

GUT HEALTH MOT TEST

INSTRUCTIONS

Thank you for purchasing this test. We're delighted to join you on your health journey.

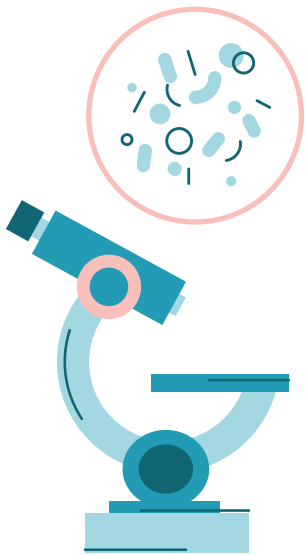
The science behind the test

Your gut is home to 2kg's worth of bacteria, viruses, fungi, protozoa, archaea and other microorganisms. Collectively, we'll call these 'bugs'.

These bugs play a role in a host of bodily processes, from helping you to digest your food to creating neurotransmitters. As with any ecosystem, this all works best when things are in balance. If you've got too much of one bug, or not enough of another, certain processes can get a bit out of kilter.

By taking a sample of your stool (a.k.a. your poop), we can see which bugs you're harbouring and in what ratios. We can therefore work out how your gut's inhabitants are contributing to your gut health and any symptoms you might have.

Based on this, we can make targeted recommendations to support both your digestion and your wellbeing as a whole.



IMPORTANT Before you take the test

To make your test results as accurate as possible, it's important you follow these guidelines.



Follow your **normal diet** for at least a week before taking the test. Any dramatic changes in diet will lead to skewed results.



The stool (your poop) must not come into contact with **water**. Use the stool collector enclosed in the kit.



The dipstick must not come into contact with the **toilet**, as detergents and disinfectants can also skew the result. Follow the instructions closely.












Do NOT post samples back on a Friday or Saturday. Samples can only be posted back to the lab on Monday–Thursday.

TEST KIT CONTENTS

We've partnered with a functional testing lab called Biovis Diagnostik MVZ to provide this test. Your test kit contains the following:

- 1 x test instructions (this sheet)
- 1 x request form
- 1 x stool sample preparation system
- 1 x transport tube
- 1 x shipping bag

TAKING THE TEST

-  1. Read the 'IMPORTANT: Before you take this test' box on the first page.
-  2. Check you have all the test kit contents using the list above, and fill in the request form.
-  3. Put the stool collector over the toilet basin and pass stools (a.k.a. go for a poop) as normal.
-  4. Label the test tube with your name and the date. Open the upper yellow part of the cap and remove the attached dipstick. The blue, cone-shaped bit should remain in the tube.
-  5. Collect a stool sample by inserting the dipstick into the stool at three different points. Make sure that the notches on the lower part of the stick are covered completely with the stool.
-  6. Stick the dipstick with the collected stool back into the sample tube. It's important you only do this once, as repeated insertions can lead to inaccurate results. Any excess stool will be stripped off by the cone-shaped insert, leaving 15mg of the sample in the tube.
-  7. Close the tube firmly by turning it until you hear the yellow shutter click.
-  8. Shake well until no stool sample remains in the notches, but is completely mixed in with the extraction buffer. This solution now contains 15mg of stool.
-  9. Pop the sample tube inside the transport tube. Along with your request form, put the transport tube inside the shipping bag and return to the lab on the same day.

- Don't worry if the stool solution in the sample tube hardly changes colour—this is normal.

Return samples to xxxxxxxx xxxxxxxxxxx xxxxxxx

WHAT HAPPENS NEXT?

As soon as your results are ready, you'll receive an email notification from Healthpath. You can then log onto your Healthpath account to view your results and see personalised recommendations.