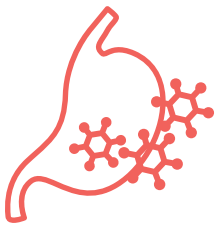


Healthpath's Gut Health Tests

BIOMARKERS

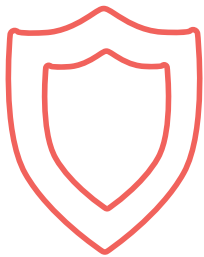
Healthpath's **Essential**, **Advanced** and **Ultimate Gut Health Tests** show you what's going on in your gut. By looking at imbalances in bacteria, yeasts, parasites and other intestinal health biomarkers, you find out what's contributing to your symptoms. You also receive targeted diet, supplement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

The biomarkers provide clinical information on three key areas:



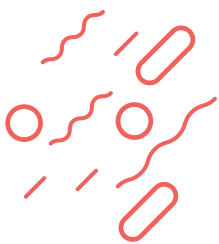
1 | Digestion/Absorption

- 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



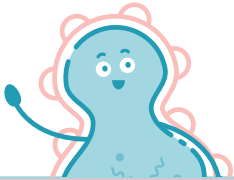
3 | Gut microbiome/Mycobiome

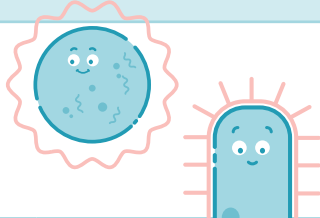
- Microbiome diversity
- Enterotype
- Dysbiosis index
- Actinobacteria
- Bacteroidetes
- Firmicutes
- Proteobacteria
- Fusobacteria
- Verrucomicrobia
- Hydrogen-sulphide production
- Oxalate-degrading bacteria
- Yeasts
- Parasites

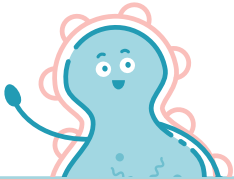


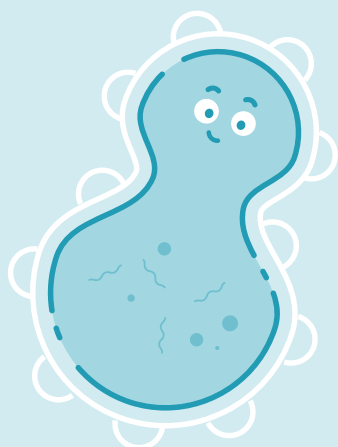
Clinical advantages of the qPCR technology used in Healthpath's tests

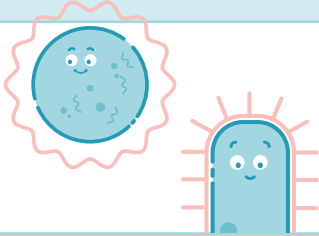
This new method of analysis allows for a single sample. This makes the process easier for everyone, and it's particularly helpful for children and those struggling with diarrhoea or constipation.

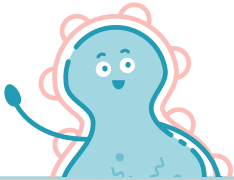
	Essential Gut Health Test	Advanced Gut Health Test
Stool properties		
Colour	✓	✓
Consistency	✓	✓
pH	✓	✓
Biodiversity		
Diversity	✓	✓
Dysbiosis index	✓	✓
Bacterial distribution		
Actinobacteria	✓	✓
Bacteroidetes	✓	✓
Firmicutes	✓	✓
Fusobacteria	✓	✓
Proteobacteria	✓	✓
Verrucomicrobia	✓	✓
Other	✓	✓
Firmicutes/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

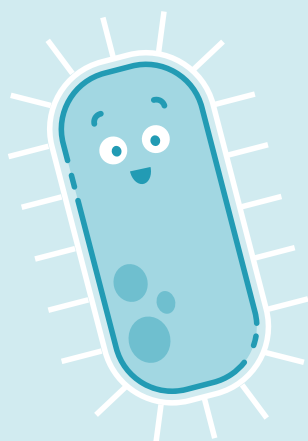
	Essential Gut Health Test	Advanced Gut Health Test
Actinobacteria		
Bifidobacteria	✓	✓
Equol-producing bacteria	✓	✓
Adlercreutzia species	✓	✓
Eggerthella lenta	✓	✓
Slackia species	✓	✓
Bacteroidetes		
Bacteroides	✓	✓
Bacteroides uniformis	✓	✓
Bacteroides ovatus	✓	✓
Prevotella	✓	✓
Prevotella copri	✓	✓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

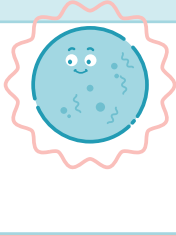
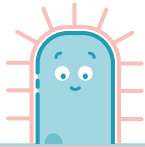
		Essential Gut Health Test	Advanced Gut Health Test
Firmicutes			
Clostridia		✓	✓
Clostridia total bacterial count		✓	✓
Clostridia cluster 1		✓	✓
Fusobacteria			
Fusobacterium species			✓
Verrucomicrobia			
Akkermansia muciniphila		✓	✓



		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
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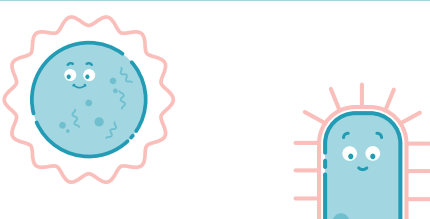
Functional markers

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
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Functional markers

Zonulin	✓
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Butyrate-producing bacteria

Cl. butyricum	✓
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Clostridia

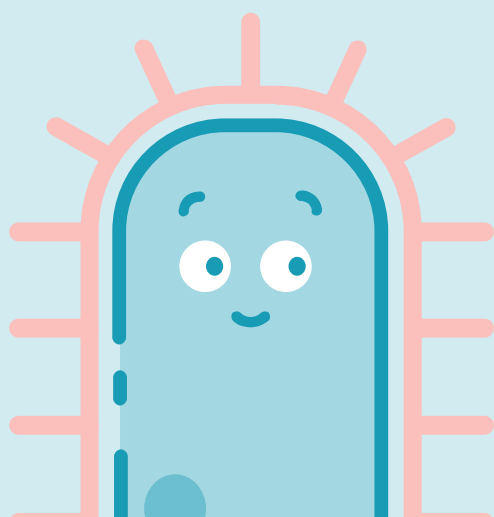
Clostridia histolyticum	✓
Clostridia perfringens	✓
Clostridia sporogenes	✓

Other Firmicutes

Christensenellaceae	✓
Dialister invisus	✓

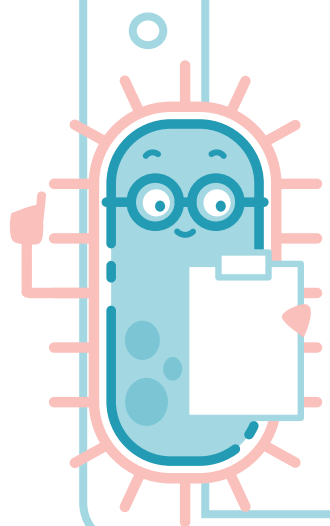
Proteobacteria


Proteus mirabilis	✓
Oxalate-degrading bacteria	✓
Oxalobacter formigenes	✓



Gut Health Test results are delivered in your private Healthpath dashboard

Your practitioner considers your symptoms:

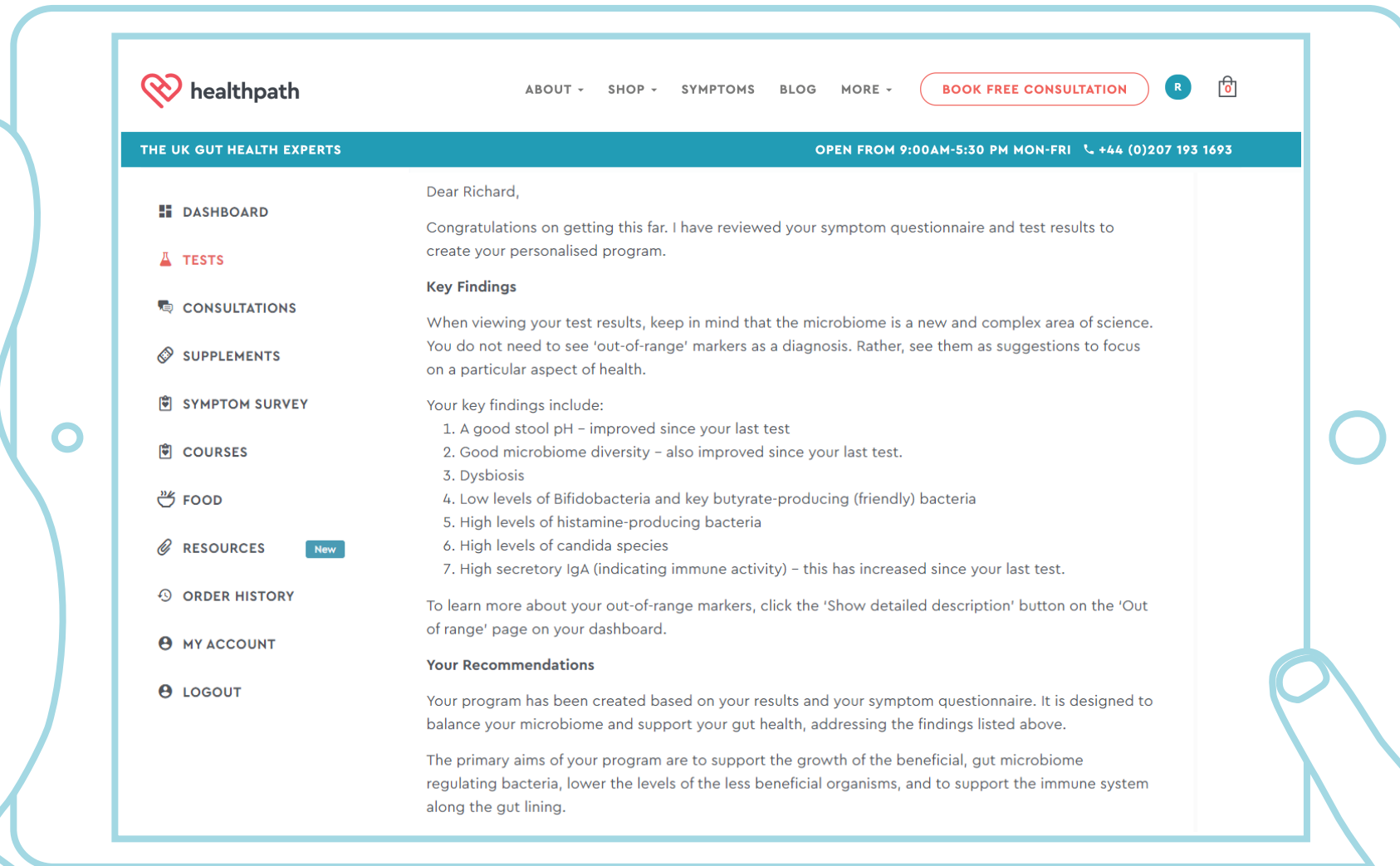


 healthpath

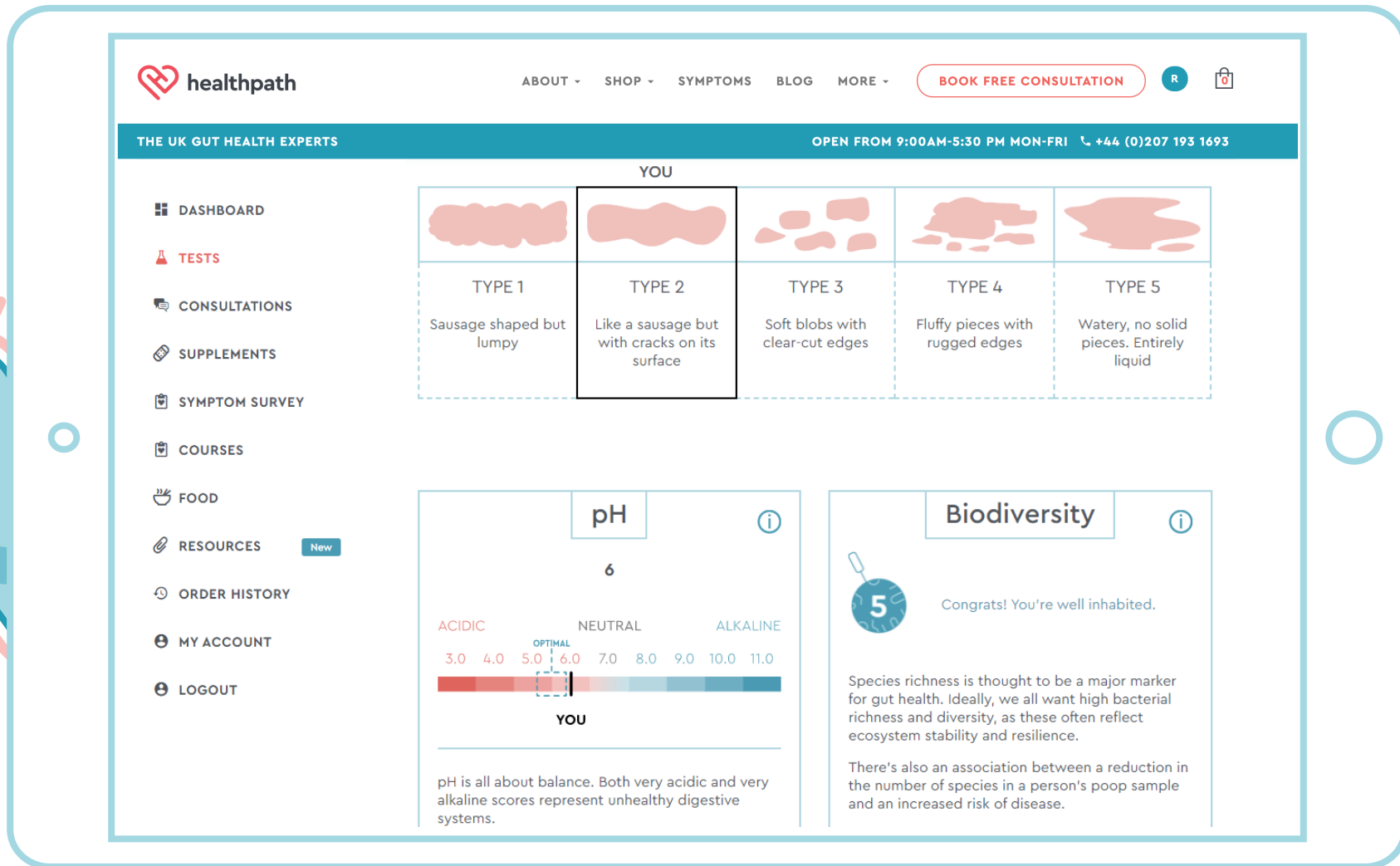
Please select all symptoms that occur in your life. Even if only occasionally.

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

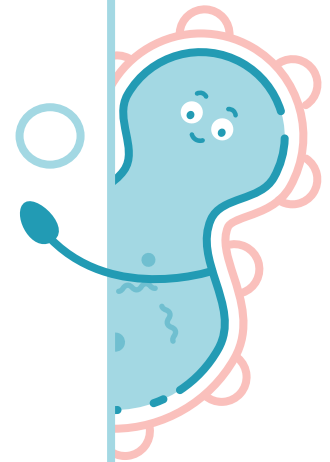
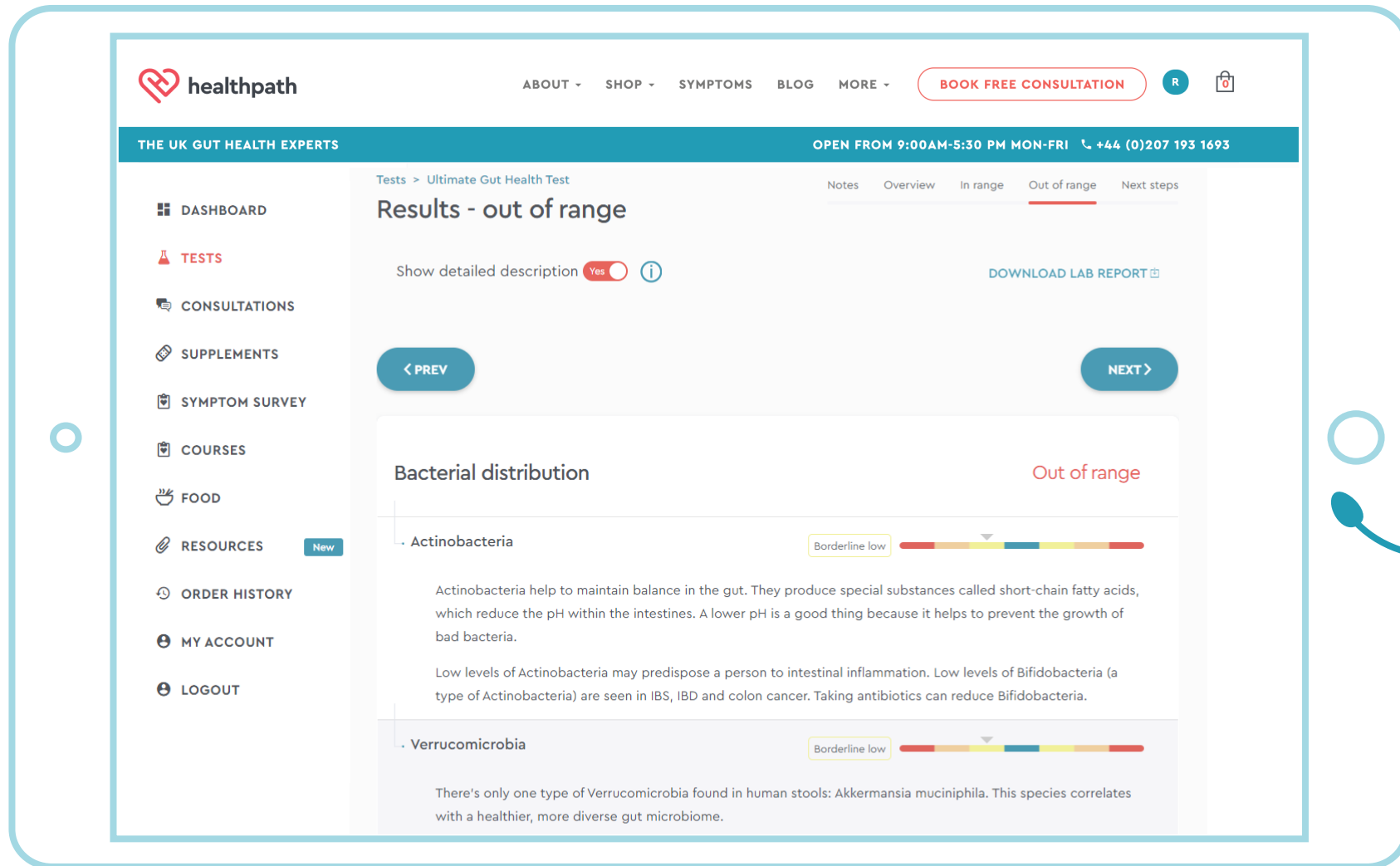
You get a personal note from your practitioner:



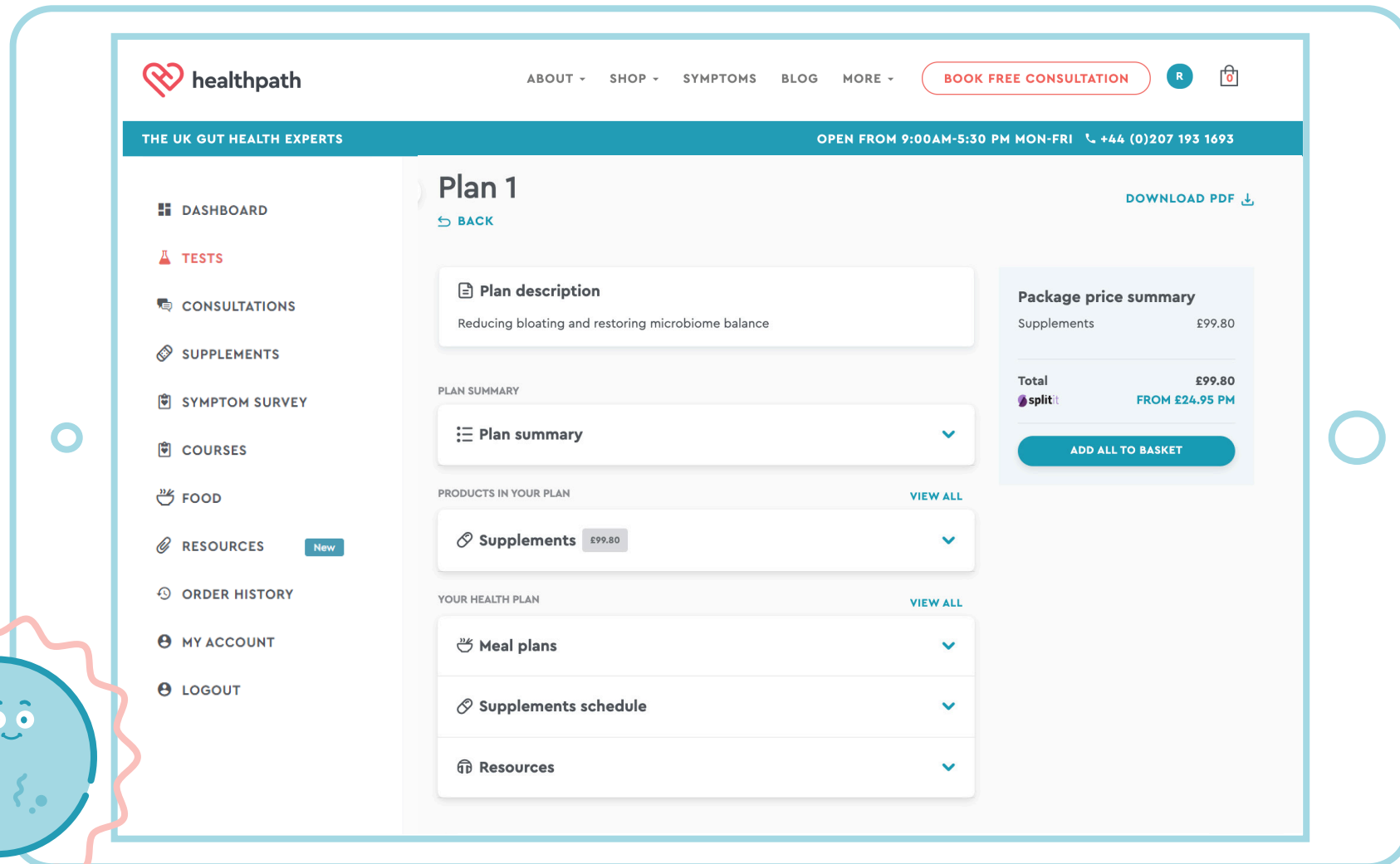
An overview of your gut health:



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





A personalised program:



Advanced supplement protocol:

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

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.		
Bio.Me Barrier 90's	3 capsules	8-12 weeks

Breakfast

SUPPLEMENT	DOSAGE	DURATION
Oil of Oregano 120's	1 capsule	4 weeks
I suggest starting with just 1 capsule a day, and if tolerated, increasing to the suggested dosage slowly over a few weeks.		
Life & Soul Pure Omega-3 60's	2 capsules	8-12 weeks

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

