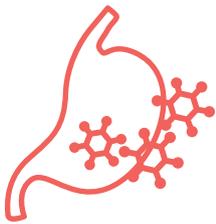


# Healthpath's Gut Health Tests

## BIOMARKERS

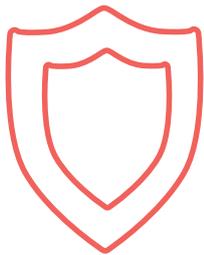
Healthpath's **Essential, Advanced** and **Ultimate Gut Health Tests** show you what's going on in your gut. By looking at imbalances in bacteria, yeasts, parasites and other intestinal health biomarkers, you find out what's contributing to your symptoms. You also receive targeted diet, supplement and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

The biomarkers provide clinical information on three key areas:



### 1 | Digestion/Absorption

- pH
- Zonulin
- Digestive Residues



### 2 | Immune activity/Inflammation

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



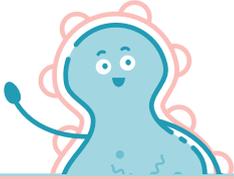
### 3 | Gut microbiome/Mycobiome

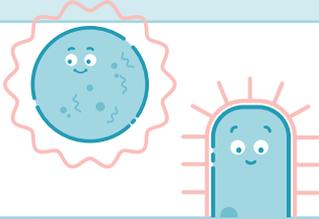
- Microbiome diversity
- Enterotype
- Dysbiosis index
- Actinobacteria
- Bacteroidetes
- Firmicutes
- Proteobacteria
- Fusobacteria
- Verrucomicrobia
- Hydrogen-sulphide production
- Oxalate-degrading bacteria
- Yeasts
- Parasites

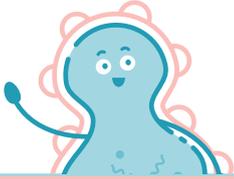


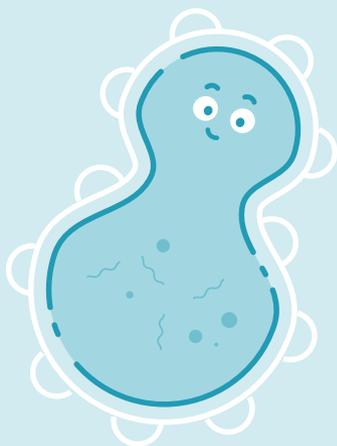
#### Clinical advantages of the qPCR technology used in Healthpath's tests

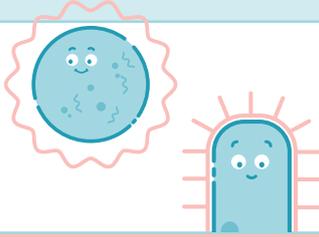
This new method of analysis allows for a single sample. This makes the process easier for everyone, and it's particularly helpful for children and those struggling with diarrhoea or constipation.

	Essential Gut Health Test	Advanced Gut Health Test
<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	✓	✓

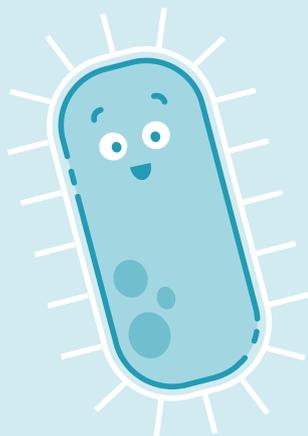
	Essential Gut Health Test	Advanced Gut Health Test
<b>Actinobacteria</b>		
Bifidobacteria	✓	✓
Equol-producing bacteria	✓	✓
Adlercreutzia species	✓	✓
Eggerthella lenta	✓	✓
Slackia species	✓	✓
<b>Bacteroidetes</b>		
Bacteroides	✓	✓
Bacteroides uniformis	✓	✓
Bacteroides ovatus	✓	✓
Prevotella	✓	✓
Prevotella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

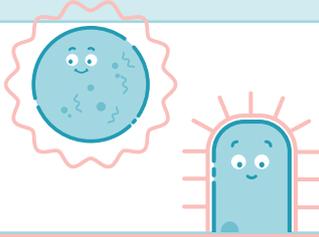
	Essential Gut Health Test	Advanced Gut Health Test
<b>Firmicutes</b>		
Clostridia	✓	✓
Clostridia total bacterial count	✓	✓
Clostridia cluster 1	✓	✓
<b>Fusobacteria</b>		
Fusobacterium species		✓
<b>Verrucomicrobia</b>		
Akkermansia muciniphila	✓	✓



	Essential Gut Health Test	Advanced Gut Health Test
<b>Proteobacteria</b>		
Potentially pathogenic bacteria	✓	✓
Haemophilus	✓	✓
Acinetobacter	✓	✓
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
<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>Helicobacter pylori (H. pylori)</b>		
Helicobacter AG		✓



	Essential Gut Health Test	Advanced Gut Health Test
<b>Yeasts</b>		
Candida albicans	✓	✓
Candida krusei	✓	✓
Candida glabrata	✓	✓
Candida dubliniensis	✓	✓
Candida parapsilosis	✓	✓
Candida tropicalis	✓	✓
Candida lusitanae	✓	✓
<b>Parasites</b>		
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

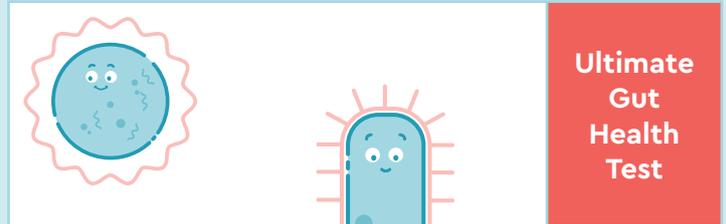
**Functional markers**

Calprotectin		✓
Secretory IgA		✓

**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	✓
---------	---

**Butyrate-producing bacteria**

Cl. butyricum	✓
---------------	---

**Clostridia**

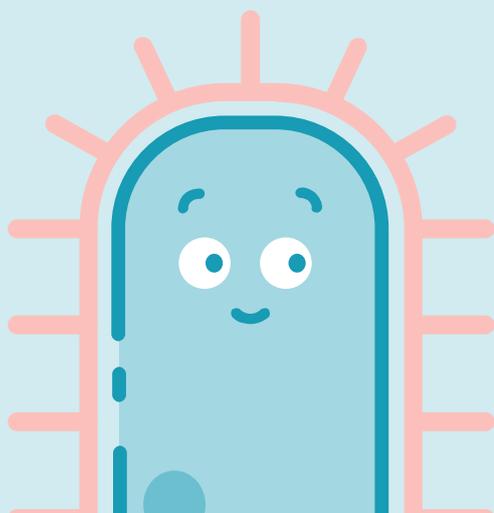
Clostridia histolytium	✓
Clostridia perfringens	✓
Clostridia sporenges	✓

**Other Firmicutes**

Christensenellaceae	✓
Dialister invisus	✓

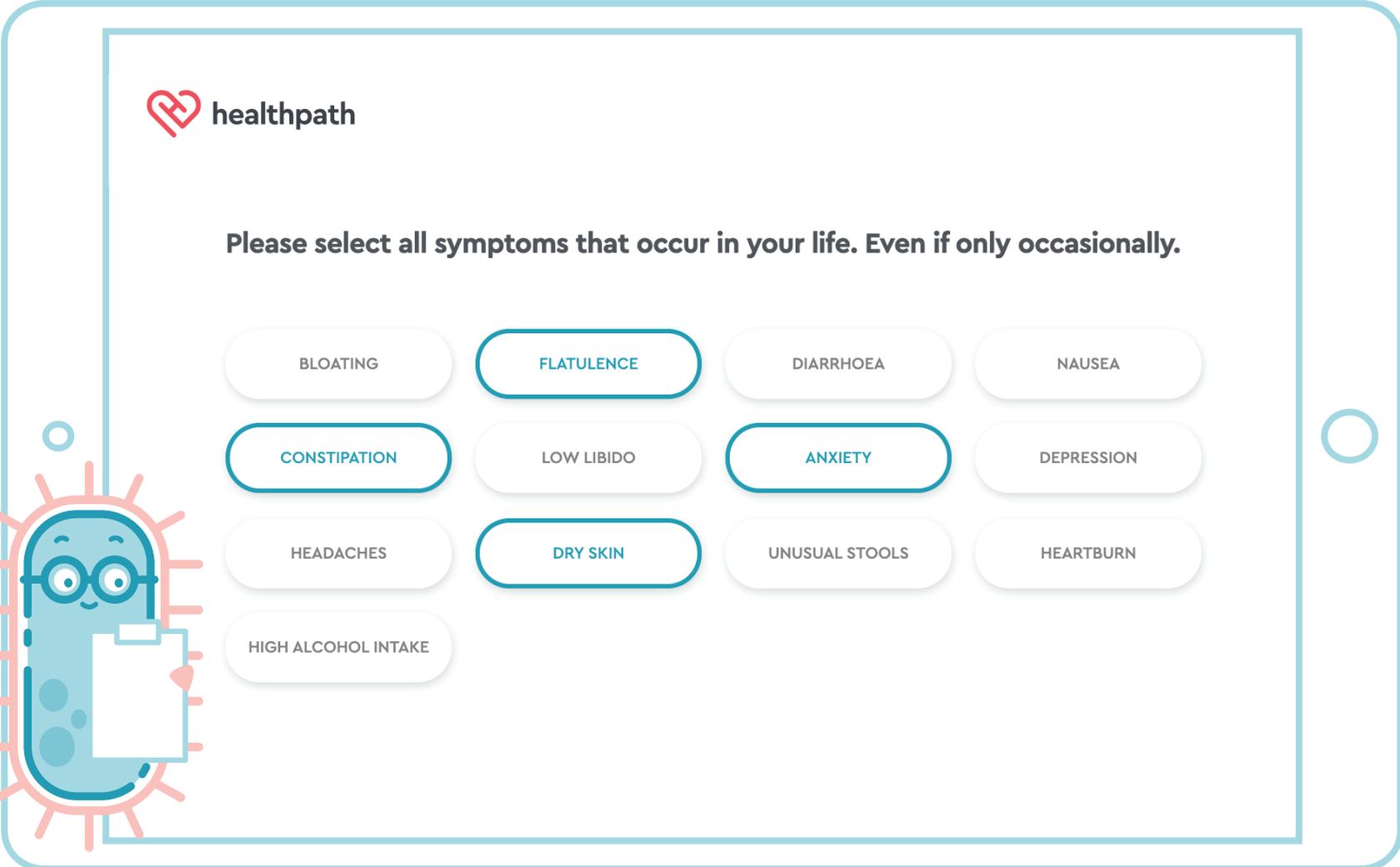
**Proteobacteria**

Proteus mirabilis	✓
Oxalate-degrading bacteria	✓
Oxalobacter formigenes	✓



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

Your practitioner considers your symptoms:

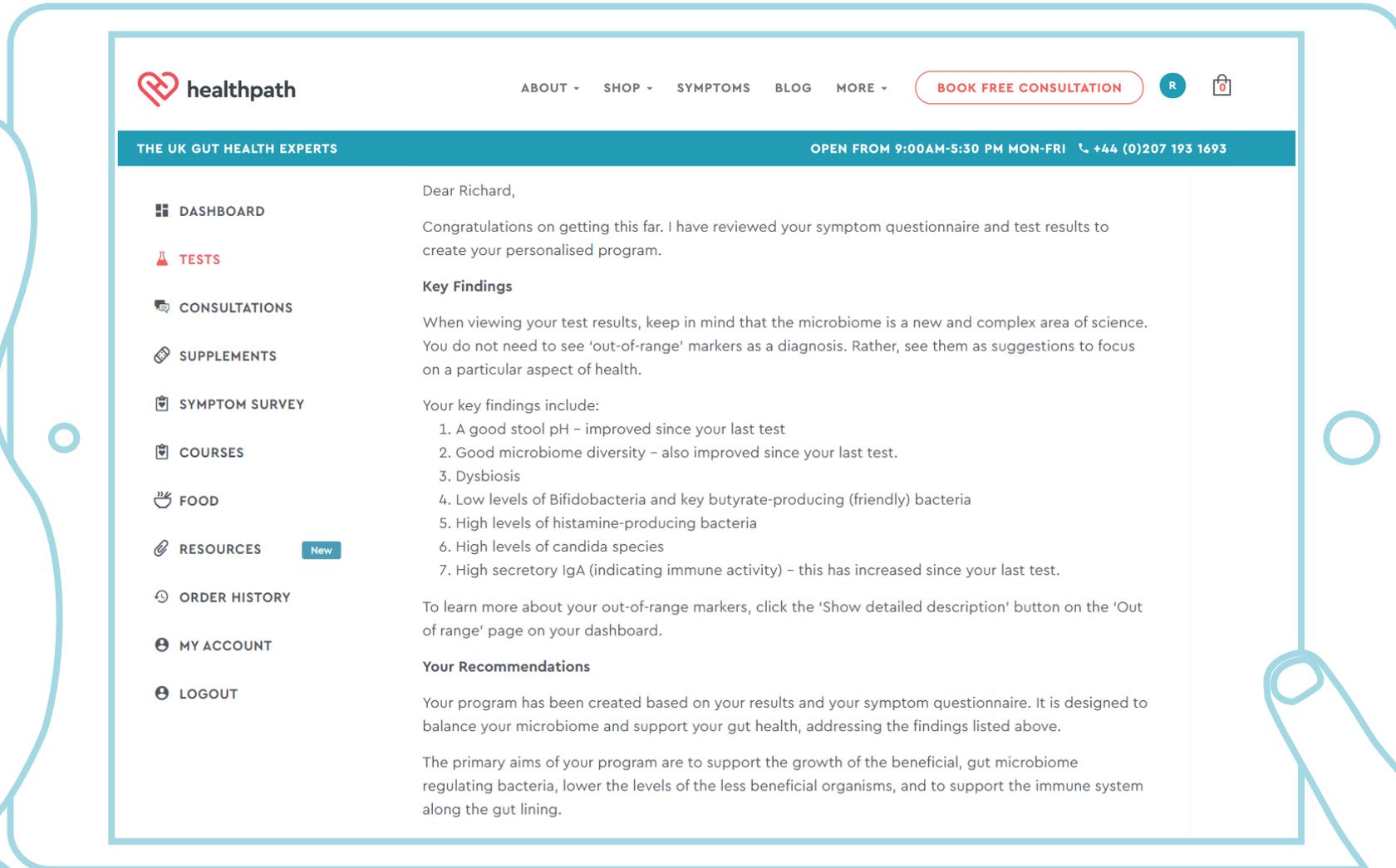


 healthpath

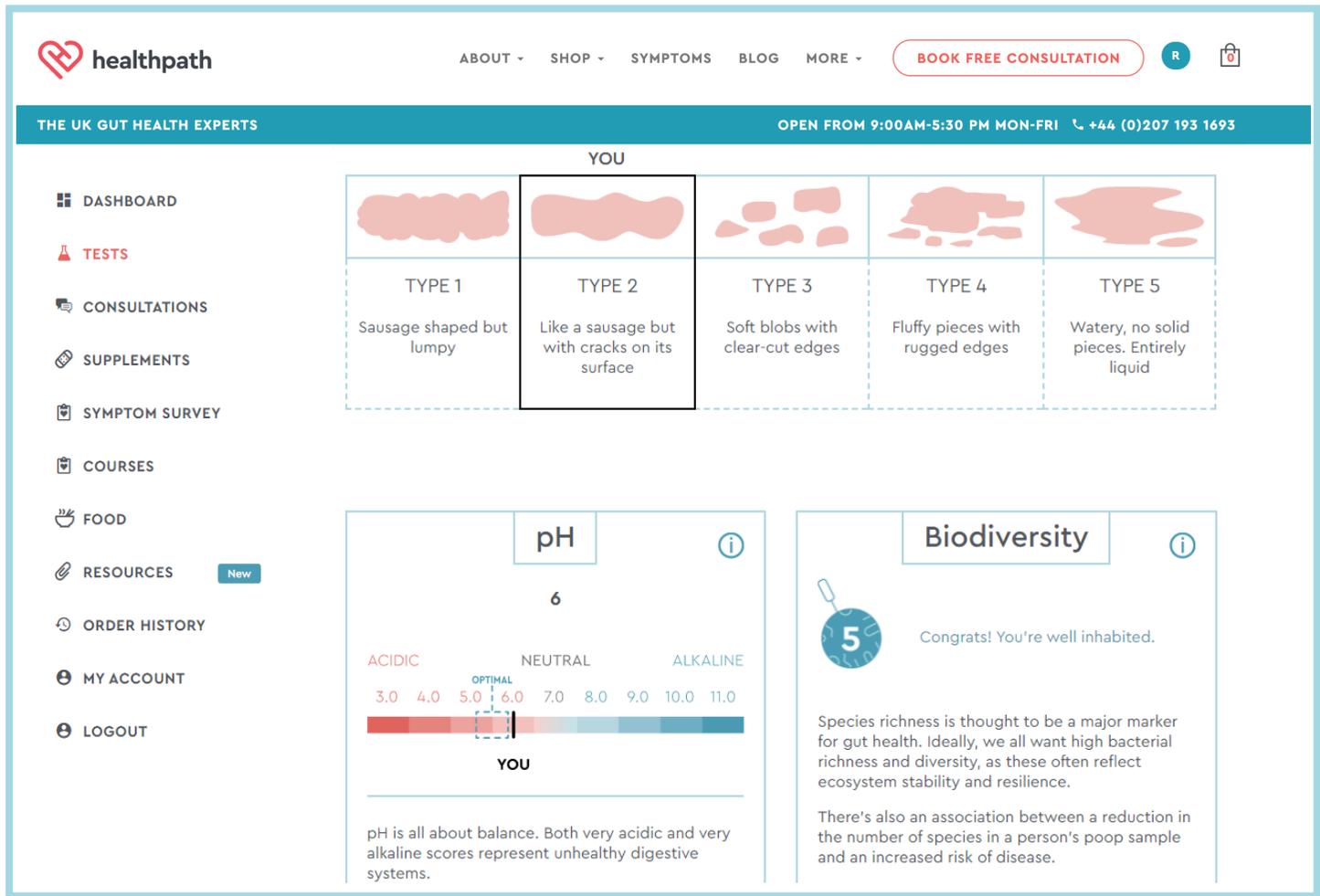
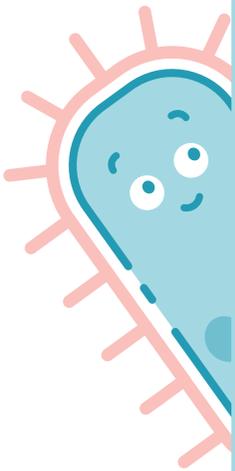
Please select all symptoms that occur in your life. Even if only occasionally.

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			

# You get a personal note from your practitioner:



# An overview of your gut health:



The screenshot displays the HealthPath website interface. At the top, the HealthPath logo is on the left, and navigation links for 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 and a shopping cart icon. Below the navigation is a teal banner with the text 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The main content area is titled 'YOU' and features a grid of five stool type illustrations with descriptions: TYPE 1 (Sausage shaped but lumpy), TYPE 2 (Like a sausage but with cracks on its surface), TYPE 3 (Soft blobs with clear-cut edges), TYPE 4 (Fluffy pieces with rugged edges), and TYPE 5 (Watery, no solid pieces. Entirely liquid). Below this is a pH scale from 3.0 to 11.0, with 'ACIDIC' on the left, 'NEUTRAL' in the middle, and 'ALKALINE' on the right. The current pH is 6, which is highlighted as 'OPTIMAL'. A 'Biodiversity' section shows a score of 5 and the message 'Congrats! You're well inhabited.' Below this, there is explanatory text about species richness and its association with gut health.

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**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** 6

ACIDIC NEUTRAL ALKALINE

3.0 4.0 5.0 6.0 7.0 8.0 9.0 10.0 11.0

OPTIMAL

**YOU**

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

**Biodiversity** 5

Congrats! You're well inhabited.

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.

# 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 'BOOK FREE CONSULTATION' button is on the right. Below this is a teal banner with 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The main content area shows 'Tests > Ultimate Gut Health Test' with tabs for 'Notes', 'Overview', 'In range', 'Out of range' (selected), and 'Next steps'. The title is 'Results - out of range'. There is a 'Show detailed description' toggle set to 'Yes' and a 'DOWNLOAD LAB REPORT' button. Navigation buttons '< PREV' and 'NEXT >' are present. The 'Bacterial distribution' section is highlighted as 'Out of range' in red. It lists two categories: 'Actinobacteria' and 'Verrucomicrobia', both marked as 'Borderline low' with corresponding color-coded progress bars. Each category has a detailed description of its role in gut health and associated conditions.

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ABOUT SHOP SYMPTOMS BLOG MORE

BOOK FREE CONSULTATION

THE UK GUT HEALTH EXPERTS

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Tests > Ultimate Gut Health Test

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

Results - out of range

Show detailed description Yes

DOWNLOAD LAB REPORT

< PREV

NEXT >

**Bacterial distribution** Out of range

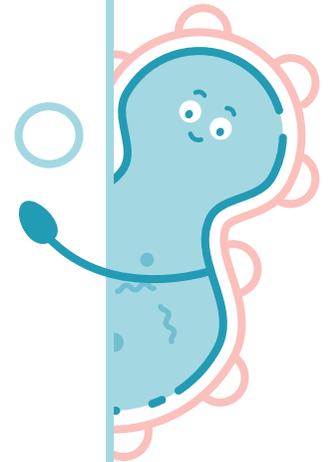
Actinobacteria Borderline low

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.

Verrucomicrobia Borderline low

There's only one type of Verrucomicrobia found in human stools: Akkermansia muciniphila. This species correlates with a healthier, more diverse gut microbiome.



# 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 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 text '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.

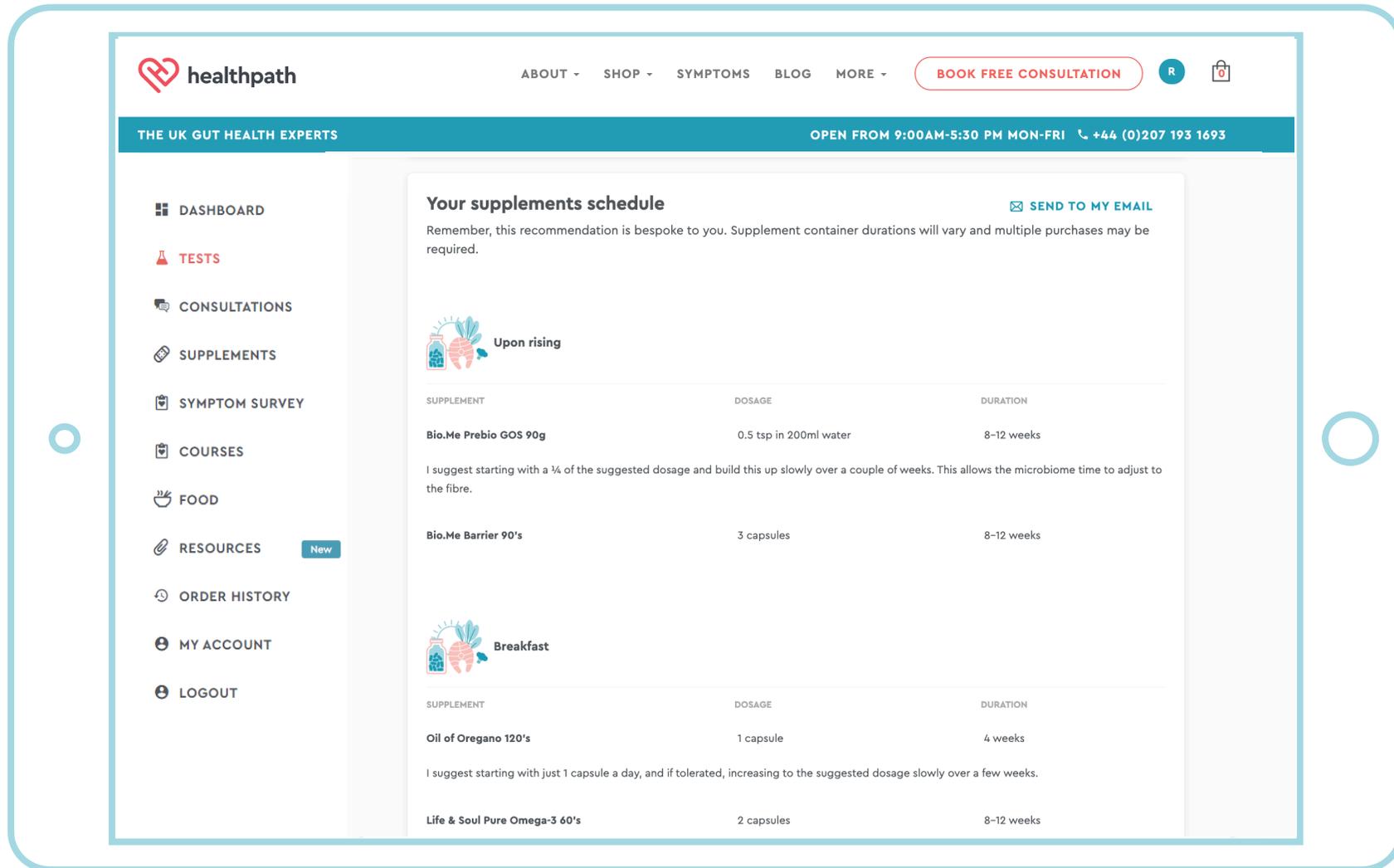
The main content area is titled 'Plan 1' and includes a 'BACK' link and a 'DOWNLOAD PDF' link. The 'Plan description' section states: 'Reducing bloating and restoring microbiome balance'. Below this is a 'PLAN SUMMARY' section with a 'Plan summary' dropdown menu. The 'PRODUCTS IN YOUR PLAN' section shows 'Supplements' for £99.80 with a 'VIEW ALL' link. The 'YOUR HEALTH PLAN' section includes 'Meal plans', 'Supplements schedule', and 'Resources', each with a 'VIEW ALL' link.

On the right side, the 'Package price summary' section shows: 'Supplements £99.80', 'Total £99.80', and 'FROM £24.95 PM' with a 'split' icon. A blue 'ADD ALL TO BASKET' button is at the bottom of this section.

The left sidebar contains a navigation menu with the following items: 'DASHBOARD', 'TESTS', 'CONSULTATIONS', 'SUPPLEMENTS', 'SYMPTOM SURVEY', 'COURSES', 'FOOD', 'RESOURCES' (marked 'New'), 'ORDER HISTORY', 'MY ACCOUNT', and 'LOGOUT'.

In the bottom left corner, there is a cartoon illustration of a blue, smiling microbe with eyes and a mouth, surrounded by a red, wavy border.

# Advanced supplement protocol:



**healthpath** ABOUT - SHOP - SYMPTOMS BLOG MORE - [BOOK FREE CONSULTATION](#) R

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**Dashboard**

- TESTS
- CONSULTATIONS
- SUPPLEMENTS
- SYMPTOM SURVEY
- COURSES
- FOOD
- RESOURCES New
- ORDER HISTORY
- MY ACCOUNT
- LOGOUT

### Your supplements schedule [SEND TO MY EMAIL](#)

Remember, this recommendation is bespoke to you. Supplement container durations will vary and multiple purchases may be required.

#### Upon rising

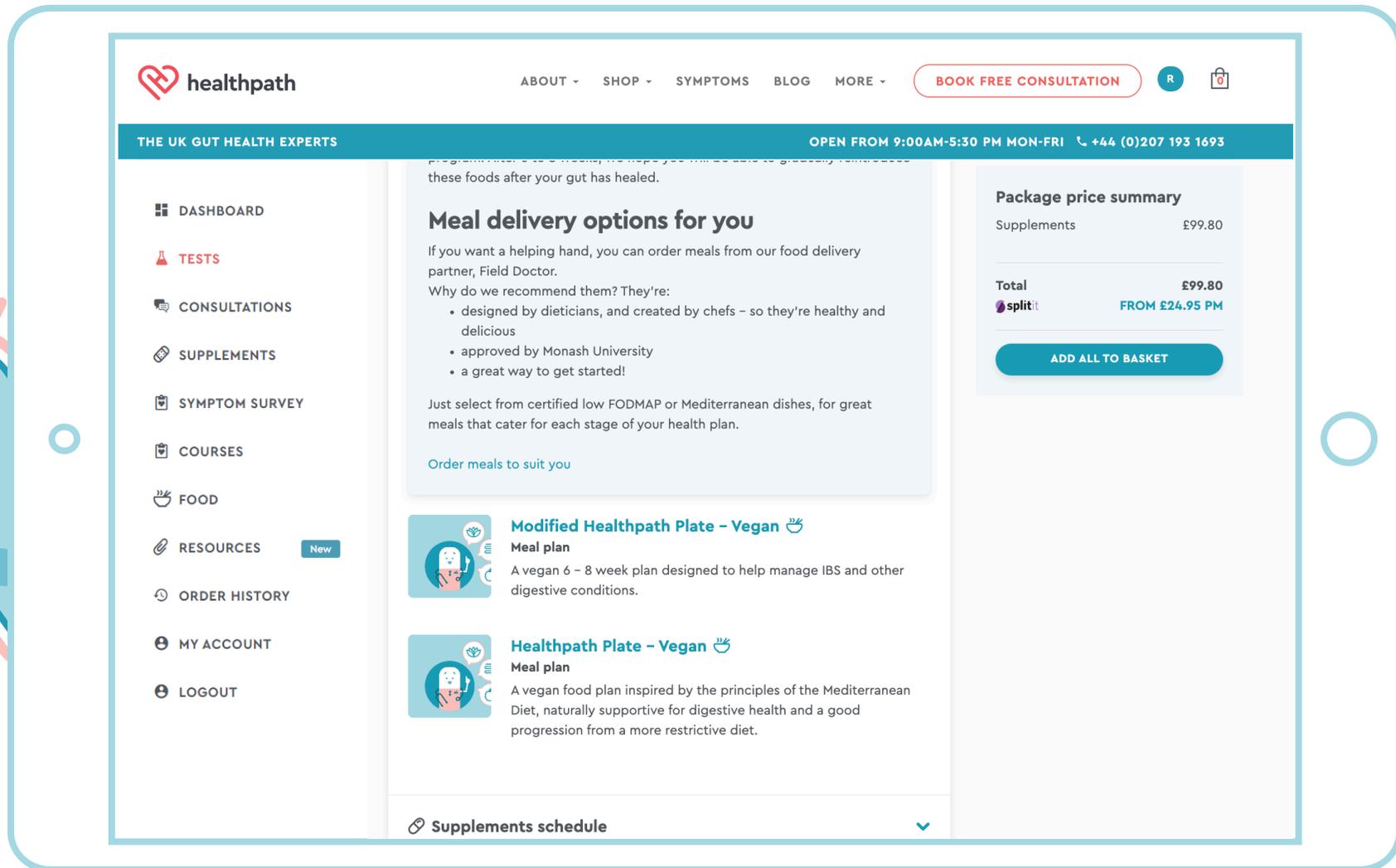
SUPPLEMENT	DOSAGE	DURATION
<b>Bio.Me Prebio GOS 90g</b>	0.5 tsp in 200ml water	8-12 weeks

I suggest starting with a ¼ of the suggested dosage and build this up slowly over a couple of weeks. This allows the microbiome time to adjust to the fibre.

#### Breakfast

SUPPLEMENT	DOSAGE	DURATION
<b>Oil of Oregano 120's</b>	1 capsule	4 weeks
<b>Life &amp; Soul Pure Omega-3 60's</b>	2 capsules	8-12 weeks

# An evidence-based food plan, hand-picked by our practitioners:



The screenshot displays the Healthpath website interface. At the top left is the Healthpath logo. The navigation menu includes ABOUT, SHOP, SYMPTOMS, BLOG, and MORE. A prominent button reads "BOOK FREE CONSULTATION". The header also shows a user profile icon and a shopping cart icon. Below the header, a teal banner states "THE UK GUT HEALTH EXPERTS" and "OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693".

The main content area is divided into three columns. The left column is a sidebar menu with the following items: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOM SURVEY, COURSES, FOOD, RESOURCES (marked as "New"), ORDER HISTORY, MY ACCOUNT, and LOGOUT. The middle column features a section titled "Meal delivery options for you" with the text: "If you want a helping hand, you can order meals from our food delivery partner, Field Doctor. Why do we recommend them? They're: designed by dietitians, and created by chefs – so they're healthy and delicious; approved by Monash University; a great way to get started!". Below this, it says "Just select from certified low FODMAP or Mediterranean dishes, for great meals that cater for each stage of your health plan." and "Order meals to suit you". The right column contains a "Package price summary" table:

Package price summary	
Supplements	£99.80
<b>Total</b>	<b>£99.80</b>
 splitit	<b>FROM £24.95 PM</b>

Below the table is a button that says "ADD ALL TO BASKET". At the bottom of the page, there is a "Supplements schedule" link with a dropdown arrow.

# Plus a copy of the original lab report

**bio vis'** DIAGNOSTIK

Bioris Diagnostik MVZ GmbH  
Prof. Dr. med. Burkhard Schöke  
Diagnostik-Labor-Gesetz  
Thomas Gagerl  
Dr. med. Herbert Schmidt  
Prof. Dr. med. Michael Krüger  
Lindendamm 101-102  
45555 Linsberg-Offleben  
\*Labor für Labordiagnostik\*

SE: 0 64 31 37 248-0  
FA: 0 64 31 37 248-66  
E-Mail: info@biovis.de  
Web: www.biovis.de

**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	10.12.2021	Findings Status	Final Report
Sample Material	FE	Validation on	10.12.2021	Findings Date	10.12.2021

Test	Result	Unit	Standard Range	Previous Result
<b>Microbiome Healthpath</b>				
<b>Molecular genetic microbiome analysis 3.0</b>				
<b>Stool Properties</b>				
Colour	brown			
Consistency	musty			
pH	6,5		5,8 - 6,5	
<b>Biodiversity</b>				
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
Index <b>10</b>

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

Ratio
Firmicutes/Bacteroidetes <b>1,73</b> Quotient < 1,5

Phyla	Value	%	Standard Range
Actinobacteria	1,7	%	1,0 - 5,0
Bacteroidetes	<b>28,8</b>	%	30 - 60
Firmicutes	49,4	%	30 - 60
Fusobacteria	0,0	%	0,0 - 1,0
Proteobacteria	<b>8,0</b>	%	1,5 - 5,0
Verrucomicrobia	1,9	%	1,5 - 5,0
Other	9,5	%	

FE= stool \* cooperate analysis (FE, A) accredited, (NA) not accredited  
Healthpath 85 Great Portland Street GB-W1W 7LT London Seite 1 von 4

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
<b>Bacteria Phyla - most important genera and species</b>				
<b>Actinobacteria</b>				
Bifidobacterium	1,2 x 10 <sup>10</sup>	CFU/g faeces	> 5,0 x 10 <sup>9</sup>	
Bifidobacterium adolescentis	81	%		
Bifidobacterium longum	16	%		
<b>Equal producing bacteria</b>				
Adiercreutzia spp.	4,3 x 10 <sup>9</sup>	CFU/g faeces	> 5,0 x 10 <sup>9</sup>	
Eggerthella lenta				
Slackia spp.				
<b>Bacteroidetes</b>				
Bacteroides	1,6 x 10 <sup>11</sup>	CFU/g faeces	> 1,5 x 10 <sup>11</sup>	
Bacteroides uniformis	15	%		
Bacteroides ovatus	12	%		
Prevotella	4,0 x 10 <sup>10</sup>	CFU/g faeces	> 1,0 x 10 <sup>10</sup>	
<b>Firmicutes</b>				
<b>Butyrate producing bacteria</b>				
Total bacteria count	3,0 x 10 <sup>11</sup>	CFU/g faeces	> 1,2 x 10 <sup>11</sup>	
Faecalibacterium prausnitzii	8,4 x 10 <sup>10</sup>	CFU/g faeces	> 5,0 x 10 <sup>10</sup>	
Eubacterium rectale	3,7 x 10 <sup>10</sup>	CFU/g faeces	> 1,0 x 10 <sup>10</sup>	
Eubacterium hallii	3,3 x 10 <sup>10</sup>	CFU/g faeces	> 5,0 x 10 <sup>9</sup>	
Roseburia spp.	5,0 x 10 <sup>10</sup>	CFU/g faeces	> 2,0 x 10 <sup>10</sup>	
Ruminococcus spp.	4,1 x 10 <sup>10</sup>	CFU/g faeces	> 3,0 x 10 <sup>10</sup>	
Coprococcus spp.	3,0 x 10 <sup>10</sup>	CFU/g faeces	> 2,0 x 10 <sup>10</sup>	
Butyrivibrio spp.	2,1 x 10 <sup>10</sup>	CFU/g faeces	> 5,0 x 10 <sup>9</sup>	
<b>Clostridia</b>				
Clostridia total bacteria count	2,7 x 10 <sup>9</sup>	CFU/g faeces	< 4,0 x 10 <sup>9</sup>	
Clostridia Cluster I	1,0 x 10 <sup>6</sup>	CFU/g faeces	< 2,0 x 10 <sup>6</sup>	
<b>Fusobacteria</b>				
Fusobacterium	< 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 spp.	2,2 x 10 <sup>6</sup>	CFU/g faeces	< 1,0 x 10 <sup>9</sup>	
Acinetobacter spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 1,0 x 10 <sup>6</sup>	
Proteus spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 1,0 x 10 <sup>6</sup>	
Klebsiella spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 1,0 x 10 <sup>6</sup>	
Enterobacter spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 1,0 x 10 <sup>6</sup>	
Serratia spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 1,0 x 10 <sup>6</sup>	
Haflnia spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 1,0 x 10 <sup>6</sup>	
Morganella spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 1,0 x 10 <sup>6</sup>	
Citrobacter spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 5,0 x 10 <sup>8</sup>	
Pseudomonas spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 5,0 x 10 <sup>7</sup>	
Providencia spp.	< 1,0 x 10 <sup>6</sup>	CFU/g faeces	< 5,0 x 10 <sup>7</sup>	
<b>H2S production</b>				

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

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