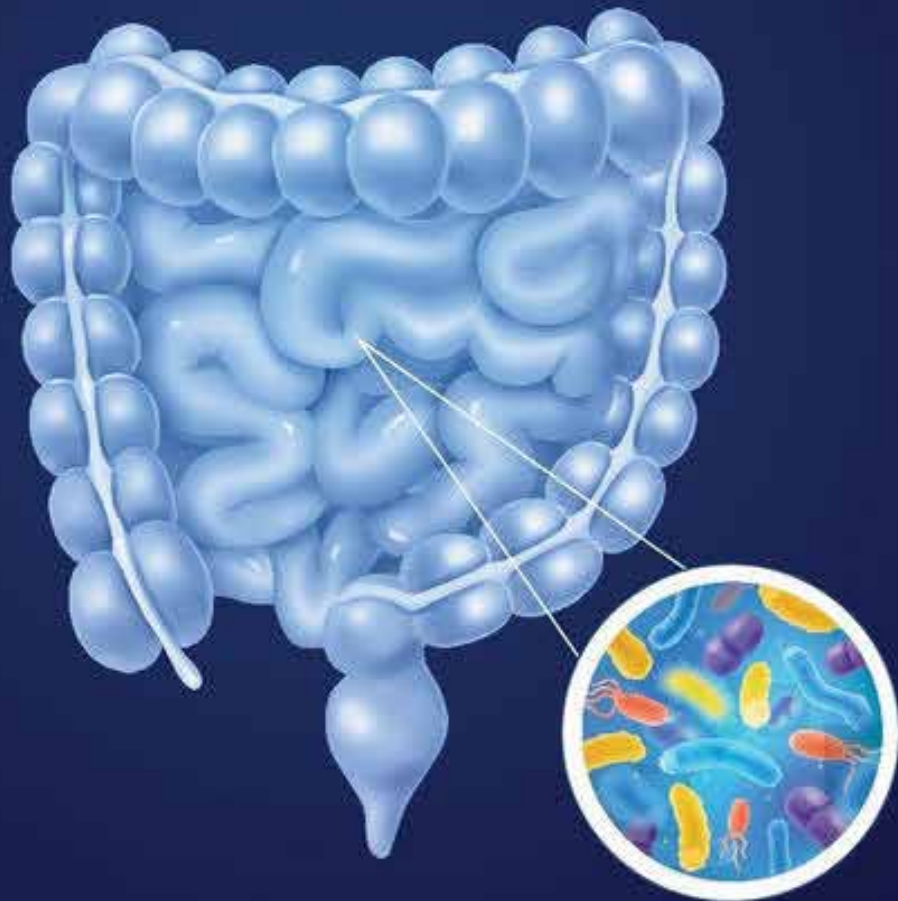


Gut Microbiome Test Report

From gut microbiome complexity to clear health insights.



Patient Name:

Gender:

Age:

Sample Details

Name:

SIN No:

Sample Collection Date:

Age:

Gender:

Sample Received Date:

ID:

Sample Type:

Report Generated Date:

What we do once we get the sample?

Sample QC

Your sample is checked for leakages



Data Analysis

The microbiome data is analyzed & the report is generated



Microbiome Sequencing

Microbial DNA is extracted and sequenced



Report QC

A multi-step process of report checking is performed



Methodology & Technical Specifications

- Methodology: Whole Metagenome Shotgun Sequencing (mNGS)
- Technology Platform: Oxford Nanopore Technologies (ONT) – PromethION
- Primary Workflow: 'MetaRich' – Proprietary Analysis Pipeline
- Coverage: 2,47,728 Genomes
- Reference Database(s): MicroByte (microbiome to disease and trait associations) & NutriBite (microbiome to nutrition/food associations)
- Specimen Type: Stool (Stabilized in DNA Stabilizing Solution)
- Sample Eligibility: An average of 1,25,000 total high-quality microbial reads per sample, with an average N50 of 2.5Kb.
- Limit of Detection (LoD) & Confidence Criteria: Minimum 100 absolute taxon-specific reads [~0.001% Relative Abundance]
- RychIndex Score: A proprietary algorithmic output evaluating several microbial characterizations including diversity, metabolite production potentials, pathogen profiles and more.
- Wellness Correlation: Results are compared against BugSpeaks' proprietary "Healthy Reference" to define Optimal/Non-Ideal ranges.

Conditions of Laboratory Testing & Reporting

- This is a computer-generated non-diagnostic report that has been validated by Authorized Medical Practitioner(s) / Doctor. The report does not need a physical signature.
- It is presumed that the test sample belongs to the patient named or identified in the test requisition form or as per the barcode. Test results released pertain to the specimen submitted.
- These laboratory investigations are not a tool to facilitate arriving at a diagnosis and should be clinically correlated by a Physician/ Clinician.
- All tests are performed and reported as per the turnaround time committed.
- Leucine Rich Bio and BugSpeaks confirms that all tests have been performed with the highest quality standards, clinical safety & technical integrity.
- All test results are dependent on the quality of the sample received by the laboratory and the technology.
- Test results may show interlaboratory variations.
- Test results are not valid for medico-legal purposes.

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MBBS, MD [Pathology]

Rohini Prasad
MSc Nutrition

Index

1 Summary Results

- Rych Index 3
- Probiotic Recommendations 3
- Pathogens Detected 3

2 What The Microbes Produce

- Short Chain Fatty Acid (SCFA) Production Potential 6
- Vitamin Production Potential 7
- Neurotransmitter Production Potential 8

3 What The Microbes Do

- Macronutrient Metabolism 9
- Gut Function 9
- Intolerance Management 11
- Endurance Potential 11
- Health Indicators 13
- Disease Predisposition 14

4 What Type of Microbes are Present

- Diversity 16
- Kingdom Distribution 16
- Foundation Microbiota 17
- Probiotic Characterization 20
- Pathogen Characterization 25
- Antibiotic Recovery Potential 29
- Antibiotic Resistance 29
- Top 5 Abundant Species 32

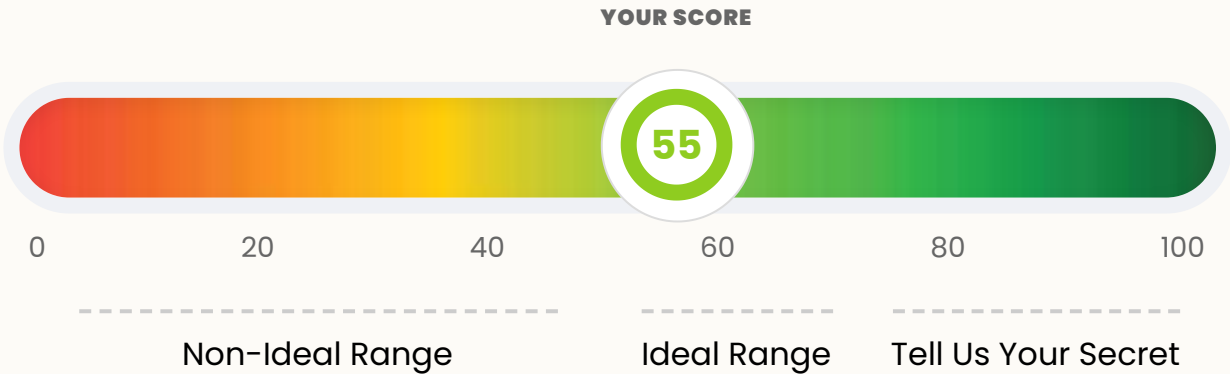
5 Nutrition Recommendations 34

6 References 46

7 Disclaimers 48

Rych Index – Your Gut Health Score

Scores in the Green Range represents a Healthy Gut and in the Red range represents an Unhealthy Gut. Know more about "Rych Index" within FAQ section.



Probiotics – The Good Microbes

You may require supplements that contain these probiotics.

- Bacillus coagulans
- Bacillus indicus
- Bifidobacterium lactis
- Lacticaseibacillus casei
- Lactobacillus amylovorus
- Lactobacillus bulgaricus
- Lactobacillus caucasicus
- Lactobacillus gallinarum
- Lactobacillus gasseri
- Lactobacillus jensenii
- Lactobacillus johnsonii
- Lactobacillus lactis
- Leuconostoc mesenteroides
- Levilactobacillus brevis
- Pediococcus acidilactici
- Saccharomyces boulardii



Pathogens – The Bad Microbes

The following pathogen abundance was found to be more than the average healthy individuals. Please correlate clinically.

- Campylobacter jejuni
- Clostridioides difficile
- Helicobacter pylori
- Klebsiella pneumoniae
- Listeria monocytogenes

Your Gut Scorecard

Snapshot of your risks.

CATEGORY	LOW	OPTIMAL	HIGH ATYPICAL
SCFA Production Potential	Acetate, Butyrate, Formate, Isobutyric acid, Isovaleric acid, Propionate	Valeric acid	2-Methylbutyric acid, Caproate
Vitamin Production Potential	Vitamin B1, Vitamin B12, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin C	Vitamin B2, Vitamin B9	
Neurotransmitter Potential	GABA, Glutamate, Histamine, Tryptophan	Acetylcholine, Dopamine, Epinephrine, Norepinephrine, Serotonin, Tryptamine	
Macronutrient Metabolism	Carbohydrate Metabolism Potential, Fat Metabolism Potential, Protein Metabolism Potential		
Gut Function		Intestinal Motility Potential, Mineral Bioavailability Potential	
Intolerance Management	Fructose Intolerance Management, Gluten Intolerance Management	Histamine Sensitivity Management, Lactose Intolerance Management	
Endurance Potential	Physical Endurance Potential	Aerobic Endurance Potential	
Diversity			High Atypical
Antibiotic Recovery Potential	Low		

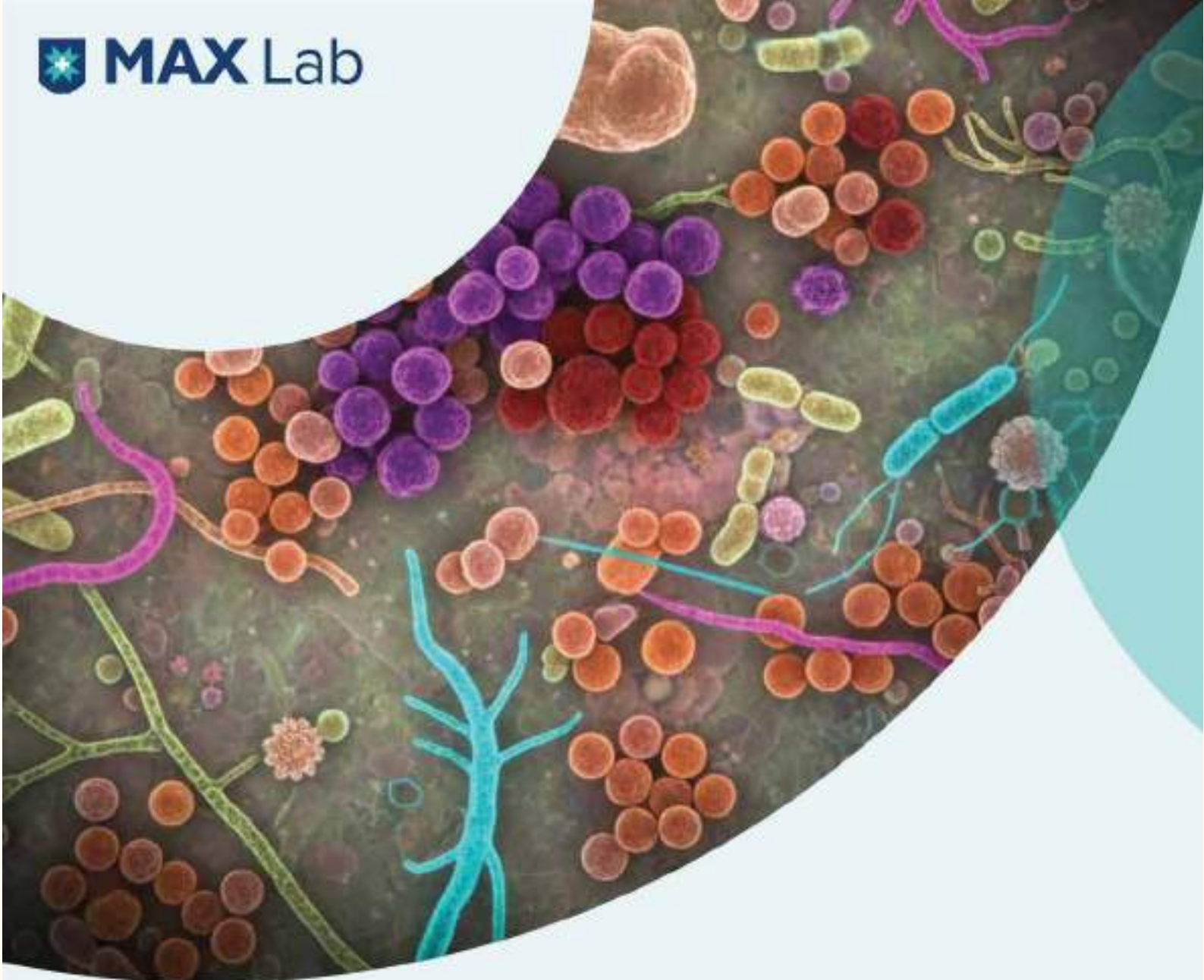
CATEGORY	LOW RISK	MODERATE RISK	HIGH RISK
Health Indicators		Fatigue, Leaky Gut, Microplastic Exposure Indicator, Potential Gut Inflammation, TMAO Production Potential	

!

ANTIBIOTIC RESISTANCE

Antibiotics detected with "Resistant" gene markers:

Aminocoumarin, Cephamycin, Clindamycin, Doxycycline, Erythromycin, Glycylcycline, Lincomycin, Lincosamide, Minocycline, Phenicol, Quinupristin, Rifamycin, Tetracycline, Triclosan, Virginiamycin_S



WHAT MICROBES PRODUCE?

Production, Metabolism and Gut Function (3-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: SCFA Production, Vitamin Production, Neurotransmitter Production, Macronutrient Metabolism, and Gut Function.

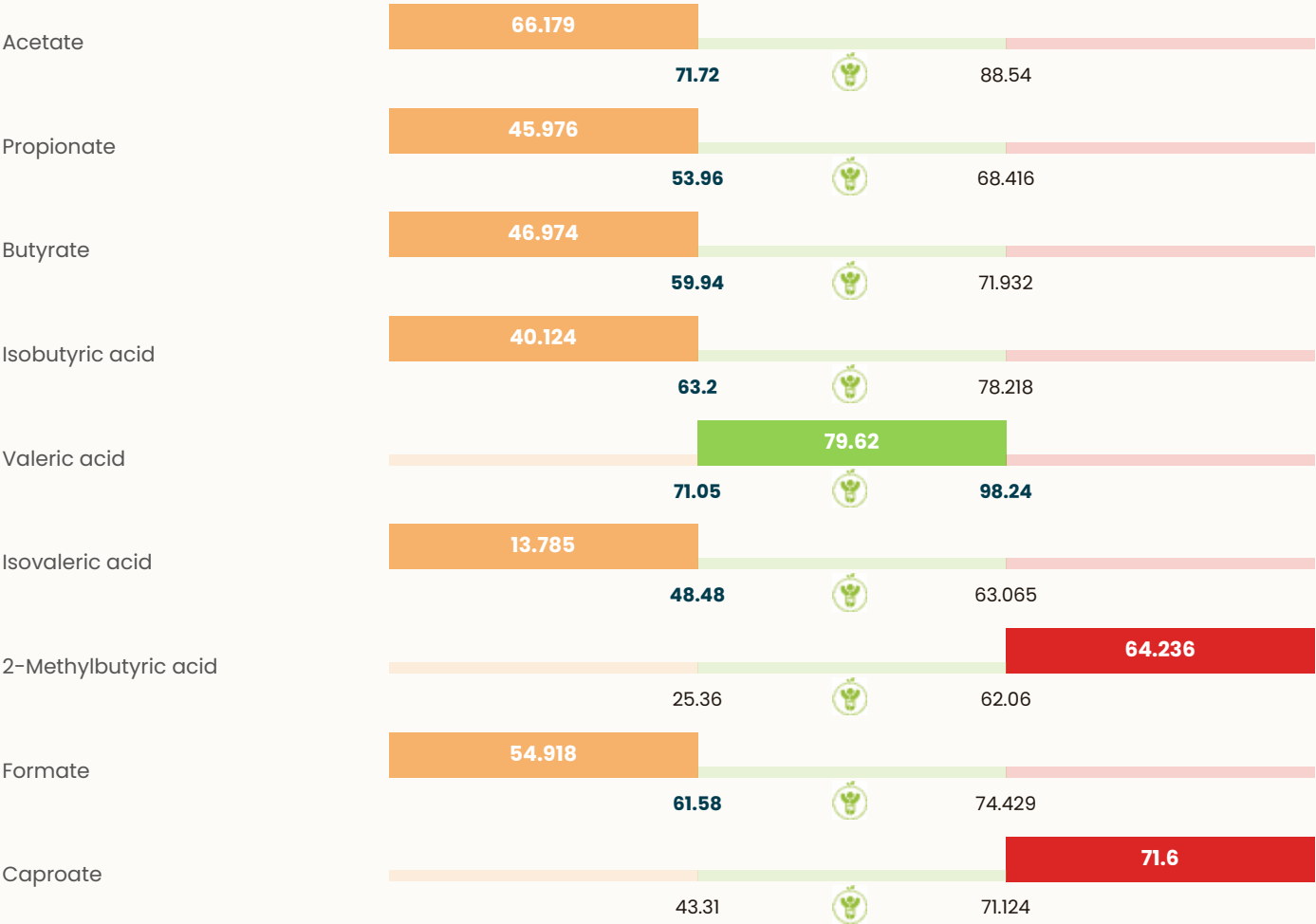


This section measures your gut’s capacity to perform vital tasks, like making vitamins or processing nutrients.

- **Bin 1 (Orange):** Low Potential. Your microbiome may not be performing this function at an ideal level.
- **Bin 2 (Green):** Optimal Potential. Your gut is perfectly equipped to handle these tasks.
- **Bin 3 (Red):** Above Optimal. Your scores are very high. While this sounds good, current scientific research hasn't yet confirmed if having "extra" potential in these areas provides a benefit or if it creates an imbalance.

Short Chain Fatty Acid (SCFA) Production Potential

The current potential of the microbes to produce SCFAs.
(Handbook Page No. 02)



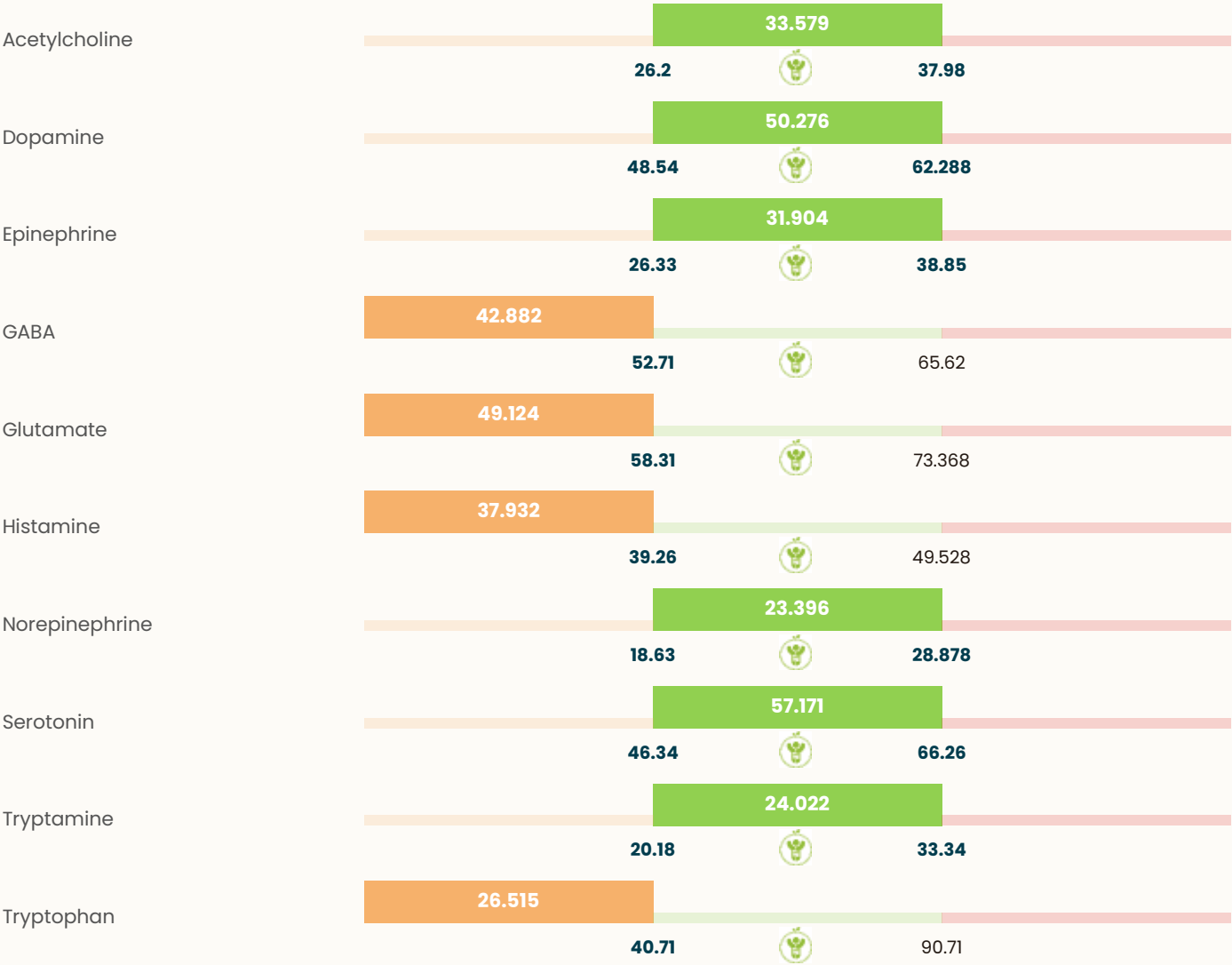
Vitamin Production Potential

The current potential of the microbes to produce Vitamins.
(Handbook Page No. 04)



Neurotransmitter Production Potential

The current potential of the microbes to produce Neurotransmitter.
(Handbook Page No. 06)

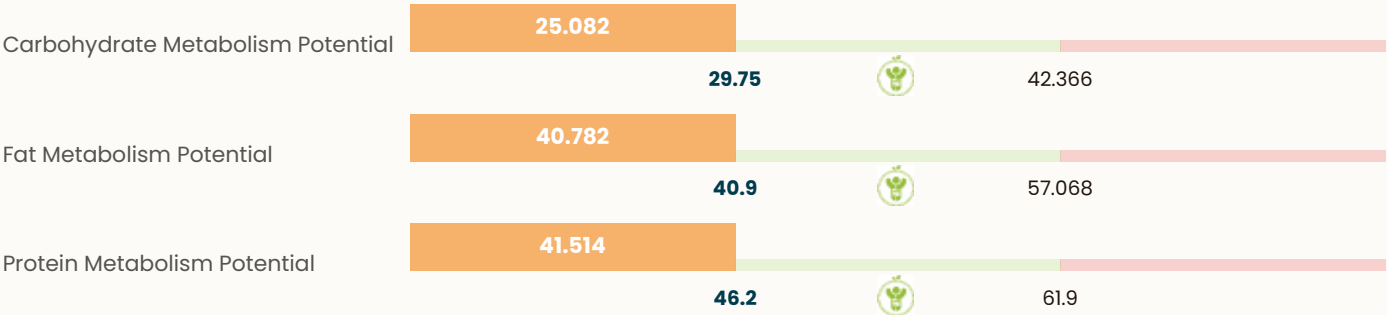




WHAT MICROBES DO?

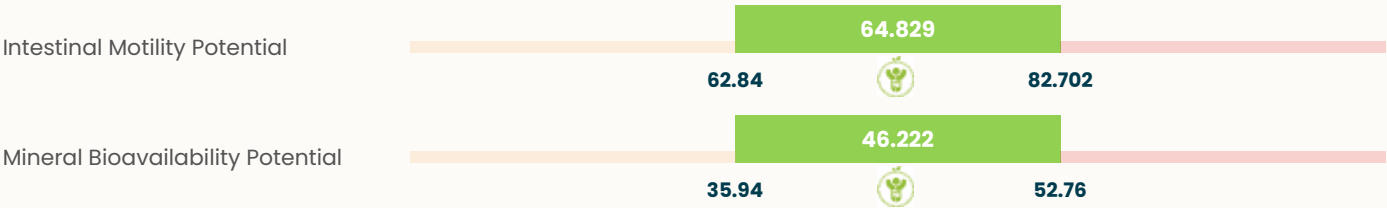
Macronutrient Metabolism Potential

The current ability of the microbes to metabolise different food groups.
(Handbook Page No. 8)



Gut Function

The current ability of the microbes to enhance gut activity.
(Handbook Page No. 9)



Management & Potential (2-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

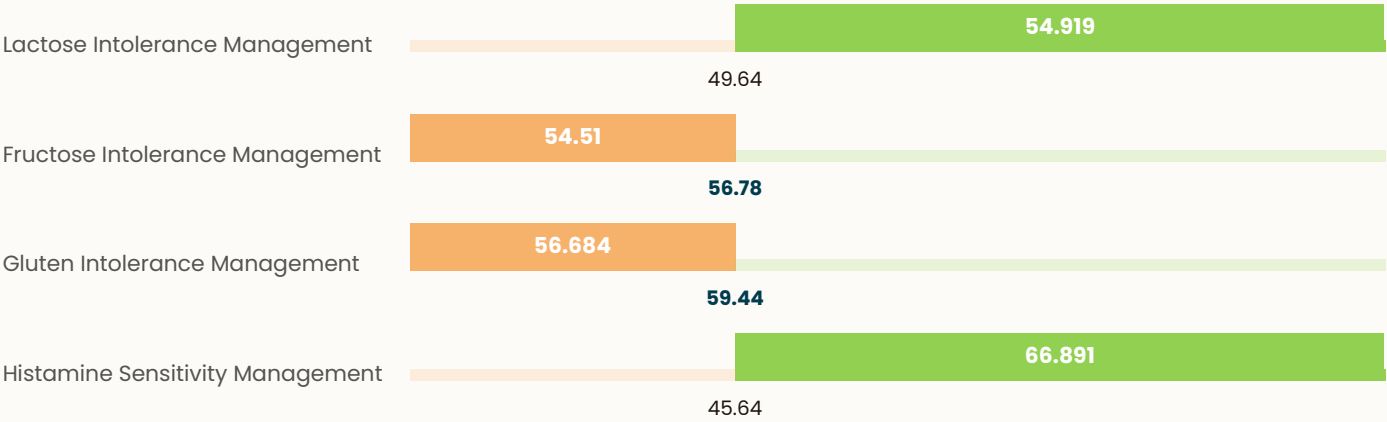
Used for: Intolerance Management and Endurance Potential.



- **Bin 1 (Orange):** Low Potential. Your microbiome may not be performing this function at an ideal level.
- **Bin 2 (Green):** Optimal Potential. Your gut is perfectly equipped to handle these tasks.

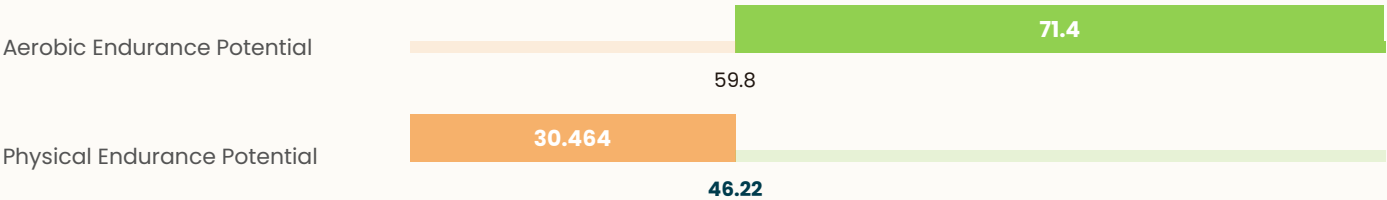
Intolerance Management

This section evaluates your microbiome’s ability to help manage common food intolerances.
(Handbook Page No. 10)



Endurance Potential

The current ability of the microbes to enhance physical activity.
(Handbook Page No. 12)



Health Risks & Indicators

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Propensity to Disease Development and Health Traits.

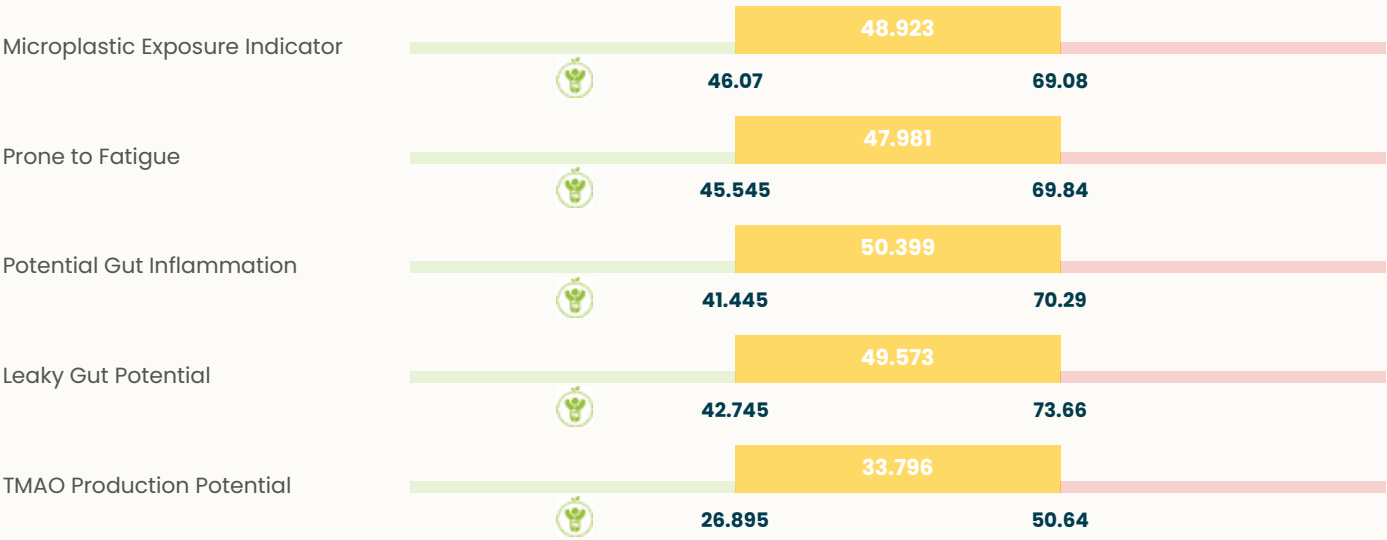


These scales measure your risk levels for specific health conditions based on your microbial signatures.

- **Bin 1 (Green):** Low Risk. Your microbiome resembles that of a healthy population with no leanings toward these traits.
- **Bin 2 (Orange):** Moderate Risk. There are signs that your microbiome is shifting toward a less ideal state.
- **Bin 3 (Red):** High Risk. Your microbial profile strongly matches patterns associated with these specific health concerns.

Health Indicators

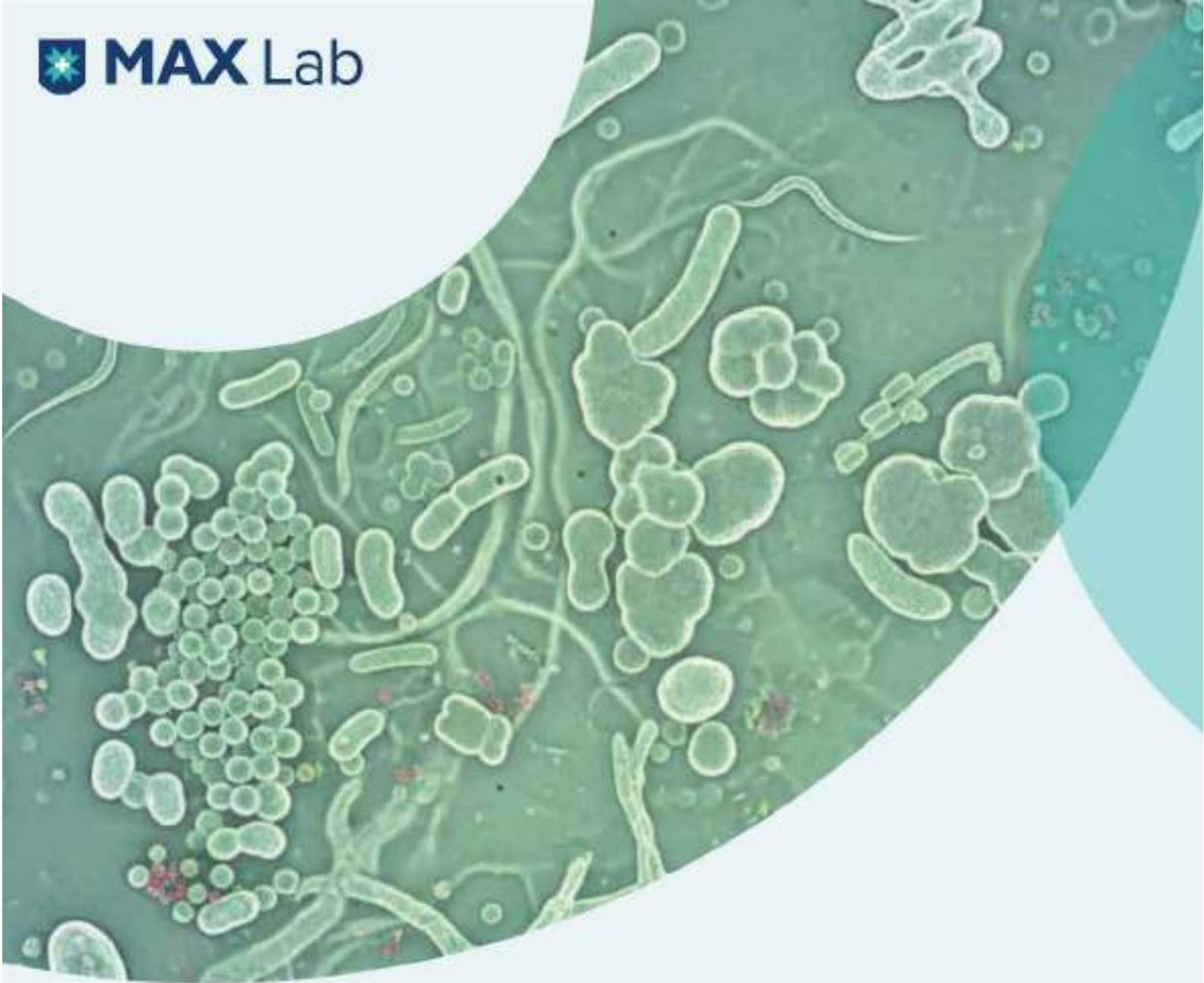
The risk indication for various health indications.
(Handbook Page No. 13)



Propensity to Disease Development

The risk indication for various diseases.
(Handbook Page No. 15)





WHAT TYPES OF MICROBES ARE PRESENT?

Microbial Diversity (3-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Diversity.



- **Bin 1 (Orange):** Low Potential. Your microbiome may not be performing this function at an ideal level.
- **Bin 2 (Green):** Optimal Potential. Your gut is perfectly equipped to handle these tasks.
- **Bin 3 (Grey):** Above Optimal. Your scores are very high. While this sounds good, current scientific research hasn't yet confirmed if having "extra" potential in these areas provides a benefit or if it creates an imbalance.

The Balance Scales (7-Bin System)

Used for: Kingdom Distribution, Foundation Microbiota, Probiotic Characterization, and Top 5 Abundant Species.

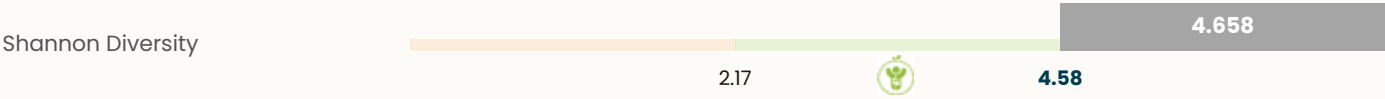


In these categories, balance is key. We use a 7-bin scale where the **center (Bin 4)** is the (🌱) "Bullseye."

- **The Optimal Center (Bin 4):** This is the most balanced state for your gut.
- **The Green Zone (Bins 3 & 5):** You are still in a healthy range, though slightly off-center.
- **Together,** the Bins 3,4, & 5 represent 90% of the healthy population.
- **The Orange Zone (Bins 2 & 6):** You are trending too low or too high. You can usually move back to green with consistent diet and lifestyle adjustments.
- **The Red Zone (Bins 1 & 7):** These are the extremes. Being here means your microbiome is significantly out of balance, which may require more intensive effort and time to correct.

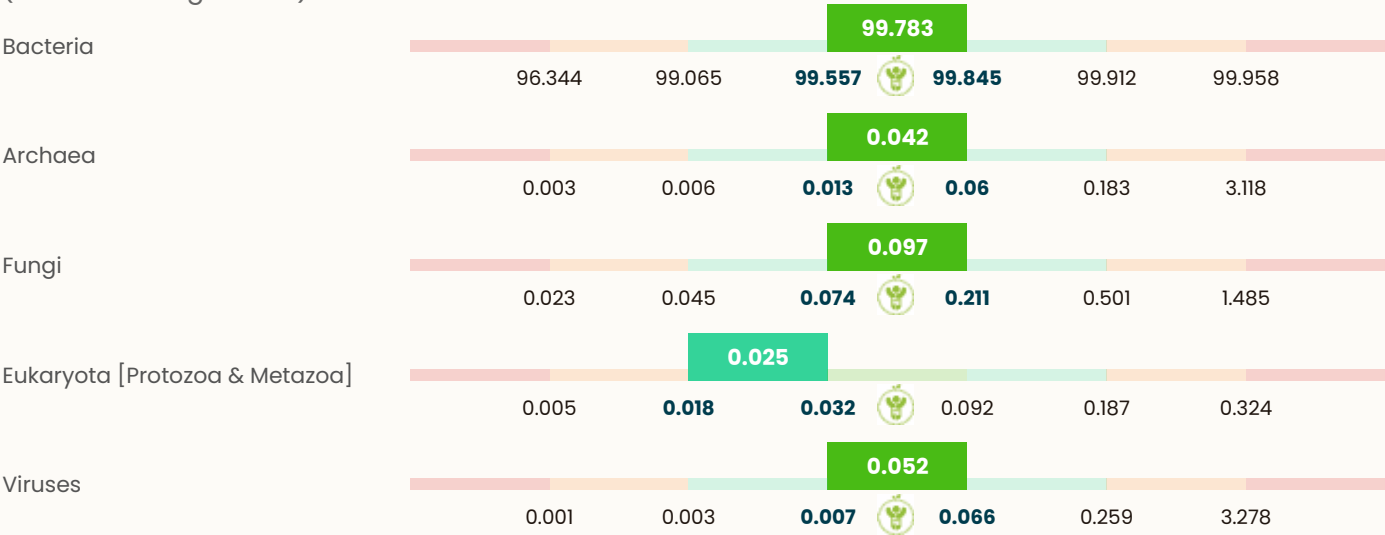
Diversity in Kingdom Distribution

The major diversity of microbes present.
(Handbook Page No. 17)



Kingdom Distribution

The major kingdoms of microbes present.
(Handbook Page No. 17)

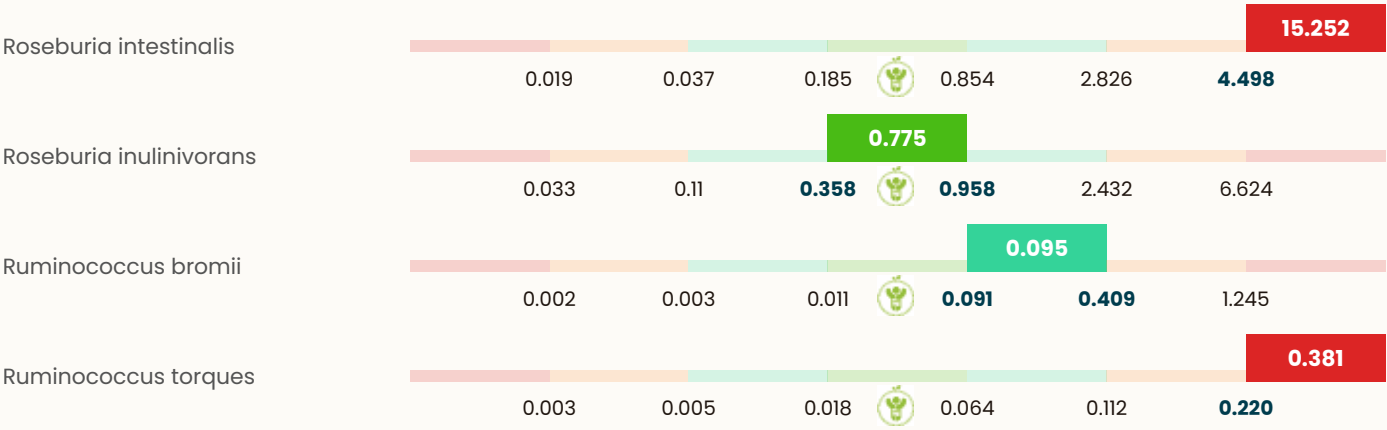


Foundation Microbiota

Perturbations of these keystone species can have large effects on the overall microbiome. Rebalance through diet. (Handbook Page No. 18)





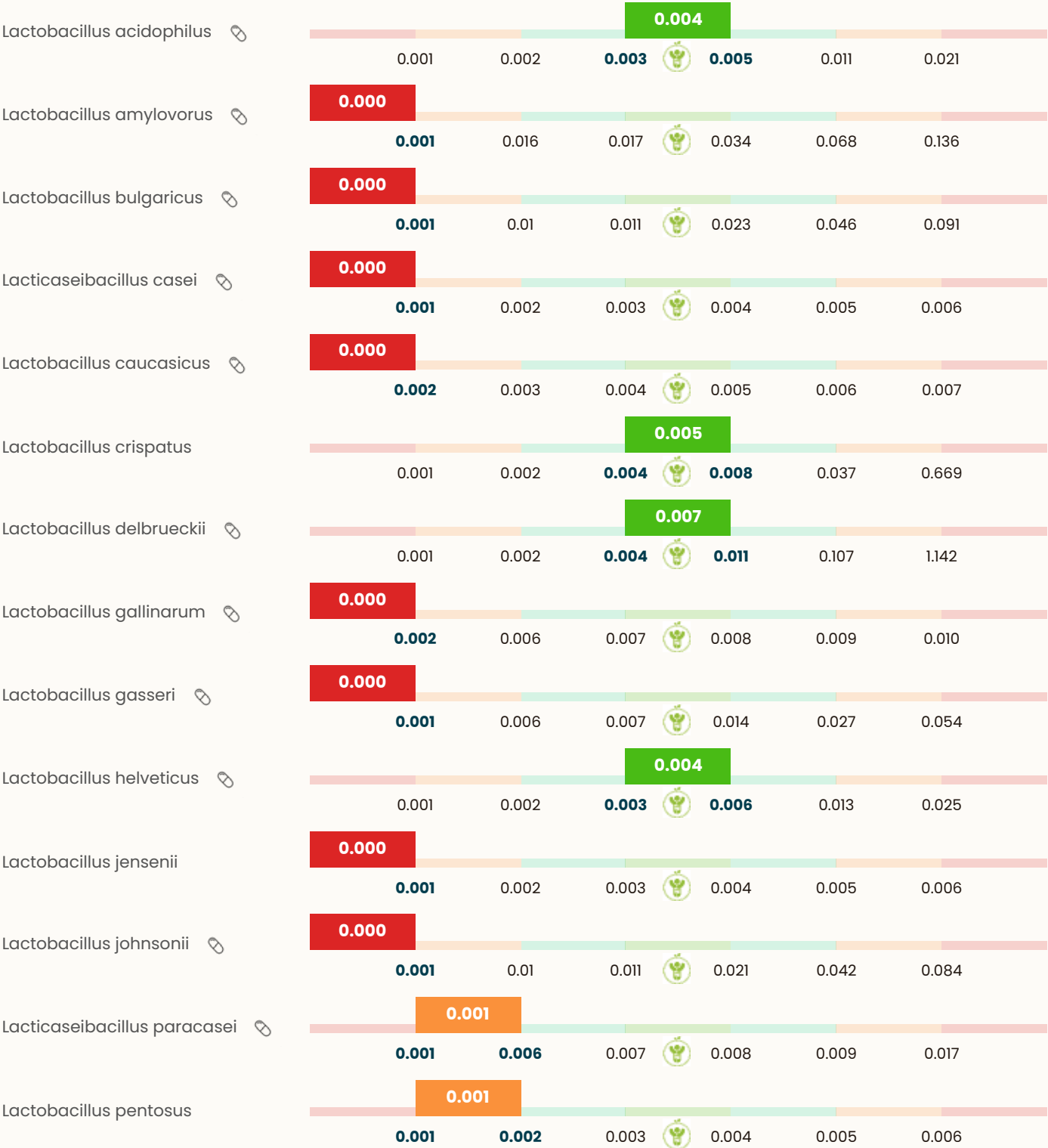


Probiotic Characterization

BugSpeaks® identifies and characterizes many probiotics commonly known to be present and beneficial to gut health. The Pill icons beside the probiotic names represent FSSAI-approved probiotics.
(Handbook Page No. 18)

SUBCATEGORY

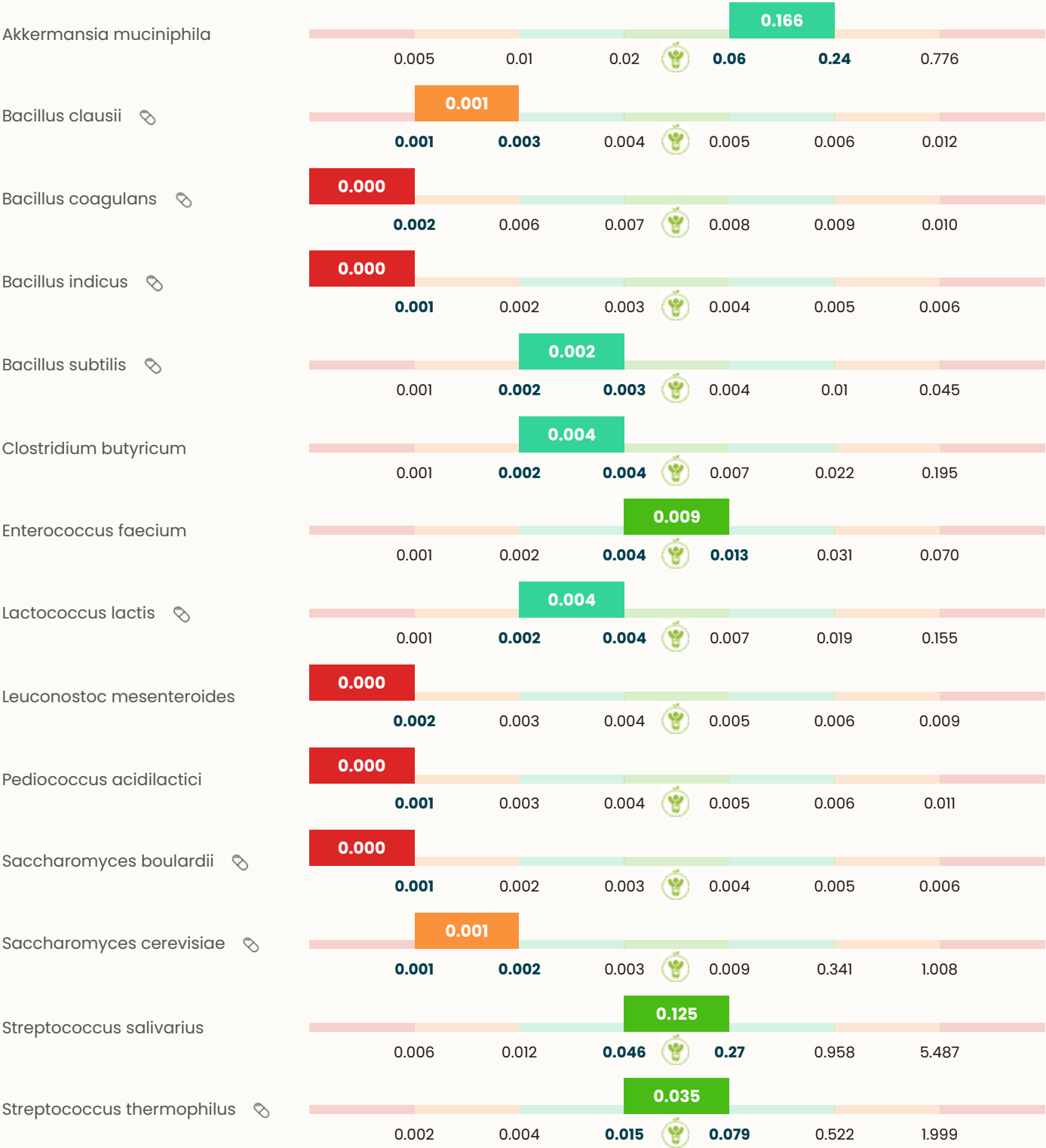
LACTOBACILLUS PROBIOTICS





SUBCATEGORY

OTHER PROBIOTICS



Probiotic Supplementation Summary

BugSpeaks® identifies and characterizes many probiotics commonly known to be present and beneficial to gut health. These probiotics are reported with "indicative tags", which can be interpreted as described below. The Pill icons beside the probiotic names represent FSSAI-approved probiotics.(Handbook Page No. 18)

Absent Supplementation Needed	Low Optimal Follow Recommendations	Optimal Continue your current diet
Lactobacillus lactis	Lacticaseibacillus paracasei	Lactobacillus acidophilus
Lactobacillus amylovorus	Lactobacillus pentosus	Lactobacillus crispatus
Lactobacillus bulgaricus	Ligilactobacillus salivarius	Lactobacillus delbrueckii
Lacticaseibacillus casei	Bacillus clausii	Lactobacillus helveticus
Lactobacillus caucasicus	Saccharomyces cerevisiae	Lactiplantibacillus plantarum
Lactobacillus gallinarum		Lacticaseibacillus rhamnosus
Lactobacillus gasseri		Limosilactobacillus fermentum
Lactobacillus jensenii		Limosilactobacillus reuteri
Lactobacillus johnsonii		Bifidobacterium adolescentis
Levilactobacillus brevis		Bifidobacterium animalis
Bifidobacterium lactis		Bifidobacterium bifidum
Bacillus coagulans		Bifidobacterium breve
Bacillus indicus		Bifidobacterium infantis
Leuconostoc mesenteroides		Bifidobacterium longum
Pediococcus acidilactici		Akkermansia muciniphila
Saccharomyces boulardii		Bacillus subtilis
		Clostridium butyricum
		Enterococcus faecium
		Lactococcus lactis
		Streptococcus salivarius
		Streptococcus thermophilus
	High Optimal Follow recommendations	
	None	
		Atypical High Avoid supplementation
		None

Pathogen Characterization (7-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Negatively associated bacteria, fungi, and worms.



For pathogens, lower is generally better, but a "completely sterile" gut isn't the goal. Your immune system needs a tiny bit of "practice" to stay sharp.

- **The Sweet Spot (Bin 4)**(🌱): This is the most optimal. You have a very low level of pathogens—just enough to "train" your immune system without causing illness.
- **Safe Zone (Bins 1-3)**: Very low to zero presence. This is perfectly healthy.
- **Warning Zone (Bins 5-6)**: Higher than ideal levels. These may be starting to compete with your "good" bacteria.
- **Danger Zone (Bin 7)**: High abundance. These pathogens are at a level that could be problematic for your wellness.

Pathogen Characterization

BugSpeaks® identifies and characterizes many pathogens commonly known to cause gut infections and other health issues.
(Handbook Page No. 21)

SUBCATEGORY

PRIMARY BACTERIAL PATHOGENS



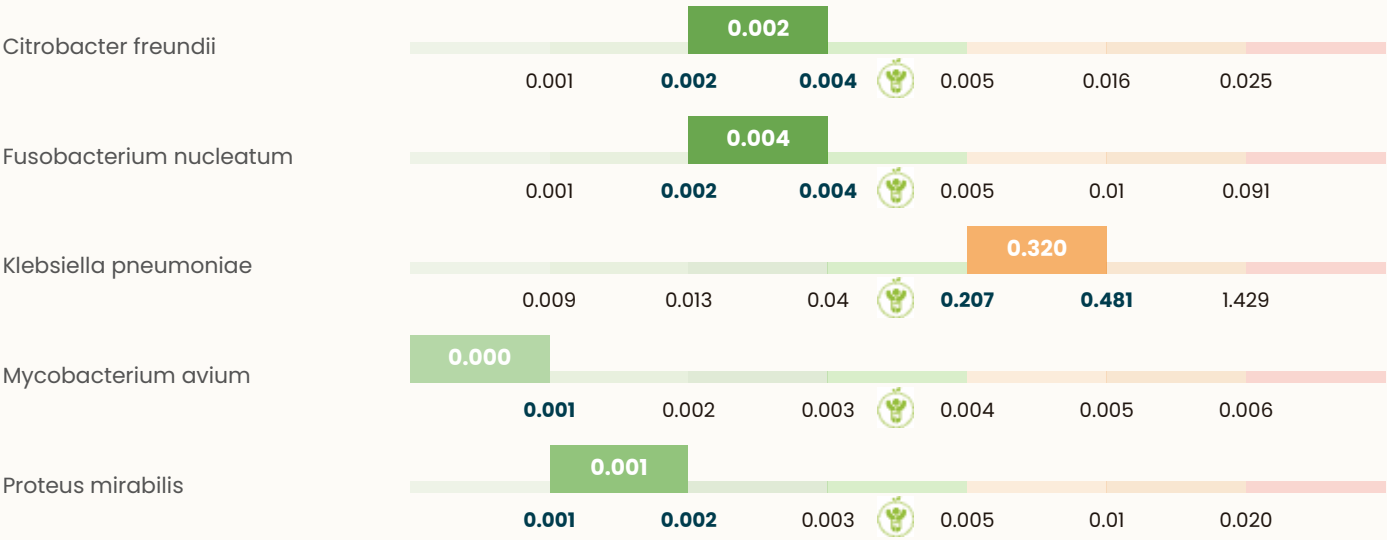
SUBCATEGORY

OPPORTUNISTIC BACTERIA



SUBCATEGORY

POTENTIAL AUTOIMMUNE TRIGGERS



SUBCATEGORY

FUNGAL PATHOGENS



SUBCATEGORY

PROTOZOAL PATHOGENS



SUBCATEGORY

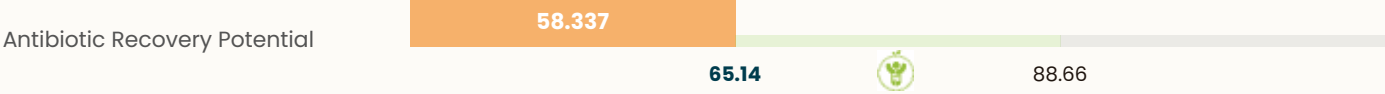
WORMS



Antibiotic Recovery Potential

Antibiotics are known to disrupt the microbiota ecosystem dramatically. Research suggests that recovery of the microbial ecosystem may be dependent on a few species of bacteria among other factors.

(Handbook Page No. 21)



Antibiotic Resistance

Some bacteria are known to possess genes that can lead to resistance to antibiotics. This screening identifies acquired resistance genes present within your overall gut microbiome rather than testing the sensitivity of specific pathogens [like traditional lab cultures]. These results provide an overview to help your clinician make more informed, data-driven decisions regarding antibiotic selection, if treatment is ever required.

(Handbook Page No. 21)

Amikacin	Sensitive	Cefoxitin	Sensitive
Aminocoumarin	Resistant	Ceftazidime	Sensitive
Amoxicillin	Sensitive	Ceftazidime+Avibactam	Sensitive
Amoxicillin+Clavulanic_Acid	Sensitive	Ceftriaxone	Sensitive
Ampicillin	Sensitive	Cephalothin	Sensitive
Ampicillin+Clavulanic_Acid	Sensitive	Cephamycin	Resistant
Avilamycin	Sensitive	Ciprofloxacin	Sensitive
Azithromycin	Sensitive	Clindamycin	Resistant
Aztreonam	Sensitive	Colistin	Sensitive
Benzalkonium_Chloride	Sensitive	Dalfopristin	Sensitive
Bicyclomycin	Sensitive	Diaminopyrimidine	Sensitive
Bleomycin	Sensitive	Doxycycline	Resistant
Carbapenem	Sensitive	Elfamycin	Sensitive
Carbomycin	Sensitive	Ertapenem	Sensitive
Cefepime	Sensitive	Erythromycin	Resistant
Cefixime	Sensitive	Florfenicol	Sensitive
Cefotaxime	Sensitive	Fosfomycin	Sensitive
Cefotaxime+Clavulanic_Acid	Sensitive	Fusidic_Acid	Sensitive

Gentamicin	Sensitive	Rhodamine	Sensitive
Glycylcycline	Resistant	Rifampin	Sensitive
Hygromycin	Sensitive	Rifamycin	Resistant
Imipenem	Sensitive	Spectinomycin	Sensitive
Isoniazid	Sensitive	Spiramycin	Sensitive
Kanamycin	Sensitive	Streptomycin	Sensitive
Kasugamycin	Sensitive	Streptothricin	Sensitive
Lincomycin	Resistant	Sulfamethoxazole	Sensitive
Lincosamide	Resistant	Teicoplanin	Sensitive
Linezolid	Sensitive	Telithromycin	Sensitive
Meropenem	Sensitive	Temocillin	Sensitive
Methicillin	Sensitive	Tetracenomycin	Sensitive
Minocycline	Resistant	Tetracycline	Resistant
Monobactam	Sensitive	Thiostrepton	Sensitive
Mupirocin	Sensitive	Tiamulin	Sensitive
Nalidixic_Acid	Sensitive	Ticarcillin	Sensitive
Nitrofurantoin	Sensitive	Ticarcillin+Clavulanic_Acid	Sensitive
Nitroimidazole	Sensitive	Tigecycline	Sensitive
Oleandomycin	Sensitive	Tobramycin	Sensitive
Penicillin	Sensitive	Triclosan	Resistant
Phenicol	Resistant	Trimethoprim	Sensitive
Piperacillin	Sensitive	Tylosin	Sensitive
Piperacillin+Tazobactam	Sensitive	Vancomycin	Sensitive
Pleuromutilin	Sensitive	Viomycin	Sensitive
Pristinamycin	Sensitive	Virginiamycin_M	Sensitive
Quinupristin	Resistant	Virginiamycin_S	Resistant
Quinupristin+Dalbavancin	Sensitive	Zorbamycin	Sensitive

Top Abundant Species (3-Bin System)

Your microbiome is a complex ecosystem. To make your results easy to understand, we use colour-coded scales (bins) to show where you stand compared to a healthy population.

Used for: Top 5 Abundant Species.

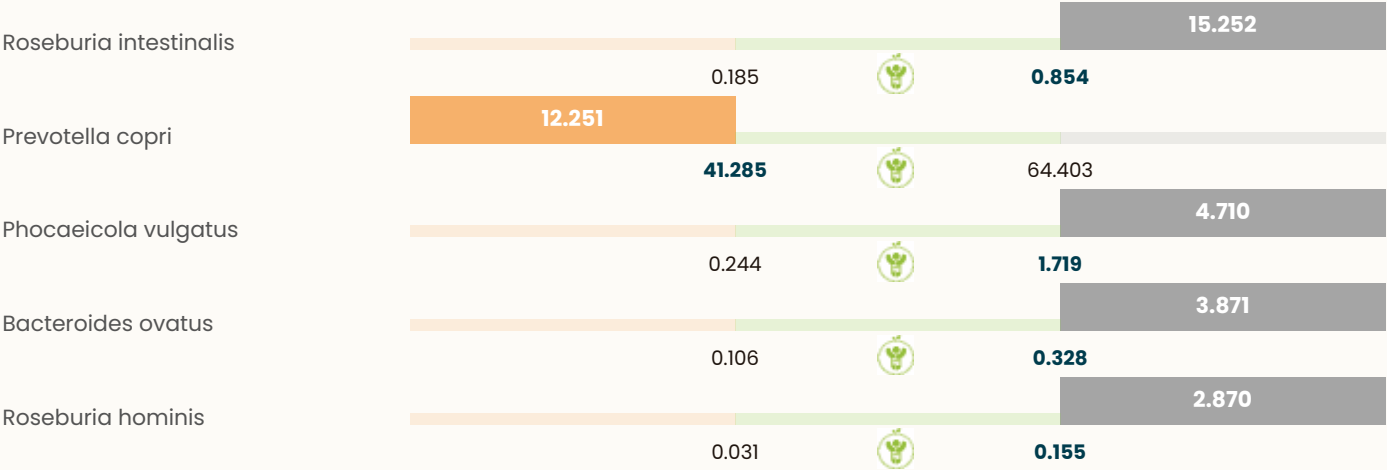


- **Bin 1 (Orange):** Low Potential. Your microbiome may not be performing this function at an ideal level.
- **Bin 2 (Green):** Optimal Potential. Your gut is perfectly equipped to handle these tasks.
- **Bin 3 (Grey):** Above Optimal. Your scores are very high. While this sounds good, current scientific research hasn't yet confirmed if having "extra" potential in these areas provides a benefit or if it creates an imbalance.

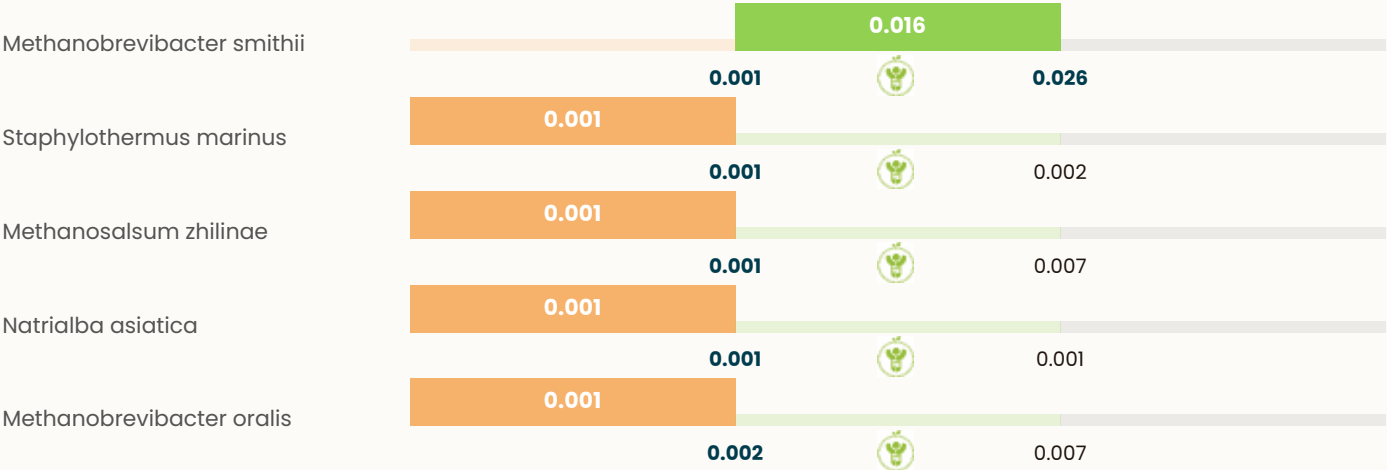
Top 5 Abundant Species

The 5 most abundant species of each kingdom.
(Handbook Page No. 17)

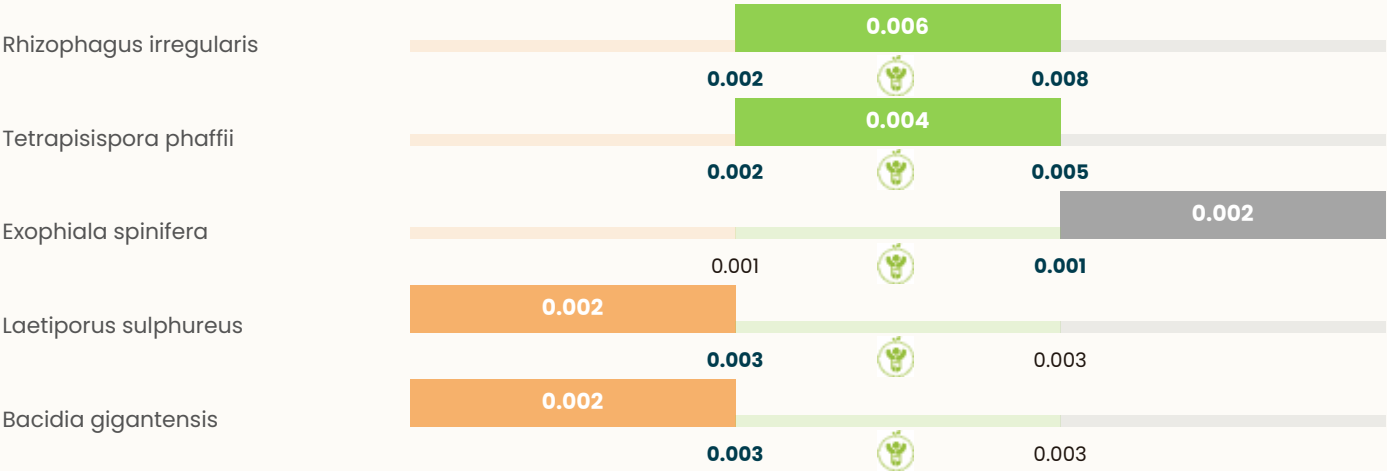
Bacteria



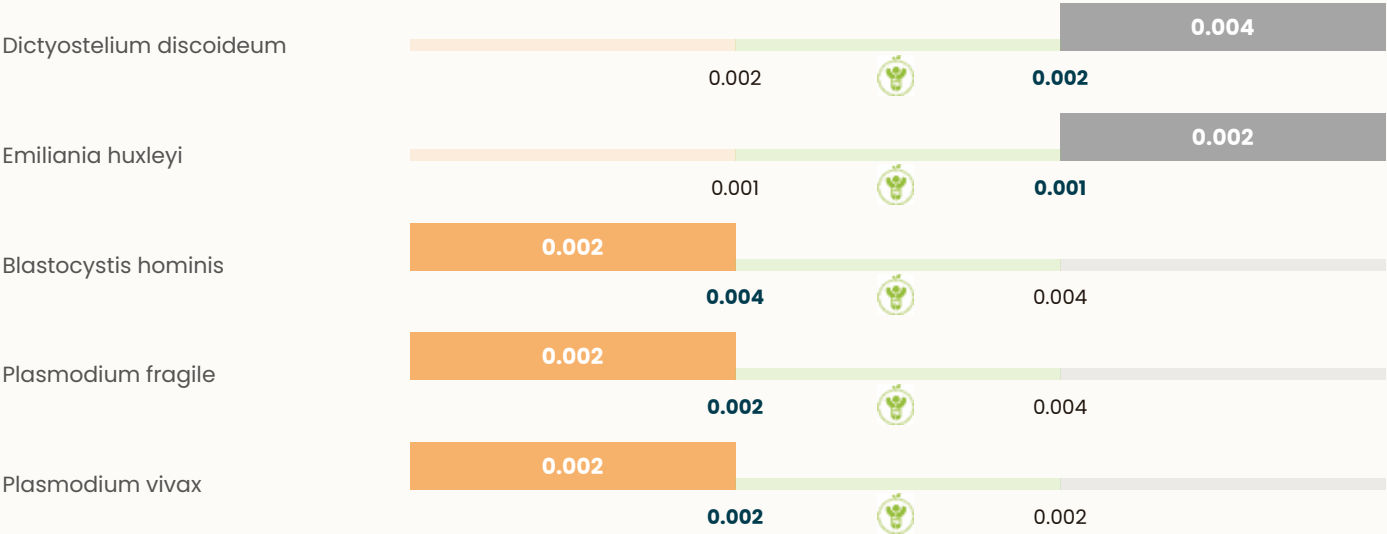
Archaea



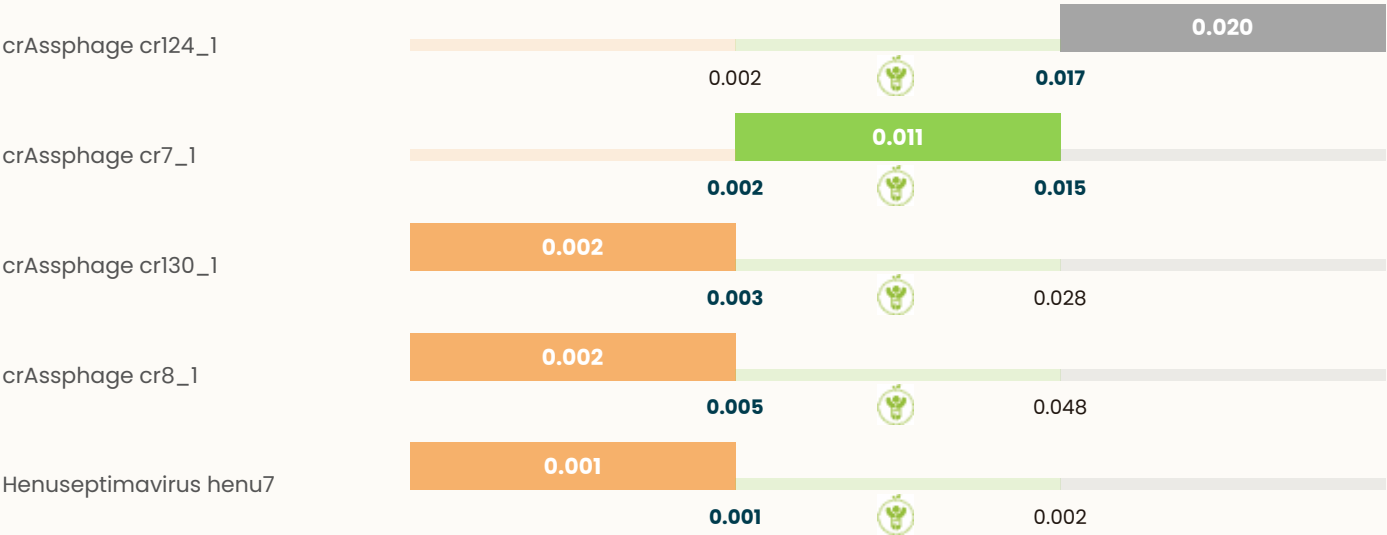
Fungi



Eukaryota [Protozoa & Metazoa]



Viruses





NUTRITION RECOMMENDATION

Dietary Recommendations

Our approach to restore the gut balance is based on a three stage strategy:
(Handbook Page No. 22)

Phase 1

Restoring your gut microbiome – 2 Weeks

Involves restoration or resetting of your gut microbiome, where we minimize the composition and abundance of pathogenic or opportunistic microorganisms, to create a gut environment ideal for beneficial microorganisms to grow in Phase 2. This phase requires strict changes in your diet for a short period of time and supplementation with anti-inflammatory foods, natural antibiotics, and through restriction of selected inflammatory foods.

Phase 2

Rebuilding your microbiome – 8 Weeks

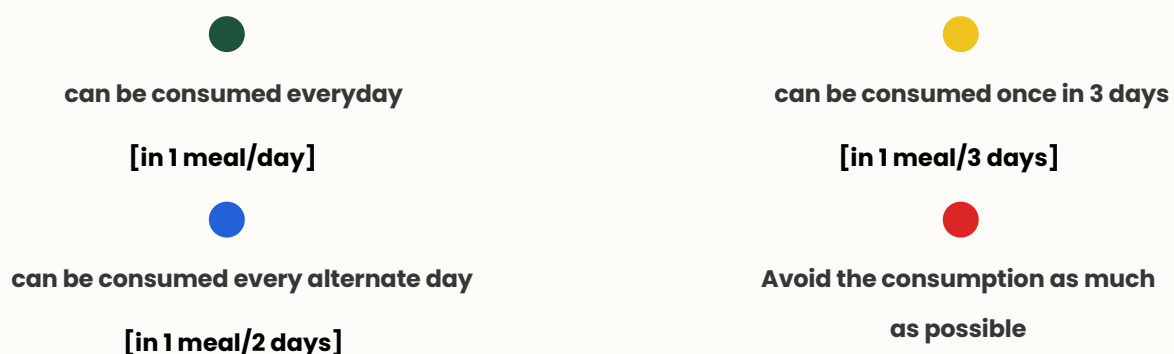
Involves rebuilding of your healthy gut microbiome, through re-inoculation and replacement with mostly beneficial microorganisms. We achieve this through incorporation of prebiotics and probiotics, via natural dietary sources and commercially available supplements. This lasts for up to 10th week of your diet plan (a total of 8 weeks), which ensure the complete restoration of your gut microbiota.

Phase 3

Maintaining the healthy gut – 2 Weeks

Largely involves a streamlined method for sustaining the healthy gut microbiome built during phase 2. These dietary, prebiotic and probiotic recommendations can be adopted for long term sustenance, spanning up to 2 weeks of your diet plan.

All 3 phases have a total of 6 food categories, each containing a list of foods and a frequency tag. We have used a total of 4 frequency tags that indicates how frequently you can include a specific food in your meal plan.



Please Note:

These recommendations are largely beneficial, with no or minimal negative impact on your health. Even though these dietary charts are evidence based recommendations, we would strongly suggest you to consult a physician/nutritionist, before implementing these in your lifestyle. This is specifically true about the extent of inclusion and exclusion of a specific food and for individuals who are either diabetic, hypertensive and/or having special dietary needs.

Greens & Vegetables

Items				Items			
Phase 1Phase 2Phase 3				Phase 1Phase 2Phase 3			
 AMARANTH				 FRENCH BEANS			
 ARTICHOKE				 GREEN CHILLIES			
 ASH GOURD				 GREEN PEAS			
 ASPARAGUS				 HORSERADISH			
 BEETROOT				 INDIAN ROUND GOURD			
 BITTER GOURD				 JALAPENO PEPPER			
 BRINJAL				 KALE			
 BROCCOLI				 KIMCHI			
 BRUSSELS SPROUTS				 LADIES FINGER (OKRA)			
 BURDOCK ROOT				 LEEK			
 CABBAGE				 MUSHROOMS			
 CAPSICUM				 MUSTARD GREENS			
 CARROT				 NOPALES			
 CAULIFLOWER				 ONION			
 CELERY				 POINTED GOURD			
 CHICORY				 POTATO			
 CUCUMBER				 PUMPKIN			
 DANDELION				 RADISHES			
 DRUMSTICK				 RHUBARB			
 FENNEL				 RIDGE GOURD			

Items		Phase 1			Phase 2			Phase 3			Items		Phase 1			Phase 2			Phase 3																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
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Items	Phase 1	Phase 2	Phase 3
 LEMON			
 LINGONBERRIES			
 LITCHI			
 LONGAN			
 MANGO			
 MANGOSTEEN			
 MULBERRY			
 MUSKMELON			
 MYROBALAN PLUM			
 OLIVE			
 ORANGE			
 PAPAYA			

Items	Phase 1	Phase 2	Phase 3
 PEAR			
 PERSIMMON			
 PINEAPPLE			
 PLUM			
 POMEGRANATE			
 RAISINS			
 RASPBERRY (BLACK)			
 RED GRAPES			
 SAPOTA			
 STRAWBERRY			
 TOMATO			
 WATERMELON			

Pulses & Legumes

Items	Phase 1	Phase 2	Phase 3
 ADZUKI BEANS			
 BLACK BEANS			
 BROAD BEANS			
 CHICKPEAS			
 COWPEA			
 LENTILS			

Items	Phase 1	Phase 2	Phase 3
 LUPIN SEEDS			
 MUNG BEAN			
 NAVY BEAN			
 PINTO BEANS			
 RED LENTILS			
 SOYABEAN			
 TEMPEH			

Cereals

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
 BARLEY	●	●	●	 KODO MILLET	●	●	●
 BLACK RICE	●	●	●	 OAT BRAN	●	●	●
 BROWN RICE	●	●	●	 OATS	●	●	●
 BUCKWHEAT	●	●	●	 QUINOA	●	●	●
 COIX SEEDS	●	●	●	 RESISTANT STARCH ENRICHED BROWN RICE	●	●	●
 CORN	●	●	●	 RICE	●	●	●
 DURUM WHEAT	●	●	●	 RICE BRAN	●	●	●
 FINGER MILLET	●	●	●	 RYE	●	●	●
 FOXTAIL MILLET	●	●	●	 SORGHUM	●	●	●
 KAMUT [KHORASAN WHEAT]	●	●	●	 WHEAT	●	●	●
				 WHEAT BRAN	●	●	●

Fats & Oils

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
 BUTTER	●	●	●	 MUSTARD OIL	●	●	●
 CANOLA OIL	●	●	●	 OLIVE OIL	●	●	●
 COCONUT OIL	●	●	●	 PERILLA OIL	●	●	●
 GHEE	●	●	●	 RICE BRAN OIL	●	●	●
 LARD	●	●	●	 SOYABEAN OIL	●	●	●
				 TUNA OIL	●	●	●

Herbs & Condiments

Items				Items			
Phase 1Phase 2Phase 3				Phase 1Phase 2Phase 3			
 BAYLEAF	●	●	●	 GARLIC OIL	●	●	●
 BLACK PEPPER	●	●	●	 GINGER	●	●	●
 CARDAMOM	●	●	●	 LEMON GRASS	●	●	●
 CAYENNE PEPPER	●	●	●	 MANGO GINGER	●	●	●
 CHIVES	●	●	●	 MINT LEAVES	●	●	●
 CILANTRO	●	●	●	 MUSTARD SEEDS	●	●	●
 CINNAMON	●	●	●	 OREGANO	●	●	●
 CINNAMON OIL	●	●	●	 PEPPERMINT	●	●	●
 CLOVES	●	●	●	 RED CHILLI	●	●	●
 CORIANDER	●	●	●	 ROSEMARY	●	●	●
 CUMIN	●	●	●	 SAFFRON	●	●	●
 CURRY LEAVES	●	●	●	 SAGE	●	●	●
 FENUGREEK	●	●	●	 SICHUAN PEPPERCORNS	●	●	●
 FENUGREEK SEEDS	●	●	●	 THYME	●	●	●
 GALANGAL	●	●	●	 TURMERIC	●	●	●
 GARLIC	●	●	●	 VANILLA	●	●	●
				 WASABI	●	●	●

Egg & Meat

Items		Phase 1Phase 2Phase 3			Items		Phase 1Phase 2Phase 3		
	BEEF					OYSTERS			
	CATLA					PORK			
	CHICKEN					PRAWNS			
	CLAM					ROHU			
	CRAB					SALMON			
	CRAYFISH					SARDINE			
	EGG					SHEEP			
	GOAT					SHRIMP			
	HADDOCK					TROUT			
	MACKEREL					TUNA			
	MUSSELS					TURKEY			

Dietary Supplements

Items		Phase 1	Phase 2	Phase 3	Items		Phase 1	Phase 2	Phase 3
	ALOE VERA	●	●	●		GINSENG	●	●	●
	ASHITABA	●	●	●		LIQUORICE	●	●	●
	ASHWAGANDHA	●	●	●		NETTLE	●	●	●
	ASTRAGALUS	●	●	●		PSYLLIUM HUSK	●	●	●
						SPIRULINA	●	●	●

Nuts & Seed Oils

Items		Phase 1			Phase 2			Phase 3			Items		Phase 1			Phase 2			Phase 3																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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Milk & Fermented Products

Items	Phase 1	Phase 2	Phase 3	Items	Phase 1	Phase 2	Phase 3
 BOVINE MILK	●	●	●	 NATTO	●	●	●
 BUTTERMILK	●	●	●	 SHEEP CHEESE	●	●	●
 CAMEL MILK	●	●	●	 SHEEP MILK	●	●	●
 CHEESE	●	●	●	 SKYR	●	●	●
 FERMENTED SOY MILK	●	●	●	 SOYA MILK	●	●	●
 GOAT MILK	●	●	●	 WHEY	●	●	●
 KEFIR	●	●	●	 YAK MILK	●	●	●
				 YOGHURT	●	●	●

HEALTHY EATING TIPS



As per the image, the food portions should be in the following percentages on your plate

- 50% non starchy vegetables - can include 25% as sabzi and the rest 25% as salad/plain steamed vegetables.
- 25% protein - can include protein sources like lentils, whole legumes, peanuts, nuts & seeds, quinoa, sprouts and animal sources like eggs, fish, chicken, seafood.
- 25% carbohydrates - includes starchy vegetables like potato, sweet potato along with whole grains like millets, brown/red rice, whole wheat and other whole grains.

The ideal meal plate method promotes balanced nutrient intake, which supports a healthy gut microbiome and overall digestive well-being.

Meal Plan Phase-I

The following meal plan is based on the personalized nutritional recommendation which in turn is based on your specific gut microbiota profile.

General Guidelines for Phase-I:

- Add – more fibre, plant-based protein to each of your main meals.
- Restrict – use of animal products, dairy, fermented foods, sugar, jaggery, sweeteners, gluten-based food – once or twice a week
- Avoid – processed & packaged foods, alcoholic & carbonated beverages, restaurant food, red meat, bakery items, fried foods, desserts & sweets.

Time	Food Items/ Dishes	Portion Size
Early Morning 6:00 AM	Warm milk, (OR)	75 ml
	Almond milk, (OR)	75 ml
	Ginger milk	75 ml
Breakfast 8:00 AM	Suji Upma with paneer and grated cauliflower, served with curd, (OR)	1 small bowl
	Moong dal pancake with finely chopped cabbage, served, (OR)	1 small bowl
	Ragi Idli with sweet potato and diced turnip, served	1 small bowl
Mid-morning 10:30 AM	Fruit+nut shake/smoothy, (OR)	1/2 fruit
	Nuts Buttermilk, (OR)	1/2 fruit
	Curd + Fruits + Nuts	1/2 fruit
Lunch 1:00 PM	Plain wheat roti with yellow lentil dal tadka and steamed cauliflower, (OR)	1 small bowl
	Steamed rice with moong dal khichdi and Ash Gourd sabzi (served with Curd based curry), (OR)	1 small bowl
	Jowar roti with chana dal and lightly cooked cabbage subzi	1 small bowl
Evening 4:30 PM	Baked Sweet-potato sticks, (OR)	1 small portion
	Roasted Ground nuts with Makhana, (OR)	1 small portion
	Tofu and Bell-pepper stirfry	1 small portion
Dinner 7:30 PM	Barley Poha with paneer cubes and bottle gourd soup, (OR)	1 small bowl
	Bajra roti with tofu cubes and cabbage soup, (OR)	1 small bowl
	Rice with paneer cubes and cauliflower soup	1 small bowl
Bedtime 10:00 PM	Warm milk, (OR)	75 ml
	Almond milk, (OR)	75 ml
	Turmeric milk	75 ml

Meal Plan Phase-II

The following meal plan is based on the personalized nutritional recommendation which in turn is based on your specific gut microbiota profile.

General Guidelines for Phase-II:

- Add – fermented foods & probiotic supplements, prebiotic rich foods.
- Restrict – on refined grains, wheat-based foods, artificial sweeteners, desserts, bakery items, fermented beer/wine – once or twice a week
- Avoid – processed & packaged foods, carbonated beverages and distilled alcohol, restaurant foods, processed meat.

Time	Food Items/ Dishes	Portion Size
Early Morning 6:00 AM	Fennel seeds water, (OR)	75 ml
	Tender Coconut water, (OR)	75 ml
	Lemon water	75 ml
Breakfast 8:00 AM	Suji Upma with paneer and carrot, served with curd, (OR)	1 small bowl
	Poha with paneer and bottle gourd, served, (OR)	1 small bowl
	Moong dal cheela stuffed with paneer and spinach, served	1 small bowl
Mid-morning 10:30 AM	Watermelon, (OR)	1/2 fruit
	Pears, (OR)	1/2 fruit
	Grapes	1/2 fruit
Lunch 1:00 PM	Steamed rice with toor dal and cauliflower sabzi, (OR)	1 small bowl
	Jowar roti with chana dal and Ash Gourd sabzi, (OR)	1 small bowl
	Bajra roti with rajma masala and snake gourd sabzi	1 small bowl
Evening 4:30 PM	Roasted makhana + small kefir, (OR)	1 small portion
	Sprouts + curd, (OR)	1 small portion
	Fruit salad + small coconut water	1 small portion
Dinner 7:30 PM	Whole wheat roti with paneer bhurji and carrot soup, (OR)	1 small bowl
	Jowar roti with paneer tikka and spinach soup, (OR)	1 small bowl
	Rice with dal tadka and cauliflower soup	1 small bowl
Bedtime 10:00 PM	Ginger turmeric water, (OR)	75 ml
	Fennel Seed water, (OR)	75 ml
	Cinnamon clove water	75 ml

Meal Plan Phase-III

The following meal plan is based on the personalized nutritional recommendation which in turn is based on your specific gut microbiota profile.

General Guidelines for Phase-III:

- Focus on healthy meal plate method: 50% vegetables (both cooked + raw), 25% carbohydrates (whole grains), 25% proteins (lentils, sprouts, poultry, seafood, dairy)
- Add fermented foods like kanji/kefir/kombucha/fermented beverage – twice a week
- Add other fermented pickled vegetables like kimchi/sauerkraut/homemade pickles/vegetables fermented in brine solution – 3-4 times a week

Time	Food Items/ Dishes	Portion Size
Early Morning 6:00 AM	Almond Milk, (OR)	75 ml
	Coconut water with chia seeds, (OR)	75 ml
	Lemon water	75 ml
Breakfast 8:00 AM	Moong dal cheela with pumpkin and plain curd, (OR)	1 small bowl
	Besan pancake with peas and paneer cubes and plain, (OR)	1 small bowl
	Barley upma with grated beetroot and paneer cubes	1 small bowl
Mid-morning 10:30 AM	Watermelon + Feta cheese, (OR)	1/2 fruit
	Curd + Banana + Walnut, (OR)	1/2 fruit
	Pineapple	1/2 fruit
Lunch 12:30 PM	Quinoa khichdi with yellow moong dal and green beans (served with Curd based curry), (OR)	1 small bowl
	Barley pulao with paneer cubes and corn, (OR)	1 small bowl
	Kodo millet roti with chickpea masala and bottle gourd sabzi	1 small bowl
Evening 4:30 PM	Avocado Buttermilk, (OR)	1 small portion
	Roasted Chestnuts with small milk, (OR)	1 small portion
	Fruit with small almond milk	1 small portion
Dinner 7:30 PM	Rice with paneer tikka masala and carrot soup, (OR)	1 small bowl
	Jowar roti with masoor dal stew and spinach soup, (OR)	1 small bowl
	Amaranth Poha with tofu cubes and bottle gourd soup	1 small bowl
Bedtime 10:00 PM	Ginger Turmeric Milk, (OR)	75 ml
	Almond milk, (OR)	75 ml
	Milk Kefir	75 ml



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- This Report's role is limited to providing insights of Your gut microbiome, with a general set of dietary recommendations and risk managements. General risk management strategies provided in Our Report are for information purpose only and in this regard, it is essential to understand that every person's resistance, immunity, sensitivity and response to medication is different and therefore not all general risk management strategies may be suitable to everyone. It is also essential to note that, while assessing Your Report and providing these recommendations, We assume that You are in a general state of good health, and do not consider Your past or existing health conditions and or any medication taken by You (either in the past or currently), even if You have provided Us with such information. Therefore, it is essential that, You consult a Professional Practitioners for detailed recommendations or risk managements that may be specific / customized for You. In other words, information contained in this Report is not intended to replace medical or professional advice offered by Professional Practitioners.
- We would like to bring it to Your notice that not all disease-associated microbial groups may have been identified, validated and recorded by the scientific community, and the clinical significance of many microbial groups are also not well understood. Hence, it should be noted that this analysis and this Report does not cover all clinically relevant microbes' that have been identified or reported till date. This Report is limited only to those variants within Your gut microbiome which has strong evidence of causing or contributing to a disease or a drug response or a metabolism related issue till date.
- We would also like to bring to Your attention that the microbiome sequencing data is being constantly updated both with new taxonomic groups and curation of old microbial databases. Hence, it is subject to revision-based updates, based on the latest scientific research. Therefore, it is important to note that it is possible that the interpretation of the results that have been reported herein may vary or be altered, subject to these revisions. Hence, We would recommend that You to undergo periodical reinterpretation of Your microbiome data that You possess, especially when a specific disease is confirmed through diagnosis or new symptoms arise, in the future.



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