Now Available...

Gut Bacterial Microbiome Testing

The human microbiome is composed of trillions of microbes that live on and within the body. The largest and most important community of microbes reside in the gut and are as unique as a fingerprint. The gut microbiome has tremendous potential to influence both health and disease. In a healthy body, pathogenic and symbiotic microbiota coexist without problems. However, if that delicate balance is disturbed by infectious illnesses, certain diets, or the prolonged use of antibiotics or other bacteria-destroying medications, dysbiosis occurs. This interruption of the normal interactions may result in increased susceptibility to disease.

Recent studies show that gut bacteria affect your health and well-being. Gut bacteria can:



 digest certain food components providing essential nutrients, vitamins and energy



• support healthy weight and digestion



 train the developing immune system, e.g. altering food tolerance and protecting from pathogens



 have anti-inflammatory properties and affect symptoms of inflammatory bowel disease



• improve mental health, anxiety, depression, obsessivecompulsive disorder, and memory

Advantages of MDL's Human Gut Microbiome Test:

- Next-Generation Sequencing determines key components of the gut bacterial microbiome
- Analyzes bacterial diversity, ratios of important bacteria and the abundance of beneficial bacteria
- Includes a health questionnaire to personalize microbiome results
- Provides dietary and lifestyle recommendations based on input and results
- Repeat testing can monitor changes in gut microbiome when implementing diets, lifestyle changes and new routines, supporting a journey to wellness
- Turnaround time 14 21 days
- Prepayment in full is required \$129





Medical Diagnostic Laboratories www.mdlab.com • 877.269.0090



MEDICAL DIAGNOSTIC LABORATORIES, L.L.C.

2439 Kuser Road, Hamilton, NJ 08690-3303 TL:609.570.1000 Fax:609.570.1050 TF: 877.269.0090 www.mdlah.com

MDL# 13753071 Test Results

RECOMMENDATIONS SUMMARY

	Alistipes or Eubacterium	Linked to plant-based diet and decreased salt, fat, and meat consumption.	Consider adding more fruits, vegetables, nuts, legumes, and whole grains.
	Roseburia	Increased with Mediterranean diet.	Consider adding more fruits, vegetables, nuts, legumes, and whole grains.
	Lactobacillus	Help maintain healthy bowel movements and other health benefits.	Consider adding more fermented foods, foods containing pre- and probiotics or taking pre- and probiotic supplements.
	Bifidobacterium	Help prevent gut inflammation and maintain other health benefits	Consider adding more polyphenol-rich foods fermented foods, foods containing pre- and probiotics or taking pre- and probiotic supplements.

*This test was developed and its performance characteristics determined by Medical Diagnostic Laboratories, L.L.C. It has not been cleared or approved by the U.S. Food and Drug Administration. The FDA has determined that such clearance or approval is not necessary.



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MDL# 13753071 Test Results

This is a summary of your microbiome results. For more detailed results please scan QR code or visit:

https://app.mdlab.com/

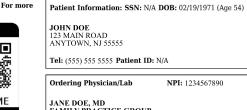
Date Reported

The information available includes: • Interactive graphics and charts detailing your microblome results • Filters for comparing your microbiome with selected

populations • Access to microbiome health and wellness resources

Specimen Type Stool 01/08/2025 Date Collection Date Processed 01/13/2025

02/25/2025



NPI: 1234567890

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MICROBIOME TESTING



MICROBIOME SUMMARY Results are compared to a total of ${f 88}$ people tested without selected limits such as age, sex at birth, primary diet, etc. BACTERIAL DIVERSITY: BELOW AVERAGE

PREVOTELLA/BACTEROIDES Ratio (P/B Ratio): FIRMICUTES/BACTEROIDETES Ratio (F/B Ratio): BENEFICIAL BACTERIA ABUNDANCE: PROBIOTIC BACTERIA ABUNDANCE:

BELOW AVERAGE BELOW AVERAGE ABOVE AVERAGE BELOW AVERAGE

RECOMMENDATIONS SUMMARY

OBSERVATION	COMMENTS	RECOMMENDATIONS
Sex at birth	Questionnaire indicates male sex at birth. Males may have greater abundance of Prevotella and Bacteroides than females.	It may be beneficial to compare P/B Ratio with same sex. See recommendations for P/B Ratio.
Last time antibiotics taken	Questionnaire indicates recent antibiotic usage. Antibiotic may diminish and alter gut microbiome.	Test microbiome six (6) months after antibiotic treatment. Consider adding more fruits, vegetables, nuts, legumes, whole grains, fermented foods, foods containing pre- and probiotics, or taking pre- and probiotic supplements.
Trouble sleeping	Questionnaire indicates poor sleeping, which may be associated with lower DIVERSITY and F/B Ratio.	Consider adjusting sleep habits. See recommendations for DIVERSITY and F/B Ratio.
Bacterial Diversity (InvSimpson)	Lesser diversity is found in weight gain, obesity, and inflammation.	Consider changes to diet, exercise, smoking, and alcohol consumption if applicable.
Firmicutes to Bacteroidota Ratio	Decreases may be associated with inflamation or IBD. Increases with age and is greater in the American population. Increases may be associated with obesity.	It may be beneficial to compare F/B Ratio with similar age group. Consider taking Lactobacillus-containing probiotics that may modify the F/B Ratio.
Prevotella to Bacteroides Ratio	Indicative of high-fiber diet. predictive of greater weight loss on 24-week diets than those with lesser ratios.	N/A
Akkermansia	Decreases with age, IBD, Type II Diabetes, high-fat diets, and heavy alcohol consumption.	Consider adding more fruits, vegetables, nuts, legumes, and whole grains.