

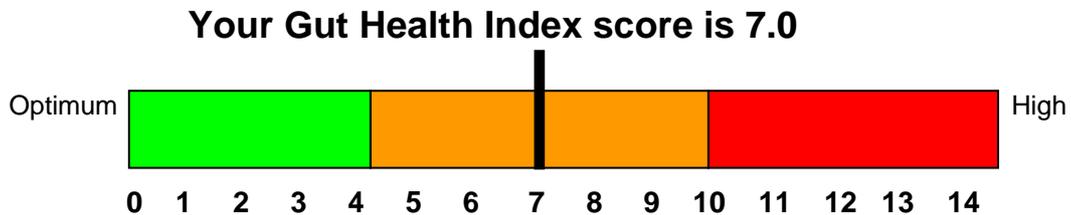
GUT HEALTH INDEX RESULTS

Ref. Nr. LMVA: 013456
Sample ID YTL: 2008000000

Client: Results, Example

DOB: 01/01/60

GUT HEALTH INDEX SCORE



The Gut Health Index shows that you have a moderately raised Gut Health Index score. This means that there is room for improvement of your digestive function.

The programme that we suggest below will help to modify the composition of your gut bacteria and the condition of your intestines. This should optimise your digestion, and help you feel more healthy. This won't happen within a few days or weeks or by simply taking some pills, it requires patience and discipline.

We wish you every success with the recommended regime and please don't hesitate to contact our Customer Care team on 0800 074 6185 if you have any queries.

RESULTS AND ADVICE

GUT FLORA

There are low levels of the gut bacteria Lactobacillae and Bifidobacteria, and other 'friendly' bacteria that are beneficial to gut health.

There are high levels of Clostridium bacteria. Some people have high levels of these bacteria without any symptoms, these high levels can, however, be detrimental to the gut and can be caused by the low levels of 'friendly' bacteria.

To address the imbalance in gut flora described above we recommend a course of probiotics, particularly one based on Lactobacilli and Bifidobacteria (e.g. BioAcidophilus). Not all probiotics will give the same level of benefit so you should ask your Pharmacy or Nutritionist for advice, or choose brands that have been personally recommended to you.

Reduction of Clostridium requires the use of these specific probiotics, along with anti-bacterial therapy that can be advised by a qualified Nutritionist, Pharmacist or GP.

There are very high levels of haemolysing E.coli. These bacteria have the potential to be harmful and may or may not be causing you harm at the moment. It is important that you see your GP and take the results with you, especially if you have any symptoms of a malfunctioning gut.

DIET

The balance of the gut bacteria may be disrupted by inadequate protein, excess sugars and saturated fats in the diet. It is important that a balanced diet is maintained and so the quantity and type of proteins and fats consumed should be discussed with a qualified Nutritionist.

The pH value of the sample is quite high, which with the particular profile of gut bacteria indicates an imbalance (a "putrefaction dysbiosis"). This can cause bloating, wind and other symptoms.

We recommend that the diet is also balanced with respect to carbohydrate consumption. Adequate soluble and insoluble fibres are also important for a balanced healthy gut flora. You should discuss what is appropriate for your specific needs with a qualified Nutritionist.

FLUID INTAKE

Daily fluid intake should be at least 2 litres of plain water, fruit or herbal teas. Excessive consumption of pure fruit juices is not recommended. Consumption of highly diluted fruit juices is recommended to help improve the pH of the gut.

FOLLOW UP

There is evidence of insufficient pre-digestion (the break down of food in the mouth prior to swallowing). We recommend that food is chewed really thoroughly and that meals are not rushed. It may be necessary to arrange a dental appointment to check the 'bite' of the teeth.

For constipation we recommend the use of a macrogol based remedy that can be obtained from your Pharmacist.

We recommend repeating the Gut Health Test in 2 -3 months to follow up on progress.