Your evaluation

Questionnaire

Activate sample

What is your gender?

Female

What month were you born in?

January

How tall are you? (in cm)

157

How much do you weigh? (kg)

54

Have you gained or lost more than 5 kg compared to a year ago?

No

General Questions

In which country are you at home?

□□□□

Where do you live?

Medium-sized town (10,000 to 100,000 inhabitants)

What area do you live in?

Predominantly flat land

Do you have any children?

No

Are you pregnant?

No

Are you currently breastfeeding?

No

Do you have any pets or are you often in contact with animals?

No

Do you smoke?

No

Why did you choose to take the test?

I am interested in intestinal flora-optimized nutrition

Lifestyle

How often do you travel to other countries?

I don't travel

How would you describe your current job?

Only sedentary work (E.g. office worker)

Do you often work at night (night shifts)?

No

Do you take any part in sports?

No

How would you describe your general free time (without sports)?

Mainly sitting/lying with few activities

How long do you sleep on average?

4 to 5 hours

Do you feel refreshed after sleep?

No

Do you feel stressed out a lot?

5 / 10

The following question is very personal and may remain unanswered: Are you currently using any recreational drugs?

No

Nutrition

What type of diet do you keep to?

Vegetarian

How often do you eat fruits and vegetables?

Every day

How many portions of fruit & vegetables do you eat on average?

2

Do you have any special eating habits?

- Gluten Free
- Lactose free
- No dairy products

How often do you eat sweets?

Once a week

Which of the following foods do you eat on at least 3 of 7 days?

- Wholemeal products (E.g. wholemeal bread)
- Pulses (E.g. beans, peas, lentils)
- Nuts (Cashew nuts and peanuts are not included)
- Food made from white flour or other refined grains (E.g. white rolls, noodles, white rice)

Here you can write special remarks:

Diet mostly consists of Millet, rice, pulses, legumes, fruits and steamed vegetables

How much liquid do you drink on average per day?

1.5 to 2 liters

How often do you drink alcohol on average?

Never

Which drinks do you have every day?

Water

Do you take probiotics as a dietary supplement?

6 to 12 months ago

Do you often (at least 3 times a week) eat probiotic or fermented food?

- Pickled vegetables or fruit (E.g. pickles, olives)
- Cider (Apple sparkling wine)

Are you taking any other dietary supplements?

No

Health issues

How would you describe your current well-being?

5 / 10

Do you have any allergies or intolerances?

Yes

What allergies or intolerances do you have?

- Lactose
- Gluten

When was the last time you took antibiotics?

More than a year ago

Do you suffer from migraine?

No

How often do you suffer from colds?

Once a year or less

Are you currently suffering from one or more of these digestive disorders?

Abdominal pain / abdominal cramps

How often do you have bowel movements on average?

Every day

How would you describe the consistency of your stool?

Type 3 (Like a sausage but with cracks on its surface)

Have you had recurrent abdominal pain on at least one day a week in the past three months?

Yes

Is this related to at least one of the following conditions (multiple selection possible)?

No

Has your appendix been removed?

No

Are you currently suffering from any illnesses?

Yes

What diseases and/or complaints do you have?

- Cysts
- PTSD (post-traumatic stress disorder)

Do you have any other comment?

no

Are you currently taking any medication?

No

Test result

Your intestinal flora balance

42

/ 100 Points

The intestinal flora balance shows you the overall state of your intestinal flora. All weighted analysis results are included and you can reach a maximum of 100 points.

A value below 40 stands for an unbalanced intestinal flora with weak points, a value above 60 for an intact intestinal flora.

Your precision probiotic blend

Type sigma

The BIOM.uniq bacterial cure "Type sigma" combines cultures of Lactobacillus and Bifidobacterium (7 billion microorganisms), which occur naturally in the intestine, with vitamins, magnesium and zinc.

Your goals

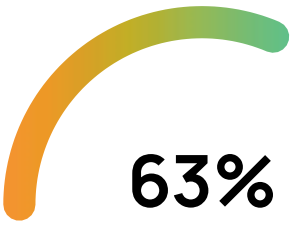
The bacteria in your intestine have different functions that can influence, for example, your immune system or your metabolism. Based on these functions and one of the goals listed below that you may be pursuing with the test, you will find them divided into groups here.

For each function, you will find your personal value, a brief explanation and - if there is one - a recommendation as to which foods support the bacteria concerned.

Weight impact

Description

The link between our gut bacteria and our body weight is stronger than you might think - they even influence our appetite and the absorption of calories from our food.



Our gut bacteria can influence our weight by regulating digestion and metabolism, as well as influencing inflammatory processes. They even affect our sense of hunger and appetite. Our metabolism involves all of our body's reactions to produce energy, so processing our food, producing energy from nutrients and disposing of waste products.

Functions

Here, all bacteria are grouped according to their functions in the intestine. Some bacteria fulfil several functions, others only one. So you will find some of the bacteria in different places.

Weight regulation

33%

These bacteria can influence how easily you gain or lose weight, for example by affecting your metabolism. According to studies, they are often found in the intestines of very slim people. This means that slim people tend to harbour more representatives of these bacteria, whereas people who want to lose weight can promote the proliferation of the little helpers with the right diet.

Food recommendations

Apples
Cloves
Cranberry
Grapes
Navy beans
Peppermint
Pomegranate
Star anise
Tempeh

Noticeable bacteria

Akkermansia
Christensenella

Appetite and the cholesterol level

57%

These bacteria digest dietary fibers to form the short-chain fatty acids acetate and propionate. These two substances in turn help your intestines regulate your appetite and may even lower cholesterol levels. In this way they can make a positive overall contribution to preventing obesity.

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Green banana
Legumes
Omega-3 fatty acid
Potatoes
Sorghum

Noticeable bacteria

Bifidobacterium
Megasphaera
Coprococcus

Caloric intake

1.03

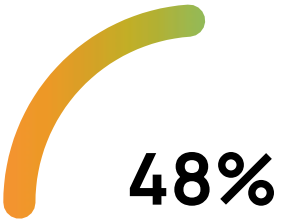
Firmicutes and Bacteroidetes are the dominant phyla of bacteria in the human microbiome. Studies have shown that people with intestinal microbiomes that have more Firmicutes than Bacteroidetes are generally more likely to be obese. The explanation postulated for this finding is that Firmicutes produce a more complete metabolism of a given energy source than Bacteroidetes do, thus promoting a more efficient absorption of calories which subsequently leads to weight gain. In addition, the proportion of Firmicutes to Bacteroidetes decreases with weight loss on a low-calorie diet. Intestinal microbiomes in Western cultures usually have more Firmicutes and fewer Bacteroidetes, and the proportion of Firmicutes can increase with a higher caloric intake.

All bacteria in this module were measured within the optimal reference range.

Digestive problems

Description

Bacteria in this section can influence your (intestinal) health in a variety of ways, e.g. by promoting or inhibiting inflammation, triggering constipation or promoting intolerances.



Gut bacteria play a crucial role in digestive problems of all kinds. Beneficial species can protect us from inflammation, while harmful species promote inflammation and constipation. A balanced intestinal flora also contains harmful bacteria, but their proportion should remain within certain limits. More details can be found in the individual topics below.

Functions

Here, all bacteria are grouped according to their functions in the intestine. Some bacteria fulfil several functions, others only one. So you will find some of the bacteria in different places.

Proportion of harmful bacteria (so-called proteobacterial index)

Along with other microbes, Proteobacteria are the most common microbes in our gut. However, they should be kept at very low levels as they possess many dangerous human pathogens with the potential to cause a number of diseases. Therefore, adult human intestinal flora naturally only contains a small proportion of Proteobacteria, ranging from 2.5 to 4.6% of the total gut microbiota.

Food recommendations

Kimchi

Kombucha

Sauerkraut

Protection against allergies and intolerances 0%

Here you can find out whether you have enough bacteria to protect you from allergies and intolerances or to reduce them. They mainly help digest fructose and lactose and train your immune system in a way that it is not prone to unnecessary allergic reactions (e.g. to harmless pollen). However, this is not the way to find out if you have innate allergies or intolerances.

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Bifidobacterium
Lactobacillus

Bacterial diversity (so-called diversity index) 5%

The more different your bacterial species are, in other words the higher their diversity, the more varied are their functions. Consequently, the following applies: The greater the number of types of bacteria are present in your intestinal flora, the better your metabolism will function

Food recommendations

Almonds
Berries
Fermented vegetables
Kimchi
Kombucha
Legumes
Mushrooms
Navy beans
Polyphenol-rich vegetables and fruits
Sauerkraut
Soybean milk
Tempeh

The energy metabolism and hyperacidity 25%

These bacteria produce lactate, which has a positive effect on our health to some degree. For example, it helps the muscles to convert more energy, though it leads to hyperacidity in higher quantities. You should therefore have neither too many nor too few lactate-forming bacteria.

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Bifidobacterium
Lactobacillus
Enterococcus

Gut lining protection

60%

Your gut lining and the mucus are protective layers that prevent the penetration of potentially harmful pathogens, toxins and other contaminants into the bloodstream. Some gut bacteria may play a role in the regeneration of your mucus layer and strengthening of the gut lining. In other words, it is beneficial for your gut health if the bacteria of these genera inhabit your gut.

Food recommendations

Apples
Cloves
Cranberry
Grapes
Navy beans
Peppermint
Pomegranate
Star anise
Tempeh
Blueberries
Cocoa
Prunes

Noticeable bacteria

Akkermansia
Bifidobacterium

Inflammation resilience

71%

Some bacteria can stimulate inflammation in your bowel and even trigger chronic inflammatory processes outside your bowel. A greatly increased number of these bacteria can even lead to the so-called "leaky gut" syndrome, in which the intestine becomes "permeable" to pathogens and pollutants and can no longer absorb enough nutrients from food. Therefore, it is good if your intestines accommodate as few representatives of these genera as possible.

Food recommendations

No food found

The internal mucosal barrier and immunity

71%

These bacteria help our intestines to keep the intestinal mucus wall intact, reduce intestinal inflammation and may even inhibit the proliferation of cancer cells and harmful bacteria. They do this indirectly by forming the short-chain fatty acid butyrate from dietary fibres. This substance is a true marvel; insufficient butyrate levels may promote not only inflammatory processes, but also a number of intestinal diseases.

Food recommendations

Almonds
Apples
Asparagus
Bananas
Brown rice
Chicory
Dandelion
Garlic
Globe artichokes
Leek
Navy beans
Onions
Pears
Polyphenol-rich vegetables and fruits

Noticeable bacteria

Eubacterium
Butyrivibrio

Gut dynamics

100%

Methane is a gas that is mainly produced by microorganisms during fermentation process. It might promote bloating and it potentially has an inhibitory effect on bowel motility, particularly slowing down of the intestinal transit time, which leads to constipation.

All bacteria in this module were measured within the optimal reference range.

Cell protection function

100%

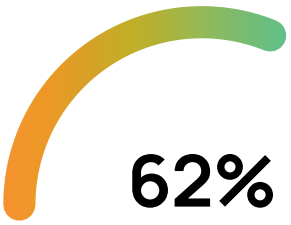
This is where you will find bacteria that process sulfates. These are harmful substances which we consume with our food, for example in the form of preservatives, and which have a damaging effect on our cells. This is because the degradation of sulfates produces cytotoxins. Butyrates, for example, which perform many health-promoting functions (see intestinal mucus wall and immunity) may be inhibited by this. We should therefore reduce the supply of sulfates as much as possible so that we do not need the bacteria that break them down.

All bacteria in this module were measured within the optimal reference range.

Nutrition status

Description

Here you will find all the bacteria that help you digest your food and other topics related to your diet. By the way, different bacteria feed on different components of your food - so pay attention to which bacteria you can feed with which foods.



We humans each prefer different foods in terms of taste - and so do our bacteria! Studies show which bacteria are particularly specialised in digesting certain foods. For example, without our bacteria, dietary fibres would be pure ballast for our body and would be excreted undigested. However, if they are digested for us by beneficial bacteria, substances are produced that are beneficial for our health. So pay attention to which bacteria you can feed and how.

Functions

Here, all bacteria are grouped according to their functions in the intestine. Some bacteria fulfil several functions, others only one. So you will find some of the bacteria in different places.

Protection against allergies and intolerances

0%

Here you can find out whether you have enough bacteria to protect you from allergies and intolerances or to reduce them. They mainly help digest fructose and lactose and train your immune system in a way that it is not prone to unnecessary allergic reactions (e.g. to harmless pollen). However, this is not the way to find out if you have innate allergies or intolerances.

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Bifidobacterium
Lactobacillus

Bacterial diversity (so-called diversity index) 5%

The more different your bacterial species are, in other words the higher their diversity, the more varied are their functions. Consequently, the following applies: The greater the number of types of bacteria are present in your intestinal flora, the better your metabolism will function

Food recommendations

Almonds
Berries
Fermented vegetables
Kimchi
Kombucha
Legumes
Mushrooms
Navy beans
Polyphenol-rich vegetables and fruits
Sauerkraut
Soybean milk
Tempeh

The energy metabolism and hyperacidity 25%

These bacteria produce lactate, which has a positive effect on our health to some degree. For example, it helps the muscles to convert more energy, though it leads to hyperacidity in higher quantities. You should therefore have neither too many nor too few lactate-forming bacteria.

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Bifidobacterium
Lactobacillus
Enterococcus

Weight regulation 33%

These bacteria can influence how easily you gain or lose weight, for example by affecting your metabolism. According to studies, they are often found in the intestines of very slim people. This means that slim people tend to harbour more representatives of these bacteria, whereas people who want to lose weight can promote the proliferation of the little helpers with the right diet.

Food recommendations

Apples
Cloves
Cranberry
Grapes
Navy beans
Peppermint
Pomegranate
Star anise
Tempeh

Noticeable bacteria

Akkermansia
Christensenella

Appetite and the cholesterol level

57%

These bacteria digest dietary fibers to form the short-chain fatty acids acetate and propionate. These two substances in turn help your intestines regulate your appetite and may even lower cholesterol levels. In this way they can make a positive overall contribution to preventing obesity.

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Green banana
Legumes
Omega-3 fatty acid
Potatoes
Sorghum

Noticeable bacteria

Bifidobacterium
Megasphaera
Coprococcus

Carbohydrates

57%

Many complex carbohydrates are broken down by the microbiota in the large intestine, which on the one hand gives us energy and on the other hand produces substances that have a positive influence on our body. The microbes are able to produce so-called fatty acids from complex carbohydrates, which, among other things, regulate appetite, have anti-inflammatory properties and support the intestinal barrier function. Note: Sugar is a simple carbohydrate whose digestion is more likely to give you bloating than positive effects.

Food recommendations

Almonds
Apples
Asparagus
Bananas
Brown rice
Chicory
Dandelion
Garlic
Globe artichokes
Leek
Navy beans
Onions
Pears
Polyphenol-rich vegetables and fruits

Noticeable bacteria

Eubacterium
Oscillospira
Phascolarctobacterium

Fiber

63%

Dietary fibre can only be digested by our gut microbes, as we do not have the enzymes to break it down and digest it. When digesting dietary fibre, these bacteria produce so-called short-chain fatty acids, whose positive effects on our health are well known. These include appetite regulation, intestinal barrier support and anti-inflammatory properties. So by eating lots of fibre, you're feeding your trillion gut microbes that can help you stay healthy.

Food recommendations

Almonds
Apples
Asparagus
Bananas
Brown rice
Chicory
Dandelion
Garlic
Globe artichokes
Leek
Navy beans
Onions
Pears
Polyphenol-rich vegetables and fruits
Blueberries
Cocoa
Prunes

Noticeable bacteria

Bifidobacterium
Eubacterium
Clostridium

Gut dynamics

100%

Methane is a gas that is mainly produced by microorganisms during fermentation process. It might promote bloating and it potentially has an inhibitory effect on bowel motility, particularly slowing down of the intestinal transit time, which leads to constipation.

All bacteria in this module were measured within the optimal reference range.

Cell protection function

100%

This is where you will find bacteria that process sulfates. These are harmful substances which we consume with our food, for example in the form of preservatives, and which have a damaging effect on our cells. This is because the degradation of sulfates produces cytotoxins. Butyrates, for example, which perform many health-promoting functions (see intestinal mucus wall and immunity) may be inhibited by this. We should therefore reduce the supply of sulfates as much as possible so that we do not need the bacteria that break them down.

All bacteria in this module were measured within the optimal reference range.

Cardiovascular wellness

100%

These bacteria process certain nutritional constituents, above all from red meat, into metabolic products that are transformed in the liver - your organ for detoxification - to harmful substances (the so-called TMAO). Increased TMAO levels are common in people with a higher risk of cardiovascular disease (such as arteriosclerosis). This means that you should eat little red meat so that you need only few bacteria to metabolize it.

All bacteria in this module were measured within the optimal reference range.

Protein and fat

100%

These bacteria are involved in the digestion and absorption of animal proteins and fats from food. A protein that has not yet been digested in the small intestine can be digested by these bacteria in the lower intestinal tract. This can have beneficial effects, such as a greater variety of metabolites that are good for the body. However, too much and frequent consumption of protein and fat can lead to the production of harmful substances.

All bacteria in this module were measured within the optimal reference range.

Caloric intake

1.03

Firmicutes and Bacteroidetes are the dominant phyla of bacteria in the human microbiome. Studies have shown that people with intestinal microbiomes that have more Firmicutes than Bacteroidetes are generally more likely to be obese. The explanation postulated for this finding is that Firmicutes produce a more complete metabolism of a given energy source than Bacteroidetes do, thus promoting a more efficient absorption of calories which subsequently leads to weight gain. In addition, the proportion of Firmicutes to Bacteroidetes decreases with weight loss on a low-calorie diet. Intestinal microbiomes in Western cultures usually have more Firmicutes and fewer Bacteroidetes, and the proportion of Firmicutes can increase with a higher caloric intake.

All bacteria in this module were measured within the optimal reference range.

Get fitter

Description

Our gut bacteria influence our sleep, produce vitamins and optimize our immune system - thus building the foundation for our fitness.

28%

In addition, gut bacteria can influence fitness levels by regulating nutrient absorption and energy expenditure. For example, an imbalanced gut flora can promote inflammation, which can affect the body and performance. A balanced intestinal flora, on the other hand, can help absorb nutrients better and make more energy available.

Functions

Here, all bacteria are grouped according to their functions in the intestine. Some bacteria fulfil several functions, others only one. So you will find some of the bacteria in different places.

Vitamin B12 production

0%

Vitamin B12 is important for the normal functioning of the brain and nervous system as well as for the formation of red blood cells. Unfortunately, we humans cannot produce vitamin B12 ourselves, which is why the bacteria listed here have to do it for us. Attention: Here you can read whether these bacteria are present in your intestine, but not how much vitamin B12 you actually have in your body.

Food recommendations

Cocoa
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Lactobacillus
Bacillus
Propionibacterium

Bacterial diversity (so-called diversity index) 5%

The more different your bacterial species are, in other words the higher their diversity, the more varied are their functions. Consequently, the following applies: The greater the number of types of bacteria are present in your intestinal flora, the better your metabolism will function

Food recommendations

Almonds
Berries
Fermented vegetables
Kimchi
Kombucha
Legumes
Mushrooms
Navy beans
Polyphenol-rich vegetables and fruits
Sauerkraut
Soybean milk
Tempeh

Vitamin K production 20%

Vitamin K is a fat-soluble vitamin that is needed by the human body to produce important proteins for blood clotting. In addition, vitamin K is needed to supply calcium to bones and other tissues. The bacteria listed here can produce vitamin K. Note: Here you can see if these bacteria are present in your gut, but not how much vitamin K you actually have in your body.

Food recommendations

Kimchi
Kombucha
Sauerkraut

Noticeable bacteria

Lactococcus
Serratia
Flavobacterium
Leuconostoc

Regulation of the immune system 33%

It is said that the immune system is located in the intestine, which is partly due to these bacteria that can support your body in defending itself against pathogens, producing important vitamins and regulating the immune system. This relieves and trains your immune system in equal measure.

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Bifidobacterium
Lactobacillus

Sleep and the state of mind

40%

Good sleep is important in “recharging your batteries”. These bacteria form substances that positively influence your sleep cycle and sleep quality and which, with their relaxing effect, are even beneficial to your state of mind. You should therefore give shelter to as many of these “happy” bacteria as possible (up to a certain level).

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Bifidobacterium
Lactobacillus
Lactococcus

Inflammation resilience

71%

Some bacteria can stimulate inflammation in your bowel and even trigger chronic inflammatory processes outside your bowel. A greatly increased number of these bacteria can even lead to the so-called "leaky gut" syndrome, in which the intestine becomes "permeable" to pathogens and pollutants and can no longer absorb enough nutrients from food. Therefore, it is good if your intestines accommodate as few representatives of these genera as possible.

Food recommendations

No food found

Become healthier

Description

Bacteria in this section have a potential influence on our immune system. The gut is the largest immune organ in the body and protects us from pathogens in various ways. In addition, the intestinal immune system is in constant exchange with the rest of the immune system. Thus, our gut condition influences the ability of the entire body to protect itself from disease.

Our gut bacteria play a crucial role here: the bacteria and their metabolites (substances they produce when digesting our food components) influence both the innate and the acquired immune system. They can activate or inhibit an immune response, which can have both positive and negative consequences: Shifts in bacterial composition are repeatedly associated with inflammatory processes in the body, allergies and allergy-related diseases, and even autoimmune diseases.

Functions

Here, all bacteria are grouped according to their functions in the intestine. Some bacteria fulfil several functions, others only one. So you will find some of the bacteria in different places.

Vitamin B12 production

0%

Vitamin B12 is important for the normal functioning of the brain and nervous system as well as for the formation of red blood cells. Unfortunately, we humans cannot produce vitamin B12 ourselves, which is why the bacteria listed here have to do it for us. Attention: Here you can read whether these bacteria are present in your intestine, but not how much vitamin B12 you actually have in your body.

Food recommendations

Cocoa
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Lactobacillus
Bacillus
Propionibacterium

Vitamin K production

20%

Vitamin K is a fat-soluble vitamin that is needed by the human body to produce important proteins for blood clotting. In addition, vitamin K is needed to supply calcium to bones and other tissues. The bacteria listed here can produce vitamin K. Note: Here you can see if these bacteria are present in your gut, but not how much vitamin K you actually have in your body.

Food recommendations

Kimchi
Kombucha
Sauerkraut

Noticeable bacteria

Lactococcus
Serratia
Flavobacterium
Leuconostoc

Regulation of the immune system

33%

It is said that the immune system is located in the intestine, which is partly due to these bacteria that can support your body in defending itself against pathogens, producing important vitamins and regulating the immune system. This relieves and trains your immune system in equal measure.

Food recommendations

Blueberries
Cocoa
Navy beans
Prunes
Kimchi
Kiwifruit
Kombucha
Sauerkraut
Spinach

Noticeable bacteria

Bifidobacterium
Lactobacillus

The internal mucosal barrier and immunity

71%

These bacteria help our intestines to keep the intestinal mucus wall intact, reduce intestinal inflammation and may even inhibit the proliferation of cancer cells and harmful bacteria. They do this indirectly by forming the short-chain fatty acid butyrate from dietary fibres. This substance is a true marvel; insufficient butyrate levels may promote not only inflammatory processes, but also a number of intestinal diseases.

Food recommendations

Almonds
Apples
Asparagus
Bananas
Brown rice
Chicory
Dandelion
Garlic
Globe artichokes
Leek
Navy beans
Onions
Pears
Polyphenol-rich vegetables and fruits

Noticeable bacteria

Eubacterium
Butyrivibrio

Summary of your gut health potential

Your strengths

→ Gut dynamics

100%

→ Cell protection function

100%

→ Cardiovascular wellness

100%

Your weaknesses

→ Protection against allergies and intolerances

0%

→ Vitamin B12 production

0%

→ Proportion of harmful bacteria (so-called proteobacterial index)

11.52

Food recommendations

Here is a list of all the foods recommended for your microbiome that fit your diet. They are based on your analysis results and are ordered by relevance.

Food	improves
Navy beans 250 g about 1-2 times per week	• Gut lining protection • The internal mucosal barrier and immunity • Appetite and the cholesterol level • The energy metabolism and hyperacidity • Sleep and the state of mind • Carbohydrates • Fiber • Regulation of the immune system • Weight regulation • Protection against allergies and intolerances • Bacterial diversity (so-called diversity index)
Cocoa 2 tsp about 2-3 times per week	• Gut lining protection • Appetite and the cholesterol level • The energy metabolism and hyperacidity • Sleep and the state of mind • Fiber • Regulation of the immune system • Protection against allergies and intolerances • Vitamin B12 production
Kimchi 200 g about 1-2 times per week	• The energy metabolism and hyperacidity • Sleep and the state of mind • Regulation of the immune system • Protection against allergies and intolerances • Vitamin B12 production • Vitamin K production • Proportion of harmful bacteria (so-called proteobacterial index) • Bacterial diversity (so-called diversity index)

Food	improves
Kombucha 200 ml about 1-2 times per week	• The energy metabolism and hyperacidity • Sleep and the state of mind • Regulation of the immune system • Protection against allergies and intolerances • Vitamin B12 production • Vitamin K production • Proportion of harmful bacteria (so-called proteobacterial index) • Bacterial diversity (so-called diversity index)
Sauerkraut 200 g about 1-2 times per week	• The energy metabolism and hyperacidity • Sleep and the state of mind • Regulation of the immune system • Protection against allergies and intolerances • Vitamin B12 production • Vitamin K production • Proportion of harmful bacteria (so-called proteobacterial index) • Bacterial diversity (so-called diversity index)
Blueberries 150 g about 1-2 times per week	• Gut lining protection • Appetite and the cholesterol level • The energy metabolism and hyperacidity • Sleep and the state of mind • Fiber • Regulation of the immune system • Protection against allergies and intolerances

Food	improves
Prunes 40 g about 1-2 times per week	• Gut lining protection • Appetite and the cholesterol level • The energy metabolism and hyperacidity • Sleep and the state of mind • Fiber • Regulation of the immune system • Protection against allergies and intolerances
Apples 1 Piece about 1-2 times per week	• Gut lining protection • The internal mucosal barrier and immunity • Carbohydrates • Fiber • Weight regulation
Kiwifruit 2 Piece about 1-2 times per week	• The energy metabolism and hyperacidity • Sleep and the state of mind • Regulation of the immune system • Protection against allergies and intolerances • Vitamin B12 production
Spinach 100 g about 1-2 times per week	• The energy metabolism and hyperacidity • Sleep and the state of mind • Regulation of the immune system • Protection against allergies and intolerances • Vitamin B12 production
Almonds 20 g about 2-3 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber • Bacterial diversity (so-called diversity index)
Polyphenol-rich vegetables and fruits 200 g about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber • Bacterial diversity (so-called diversity index)
Asparagus 400 g about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber

Food	improves
Bananas 1 Piece about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Chicory 1 Piece about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Dandelion 100 g about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Garlic 5 g about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Globe artichokes 1 Piece about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Leek 50 g about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Onions 1 Piece about 2-3 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Tempeh 100 g about 1-2 times per week	• Gut lining protection • Weight regulation • Bacterial diversity (so-called diversity index)
Brown rice 60 g about 2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Pears 1 Piece about 1-2 times per week	• The internal mucosal barrier and immunity • Carbohydrates • Fiber
Legumes 200 g about 1-2 times per week	• Appetite and the cholesterol level • Bacterial diversity (so-called diversity index)

Food	improves
Cloves 1 tsp about 2-3 times per week	• Gut lining protection • Weight regulation
Cranberry 25 g about 1-2 times per week	• Gut lining protection • Weight regulation
Grapes 100 g about 1 times per week	• Gut lining protection • Weight regulation
Peppermint 2 tsp about 2-3 times per week	• Gut lining protection • Weight regulation
Pomegranate 1 Piece about 1 times per week	• Gut lining protection • Weight regulation
Star anise 1 tsp about 2-3 times per week	• Gut lining protection • Weight regulation
Green banana 1 Piece about 1-2 times per week	• Appetite and the cholesterol level

Food	improves
Omega-3 fatty acid 4 g about 7 times per week	• Appetite and the cholesterol level
Potatoes 200 g about 1-2 times per week	• Appetite and the cholesterol level
Sorghum 50 g about 2 times per week	• Appetite and the cholesterol level
Berries 150 g about 1-2 times per week	• Bacterial diversity (so-called diversity index)
Fermented vegetables 200 g about 2 times per week	• Bacterial diversity (so-called diversity index)
Mushrooms 200 g about 1-2 times per week	• Bacterial diversity (so-called diversity index)
Soybean milk 100 ml about 1-2 times per week	• Bacterial diversity (so-called diversity index)

Your precision probiotic blend

In accordance with your test results, you will find here the one-month bacteria cure tailored to your weaknesses.

Type sigma

The BIOM.uniq bacterial cure "Type sigma" combines cultures of Lactobacillus and Bifidobacterium (7 billion microorganisms), which occur naturally in the intestine, with vitamins, magnesium and zinc.

Disclaimer

Notice

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Health claims

The colours used do not represent a diagnosis, but are used solely to visualise the results of the analysis. A laboratory value for the detection of bacteria alone does not indicate whether a person is sick or healthy. People with lab values outside the reference range can therefore be healthy and people with lab values within the reference range can be sick.

Data protection

This report contains sensitive health information. Keep it in a place where it is not accessible to unauthorised persons. **BIOMES** accepts no liability if this data is passed on to third parties.

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Bacteria Overview

Here you can examine your intestinal flora down to the smallest microbe. The microbes are divided into different divisions. In biology, this classification is also called taxonomy. Taxonomy begins at the highest level with the phylum and ends with the species as the smallest division.

Important microbes

Positive bacteria

Name	Lower threshold	Upper threshold	Your ratio
Christensenella	0.01	0.5	**0**
Akkermansia	0.1	5	**0.011**
Lactobacillus Group	0.01	2	**0.0025**
Ruminococcus	1	9	**1.4**
Bifidobacterium	0.2	7	**0.023**
Eubacterium	0.01	0.3	**0**
Faecalibacterium	0.2	10	**4.6**
Bacteroides	5	32	**15**

Potentially negative bacteria

Name	Lower threshold	Upper threshold	Your ratio
Enterococcus	0.01	1.5	**0.001**

All microbes

Phylum

Name	Mean	Difference	Your ratio
Verrucomicrobia	2.6	-2.6	**0.016**
Tenericutes	1.1	-1.1	**0.0075**
Proteobacteria	6.3	5.3	**12**
Planctomycetes	0.0005	0.0009	**0.0014**
Lentisphaerae	0.02	-0.00045	**0.019**
Gemmatimonadetes	0.0007	0.0035	**0.0042**
Fusobacteria	0.089	-0.085	**0.0042**
Firmicutes	55	-11	**44**
Cyanobacteria	0.13	0.18	**0.31**
Chloroflexi	0.0006	0.0011	**0.0017**
Bacteroidetes	31	12	**43**
Actinobacteria	2.7	-2.5	**0.21**
Acidobacteria	0.005	0.00026	**0.0053**

Class

Name	Mean	Difference	Your ratio
Verrucomicrobiae	2.6	-2.6	**0.016**
Mollicutes	1.1	-1.1	**0.0075**
Gammaproteobacteria	3.5	-3.2	**0.3**
Alphaproteobacteria	0.83	10	**11**
Phycisphaerae	0.0002	0.00064	**0.00084**
[Lentisphaeria]	0.02	-0.00045	**0.019**
Gemmatimonadetes	0.0004	0.0029	**0.0033**
Fusobacteriia	0.089	-0.085	**0.0042**
Clostridia	51	-17	**34**
Bacilli	2.8	-2.3	**0.48**
Gitt-Gs-136	0	0.00084	**0.00084**
Bacteroidia	31	12	**43**
Thermoleophilia	0.0025	-0.0022	**0.00028**
Coriobacteriia	0.29	-0.14	**0.16**
Actinobacteria	2.4	-2.4	**0.052**
Acidimicrobiia	0.001	0.00067	**0.0017**

Order

Name	Mean	Difference	Your ratio
Victivallales	0.02	-0.00025	**0.019**
Verrucomicrobiales	2.6	-2.6	**0.011**
Opitutales	0.0003	0.0014	**0.0017**
Gaiellales	0.0012	-0.00092	**0.00028**
Gemmatales	0.0001	0.00018	**0.00028**
Myxococcales	0.0008	0.000037	**0.00084**
Gemmatimonadales	0.0001	0.0032	**0.0033**
Pseudomonadales	1.3	-1.3	**0.015**
Burkholderiales	1.5	-1.4	**0.058**
Fusobacteriales	0.089	-0.085	**0.0042**
Desulfovibrionales	0.28	0.044	**0.32**
Coriobacteriales	0.29	-0.14	**0.16**
Clostridiales	51	-51	**0.1**
Campylobacterales	0.06	-0.059	**0.00042**
Sphingobacteriales	0.032	-0.031	**0.00084**
Flavobacteriales	0.16	-0.15	**0.012**
Bacteroidales	31	12	**43**
Rf39	1	-1	**0.00084**
Lactobacillales	1.7	-1.6	**0.073**
Erysipelotrichales	1.7	-1.4	**0.32**
Bacillales	0.97	-0.97	**0.0026**
Sphingomonadales	0.042	-0.037	**0.0058**
Rhodospirillales	0.0037	11	**11**
Rhizobiales	0.11	-0.1	**0.005**
Kiloniellales	0	0.00038	**0.00038**
Micrococcales	0	0.0031	**0.0031**
Bifidobacteriales	1.5	-1.5	**0.025**
Actinomycetales	0.93	-0.91	**0.02**
Acidobacteriales	0.0002	0.00064	**0.00084**

Family

Name	Mean	Difference	Your ratio
Victivallaceae	0.02	-0.019	**0.00083**
Veillonellaceae	2.1	-2.1	**0.0072**
Streptomycetaceae	0.013	-0.012	**0.00068**
Gemellaceae	0.015	-0.015	**0.00028**
Sphingomonadaceae	0.042	-0.036	**0.0058**
Xanthobacteraceae	0.0013	0.0012	**0.0025**
Hyphomicrobiaceae	0.0018	-0.000067	**0.0017**
Pseudonocardiaceae	0.0003	-0.00027	**0.000033**
Pseudomonadaceae	0.24	-0.22	**0.015**
Moraxellaceae	1.1	-1.1	**0.00057**
Nocardioidaceae	0.0007	0.00014	**0.00084**
Peptostreptococcaceae	0.32	-0.27	**0.055**
Peptococcaceae	0.065	-0.054	**0.012**
Paenibacillaceae	0.03	-0.03	**0.0001**
Ruminococcaceae	24	-16	**8.5**
Opitutaceae	0.0003	0.00054	**0.00084**
Myxococcaceae	0.0001	0.00074	**0.00084**
Micrococcaceae	0.088	-0.086	**0.0023**
Intrasporangiaceae	0.0001	0.00059	**0.00069**
Streptococcaceae	0.77	-0.7	**0.068**
Lactobacillaceae	0.31	-0.3	**0.0025**
Enterococcaceae	0.43	-0.43	**0.001**
Carnobacteriaceae	0.024	-0.023	**0.0017**
Lachnospiraceae	15	7.4	**23**
Kiloniellaceae	0	0.00038	**0.00038**
Isosphaeraceae	0	0.00028	**0.00028**
Gemmatimonadaceae	0	0.0033	**0.0033**
Gemmataceae	0.0001	0.00018	**0.00028**
Fusobacteriaceae	0.064	-0.06	**0.0042**
Flavobacteriaceae	0.059	-0.048	**0.012**
Erysipelotrichaceae	1.7	-1.7	**0.087**

Name	Mean	Difference	Your ratio
Succinivibrionaceae	0.073	-0.053	**0.02**
Pasteurellaceae	0.21	-0.2	**0.011**
Enterobacteriaceae	1.5	-1.3	**0.2**
Aeromonadaceae	0.038	-0.038	**0.00013**
Desulfovibrionaceae	0.28	0.044	**0.32**
Mycobacteriaceae	0.0017	-0.0012	**0.0005**
Corynebacteriaceae	0.68	-0.68	**0.0012**
Coriobacteriaceae	0.29	-0.28	**0.012**
Clostridiaceae	1.6	-1.5	**0.1**
Christensenellaceae	0.35	-0.03	**0.32**
Chitinophagaceae	0.0047	0.0003	**0.005**
Nitrosomonadaceae	0	0.00084	**0.00084**
Comamonadaceae	0.47	-0.47	**0.00063**
Bifidobacteriaceae	1.5	-1.5	**0.025**
Rikenellaceae	3.8	-2.9	**0.89**
Prevotellaceae	4	21	**25**
Porphyromonadaceae	2.3	-2.3	**0.00084**
Bacteroidaceae	19	-3.2	**15**
Bacillaceae	0.5	-0.49	**0.0026**
Actinomycetaceae	0.067	-0.047	**0.02**

Genus

Name	Mean	Difference	Your ratio
Serratia	0.56	-0.56	**0.00022**
Rhodoplanes	0.0012	-0.00092	**0.00028**
Nitrobacter	0	0.000042	**0.000042**
Bradyrhizobium	0.0013	-0.00061	**0.00069**
Victivallis	0.0048	-0.0042	**0.00055**
Veillonella	0.12	-0.12	**0.0033**
Dialister	0.65	-0.64	**0.0034**
Parabacteroides	2.2	-2.1	**0.081**
Sutterella	0.83	-0.78	**0.046**
Succinivibrio	0.072	-0.056	**0.017**
Streptomyces	0.013	-0.012	**0.00068**
Streptococcus	0.66	-0.59	**0.063**
Lactococcus	0.11	-0.11	**0.0049**
Anaerospora	0	0.00084	**0.00084**
Sphingomonas	0.0023	0.0029	**0.0052**
Mitsuokella	0.0016	-0.000035	**0.0016**
Megamonas	0.049	-0.048	**0.00085**
Ruminococcus	2.7	-1.3	**1.4**
Faecalibacterium	8.8	-4.2	**4.6**
Anaerotruncus	0.018	-0.0041	**0.013**
Alistipes	0.052	0.83	**0.88**
Pseudomonas	0.21	-0.2	**0.015**
Prevotella	4	-4	**0.026**
Paraprevotella	0.57	-0.56	**0.01**
Porphyromonas	0.17	-0.17	**0.00084**
Peptostreptococcus	0.0049	-0.0024	**0.0025**
Peptococcus	0.012	-0.0078	**0.0038**
Haemophilus	0.19	-0.18	**0.011**
Aggregatibacter	0.012	-0.011	**0.000084**
Paenibacillus	0.027	-0.027	**0.0001**
Oscillospira	0.99	-0.99	**0.00084**

Name	Mean	Difference	Your ratio
Oscillibacter	0.086	-0.041	**0.045**
Opitutus	0.0002	0.00064	**0.00084**
Nocardioides	0.0001	0.00074	**0.00084**
Mycobacterium	0.0017	-0.0012	**0.0005**
Acinetobacter	1	-1	**0.00057**
Rothia	0.051	-0.048	**0.0023**
Odoribacter	0.1	-0.07	**0.034**
Butyricimonas	0.12	0.91	**1**
Limosilactobacillus	0.0028	-0.0012	**0.0016**
Ligilactobacillus	0.048	-0.048	**0.00012**
Lactobacillus	0.02	-0.019	**0.00077**
Shuttleworthia	0.0001	0.00045	**0.00055**
Roseburia	1.1	0.58	**1.6**
Moryella	0.0033	0.002	**0.0053**
Marvinbryantia	0.0001	0.028	**0.028**
Lachnospira	1.1	-0.69	**0.4**
Dorea	0.46	0.13	**0.58**
Coprococcus	2.4	-2.3	**0.13**
Butyrivibrio	0	0.0029	**0.0029**
Blautia	2.2	3.9	**6.1**
Anaerostipes	0.24	0.49	**0.73**
Lapillicoccus	0	0.000059	**0.000059**
Knoellia	0	0.000059	**0.000059**
Janibacter	0	0.00051	**0.00051**
Pedomicrobium	0	0.00084	**0.00084**
Hyphomicrobium	0	0.0009	**0.0009**
Gemmata	0.0001	0.000084	**0.00018**
Gemella	0.0004	-0.00012	**0.00028**
Fusobacterium	0.064	-0.06	**0.0042**
Peptoniphilus	0.098	-0.097	**0.00084**
Parvimonas	0.0025	-0.0022	**0.00028**
Finegoldia	0.074	-0.074	**0.00061**

Name	Mean	Difference	Your ratio
Anaerococcus	0.068	-0.067	**0.00084**
Turicibacter	0.11	-0.078	**0.032**
Holdemania	0.032	-0.011	**0.021**
Coprobacillus	0.027	-0.027	**0.00072**
Catenibacterium	0.19	-0.18	**0.0063**
Pantoea	0.0008	-0.00076	**0.000042**
Enterococcus	0.43	-0.42	**0.001**
Salmonella	0.011	0.051	**0.062**
Raoultella	0.0062	-0.0061	**0.000075**
Klebsiella	0.0028	-0.0021	**0.00066**
Escherichia	0.0009	0.12	**0.13**
Enterobacter	0.032	-0.026	**0.0058**
Citrobacter	0.0014	0.001	**0.0024**
Slackia	0.01	-0.0093	**0.00084**
Eggerthella	0.015	-0.0064	**0.0088**
Adlercreutzia	0.017	0.068	**0.085**
Desulfovibrio	0.11	-0.11	**0.0017**
Bilophila	0.15	0.16	**0.32**
Corynebacterium	0.68	-0.68	**0.0012**
Collinsella	0.13	-0.12	**0.012**
Chthoniobacter	0.0001	0.00074	**0.00084**
Flavisolibacter	0.0012	0.0002	**0.0014**
Ferruginibacter	0	0.00094	**0.00094**
Granulicatella	0.019	-0.017	**0.0017**
Butyricicoccus	0.0008	0.041	**0.041**
Bifidobacterium	1.5	-1.5	**0.023**
Alloscardovia	0.0005	0.0015	**0.002**
Barnesiella	0.0008	0.29	**0.29**
Bacteroides	19	-3.2	**15**
Geobacillus	0.0002	0.0015	**0.0017**
Bacillus	0.29	-0.29	**0.00089**
Atopobium	0.0042	-0.0025	**0.0017**

Name	Mean	Difference	Your ratio
Anaerofustis	0.0009	-0.00027	**0.00063**
Akkermansia	2.6	-2.6	**0.011**
Aeromonas	0	0.00013	**0.00013**
Actinomyces	0.036	-0.017	**0.019**
Succiniclasticum	0.03	-0.029	**0.00084**
Phascolarctobacterium	1.1	8.8	**9.9**
Acidaminococcus	0.043	-0.041	**0.0024**
Anaeroplasma	0.0002	0.0073	**0.0075**

Species

Name	Mean	Difference	Your ratio
[Ruminococcus] Gnavus Group gnavus	0.19	-0.19	**0.0023**
[Eubacterium] Nodatum Group massiliensis	0.024	-0.023	**0.00011**
Ucg-003 massiliensis	0.024	-0.023	**0.00096**
Streptococcus oralis	0.0002	0.0069	**0.0071**
Streptococcus gordonii	0.02	-0.019	**0.0012**
Streptococcus anginosus	0.0077	-0.0066	**0.0011**
Serratia marcescens	0.0002	-0.000083	**0.00012**
Salmonella enterica	0.0001	-0.000083	**0.000017**
Rothia mucilaginosa	0.03	-0.029	**0.00097**
Rothia dentocariosa	0.02	-0.019	**0.00017**
Raoultella ornithinolytica	0.0062	-0.0062	**0.000017**
Pseudomonas rhizophila	0.027	-0.027	**0.000042**
Pseudomonas fragi	0.0027	0.0037	**0.0064**
Phascolarctobacterium faecium	0.0024	8.8	**8.8**
Parabacteroides distasonis	1.1	-1.1	**0.006**
Paenibacillus lautus	0.005	-0.0049	**0.0001**
Nocardioides koreensis	0.0008	-0.00052	**0.00028**
Lactobacillus gut metagenome	0.000021	-0.000013	**0.0000084**
Lactobacillus gasseri	0.0016	-0.00084	**0.00071**
Lachnospiraceae Fcs020 Group gut metagenome	0.000021	0.000021	**0.000042**
Klebsiella oxytoca	0.0002	0.000018	**0.00022**
Klebsiella coli	0	0.0000084	**0.0000084**
Geobacillus thermodenitrificans	0	0.0017	**0.0017**
Faecalibacterium prausnitzii	8.8	-7.6	**1.2**
Escherichia sonnei	0	0.082	**0.082**
Escherichia oxytoca	0.0002	0.00013	**0.00033**
Escherichia coli	0	0.03	**0.03**
Enterobacter cloacae	0.002	-0.00084	**0.0012**
Eggerthella lenta	0.015	-0.01	**0.0047**
Clostridium Sensu Stricto 1 perfringens	0.0031	-0.0031	**0.000017**
Catenibacterium mitsuokai	0	0.00084	**0.00084**

Name	Mean	Difference	Your ratio
Blautia stercoris	0.0082	-0.0082	**0.000042**
Blautia obeum	0.0043	0.018	**0.022**
Bifidobacterium pullorum	0.0033	-0.0025	**0.00084**
Bifidobacterium longum	0	0.0014	**0.0014**
Bifidobacterium breve	0	0.0012	**0.0012**
Bifidobacterium bifidum	0.018	-0.017	**0.00056**
Bifidobacterium adolescentis	1.1	-1.1	**0.0042**
Bacteroides ovatus	0.1	0.13	**0.23**
Bacteroides eggerthii	0.24	-0.24	**0.00017**
Bacteroides caccae	0	0.064	**0.064**
Bacteroides barnesiae	0.03	-0.029	**0.0011**
Bacteroides acidifaciens	0	0.0014	**0.0014**
Anaerosporobacter mobilis	0.0002	-0.00014	**0.000059**
Akkermansia muciniphila	2.6	-2.6	**0.0028**
Acinetobacter schindleri	0.0003	-0.00027	**0.000025**