

# 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, obsessive-compulsive 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**



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Medical Diagnostic Laboratories  
[www.mdlab.com](http://www.mdlab.com) • 877.269.0090



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MEDICAL DIAGNOSTIC LABORATORIES, L.L.C.

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www.mdlab.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/>

The information available includes:

- Interactive graphics and charts detailing your microbiome results
- Filters for comparing your microbiome with selected populations
- Access to microbiome health and wellness resources



Specimen Type	Stool
Date Collection	01/08/2025
Date Processed	01/13/2025
Date Reported	02/25/2025

Patient Information: SSN: N/A DOB: 02/19/1971 (Age 54)

JOHN DOE  
123 MAIN ROAD  
ANYTOWN, NJ 55555

Tel: (555) 555 5555 Patient ID: N/A

Ordering Physician/Lab NPI: 1234567890

JANE DOE, MD  
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555 FIRST AVENUE  
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### MICROBIOME TESTING



### MICROBIOME SUMMARY

Results are compared to a total of **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):	BELOW AVERAGE
FIRMICUTES/BACTEROIDETES Ratio (F/B Ratio):	BELOW AVERAGE
BENEFICIAL BACTERIA ABUNDANCE:	ABOVE AVERAGE
PROBIOTIC BACTERIA ABUNDANCE:	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 inflammation 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.