

Avani Mehta

DOB: 17 Dec 1980 Age: 45 Sample: Stool

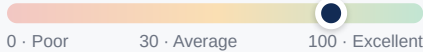
Report Date
17 Apr 2026

OVERALL GUT HEALTH

GUT HEALTH SCORE

Favourable

Composition is better than the average healthy gut — maintain current patterns.



MICROBIOME RICHNESS

Favourable

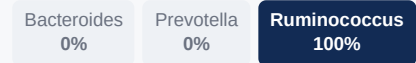
High diversity of commensal species relative to pathogens.



ENTEROTYPE

Type 3 — Ruminococcus

Simple-sugar transport & mucin degradation dominant.



METABOLIC PATHWAY ACTIVITY

Pro-inflammatory

Activity: Low

Favourable

Sulphide Gas

Activity: Low

Favourable

Butyrate Production

Activity: Low

Unfavourable

Uric Acid Production

Activity: Low

Favourable

PHYLA VS. HEALTHY COHORT

Phylum	Healthy Range	Cohort	You	Status
Firmicutes	28 – 84	76	54	In range
Bacteroidetes	3 – 43	91	18	In range
Actinobacteria	2 – 19	21	26	Elevated
Proteobacteria	0 – 56	56	2	In range
Verrucomicrobia	0	23	0	Reduced
Others (Fuso., Cyano., etc.)	0 – 1	—	0	In range

What this means

Firmicutes and Bacteroidetes — which together should make up ~90% of a healthy gut — are both in range, a good foundation.

Actinobacteria is slightly elevated, aligning with the overabundance of *Bifidobacterium longum* and *Collinsella aerofaciens* flagged later in the report.

Verrucomicrobia is absent, meaning no detectable *Akkermansia muciniphila* — a key mucin-layer protector.

KEY SPECIES FLAGS

PROBIOTICS

Bifidobacterium longum

Elevated

Bifidobacterium adolescentis

Normal

OPPORTUNISTIC

Veillonella dispar

Reduced ✓

Dorea formicigenerans

Elevated

COMMENSAL — FAVOURABLE

Hafnia alvei

Normal

Bacteroides plebeius

Normal

COMMENSAL — WATCH

Prevotella copri

Reduced

Collinsella aerofaciens

Elevated

[Eubacterium] biforme

Reduced

CONDITIONS TO MONITOR

Crohn's Disease

HIGH RISK

Limited diversity of protective *Lactobacillus* and *Bifidobacterium* species, combined with elevated inflammatory markers, drives this risk signal.

Contributing species: *Bifidobacterium longum*, *Lactobacillus mucosae*, *Dorea formicigenerans*

Ulcerative Colitis

HIGH RISK

Reduced mucin-protective species (absent *Akkermansia muciniphila*) suggests a weakened gut barrier, elevating risk.

Contributing species: *Bifidobacterium bifidum*, *Akkermansia muciniphila*

TOP PRIORITIES

DO

- ✓ **Raise butyrate producers** — daily fruit, vegetables & whole grains; add fermentable fibres (pectin, beta-glucan, inulin, oligofructose).
- ✓ **Daily fermented foods** — yoghurt, kefir, sauerkraut, kimchi to support *Lactobacillus* & *Bifidobacterium* diversity.
- ✓ **Hydrate** — 3–4 litres water/day to flush uric acid and support barrier function.
- ✓ **Move & sleep** — regular exercise and consistent sleep pattern to keep inflammation low.
- ✓ **Consult** a gastroenterologist/nutritionist about targeted probiotics (*B. infantis*, *S. boulardii*, *L. plantarum*).

DON'T

- ✗ **High-fat / high-sugar diets** — directly suppress butyrate-producing species.
- ✗ **High-fructose corn syrup, glucose syrup, table sugar**, sweetened and carbonated beverages.
- ✗ **Ultra-processed & packaged foods** — drive dysbiosis and inflammation.
- ✗ **Alcohol & smoking** — both linked to higher IBD risk.
- ✗ **Routine NSAID use** (unless prescribed) — associated with flares of inflammatory bowel disease.

FOOD PLAN

ENJOY (SUPERFOODS)

VEGETABLES

Broccoli, cauliflower, kale, cabbage, Brussels sprouts, capsicum, artichokes, asparagus, celery

FRUITS

Berries, blueberries, cherries, apple, kiwi, citrus (orange, lemon, grapefruit), pomegranate, papaya, avocado

OILS

Olive, flaxseed, mustard, canola, sesame, sunflower

BEVERAGES & SPICES

Green tea, black tea, coffee (moderate), turmeric, ginger

LIMIT

CEREALS

Barley, oats, corn flour, white rice

NUTS & SEEDS

Almonds, hazelnuts, pistachios, peanuts, chestnuts, macadamia

ROOTS

Potato, beets

MEATS

Beef, lamb, mutton, pork, goat, venison

AVOID

BEVERAGES

Alcohol, carbonated drinks, energy drinks, packaged fruit drinks

FATS

Butter, lard, beef fat, palm & coconut oil, margarine, hydrogenated oils, full-fat dairy

SUGARS

Table & brown sugar, glucose syrup, high-fructose corn syrup

OTHER

Chocolate, candies, ice-cream, sweets, high-sodium sauces, processed foods

KEY NUTRIENTS FOR GUT ENRICHMENT

Vitamin K

Parsley, kale, broccoli, dandelion greens, cabbage, beet greens

Vitamin B12

Salmon, eggs, yoghurt, whole milk, chicken liver, whey

Iron

Brown lentils, tofu, quinoa, sorghum, sardine, sesame seeds

Note: This snapshot summarises the full gut microbiome report for quick reference. It is not a substitute for medical advice. Discuss findings — particularly the high-risk flags for Crohn's disease and ulcerative colitis — with your healthcare professional, gastroenterologist, or clinical nutritionist before making significant dietary or lifestyle changes.