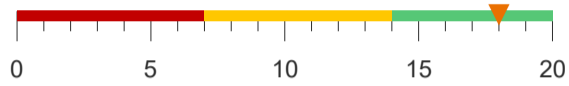


Gut Wellness Score

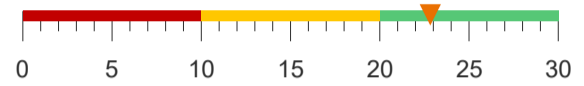


The gut wellness score combines the following indicators into a single metric.

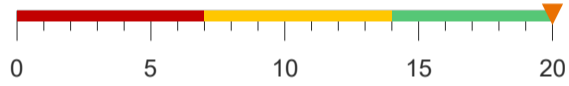
Diversity (90.00 %)



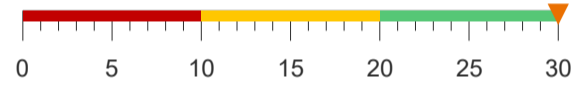
Probiotics (76.10 %)



Commensals (100.00 %)



Pathobionts (100.00 %)



Probiotics



The probiotics score combines the relative abundances of the following probiotic bacteria into a single metric. The beneficial impact of probiotics can be lost when present in concentrations exceeding the ideal range¹.

Bacteria	Chart	Percent	Range	Interpretation	Score
Akkermansia		0.005%	(1.0-3.0%)	Low	0.5%
Bifidobacterium		0.94%	(2.5-5.0%)	Low	37.6%
Blautia		8.775%	(5.0-10.0%)	Optimal	100.0%
Faecalibacterium		19.772%	(10.0-15.0%)	Optimal	100.0%
Lactobacillus		0.022%	(0.01-1.0%)	Optimal	100.0%
Roseburia		4.728%	(5.0-10.0%)	Low	94.56%
Ruminococcus		12.461%	(0.0-15.0%)	Optimal	100.0%

Commensals



The Commensals score is calculated based on the below subset of commensal bacteria. While commensal bacteria is an integral part of a normal, balanced gut microbiome, a persistent overgrowth of these bacteria have been correlated with various disease states. A full score is awarded when the relative abundance of a measured commensal is within the recommended limits ¹.

Bacteria	Chart	Percent	Range	Interpretation	Score
Bacteroides		17.431%	(0.0-20.0%)	Optimal	100.0%
Eubacterium		0.026%	(0.0-15.0%)	Optimal	100.0%
Bacteroidetes		23.216%	(0.0-35.0%)	Optimal	100.0%

Pathobionts



The pathobionts score is calculated based on the below subset of bacteria that can be identified on a biomesight test. This is not an exhaustive list. A full score is awarded when the relative abundance of a measured pathobiont is below the levels¹ associated with adverse effects. It is not necessary or even desired to have all pathobionts levels at 0 as pathobionts also contribute to gut diversity.

Bacteria	Chart	Percent	Range	Interpretation	Score
Desulfovibrio		0.028%	(0.0-0.25%)	Optimal	100.0%
Methanobrevibacter		0.003%	(0.0-0.01%)	Optimal	100.0%
Proteobacteria		1.695%	(0.0-4.0%)	Optimal	100.0%
Bilophila wadsworthia		0.177%	(0.0-0.25%)	Optimal	100.0%
Escherichia coli		0.001%	(0.0-0.1%)	Optimal	100.0%

1. The ideal ranges (green ranges) are currently based on the recommendations of Dr Jason Hawrelak at the [Probiotic Advisor](#).