

“YOUR GUT
FEELINGS
ARE USUALLY
THE MOST
ACCURATE
ONES”

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Hey Rishabh,

Date: 29-06-2024

Your results are out!

Did you know that over 100 trillion microbes live in your gut? You are not only flesh and blood, muscle and bone, brain and skin, but also bacteria, archaea, and fungi. Throughout your lifetime, you may carry the equivalent weight of five African elephants in microbes - continuously evolving and adapting to your internal and external environment.

Despite the negative associations often linked with the term "microbes," being a healthy human without them is impossible. Every gut is unique, and your personal colony of microbes plays a crucial role in your weight, immune system, mental health, and digestion. While some microbes can contribute to disease, others might protect you.

Gut Health is dynamic and can always be improved. Knowing the composition of your microbiome can help you take steps in the right direction and encourage overall gut health. Using our proprietary algorithms working over 10000 data points, let's explore the story your unique gut composition tells and discover how to enhance it for better health.

Scores are based on Decode Age's proprietary algorithm that incorporates relevant functional categories each consisting of multiple manually curated taxonomic, metabolic and pathway scoring components. This is not a diagnostic report. This is not a microbiology (culture based) report. The scores and interpretations do not intend to diagnose any health condition.

Table of Contents

Taxonomic Profile **03**

Gut Microbiome Health Index	04
Gut Microbiome Diversity Score	04
Gut Microbial Community	04
Top-Most Abundant Species	05
Pathogens	06
Probiotic Species	07
Commensal Bacteria	08
Your Enterotype	09

Metabolic Profile **10**

Macronutrient Digestion Potential **11**

Carbohydrate (Starch) Digestion	11
Protein Digestion	11
Lipid Digestion	12

Metabolites Production Potential **13**

Short Chain Fatty Acids (SCFAs)	13
Gases	14
Neurotransmitters	15
Vitamins	16

Disclaimer **17**

Taxonomic Profile

The microbes in the gut represent as many as 5,000 different species and weigh approximately 2 kilograms.

Using whole metagenome technology, we offer a detailed breakdown of the microorganisms present in your gut, identifying their domains and nature right down to the species level. While most current technology can identify genus levels, our technology allows us to accurately identify these microbes at the species level, giving us a significant advantage as it helps us predict the nature of these microbes at a higher resolution.

Gut Microbiome

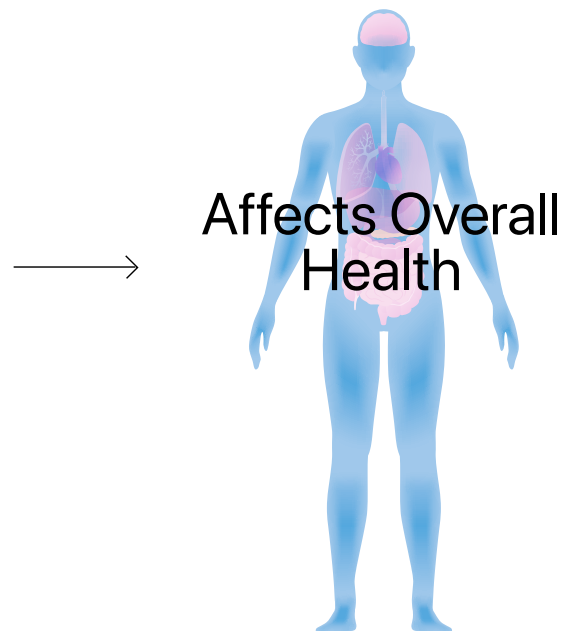
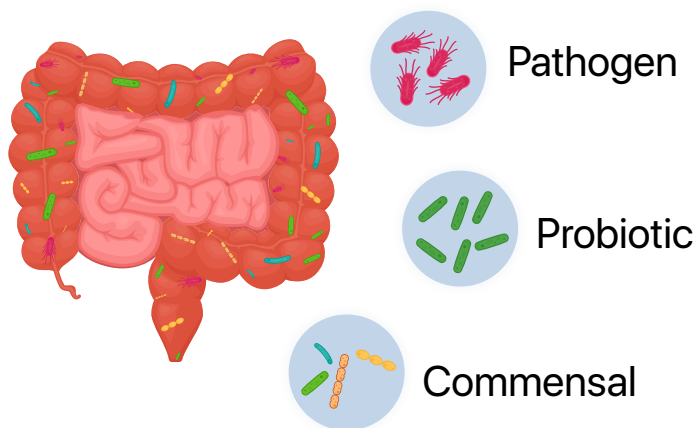


Figure: The gut contains various domains of microbes—bacteria, archaea and fungi—that can be good, bad, or neutral. Their individual levels have a direct effect on overall health.

Gut Microbiome Health Index

Gut Microbiome Health Index (GMHI) is a robust index for predicting the likelihood of health issues, based on bacterial species and their associations with various conditions. It is calculated based on the ratio of disease-preventing to disease-promoting bacteria. The higher the score, the better! While the gut microbiome's overall composition and function can also impact health, GMHI doesn't directly measure these factors.



Your positive score suggests a higher prevalence of beneficial bacteria in the gut. This indicates a lower risk of illness, and susceptibility towards health ailments associated with microbial dysbiosis.

Gut Microbiome Diversity Score (Shannon Index)

Gut Microbiome Diversity Score is a measure of the variety and abundance of different microorganisms present in your sample.



Your Diversity Score, calculated by the Shannon Index at 3.16, indicates a high level of bacterial richness indicating the presence of a wide variety of bacterial species in your gut.

Gut Microbial Community

Your microbiome is as unique as your fingerprint. Composed of bacteria, fungi and archaea – 99% of the DNA present in your stool is microbial DNA with 1% originating from your own cells.

Your Gut Comprises of

● Bacteria	76%
● Fungi	19%
● Archaea	3%

Top-Most Abundant Species

"The top players don't just participate; they dominate."

It's the same with microbial abundance. The most abundant species are the ones that determine the outcome; identifying them is crucial to know whether they are beneficial or harmful. These microbial species were detected in large quantities in your gut, along with their nature- pro or anti-inflammatory, relative abundance* and specific functions.

● **Pro-Inflammatory** microbes are the ones that promote inflammatory responses.

● **Anti-Inflammatory** microbes help reduce the inflammation.

Bacteria

Relative Abundance

Commensal **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

Pathogen **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

Probiotic **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

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Involvement in the production of carbohydrate active enzymes.

Fungi

Relative Abundance

Commensal **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

Pathogen **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

Probiotic **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

Archaea

Relative Abundance

Commensal **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

Pathogen **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

Probiotic **Bacteroides xylanisolvens** 11.33% ●

Involvement in the production of carbohydrate active enzymes.

*Relative abundance (RA) indicates the percentage of a microbe within the total gut microbial population.

Pathogens

Pathogens are harmful microbes that cause disease. They fall into two categories: true pathogens- which cause illness in healthy individuals, and opportunistic pathogens- which only cause disease in specific circumstances.

It is a good sign when certain pathogens are absent! Below is the list of pathogens detected and not detected in your gut.

● True Pathogens ● Opportunistic Pathogens

Detected		Relative Abundance
Bacteria	Bacteroides xylanisolvans	11.33% ●
<i>Involved in the production of carbohydrate active enzymes.</i>		
Fungi	Bacteroides xylanisolvans	11.33% ●
<i>Involved in the production of carbohydrate active enzymes.</i>		
Archaea	Bacteroides xylanisolvans	11.33% ●
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Fungi	Bacteroides xylanisolvans	11.33% ●
<i>Involved in the production of carbohydrate active enzymes.</i>		
Archaea	Bacteroides xylanisolvans	11.33% ●
<i>Involved in the production of carbohydrate active enzymes.</i>		

Not Detected
Bacteroides xylanisolvans
Bacteroides xylanisolvans
Bacteroides xylanisolvans
Bacteroides xylanisolvans
Bacteroides xylanisolvans
Bacteroides xylanisolvans



Probiotic Species

Probiotic species are beneficial microbes in your gut that play a crucial role in digestion, nutrient absorption, and supporting your immune system. Listed below are species that were detected, and those that were not in your gut.

The species not detected are some important microbes missing from your gut. *But don't worry!* You can always introduce them through dietary changes and supplementation.

Detected		Relative Abundance
Bacteria	Bacteroides xylanisolvens	11.33%
<i>Involved in the production of carbohydrate active enzymes.</i>		
Fungi	Bacteroides xylanisolvens	11.33%
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<i>Involved in the production of carbohydrate active enzymes.</i>		
Archaea	Bacteroides xylanisolvens	11.33%
<i>Involved in the production of carbohydrate active enzymes.</i>		

Not Detected
Bacteroides xylanisolvens
Bacteroides xylanisolvens
Bacteroides xylanisolvens
Bacteroides xylanisolvens
Bacteroides xylanisolvens
Bacteroides xylanisolvens



Commensal Bacteria

Commensal bacteria are strategic partners of your gut, maintaining well-being by defending against infections, aiding nutrient absorption, and boosting immunity. Balancing their levels is crucial: high levels can cause inflammation and metabolic issues, while low level may reduce nutrient absorption and compromise immune functions.


Bacteria	Relative Abundance	Range
Anaerostipes hadrus	11.33%	In Range
Anaerostipes hadrus	11.33%	High
Anaerostipes hadrus	11.33%	Low
Anaerostipes hadrus	11.33%	High
Anaerostipes hadrus	11.33%	In Range
Anaerostipes hadrus	11.33%	High
Anaerostipes hadrus	11.33%	Low
Anaerostipes hadrus	11.33%	High
Anaerostipes hadrus	11.33%	In Range
Anaerostipes hadrus	11.33%	In Range
Anaerostipes hadrus	11.33%	High
Anaerostipes hadrus	11.33%	Low
Anaerostipes hadrus	11.33%	High
Anaerostipes hadrus	11.33%	In Range
Anaerostipes hadrus	11.33%	High
Anaerostipes hadrus	11.33%	Low
Anaerostipes hadrus	11.33%	High
Anaerostipes hadrus	11.33%	In Range

Your Enterotype


Enterotype, or Gut Microbiome Type, classifies the gut bacteria based on the symbiotic states between host and microbes, influenced by genetics and dietary choices. The microbes in your gut help to digest your food and use food components for their metabolism. This means the foods you eat help determine what types of microbes live in this system.

They are of three types: Enterotype 1 favours protein-rich diets, Enterotype 2 favours fibre-rich diets, and Enterotype 3 is associated with a mixed diet. Your enterotype significantly impacts how efficiently your body derives energy from the food you eat.

Your Gut Microbiome Type

 **Bacteroides** **Enterotype 1** **58.01%**
Protein-Rich Diet

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 **Prevotella** **Enterotype 2** **22.48%**
Fibre-Rich Diet

 **Ruminococcus** **Enterotype 3** **19.40%**
Mixed Diet

Metabolic Profile

“What we can extract from our food depends on what our microbial factory has been set up to expect.”

If a vegetarian indulges in a meat fest, they probably won't have enough amino-acid-loving microbes to make the most of it. But a regular meat-eater would extract more nutrients than a vegetarian. This principle applies to other nutrients as well.

In this section, we offer a comprehensive analysis of your gut microbiome's metabolic activity- macronutrient digestion potential, and its potential to produce vital by-products called metabolites (explained further in the report). This analysis helps you understand if your gut is working efficiently processing and producing the right substances to keep you healthy.

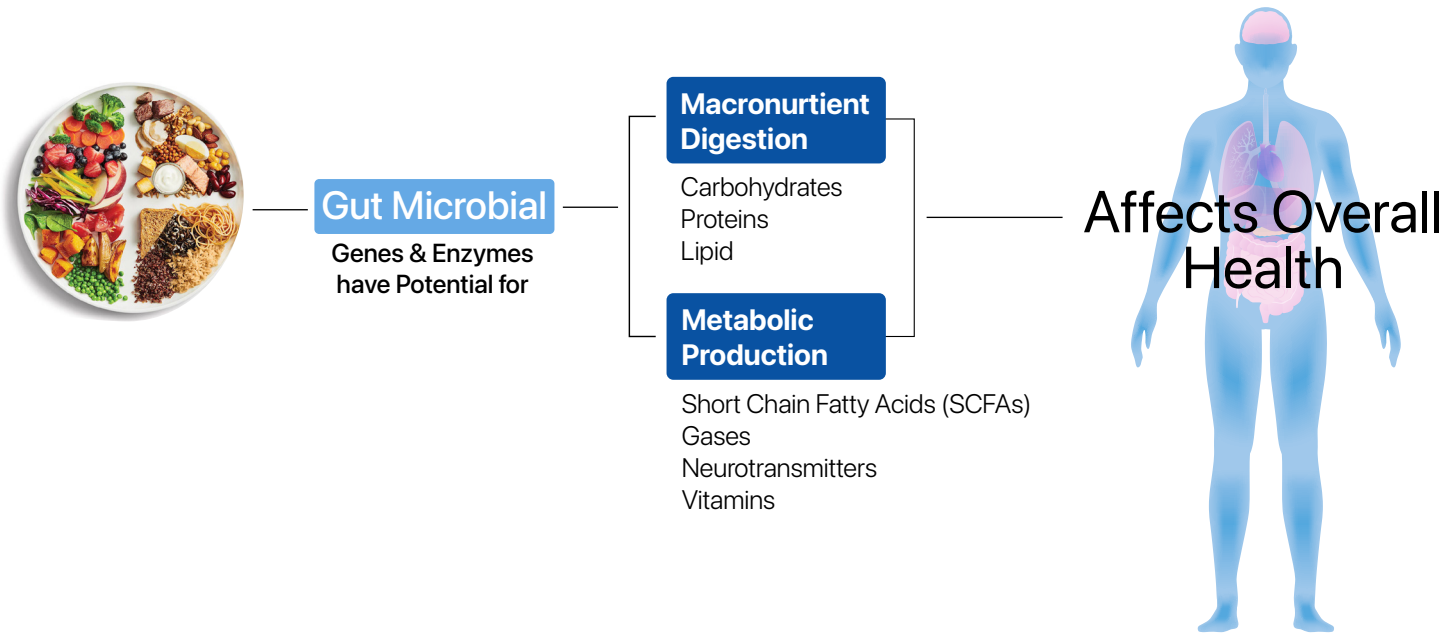


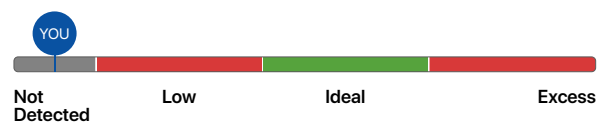
Figure: The gut microbiome's genes code for enzymes involved in macronutrient digestion and metabolite production from the food you consume, with the final products of these processes directly impacting your overall health.

Macronutrient Digestion Potential

Macronutrients in your diet include carbohydrates, proteins, and fats. While most of these are digested by your digestive tract, some residuals remain. Gut bacteria complement our digestive system by breaking down certain components of our diet, ensuring we get the maximum nutritional benefit from the food we consume. In this section, we shall explore your microbiome's potential to break down the macronutrients.

Carbohydrate (Starch) Digestion

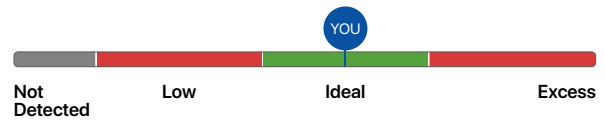
Dietary starch, a complex carbohydrate found in grains and vegetables, is not easily digested by humans. However, gut microbes have the potential to effectively break them down into simpler components, aiding in effective digestion and absorption. This process provides energy and supports the health of the gut lining.



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Protein Digestion

Gut microbes have the potential to further process partially digested proteins, breaking them down into even smaller peptides and individual amino acids. These molecules are easily absorbed by your body and utilized for various essential functions, such as building and repairing tissues, supporting immune function, and producing hormones. This ensures maximum nutritional extraction and benefits from the proteins we consume.



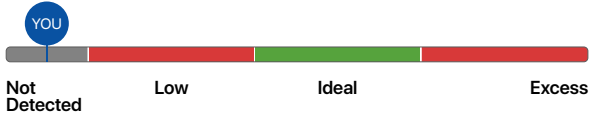
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Lipid Digestion

Lipid metabolism is the process by which dietary fats are broken down into simpler compounds for absorption and utilisation. However, our body cannot completely break them down on its own. Gut microbes assist by converting complex fats into smaller molecules that your body can absorb easily and use for various functions.

Triglycerides Digestion

Dietary triglycerides from oils, butter, and fatty foods are broken down into simple compounds, aiding their absorption for energy production and cellular functions.



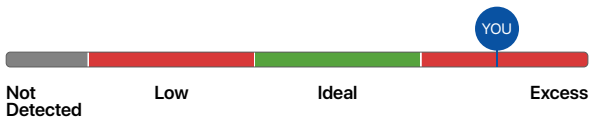
Phospholipid Digestion

Phospholipids found in foods such as eggs and soybeans, are broken down into fatty acids helping in their easy absorption.



Cholesterol Digestion

Gut microbes modify cholesterol molecules, enabling them to be absorbed or excreted by the body, which helps regulate cholesterol levels important for cell membranes and hormone production.



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Metabolites Production Potential

"What happens in the gut doesn't stay in the gut."

Bacteria have evolved the ability to produce a wide range of by-products called metabolites. These bioactive compounds are formed when gut bacteria further process partially digested nutrients. Metabolites play crucial roles in maintaining health by aiding digestion, supporting immune function, and even regulating mood. The presence and levels of these metabolites indicate the balance and overall health of your gut microbiome, reflecting how effectively your gut bacteria are functioning.

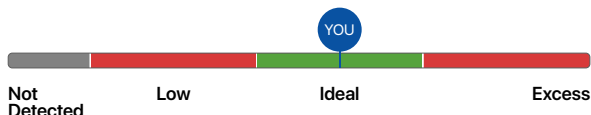
In this section we shall explore the potential of your microbiome to produce metabolites such as SCFAs, gases, neurotransmitters, and vitamins.

Short-Chain Fatty Acids

Short-chain fatty acids (SCFAs) are produced by gut bacteria during the fermentation of undigested dietary fibers in the colon. SCFAs serve as markers of anti-inflammation and provide integrity to the gut lining. They also offer numerous health benefits, including anti-inflammatory, immune regulatory, weight management, metabolic health, cardiovascular protection, hepatoprotective, and neuroprotective activities.

Acetate

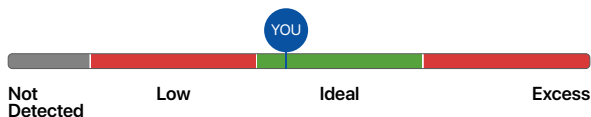
Acetate, the primary SCFA, aids in suppressing inflammation, regulating appetite, and managing fat metabolism.



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Butyrate

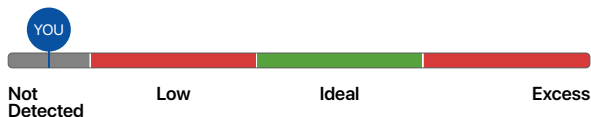
Butyrate serves as an energy source for gut cells, maintains the gut barrier, and aids in reducing inflammation.



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Propionate

Propionate is crucial for regulating blood glucose levels, reducing inflammation, and protecting the integrity of the blood-brain barrier.



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Gases

Gases are the byproducts of undigested proteins and carbohydrate fermentation. They are often linked to digestive issues and serve as a marker of bloating and flatulence.

Methane (CH₄)

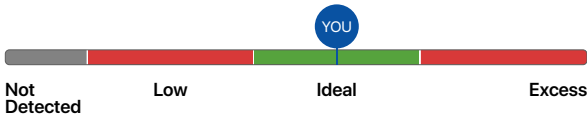
Methane is generally produced by methanogens through the reduction of carbon dioxide and hydrogen. Its production is a natural part of the metabolism process.



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Ammonia (NH₃)

Ammonia production is a way through which bacteria recycle protein in the gut.



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Hydrogen Sulphide (H₂S)

Gut bacteria metabolize sulfur-containing amino acids and produce H₂S, which causes the rotten egg smell of flatulence.



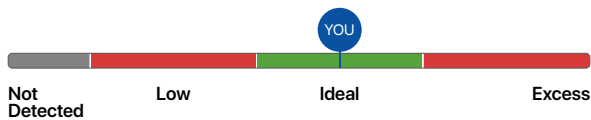
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Neurotransmitters

Neurotransmitters produced in the gut help regulate gut functions. Although they don't directly affect the brain, as they can't easily cross the blood-brain barrier, they still influence indirectly. They do this through the gut-brain connection, via the vagus nerve and altering signalling molecules that communicate with the brain.

Gamma-aminobutyric acid (GABA)

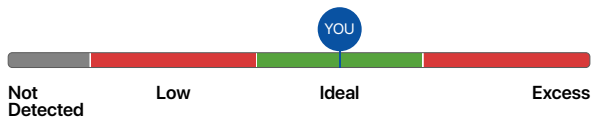
GABA produced in the gut helps to regulate gut motility, inflammation, and modulate immune responses. It also affects brain function through the gut-brain connection, influencing mood and stress levels.



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Dopamine

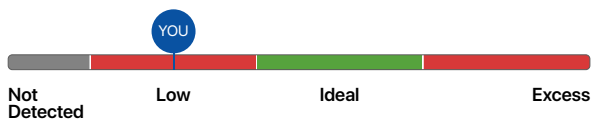
Dopamine produced in the gut influences gastrointestinal motility, secretion, and mucosal barrier function.



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Serotonin (5-hydroxytryptamine)

Gut-derived serotonin is crucial for influencing both mood and gastrointestinal activity, playing a key role in digestion and overall gut health.



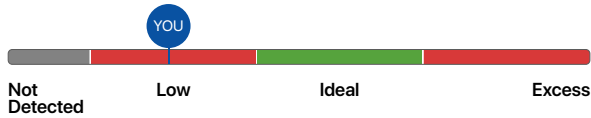
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Vitamins

Vitamins are essential for normal cell function, growth, and development. We usually get them from the food we eat, which are then absorbed through our intestines. However, our gut microbiome can also produce certain vitamins on its own, especially those in the vitamin B family. These gut-derived vitamins are important for our health and help the microbes in our gut grow and stay healthy.

Vitamin B2 (Riboflavin)

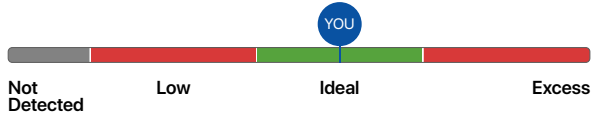
Gut microbes provide about 2.8% of our daily B2 needs. This vitamin boosts immune cells, helps regulate fat metabolism, acts as an antioxidant, and supports energy production.



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Vitamin B7 (Biotin)

Gut microbes contribute up to 4.5% of our daily biotin needs. This vitamin is crucial for energy production and maintaining an anti-inflammatory environment within the gut.



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Vitamin B9 (Folate)

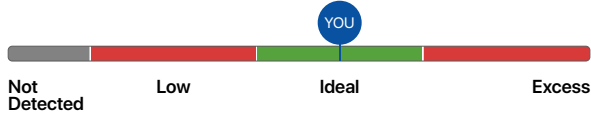
Gut microbes provide up to 37% of our daily folate needs. Folate is crucial for nucleotide synthesis and repairing DNA and methylation processes.



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Vitamin B12 (Cobalamin)

Gut-derived vitamin B12 is essential for maintaining a healthy balance of gut microbes and strengthening the gut barrier to prevent infections.



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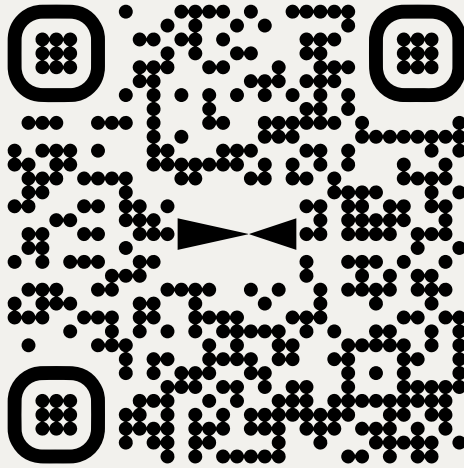
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- ▶ This Report is generated using an algorithm that analyses the sequencing data of your gut microbiome. As with any algorithm, the predictions and recommendations in this Report are based on statistical models and may vary for every individual. Therefore, it is important to interpret the results of this Report with caution and in conjunction with other relevant information about your health.
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- ▶ We shall not be held responsible for any misinterpretation by your "Professional Practitioner" of this Report or for any other matter arising out of this Report.
- ▶ This Report's role is limited to providing insights of your gut microbiome, with a general set of dietary recommendations and risk managements.
- ▶ General risk management strategies provided in our Report are for information purpose only.
- ▶ It is essential that you consult a Professional Practitioner for detailed recommendations or risk managements that may be specific / customized for you.
- ▶ Information contained in this Report is not intended to replace medical or professional advice offered by Professional Practitioners.
- ▶ Not all disease-associated microbial groups may have been identified, validated, and recorded by the scientific community.
- ▶ This Report is limited only to those variants within your gut microbiome which has strong evidence of causing or contributing to a disease or a drug response or a metabolism-related issue till date.
- ▶ The microbiome sequencing data is being constantly updated both with new taxonomic groups and curation of old microbial databases, hence it is subject to revision-based updates based on the latest scientific research.
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- ▶ It is important to note that while this Report may provide general dietary recommendations, it is not designed to diagnose or treat food allergies or sensitivities. If you have a known food allergy or sensitivity, it is important to seek guidance from a healthcare professional before making any changes to your diet based on this Report.

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