



Your DNA-based gut test **INTEST.pro**

- ✓ Understand intestinal complaints
- ✓ Identify immune deficiencies
- ✓ Reduce weight problems
- ✓ Optimise nutrition



**Find out what
your gut needs.**



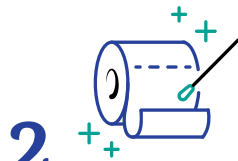
This is how the test works...

INTEST.pro is designed for easy sample collection at home. In just five steps, you will have access to a comprehensive online dashboard with detailed insights into your gut health.

The testing kit includes everything you need and is very simple to use:



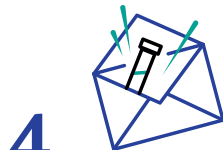
1.
Remove the sample tube from the kit



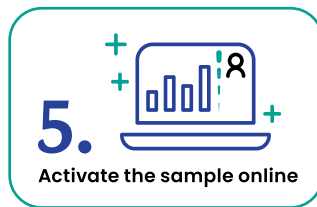
2.
Dab off a stool sample



3.
Immerse the swab in the tube



4.
Send the tube to BIOMES



5.
Activate the sample online

INTEST.pro is a lifestyle product, not a medical one. The information provided by BIOMES or the recommended probiotic food supplements are not a substitute for medical advice and are not intended to treat diseases. Please consult your doctor if you have any questions about your health.

Your gut is your second brain

No organ is as important for your natural well-being as your intestine. It regulates around 80% of all immune reactions and has a great influence on processes in your brain. That's why you feel bad when your intestinal flora becomes unbalanced.

There are several reasons why this can happen:

- Unhealthy lifestyle
- Unbalanced nutrition
- Illness or infection
- Taking medication or antibiotics

... and is central to your health.

The intestinal flora is made up of billions of important bacteria that process the nutrients from your food and regulate important metabolic processes.

If you're missing the "good" bacteria, this may lead to:

- Digestive problems
- Discomfort
- Fatigue
- Poor sleep and much more

The balance of the intestinal flora

A healthy and balanced intestinal flora with lots of "good" bacteria has the following advantages:

- ✓ Better digestion and nutrient uptake
- ✓ Support for natural weight loss
- ✓ Relief from constipation, flatulence, or diarrhea
- ✓ Alleviation of allergic reactions and adverse food reactions
- ✓ Strengthening of the immune system
- ✓ Better quality of life thanks to an increased sense of well-being

Find out more about your ...



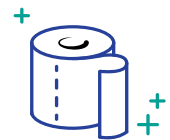
**Intestinal
flora balance**



**Intestinal
mucosa integrity**



**Inflammation
indicators**



**Constipation
indicators**



**Sleep and
state of mind**



Calorie utilisation



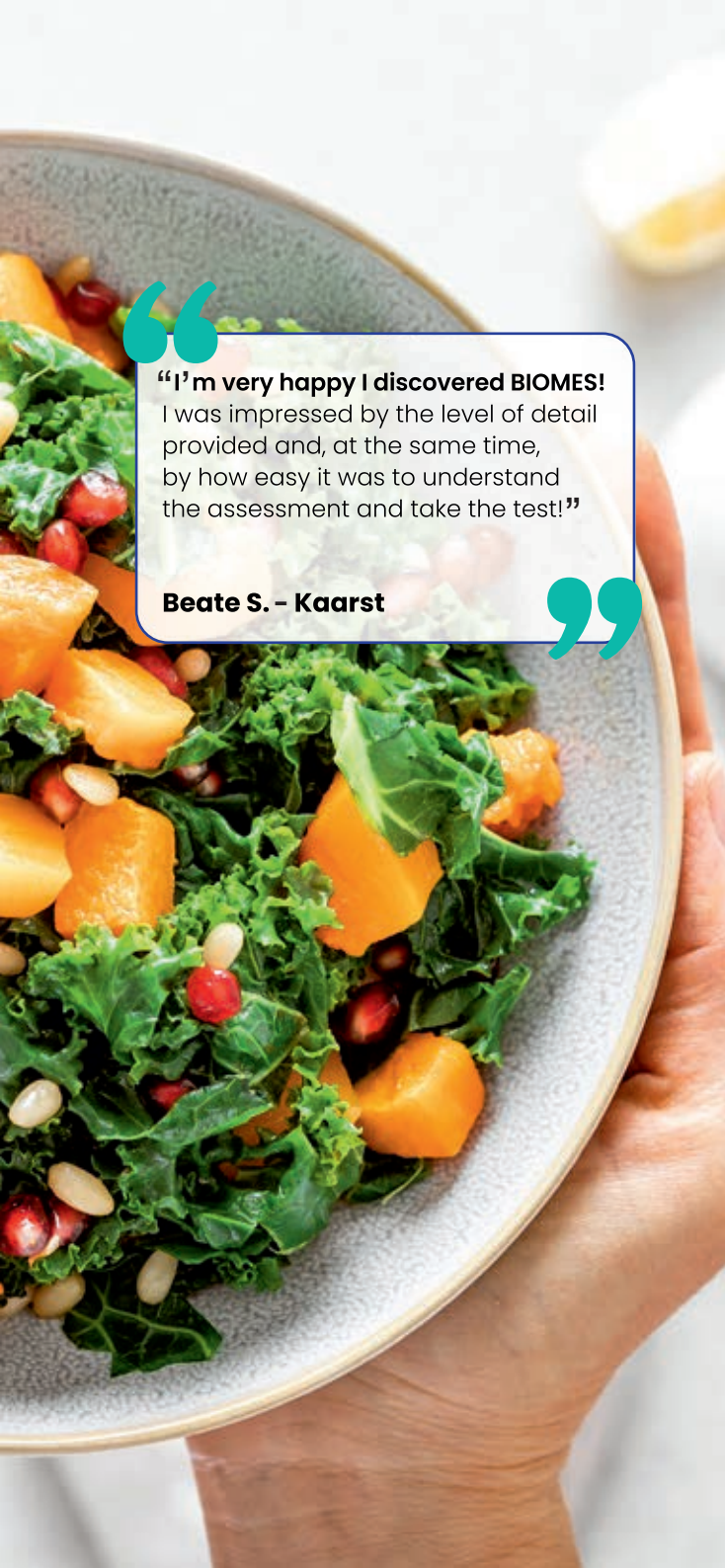
**Immune system
strength**



Digestion

Everything for your gut





“I’m very happy I discovered BIOMES!
I was impressed by the level of detail provided and, at the same time, by how easy it was to understand the assessment and take the test!”

Beate S. – Kaarst



Analysis of all intestinal bacteria researched to date with personalised recommendations for action

High-tech for your gut

When your gut is balanced, it supports you perfectly. If the intestinal flora is out of balance, a range of complaints can follow.

Our gut flora analysis is based on the latest biotechnological methods. With just a tiny sample, you receive your personal intestinal flora profile and suitable nutrition recommendations for reaching your goals: improved fitness, a stronger immune system, fewer digestive complaints, or losing some weight.