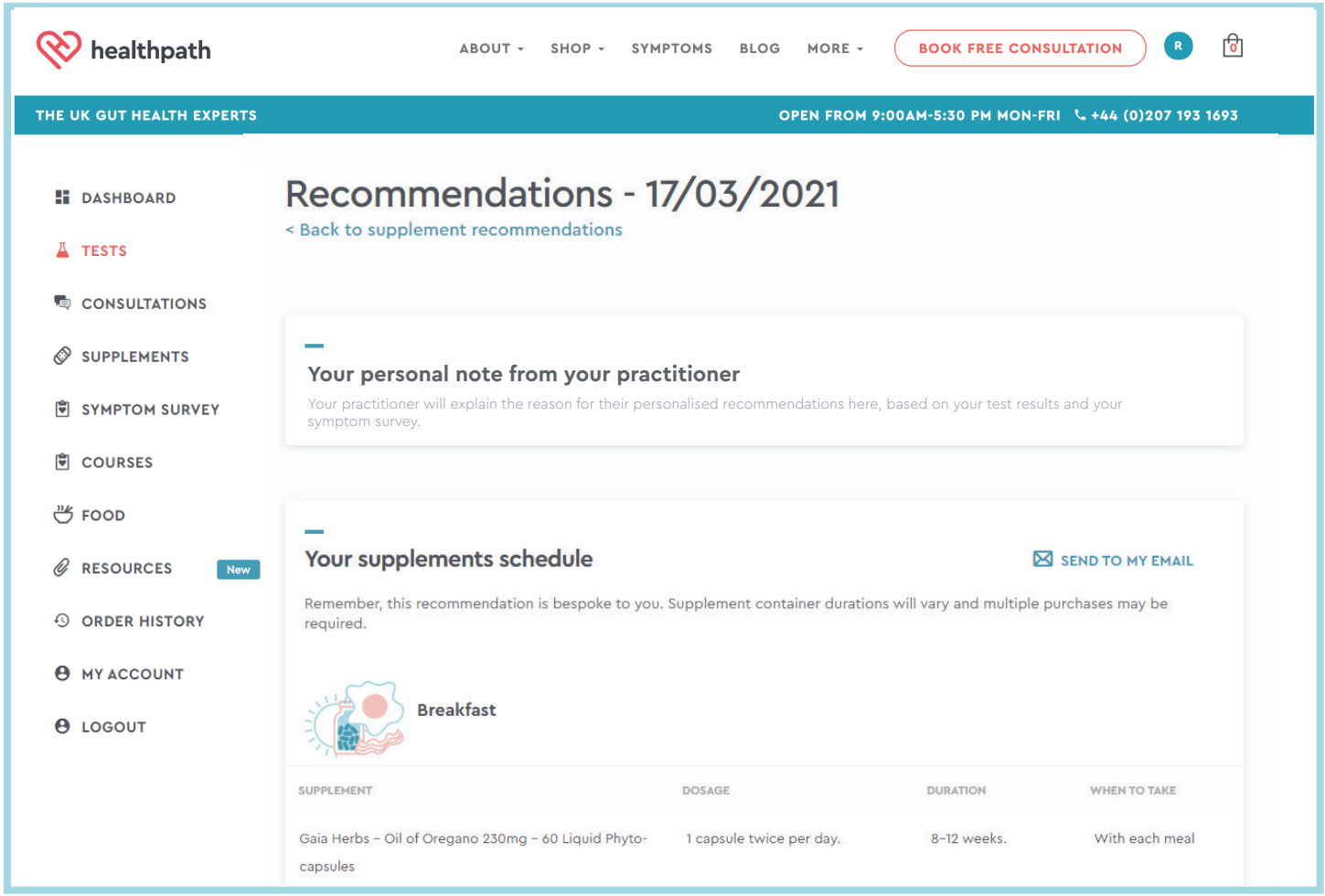
A detailed breakdown of in-range and out-of-range markers:



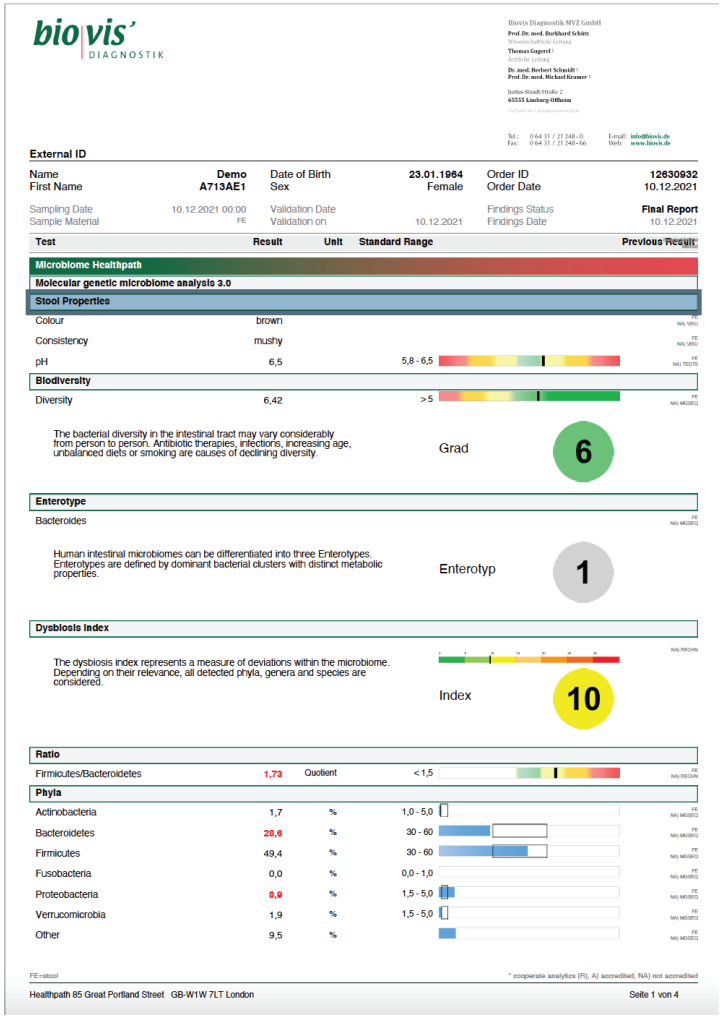
A personalised program:



Advanced supplement protocol:



Plus a copy of the original lab report



biovis DIAGNOSTIK

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External ID

Name	Demo	Date of Birth	23.01.1964	Order ID	12630932
First Name	A713AE1	Sex	Female	Order Date	10.12.2021
Sampling Date	10.12.2021 00:00	Validation Date		Findings Status	Final Report
Sample Material	FE	Validation on	10.12.2021	Findings Date	10.12.2021

Test	Result	Unit	Standard Range	Previous Result
Microbiome Healthpath				
Molecular genetic microbiome analysis 3.0				
Stool Properties				
Colour	brown			
Consistency	mushy			
pH	6,5		5,8 - 6,5	
Biodiversity				
Diversity	6,42		> 5	

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

Enterotype				
Bacteroides				

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

Enterotyp 1

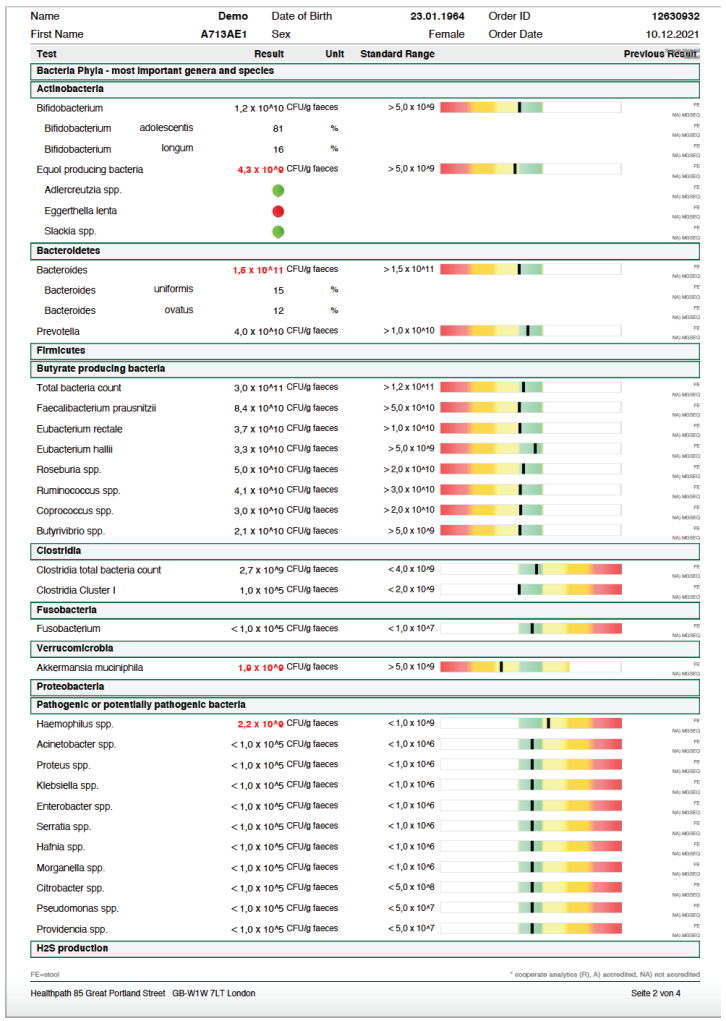
Dysbiosis Index				

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

Index 10

Ratio				
Firmicutes/Bacteroidetes	1,73	Quotient	< 1,5	
Phyla				
Actinobacteria	1,7	%	1,0 - 5,0	
Bacteroidetes	28,6	%	30 - 60	
Firmicutes	49,4	%	30 - 60	
Fusobacteria	0,0	%	0,0 - 1,0	
Proteobacteria	8,9	%	1,5 - 5,0	
Verrucomicrobia	1,9	%	1,5 - 5,0	
Other	9,5	%		

FE=stool
* cooperate analytics (R), A) accredited, NA) not accredited



Name	Demo	Date of Birth	23.01.1964	Order ID	12630932
First Name	A713AE1	Sex	Female	Order Date	10.12.2021

Test	Result	Unit	Standard Range	Previous Result
Bacteria Phyla - most important genera and species				
Actinobacteria				
Bifidobacterium	1,2 x 10^10	CFU/g faeces	> 5,0 x 10^9	
Bifidobacterium adolescentis	81	%		
Bifidobacterium longum	16	%		
Equol producing bacteria	4,3 x 10^9	CFU/g faeces	> 5,0 x 10^9	
Adlercreutzia spp.				
Eggerthella lenta				
Slackia spp.				
Bacteroidetes				
Bacteroides	1,6 x 10^11	CFU/g faeces	> 1,5 x 10^11	
Bacteroides uniformis	15	%		
Bacteroides ovatus	12	%		
Prevotella	4,0 x 10^10	CFU/g faeces	> 1,0 x 10^10	
Firmicutes				
Butyrate producing bacteria				
Total bacteria count	3,0 x 10^11	CFU/g faeces	> 1,2 x 10^11	
Faecalibacterium prausnitzii	8,4 x 10^10	CFU/g faeces	> 5,0 x 10^10	
Eubacterium rectale	3,7 x 10^10	CFU/g faeces	> 1,0 x 10^10	
Eubacterium hallii	3,3 x 10^10	CFU/g faeces	> 5,0 x 10^9	
Roseburia spp.	5,0 x 10^10	CFU/g faeces	> 2,0 x 10^10	
Ruminococcus spp.	4,1 x 10^10	CFU/g faeces	> 3,0 x 10^10	
Coprococcus spp.	3,0 x 10^10	CFU/g faeces	> 2,0 x 10^10	
Butyrivibrio spp.	2,1 x 10^10	CFU/g faeces	> 5,0 x 10^9	
Clostridia				
Clostridia total bacteria count	2,7 x 10^9	CFU/g faeces	< 4,0 x 10^9	
Clostridia Cluster I	1,0 x 10^5	CFU/g faeces	< 2,0 x 10^9	
Fusobacteria				
Fusobacterium	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^7	
Verrucomicrobia				
Akkermansia muciniphila	1,0 x 10^9	CFU/g faeces	> 5,0 x 10^9	
Proteobacteria				
Pathogenic or potentially pathogenic bacteria				
Haemophilus spp.	2,2 x 10^9	CFU/g faeces	< 1,0 x 10^9	
Acinetobacter spp.	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^6	
Proteus spp.	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^6	
Klebsiella spp.	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^6	
Enterobacter spp.	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^6	
Serratia spp.	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^6	
Hafnia spp.	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^6	
Morganella spp.	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^6	
Citrobacter spp.	< 1,0 x 10^5	CFU/g faeces	< 5,0 x 10^8	
Pseudomonas spp.	< 1,0 x 10^5	CFU/g faeces	< 5,0 x 10^7	
Providencia spp.	< 1,0 x 10^5	CFU/g faeces	< 5,0 x 10^7	
H2S production				

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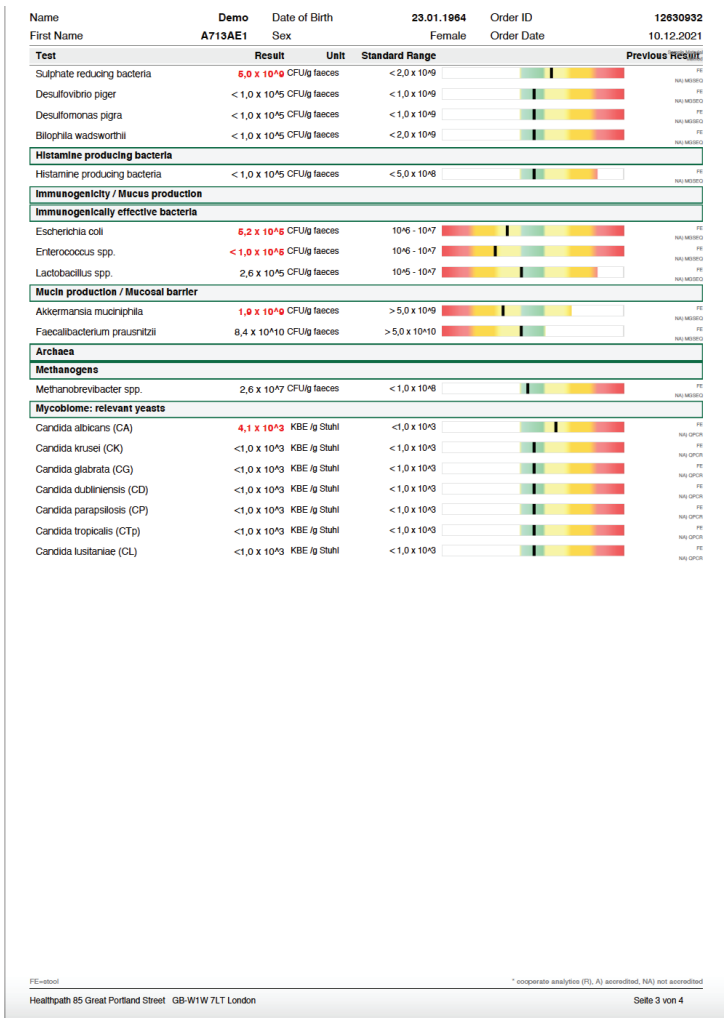

Name	Demo	Date of Birth	23.01.1964	Order ID	12630932
First Name	A713AE1	Sex	Female	Order Date	10.12.2021

Test	Result	Unit	Standard Range	Previous Result
Sulphate reducing bacteria	5,0 x 10^9	CFU/g faeces	< 2,0 x 10^9	
Desulfovibrio piger	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^9	
Desulfomonas pigra	< 1,0 x 10^5	CFU/g faeces	< 1,0 x 10^9	
Bilophila wadsworthii	< 1,0 x 10^5	CFU/g faeces	< 2,0 x 10^9	
Histamine producing bacteria				
Histamine producing bacteria	< 1,0 x 10^5	CFU/g faeces	< 5,0 x 10^8	
Immunogenicity / Mucus production				
Immunogenically effective bacteria				
Escherichia coli	5,2 x 10^5	CFU/g faeces	10^6 - 10^7	
Enterococcus spp.	< 1,0 x 10^5	CFU/g faeces	10^6 - 10^7	
Lactobacillus spp.	2,6 x 10^5	CFU/g faeces	10^5 - 10^7	
Mucin production / Mucosal barrier				
Akkermansia muciniphila	1,0 x 10^9	CFU/g faeces	> 5,0 x 10^9	
Faecalibacterium prausnitzii	8,4 x 10^10	CFU/g faeces	> 5,0 x 10^10	
Archaea				
Methanogens				
Methanobrevibacter spp.	2,6 x 10^7	CFU/g faeces	< 1,0 x 10^8	
Mycobiome: relevant yeasts				
Candida albicans (CA)	4,1 x 10^3	KBE /g Stuhl	<1,0 x 10^3	
Candida krusei (CK)	<1,0 x 10^3	KBE /g Stuhl	< 1,0 x 10^3	
Candida glabrata (CG)	<1,0 x 10^3	KBE /g Stuhl	< 1,0 x 10^3	
Candida dubliniensis (CD)	<1,0 x 10^3	KBE /g Stuhl	< 1,0 x 10^3	
Candida parapsilosis (CP)	<1,0 x 10^3	KBE /g Stuhl	< 1,0 x 10^3	
Candida tropicalis (CTp)	<1,0 x 10^3	KBE /g Stuhl	< 1,0 x 10^3	
Candida lusitaniae (CL)	<1,0 x 10^3	KBE /g Stuhl	< 1,0 x 10^3	

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