

Healthpath's Gut Health Tests

BIOMARKERS

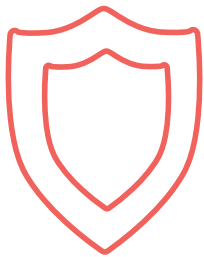
Healthpath's **Essential, Advanced** and **Ultimate Gut Health Tests** show you what's going on in your gut. By looking at imbalances in bacteria, yeasts, parasites and other intestinal health biomarkers, you find out what's contributing to your symptoms. You also receive targeted diet, supplement and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

The biomarkers provide clinical information on three key areas:



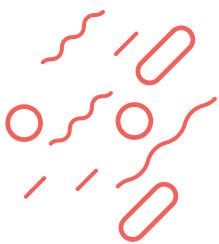
1 | Digestion/Absorption

- 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



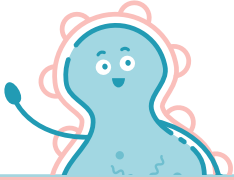
3 | Gut microbiome/Mycobiome

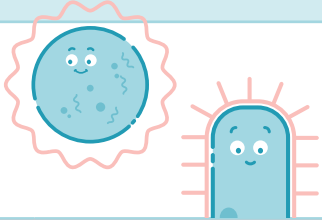
- Microbiome diversity
- Enterotype
- Dysbiosis index
- Actinobacteria
- Bacteroidetes
- Firmicutes
- Proteobacteria
- Fusobacteria
- Verrucomicrobia
- Hydrogen-sulphide production
- Oxalate-degrading bacteria
- Yeasts
- Parasites

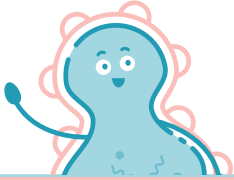


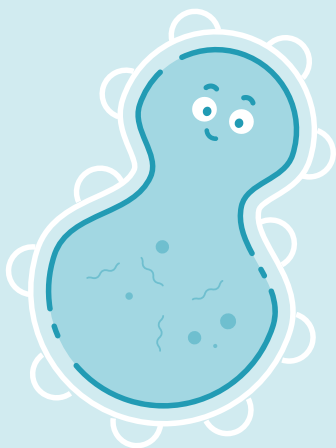
Clinical advantages of the qPCR technology used in Healthpath's tests

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.

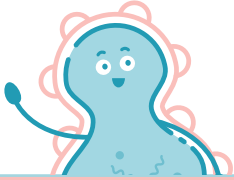
	Essential Gut Health Test	Advanced Gut Health Test
Stool properties		
Colour	✓	✓
Consistency	✓	✓
pH	✓	✓
Biodiversity		
Diversity	✓	✓
Dysbiosis index	✓	✓
Bacterial distribution		
Actinobacteria	✓	✓
Bacteroidetes	✓	✓
Firmicutes	✓	✓
Fusobacteria	✓	✓
Proteobacteria	✓	✓
Verrucomicrobia	✓	✓
Other	✓	✓
Firmicutes/ Bacteroidetes Ratio	✓	✓
Enterotype		
1, 2 or 3	✓	✓

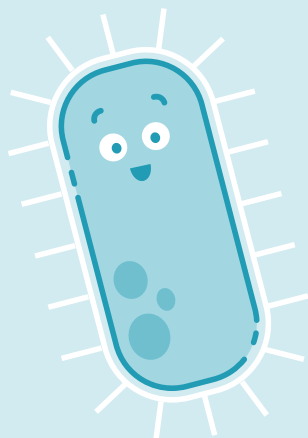
	Essential Gut Health Test	Advanced Gut Health Test
Actinobacteria		
Bifidobacteria	✓	✓
Equol-producing bacteria	✓	✓
Adlercreutzia species	✓	✓
Eggerthella lenta	✓	✓
Slackia species	✓	✓
Bacteroidetes		
Bacteroides	✓	✓
Bacteroides uniformis	✓	✓
Bacteroides ovatus	✓	✓
Prevotella	✓	✓
Prevotella copri	✓	✓
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 lusitanae	✓	✓
Parasites		
Pathobionts		✓
Blastocystis hominis		✓
Dientamoeba fragilis		✓
Helicobacter AG		✓
Pathogenic intestinal protozoa		✓
Giardia lamblia		✓
Entamoeba histolytica		✓
Cryptosporidium species		✓
Cyclospora cayentanensis		✓



Essential
Gut
Health
Test

Advanced
Gut
Health
Test

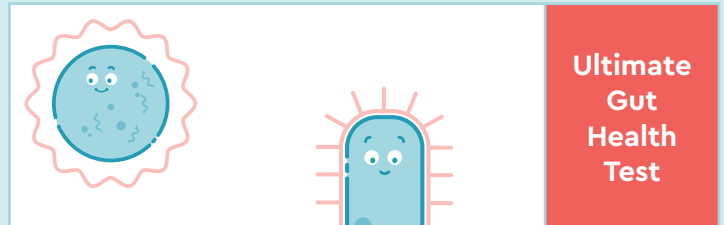
Functional markers

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	✓
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Butyrate-producing bacteria

Cl. butyricum	✓
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Clostridia

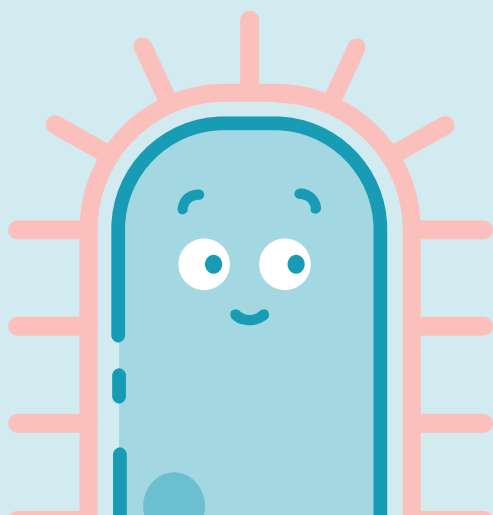
Clostridia histolytium	✓
Clostridia perfringens	✓
Clostridia sporenges	✓

Other Firmicutes

Christensenellaceae	✓
Dialister invisus	✓

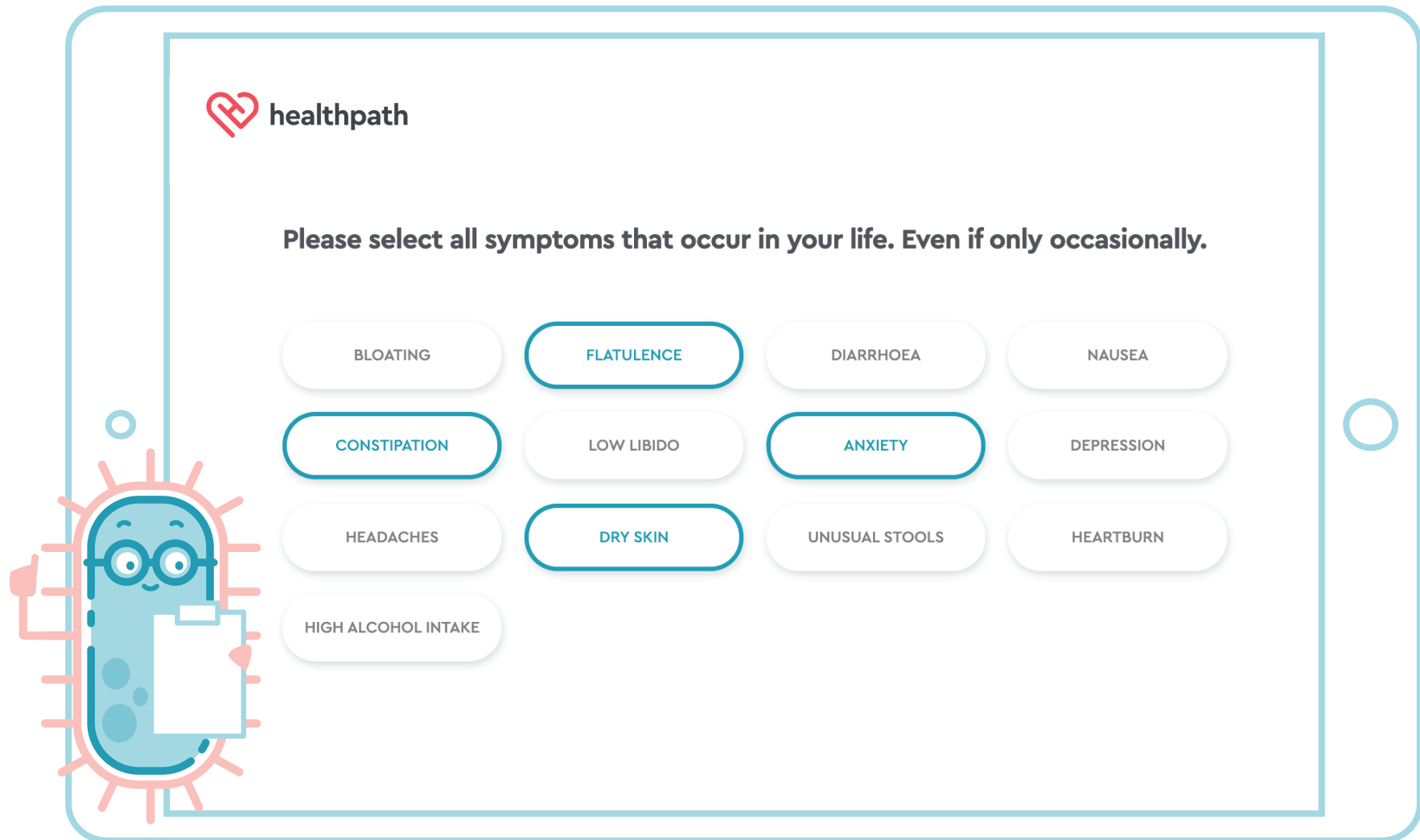
Proteobacteria


Proteus mirabilis	✓
Oxalate-degrading bacteria	✓
Oxalobacter formigenes	✓



Gut Health Test results are delivered in your private Healthpath dashboard

Your practitioner considers your symptoms:

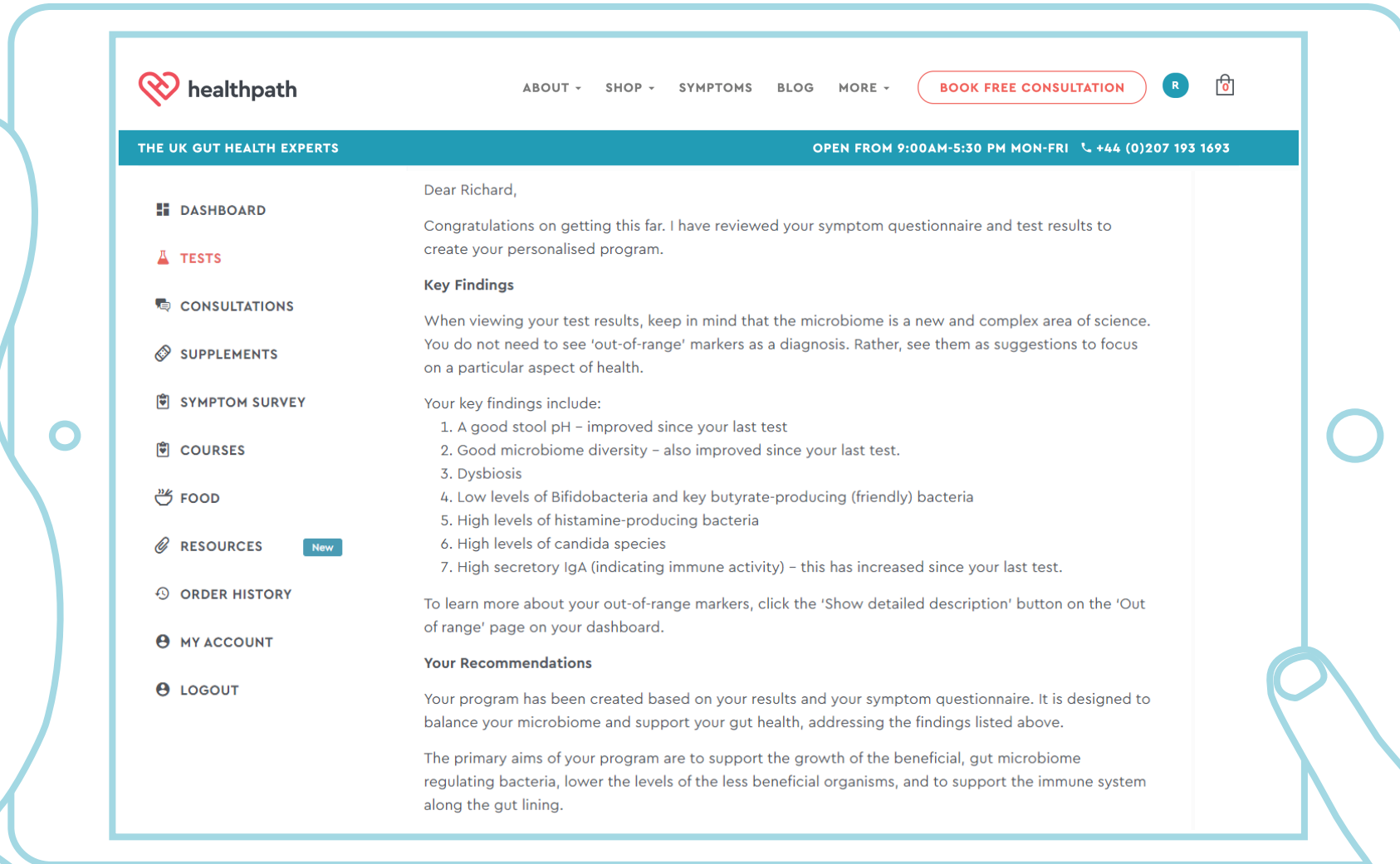


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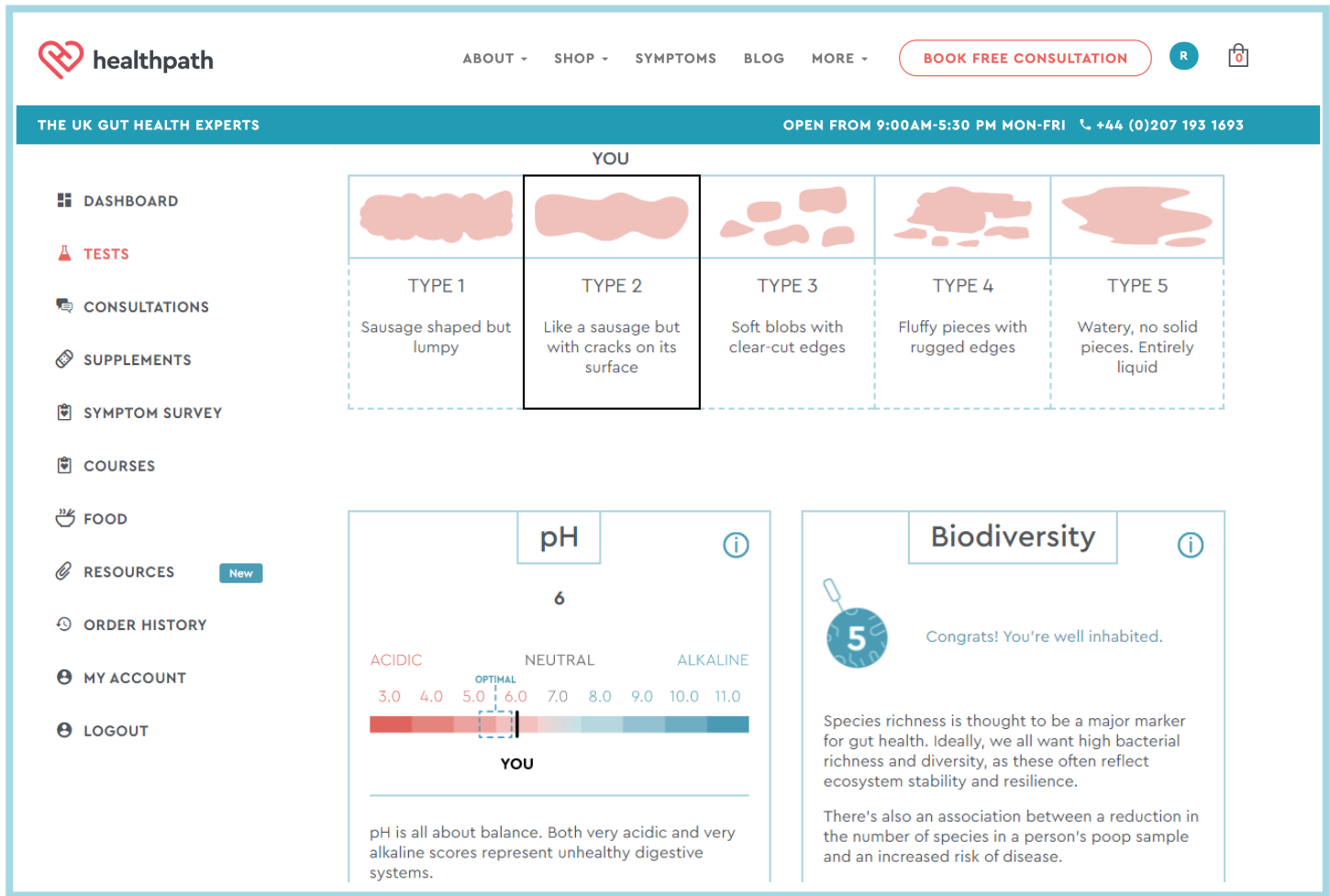
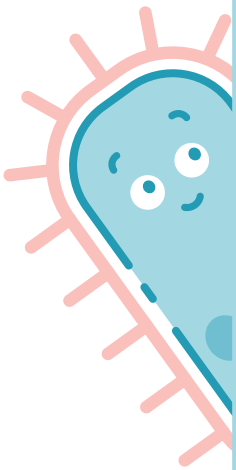
Please select all symptoms that occur in your life. Even if only occasionally.

BLOATING	FLATULENCE	DIARRHOEA	NAUSEA
CONSTIPATION	LOW LIBIDO	ANXIETY	DEPRESSION
HEADACHES	DRY SKIN	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' section showing a score of 6 on a scale from 3.0 (ACIDIC) to 11.0 (ALKALINE), with an 'OPTIMAL' range between 5.0 and 6.0. The 'Biodiversity' section shows a score of 5 and a congratulatory message: 'Congrats! You're well inhabited.' It includes text explaining that species richness is a major marker for gut health and that a reduction in species richness is associated with an increased risk of disease. A sidebar on the left contains navigation links: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOM SURVEY, COURSES, FOOD, RESOURCES (marked 'New'), ORDER HISTORY, MY ACCOUNT, and LOGOUT.

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', '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 is titled 'Results - out of range' for the 'Ultimate Gut Health Test'. It includes a 'Show detailed description' toggle (set to 'Yes'), a 'DOWNLOAD LAB REPORT' button, and 'PREV' and 'NEXT' navigation buttons. The 'Bacterial distribution' section is highlighted as 'Out of range' in red. It lists two categories: 'Actinobacteria' and 'Verrucomicrobia', both marked as 'Borderline low'. Each category has a horizontal bar chart showing the distribution of results. The 'Actinobacteria' bar shows a low level, and the 'Verrucomicrobia' bar also shows a low level. Below each bar is a detailed description of the bacteria and its role in the gut.

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ABOUT SHOP SYMPTOMS BLOG MORE

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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

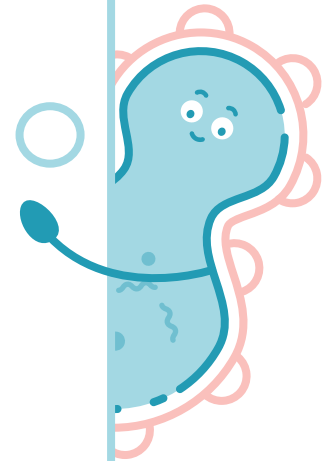
Actinobacteria Borderline low

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.

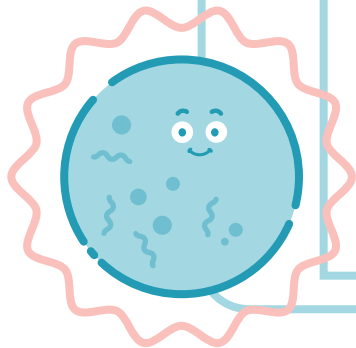


A personalised program:

The screenshot displays the Healthpath website interface. At the top, the Healthpath logo is on the left, and navigation links (ABOUT, SHOP, SYMPTOMS, BLOG, MORE) and a 'BOOK FREE CONSULTATION' button are on the right. Below the navigation, a teal banner reads '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 'Next steps' under the breadcrumb 'Tests > Ultimate Gut Health Test'. It features three recommendation cards, each with a 'GET STARTED' button:

- 01 Food program recommendations**: These recipes and meal planning guidelines have been handpicked to aid the repair of your digestive health and optimise your wellbeing, based on your individual test results and personal information.
- 02 Supplement recommendations**: Your practitioner has made these highly targeted supplement recommendations to fulfil your individual needs, based on your personal health assessment, alongside your food and lifestyle plans.
- 03 Resource recommendations**: These articles, videos and comprehensive guides will educate and guide you on your journey to better health, having been carefully selected based on your personal details and individual results.

The left sidebar menu includes: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOM SURVEY, COURSES, FOOD, RESOURCES (marked 'New'), ORDER HISTORY, MY ACCOUNT, and LOGOUT.



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

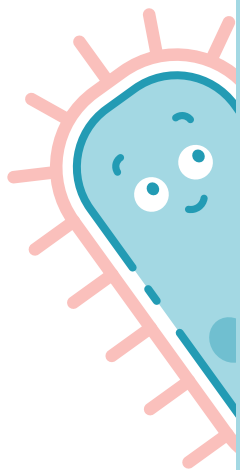
SUPPLEMENT	DOSAGE	DURATION
Bio.Me Prebio GOS 90g	0.5 tsp in 200ml water	8-12 weeks

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
Oil of Oregano 120's	1 capsule	4 weeks
Life & Soul Pure Omega-3 60's	2 capsules	8-12 weeks

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



healthpath

ABOUT ▾ SHOP ▾ SYMPTOMS BLOG MORE ▾

BOOK FREE CONSULTATION

THE UK GUT HEALTH EXPERTS

OPEN FROM 9:00AM-5:30 PM MON-FRI ☎ +44 (0)207 193 1693

DASHBOARD

TESTS

CONSULTATIONS

SUPPLEMENTS

SYMPTOM SURVEY

COURSES

FOOD

RESOURCES New

ORDER HISTORY

MY ACCOUNT

LOGOUT

New: Healthpath Plate - Omnivore

[BACK TO FOOD RECOMMENDATIONS](#)

PRICE

FREE

Food type: Omnivore

Attachments ▾

Everything you need to get and stay on track:

- Two-week meal plan
- Shopping list
- 70+ recipes
- Food plate guide

and much more

Plus a copy of the original lab report

bio vis'
DIAGNOSTIK

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SE: 0 64 31 71 248-0
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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
Microbiome Healthpath				
Molecular genetic microbiome analysis 3.0				
Stool Properties				
Colour	brown			
Consistency	musty			
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
Index 10

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 1,73 Quotient < 1,5

Phyla	Result	Unit	Standard Range
Actinobacteria	1,7	%	1,0 - 5,0
Bacteroidetes	28,8	%	30 - 60
Firmicutes	49,4	%	30 - 60
Fusobacteria	0,0	%	0,0 - 1,0
Proteobacteria	8,0	%	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
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	%		
Equal producing bacteria				
Adiercreutzia spp.	4,3 x 10⁹	CFU/g faeces	> 5,0 x 10 ⁹	
Eggerthella lenta				
Slackia spp.				
Bacteroidetes				
Bacteroides	1,6 x 10¹¹	CFU/g faeces	> 1,5 x 10 ¹¹	
Bacteroides uniformis	15	%		
Bacteroides ovatus	12	%		
Prevotella	4,0 x 10¹⁰	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 ⁶	CFU/g faeces	< 2,0 x 10 ⁶	
Fusobacteria				
Fusobacterium	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁷	
Verrucomicrobia				
Akkermansia muciniphila	1,0 x 10⁹	CFU/g faeces	> 5,0 x 10 ⁹	
Proteobacteria				
Pathogenic or potentially pathogenic bacteria				
Haemophilus spp.	2,2 x 10⁶	CFU/g faeces	< 1,0 x 10 ⁹	
Acinetobacter spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶	
Proteus spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶	
Klebsiella spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶	
Enterobacter spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶	
Serratia spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶	
Haflnia spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶	
Morganella spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶	
Citrobacter spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 5,0 x 10 ⁸	
Pseudomonas spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 5,0 x 10 ⁷	
Providencia spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 5,0 x 10 ⁷	
H2S production				

FE= stool * cooperate analysis (FE, A) accredited, (NA) not accredited
Healthpath 85 Great Portland Street GB-W1W 7LT London Seite 2 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
Sulphate reducing bacteria				
Sulphate reducing bacteria	6,0 x 10⁹	CFU/g faeces	< 2,0 x 10 ⁹	
Desulfovibrio piger				
Desulfovibrio piger	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁹	
Desulfomonas pigra				
Desulfomonas pigra	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁹	
Bilophia wadsworthii				
Bilophia wadsworthii	< 1,0 x 10 ⁶	CFU/g faeces	< 2,0 x 10 ⁹	
Histamine producing bacteria				
Histamine producing bacteria				
Histamine producing bacteria	< 1,0 x 10 ⁶	CFU/g faeces	< 5,0 x 10 ⁸	
Immunogenicity / Mucus production				
Immunogenically effective bacteria				
Escherichia coli				
Escherichia coli	6,2 x 10⁸	CFU/g faeces	10 ⁶ - 10 ⁷	
Enterococcus spp.				
Enterococcus spp.	< 1,0 x 10 ⁶	CFU/g faeces	10 ⁶ - 10 ⁷	
Lactobacillus spp.				
Lactobacillus spp.	2,6 x 10 ⁶	CFU/g faeces	10 ⁶ - 10 ⁷	
Mucin production / Mucosal barrier				
Akkermansia muciniphila				
Akkermansia muciniphila	1,9 x 10⁹	CFU/g faeces	> 5,0 x 10 ⁹	
Faecalibacterium prausnitzii				
Faecalibacterium prausnitzii	8,4 x 10 ¹⁰	CFU/g faeces	> 5,0 x 10 ¹⁰	
Archaea				
Methanogens				
Methanobrevibacter spp.				
Methanobrevibacter spp.	2,6 x 10 ⁷	CFU/g faeces	< 1,0 x 10 ⁸	
Mycobiome: relevant yeasts				
Candida albicans (CA)				
Candida albicans (CA)	4,1 x 10⁴	KBE /g Stuhl	< 1,0 x 10 ³	
Candida krusei (CK)				
Candida krusei (CK)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³	
Candida glabrata (CG)				
Candida glabrata (CG)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³	
Candida dubliniensis (CD)				
Candida dubliniensis (CD)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³	
Candida parapsilosis (CP)				
Candida parapsilosis (CP)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³	
Candida tropicalis (CTp)				
Candida tropicalis (CTp)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³	
Candida lusitanae (CL)				
Candida lusitanae (CL)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³	

FE= stool * cooperate analysis (FE, A) accredited, (NA) not accredited
Healthpath 85 Great Portland Street GB-W1W 7LT London Seite 3 von 4