

Microbiome laboratory

Nahibu

6 rue Pierre Joseph Colin - 35000 RENNES France

www.nahibu.com



Microbiological Test Report for:

Name :
First name :
Date of Birth :
Gender :
Sample ID :

Order placed on 01/01/2000 // Sample received at the laboratory on: 05/01/2000 // Complete Gut Microbiome Test Report

MAIN CHARACTERISTICS

Indicator	Result	Reference Indicator	Evaluation
Microbial Diversity	200 // Low	250	Slightly below the expected average diversity.
Enterotype	Bacteroides	Bacteroides, Prevotella, Ruminococcus	Corresponds to a common enterotype, reflecting a balanced profile.
Presence of Anti-inflammatory Bacteria	Low	Normal to high	Low presence observed, indicative of potential imbalance.
Presence of Pro-inflammatory Bacteria	Moderate	Low	Moderate presence detected, should be monitored.
Balance	Eubiosis	Eubiosis or dysbiosis	

IMMUNITY

- DEVELOPMENT AND MAINTENANCE OF DIGESTIVE TRACT TISSUES

Indicator	Result	Evaluation / Comment
Butyrate Compound	Low / Optimal / Excessive	
Hydrogen Sulfide Compound	Low / Optimal / Excessive	
Putrescine, Spermidine, Cadaverine Compounds	Low / Optimal / Excessive	

- INFLAMMATION

Indicator	Result	Evaluation / Comment
Butyrate Compound	Low / Optimal / Excessive	
Acetate Compound	Low / Optimal / Excessive	
Lactate Compound	Low / Optimal / Excessive	
Cortisol Compound	Low / Optimal / Excessive	
Histamine and Histidine Compounds	Low / Optimal / Excessive	

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DIGESTION AND INTESTINAL COMFORT

- BLOATING-GAS

Indicator	Result	Evaluation / Comment
Hydrogen Sulfide Compound	Low / Optimal / Excessive	

- ACIDS AND REFLUX

Indicator	Result	Evaluation / Comment
Lactate Compound	Low / Optimal / Excessive	

- TRANSIT

Indicator	Result	Evaluation / Comment
Serotonin compound	Low / Optimal / Excessive	

- SATIETY

Indicator	Result	Evaluation / Comment
Acetate, propionate, lactate compounds	Low / Optimal / Excessive	

- FATTY ACID METABOLISM REGULATION

Indicator	Result	Evaluation / Comment
Spermidine compound	Low / Optimal / Excessive	

- VITAMIN PRODUCTION

Indicator	Result	Evaluation / Comment
Adenosylcobalamin compound	Low / Optimal / Excessive	
Menaquinone compound	Low / Optimal / Excessive	

PHYSICAL CAPACITIES

Indicator	Result	Evaluation / Comment
Adrenaline and noradrenaline compounds	Low / Optimal / Excessive	
Acetate compound	Low / Optimal / Excessive	
Dopamine compound	Low / Optimal / Excessive	
Histidine compound	Low / Optimal / Excessive	
Pantothenate compound	Low / Optimal / Excessive	

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NEURO-PSYCHIATRIC CAPACITIES

- GENERAL BRAIN FUNCTIONING

Indicator	Result	Evaluation / Comment
Histamine compound	Low / Optimal / Excessive	
Histidine compound	Low / Optimal / Excessive	
Noradrenaline compound	Low / Optimal / Excessive	

- COGNITIVE CAPACITIES AND MEMORY

Indicator	Result	Evaluation / Comment
Dopamine compound	Low / Optimal / Excessive	
Tetrahydrofolate compound	Low / Optimal / Excessive	

- SLEEP

Indicator	Result	Evaluation / Comment
Butyrate compound	Low / Optimal / Excessive	
Cortisol compound	Low / Optimal / Excessive	
Melatonin and serotonin compounds	Low / Optimal / Excessive	

- DEPRESSION, MOOD DISORDERS

Indicator	Result	Evaluation / Comment
GABA compound	Low / Optimal / Excessive	
Dopamine compound	Low / Optimal / Excessive	
Serotonin compound	Low / Optimal / Excessive	

- STRESS, ANXIETY

Indicator	Result	Evaluation / Comment
Cortisol compound	Low / Optimal / Excessive	
Pantothenate compound	Low / Optimal / Excessive	

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NUTRITIONAL ADVICE

Generic Advice

Fibers play a key role in ensuring proper intestinal transit, facilitating digestive movements, and nourishing the microbiome. They are also essential for the overall balance of the gut microbiome, contributing to its health benefits.

Some people may be sensitive to FODMAPs (e.g., FOS and GOS), which can sometimes cause bloating and digestive discomfort. It is recommended to introduce these foods gradually to help restore the balance of the microbiome.

For a balanced microbiome, it is advised to prioritize a varied diet and limit processed foods high in fat or salt. Adequate hydration, a fiber-rich diet, and regular physical activity are basic recommendations to maintain a healthy gut balance.

Recommendations Based on Your Microbiome Profile

Imbalance Indicator	Recommended Foods or Supplements	To Limit
Diversity	Dietary fiber, probiotics (lactobacilli, bifidobacteria), prebiotics (inulin, FOS), polyphenols (berries, cocoa), fermented foods (kefir, yogurt, miso)	Ultra-processed foods, excess sugar, restrictive diets (mono-diets)
Metabolic Health	Omega-3 (fish oil, chia seeds), magnesium, vitamin D, cinnamon, alpha-lipoic acid, coenzyme Q10	Refined sugars, high glycemic index foods, trans fats
Presence of Pro-inflammatory Bacteria	Probiotics (lactobacilli, bifidobacteria), prebiotics (soluble fibers), turmeric, ginger, green tea (catechins), polyphenols (grape, pomegranate)	Saturated fats, processed meats, excess alcohol, foods high in added sugars
Immunity	Vitamin C (fruits, vegetables), zinc, echinacea, probiotics, vitamin D, garlic, ginseng, ashwagandha	Unbalanced diet, excessive alcohol consumption, junk food
Digestive Health	Probiotics, fibers (fruits, vegetables, whole grains), glutamine, peppermint (relieves intestinal spasms), digestive enzymes	High-FODMAP foods, gluten (for the sensitive), dairy products (for those intolerant)
Cardiovascular Health	Omega-3 (fatty fish, flaxseed oil), CoQ10, vitamin K2, garlic, antioxidants (vitamin C, E), flavonoids (berries, cocoa)	Saturated fats, excess salt, added sugars, alcohol
Systemic Inflammation	Turmeric (curcumin), omega-3, ginger, quercetin, resveratrol, green tea, monounsaturated fatty acids (olive oil, avocado)	Ultra-processed foods, excess saturated fats, refined sugars

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