

Healthpath's Gut Health Tests

BIOMARKERS

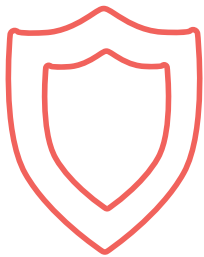
Healthpath's **Ultimate Gut Health Test** show you what's going on in your gut. By looking at imbalances in bacteria, yeasts, parasites and other intestinal health biomarkers, you find out what's contributing to your symptoms. With our **Ultimate Plan and Ultimate Package** you'll also receive targeted food, supplement and lifestyle recommendations to help you take back control.

The biomarkers provide clinical information on three key areas:



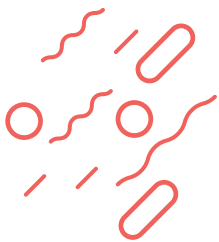
1 | Digestion/Absorption

- 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
- Haemoglobin ULTIMATE PLAN ULTIMATE PACKAGE



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.

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
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
Clostridia
Clostridia total bacterial count
Clostridia cluster 1
Fusobacteria
Fusobacterium species
Verrucomicrobia
Akkermansia muciniphila

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

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

Yeasts

Candida albicans

Candida krusei

Candida glabrata

Candida
dubliniensis

Candida
parapsilosis

Candida tropicalis

Candida lusitanae

Parasites
Pathobionts
<div>Blastocystis hominis</div> <div>Dientamoeba fragilis</div> <div>Helicobacter AG</div>
Pathogenic intestinal protozoa
<div>Giardia lamblia</div> <div>Entamoeba histolytica</div> <div>Cryptosporidium species</div> <div>Cyclospora cayetanensis</div>
Functional markers
Calprotectin
Secretory IgA
Digestive residues
Determination of fat
Determination of nitrogen
Determination of sugar
Determination of water

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

Available only in our Plan or Package option

- ULTIMATE PLAN

ULTIMATE PACKAGE

Functional marker
Haemoglobin

Your Test Results

All tests come with a personalised note from our in-house practitioners, easy-to-understand results and a copy of the original lab report.

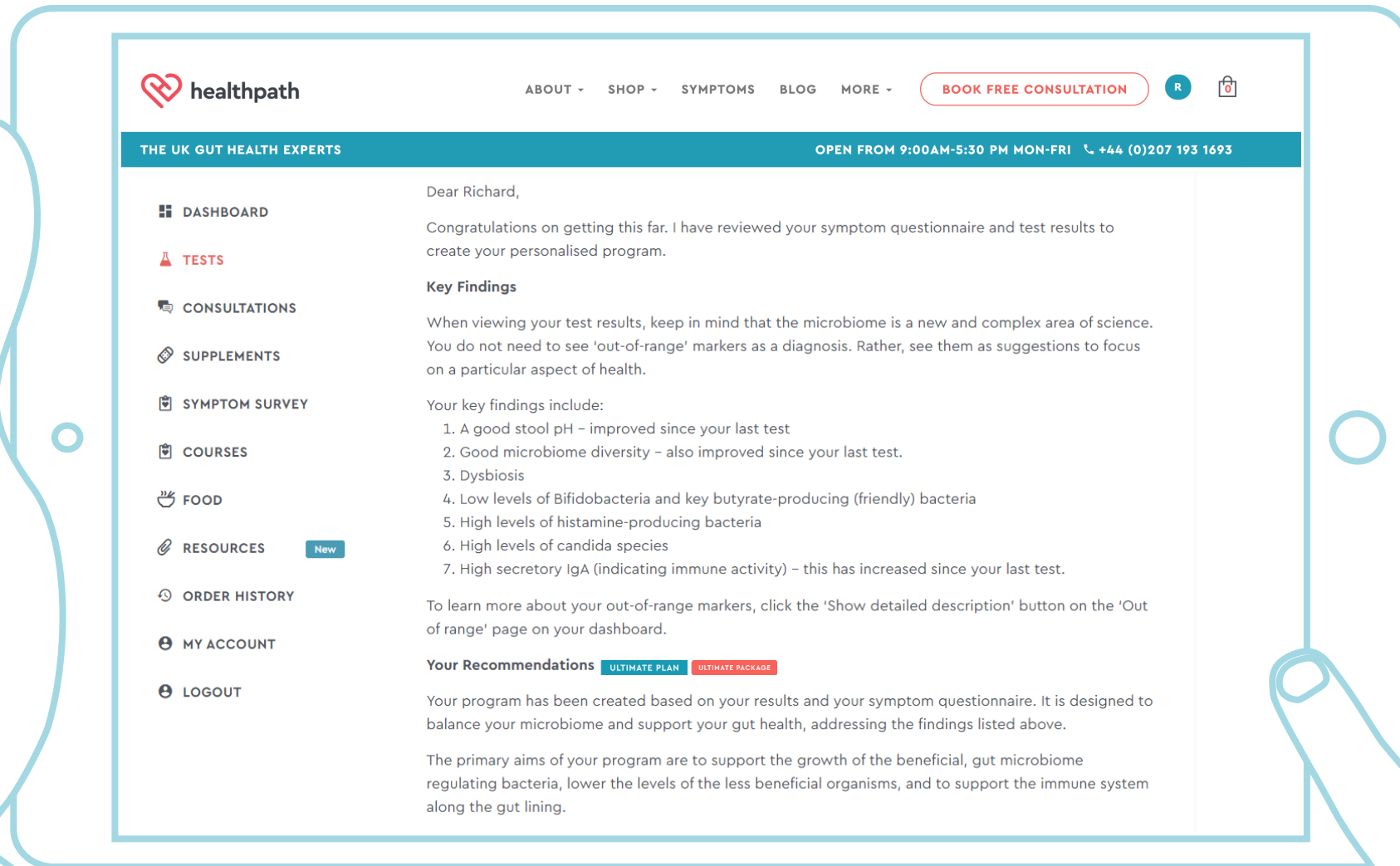
Your test results will be in your private Healthpath dashboard.

ULTIMATE PLAN

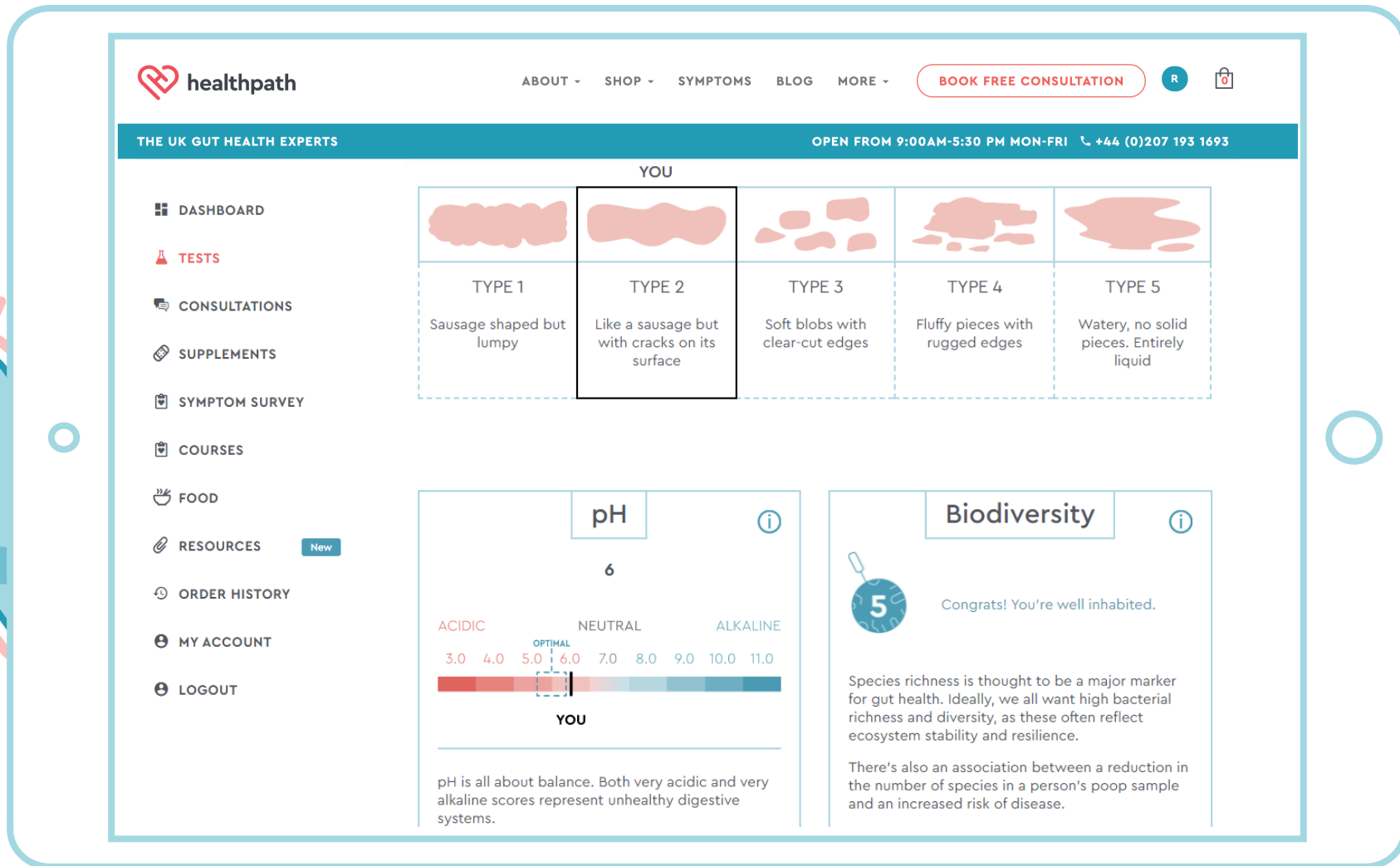
ULTIMATE PACKAGE

With our **Ultimate Plan** and **Ultimate Package**, you'll also receive targeted food, supplement and lifestyle recommendations to help you take back control.

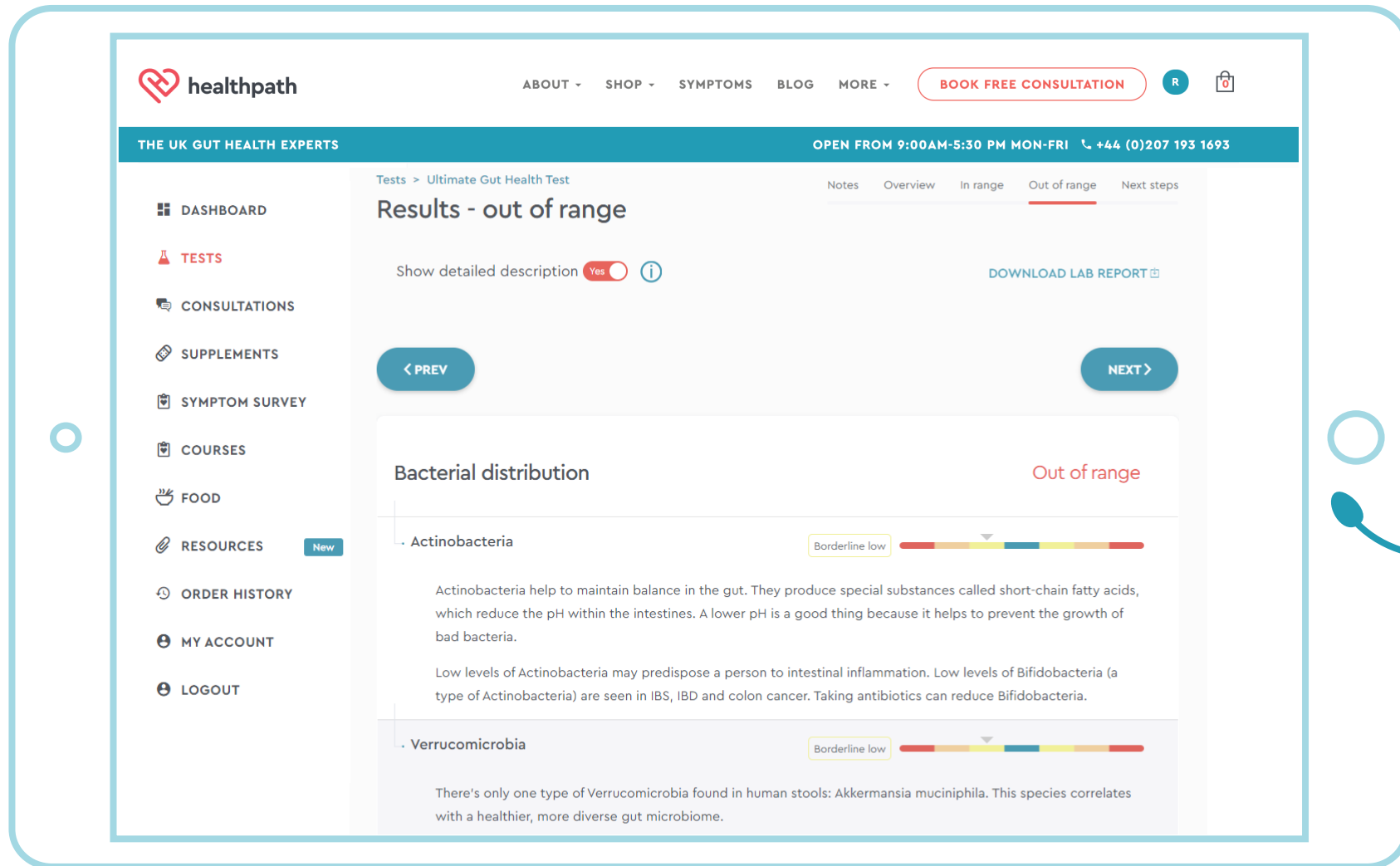
You get a personal review and report from your practitioner:



An overview of your gut health:



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



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THE UK GUT HEALTH EXPERTS

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

Tests > Ultimate Gut Health Test

Notes Overview In range Out of range Next steps

Results - out of range

Show detailed description ☒ Yes ☐ No [Download Lab Report](#)

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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.

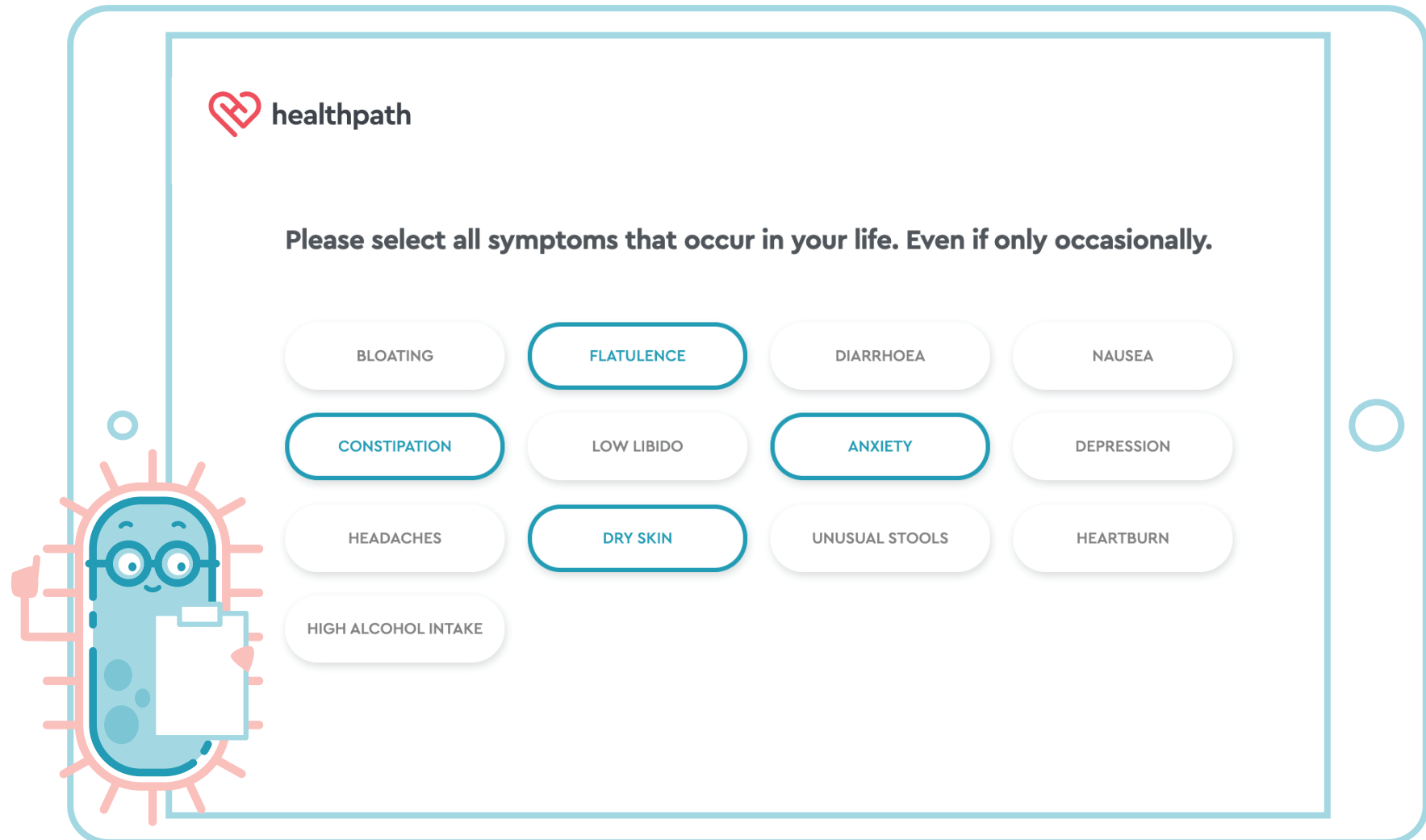
Low levels of Actinobacteria may predispose a person to intestinal inflammation. Low levels of Bifidobacteria (a type of Actinobacteria) are seen in IBS, IBD and colon cancer. Taking antibiotics can reduce Bifidobacteria.


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.

With a Plan or Package, your practitioner reviews your symptoms and health history:



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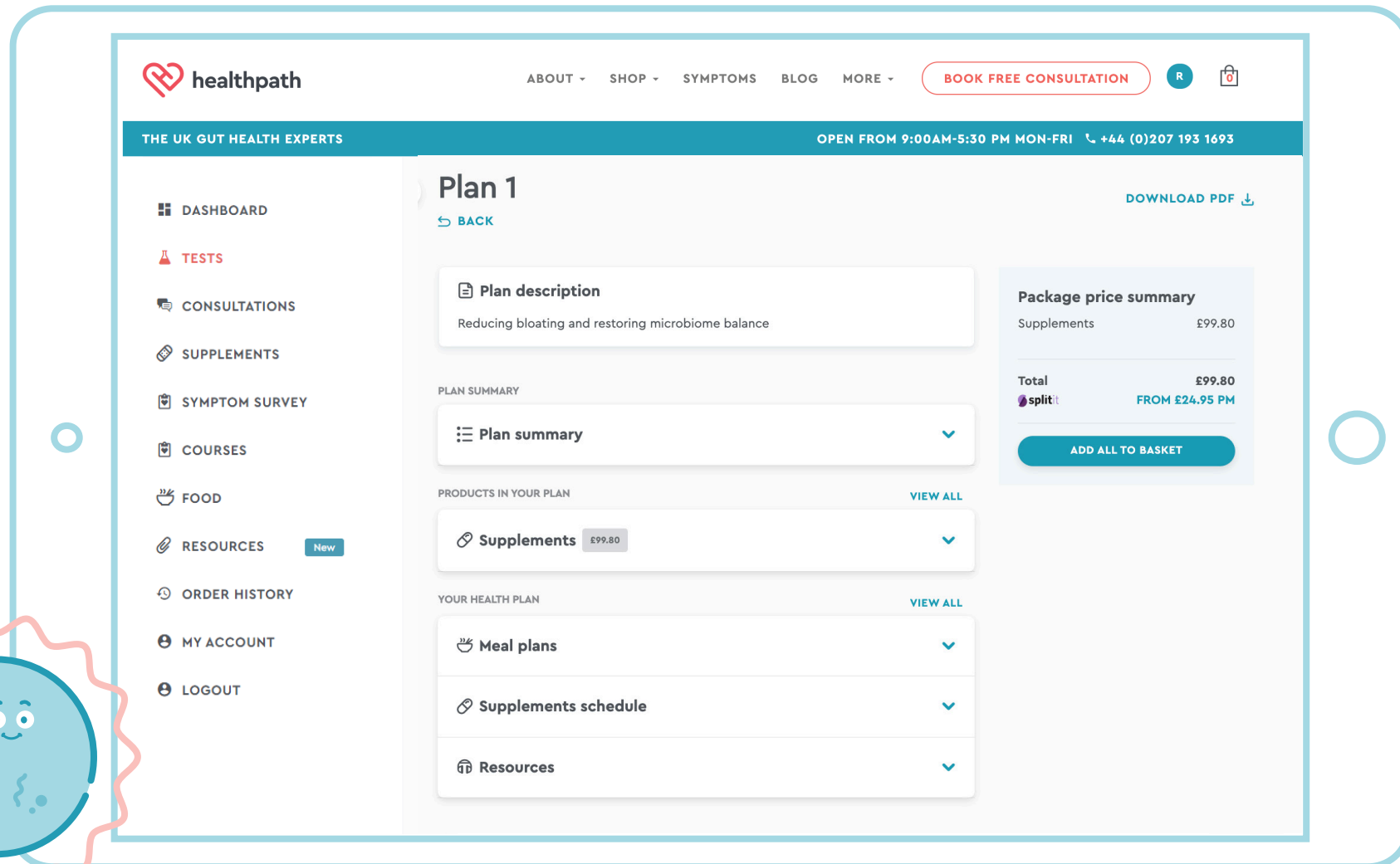
Please select all symptoms that occur in your life. Even if only occasionally.

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

ULTIMATE PLAN

ULTIMATE PACKAGE

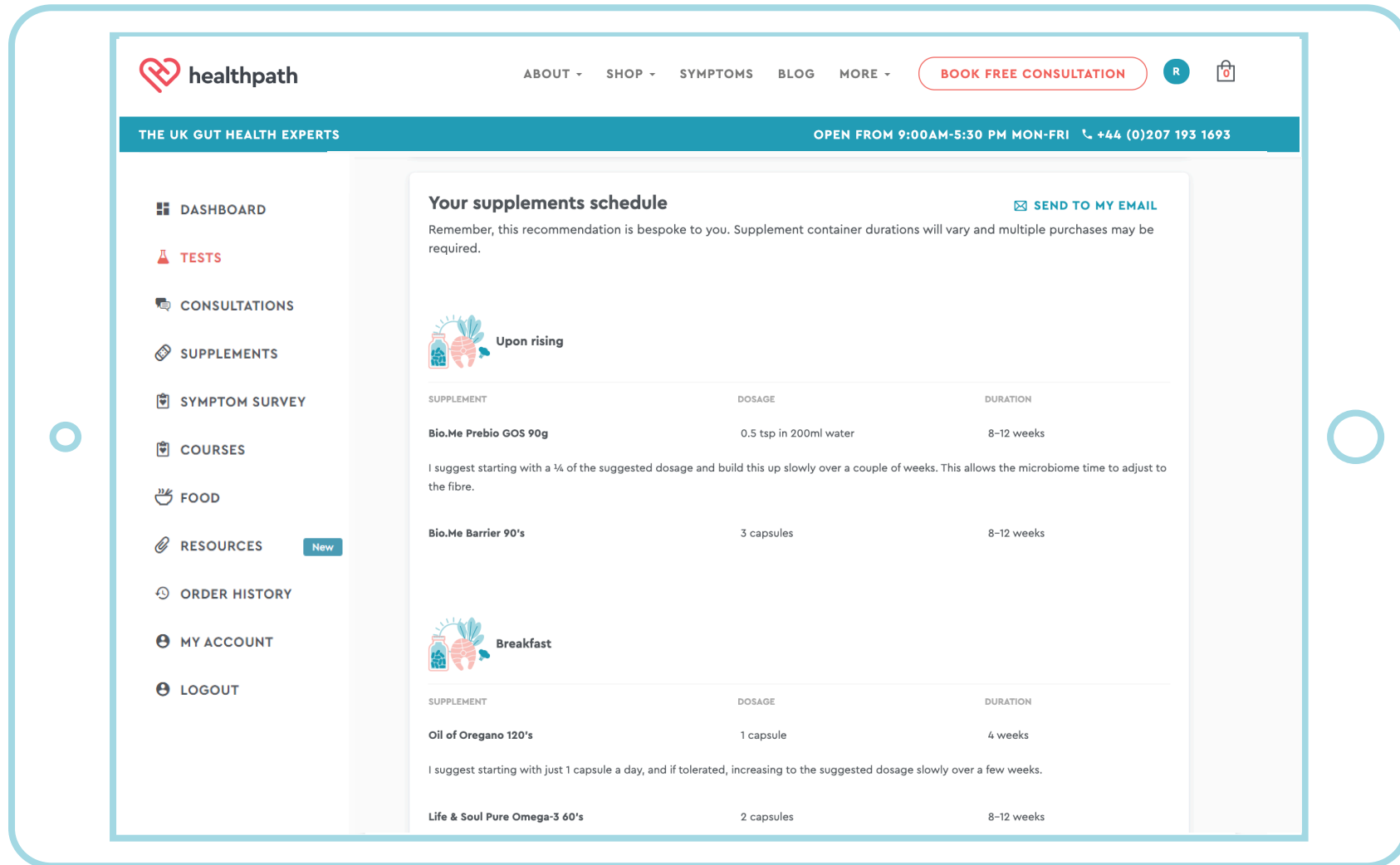
With a Plan or Package, you receive a bespoke health plan designed for you:



ULTIMATE PLAN

ULTIMATE PACKAGE

With a Plan or Package, you receive a personalised supplement protocol:



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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

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

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

I suggest starting with just 1 capsule a day, and if tolerated, increasing to the suggested dosage slowly over a few weeks.

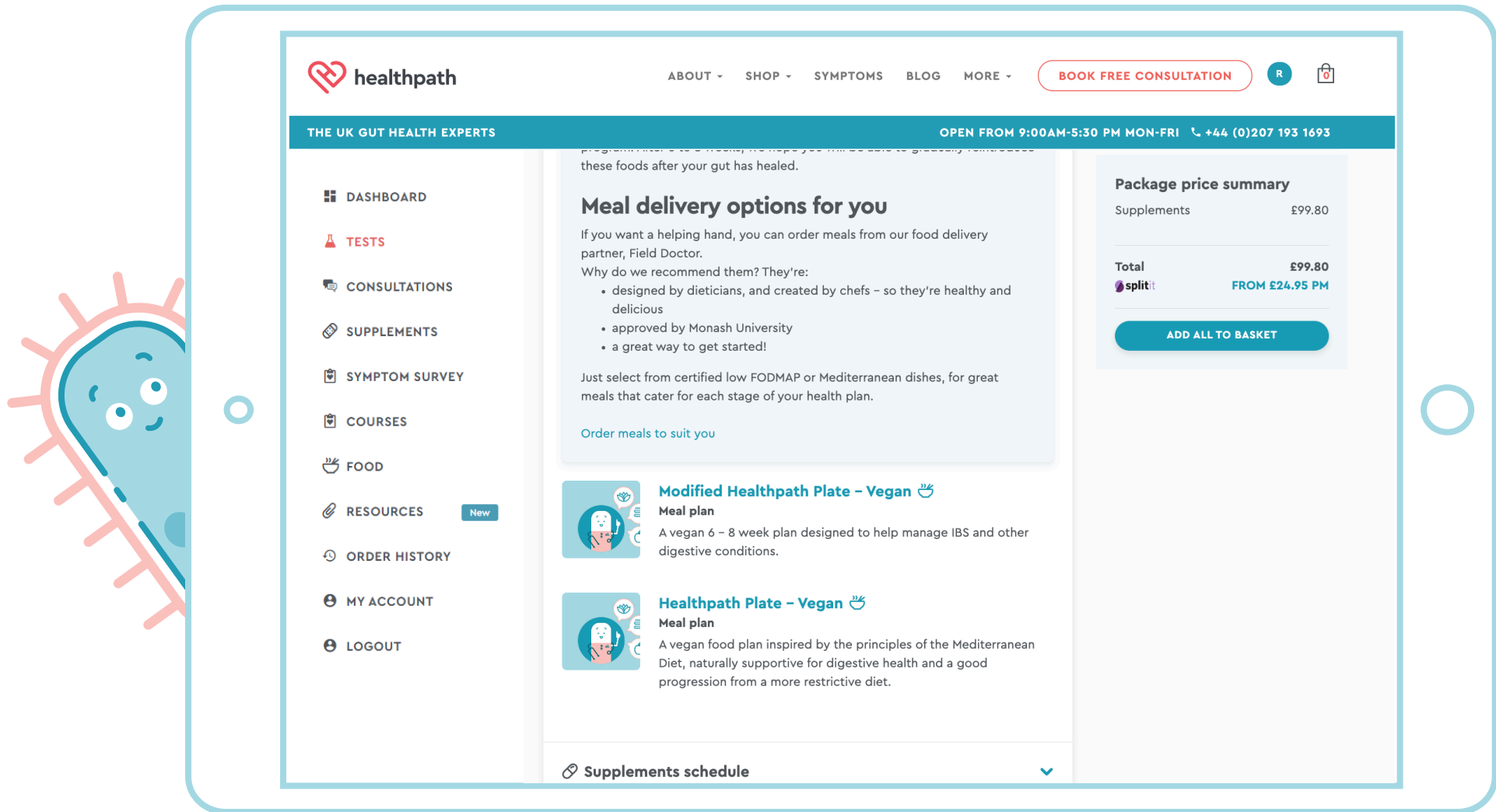
Navigation Menu:

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- MY ACCOUNT
- LOGOUT

ULTIMATE PLAN

ULTIMATE PACKAGE

With a Plan or Package you'll receive an evidence-based food plan, hand-picked by your practitioner:



Plus a copy of the original lab report

bio vis[®] DIAGNOSTIK		Biovis Diagnostik MVZ GmbH Prof. Dr. med. Burkhard Schöke Klinische Mikrobiologie / Genetik Theresa Guggen Dr. med. Herbert Schmidt Prof. Dr. med. Michael Krüger Ludwig-Maximilians-Universität München Ludwig-Maximilians-Universität München Tel.: 0 89 31 7 21 248-0 Fax: 0 89 31 7 21 248-66 E-Mail: info@biovis.de www.biovis.de	
External ID			
Name	Demo	Date of Birth	23.01.1964
First Name	A713AE1	Sex	Female
Order ID	12630932		
Sampling Date	10.12.2021 00:00	Validation Date	10.12.2021
Sample Material	FE	Findings Status	Final Report
Test	Result	Unit	Standard Range
Microbiome Healthpath			
Molecular genetic microbiome analysis 3.0			
Stool Properties			
Colour	brown		NAI M010
Consistency	musty		FE
pH	6,5		5,8 - 6,5 NAI T0170
Biodiversity			
Diversity	6,42		> 5 NAI M0100
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 NAI T02240
Phyla			
Actinobacteria	1,7	%	1,0 - 5,0 NAI M0100
Bacteroidetes	28,8	%	30 - 60 NAI M0100
Firmicutes	49,4	%	30 - 60 NAI M0100
Fusobacteria	0,0	%	0,0 - 1,0 NAI M0100
Proteobacteria	8,9	%	1,5 - 5,0 NAI M0100
Verrucomicrobia	1,9	%	1,5 - 5,0 NAI M0100
Other	9,5	%	NAI M0100

FE=not
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* cooperative analysis (FE, A) accredited, (NA) not accredited

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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	
Bacteria Phyla - most important genera and species					
Actinobacteria					
Bifidobacterium	1,2 x 10 ¹⁰	CFU/g faeces	> 5,0 x 10 ⁹		FE
Bifidobacterium adolescentis	81	%			NAI M0100
Bifidobacterium longum	16	%			FE
Equal producing bacteria	4,3 x 10 ⁹	CFU/g faeces	> 5,0 x 10 ⁹		FE
Adlercreutzia spp.					NAI M0100
Eggerthella lenta					FE
Slackia spp.					NAI M0100
Bacteroidetes					
Bacteroides	1,6 x 10 ¹¹	CFU/g faeces	> 1,5 x 10 ¹¹		NAI M0100
Bacteroides uniformis	15	%			FE
Bacteroides ovatus	12	%			FE
Prevotella	4,0 x 10 ¹⁰	CFU/g faeces	> 1,0 x 10 ¹⁰		NAI M0100
Firmicutes					
Butyrate producing bacteria					
Total bacteria count	3,0 x 10 ¹¹	CFU/g faeces	> 1,2 x 10 ¹¹		FE
Faecalibacterium prausnitzii	8,4 x 10 ¹⁰	CFU/g faeces	> 5,0 x 10 ¹⁰		NAI M0100
Eubacterium rectale	3,7 x 10 ¹⁰	CFU/g faeces	> 1,0 x 10 ¹⁰		FE
Eubacterium hallii	3,3 x 10 ¹⁰	CFU/g faeces	> 5,0 x 10 ⁹		NAI M0100
Roseburia spp.	5,0 x 10 ¹⁰	CFU/g faeces	> 2,0 x 10 ¹⁰		FE
Ruminococcus spp.	4,1 x 10 ¹⁰	CFU/g faeces	> 3,0 x 10 ¹⁰		NAI M0100
Coproccoccus spp.	3,0 x 10 ¹⁰	CFU/g faeces	> 2,0 x 10 ¹⁰		FE
Butyrivibrio spp.	2,1 x 10 ¹⁰	CFU/g faeces	> 5,0 x 10 ⁹		FE
Clostridia					
Clostridia total bacteria count	2,7 x 10 ⁹	CFU/g faeces	< 4,0 x 10 ⁹		NAI M0100
Clostridia Cluster I	1,0 x 10 ⁹	CFU/g faeces	< 2,0 x 10 ⁹		FE
Fusobacteria					
Fusobacterium	< 1,0 x 10 ⁹	CFU/g faeces	< 1,0 x 10 ⁷		FE
Verrucomicrobia					
Akkermansia muciniphila	1,0 x 10 ⁹	CFU/g faeces	> 5,0 x 10 ⁹		NAI M0100
Proteobacteria					
Pathogenic or potentially pathogenic bacteria					
Haemophilus spp.	2,2 x 10 ⁹	CFU/g faeces	< 1,0 x 10 ⁹		FE
Acinetobacter spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶		NAI M0100
Proteus spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶		FE
Klebsiella spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶		FE
Enterobacter spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶		FE
Serratia spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶		NAI M0100
Halflia spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶		FE
Morganella spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁶		FE
Citrobacter spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 5,0 x 10 ⁶		FE
Pseudomonas spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 5,0 x 10 ⁷		FE
Providencia spp.	< 1,0 x 10 ⁶	CFU/g faeces	< 5,0 x 10 ⁷		FE
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					
Sulphate reducing bacteria	6,0 x 10 ⁹	CFU/g faeces	< 2,0 x 10 ⁹		FE
Desulfovibrio piger	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁹		FE
Desulfomonas pigra	< 1,0 x 10 ⁶	CFU/g faeces	< 1,0 x 10 ⁹		FE
Blifophila wadsworthii	< 1,0 x 10 ⁶	CFU/g faeces	< 2,0 x 10 ⁹		FE
Histamine producing bacteria					
Histamine producing bacteria	< 1,0 x 10 ⁶	CFU/g faeces	< 5,0 x 10 ⁸		FE
Immunogenicity / Mucus production					
Immunogenically effective bacteria					
Escherichia coli	6,2 x 10 ⁶	CFU/g faeces	10 ⁶ - 10 ⁷		FE
Enterococcus spp.	< 1,0 x 10 ⁶	CFU/g faeces	10 ⁶ - 10 ⁷		NAI M0100
Lactobacillus spp.	2,6 x 10 ⁶	CFU/g faeces	10 ⁶ - 10 ⁷		FE
Mucin production / Mucosal barrier					
Akkermansia muciniphila	1,0 x 10 ⁹	CFU/g faeces	> 5,0 x 10 ⁹		FE
Faecalibacterium prausnitzii	8,4 x 10 ¹⁰	CFU/g faeces	> 5,0 x 10 ¹⁰		NAI M0100
Archaea					
Methanogens					
Methanobrevibacter spp.	2,6 x 10 ⁷	CFU/g faeces	< 1,0 x 10 ⁸		FE
Mycobiome: relevant yeasts					
Candida albicans (CA)	4,1 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³		FE
Candida krusei (CK)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³		NAI M0100
Candida glabrata (CG)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³		FE
Candida dubliniensis (CD)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³		FE
Candida parapsilosis (CP)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³		FE
Candida tropicalis (CTp)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³		FE
Candida lusitanae (CL)	< 1,0 x 10 ³	KBE /g Stuhl	< 1,0 x 10 ³		FE

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