

VIOME

VIOME

MOHAMMED BANAT'S RECOMMENDATIONS

YOUR 90 DAYS OF FOLLOWING GUT INTELLIGENCE  
RECOMMENDATIONS ENDS ON MAR 14, 2020

# V I O M E

**Dear Mohammed Banat,**

The information on this report is for educational and informational use only. The information is not intended to be used by the customer for any diagnostic purpose and is not a substitute for professional medical advice. You should always seek the advice of your physician or other healthcare providers with any questions you may have regarding diagnosis, cure, treatment, mitigation, or prevention of any disease or other medical condition or impairment or the status of your health.



**Test Name:** Gut Intelligence Test  
**Authorized Order Person:** Mohammed Banat  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978  
**Gender:** Male  
**Customer Id:** d69bfeb4-fe77-4132-ad77-c225b26d6d0a  
**Sample Source:** Fecal  
**Date Collected:** 11/07/2019  
**Date Received:** Not Available  
**Date Issued:** 12/15/2019  
**Sample ID:** 1B9101503001

## Recommendations

**It's here! Your personalized Viome recommendations.**

### Your recommendations

Your personalized recommendations are based on the activity of microbes in your gut and the information you've provided. Your recommendations are aimed at balancing your overall microbiome. Let's put it this way: Your food list highlights foods that will be transformed by your microbes into beneficial substances while limiting foods that will be transformed into harmful metabolites.

Remember, you and your microbiome are unique, and no single recommendation applies to everyone. The same foods can be beneficial for one person, neutral for another, and harmful for others. Ready to dig in?

### Your foods

Your food recommendations have been classified into 4 ranks to help you achieve optimum health and well-being. These are:

1. **Superfoods.** Meet your food destiny. These are your most beneficial foods.
2. **Enjoy.** Build a strong foundation with these nutrient dense foods.
3. **Minimize.** You should still eat these foods (but within limits).
4. **Avoid.** These foods are your personal kryptonite.



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Your recommended servings

We all struggle to figure out serving sizes on food labels because they only act as measurement tools, they are not personalized for you.

With your food list, you get personalized servings to inform you on how much you should eat from each food category in a given day. And under each food, you'll find Viome's serving size, so you know the exact amount of that food to eat.

**Tip:** If you are very active in a day, you can increase your servings from each food category proportionally for that day. Once you master your total servings per day, you can aim to achieve diversity by eating your recommended servings for each food rank.

### Before you get started

Your success means a lot to us. Read our tips below before you begin.

#### What About Allergies?

You may notice some foods that you are allergic or sensitive to in your recommended food lists. Err on the side of caution. If you know you have a reaction or dislike to a recommended food, please do not consume it.

Foods are specifically chosen based on your unique microbiome rather than on allergies.

#### What about viruses?

You may see some foods placed on your avoid list due to viruses. Viruses are known to infect foods and have been associated with an inflammatory response. Internal Viome studies suggest that temporarily avoiding the virus-related foods for 3 to 4 weeks may be sufficient to reduce or eliminate activity of the viruses. You do not have to avoid all virus-related foods at once. After temporarily removing any virus-related food, you may choose to reintroduce that food back into your diet.

#### When is it best to eat?

Aim to eat 3 meals a day, and you may also need a small snack daily. Avoid eating 1-2 hours before you go to bed.

#### Go for variety

Explore foods that you haven't tried and since we're at it, alternate choices instead of eating the same food every day. Choose different foods from each of your superfood, enjoy, and minimize food categories based on your recommended amounts.



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Listen to your body

Your recommended amounts are a guideline on the quantity of foods you should aim for. Stop eating once you are comfortably satiated or 80% full. Monitor how you feel, including your **hunger**, **energy level**, and **mood** or other forms of discomfort 1-3 hours after eating. If you consistently feel worse in any of these areas, you may need to adjust your food choices.

### What else?

In addition to your food plan, your microbiome and your metabolism will benefit from a variety of stretching, strength training, interval training, and aerobic exercise at least 3 times per week.



Test Name: Gut Intelligence Test  
Customer Name: Mohammed Banat  
DOB: 01/27/1978

# My Foods



## Vegetables

61 recommended vegetables  
7 avoid vegetables  
8 servings of vegetables per day



## Proteins & Fats

103 recommended proteins & fats  
4 avoid proteins & fats  
6 servings of proteins & fats per day



## Fruits & Grains

71 recommended fruits & grains  
0 avoid fruits & grains  
4 servings of fruits & grains per day



## Herbs, Spices & Other

59 recommended herbs, spices & other  
0 avoid herbs, spices & other  
7 servings of herbs, spices & other per day



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

# My Superfoods

We recommend you eat more of these foods

These foods are specially formulated to prioritize your gut's health and biodiversity.

## Apple Cider Vinegar

Herbs, Spices & Other  
1 teaspoon

 Superfood

### My Microbiome's Response to Apple Cider Vinegar

Apple cider vinegar contains probiotics which are beneficial microbes. After analyzing your microbiome and taking your wellness goals into account, it has been determined that apple cider vinegar in your diet will be good for you. Probiotics restore and promote diversity and balance in your microbiome. This helps to decrease and prevent inflammation, manage symptoms of gastrointestinal distress, promote regularity, and balance your immune responses. A diverse microbiome also optimizes conversion of dietary nutrients to enhance your health.

<https://www.ncbi.nlm.nih.gov/pubmed/24392159>

<https://www.ncbi.nlm.nih.gov/pubmed/23320049>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Banana

Fruits & Grains  
1 whole

 Superfood

#### My Microbiome's Response to Banana

Bananas contain amino acids which are a type of amine. After an analysis of your microbiome and taking your wellness goals into account, it has been determined that bananas in your diet will be of benefit for you. Amino acids are protein building blocks and important for energy regulation. Your gut bacteria ferment dietary amino acids and produce molecules which modulate your immune system, cell function, metabolism and nourish your gut lining.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to bananas.

<https://www.ncbi.nlm.nih.gov/pubmed/21196263>

### Beets

Vegetables  
1 cup

 Superfood

#### My Microbiome's Response to Beets

Beets contain nitrate which is a beneficial nutrient. After analyzing your microbiome and taking your questionnaire data into account, it has been determined that beets in your diet will be beneficial for you. Nitrate feeds your gut microbiota, mainly Bifidobacterium and Lactobacillus species, allowing them to produce nitric oxide. Nitric oxide is anti-inflammatory, maintains the integrity of your gut lining, and can stimulate blood flow to your GI tract. Research shows that it also has effects outside of the gastrointestinal tract and can help balance hormones and blood vessel health.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to beets.

<https://www.ncbi.nlm.nih.gov/pubmed/8770664>

<https://www.ncbi.nlm.nih.gov/pubmed/25803049>



Viome, Inc.  
support@viome.com



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Blueberry

Fruits & Grains

1 cup

 Superfood

### My Microbiome's Response to Blueberry

Blueberries contain resveratrol which is a stilbenoid. After analyzing your microbiome and taking your data into account, it has been determined that blueberries in your diet will be of benefit for you. Resveratrol can promote the diversity of your microbiome. Studies indicate that resveratrol supports the growth of beneficial species like Lactobacillus and Bifidobacterium. Resveratrol is also an antioxidant, anti-inflammatory and protects your brain from cellular damage.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to blueberries.

<https://www.ncbi.nlm.nih.gov/pubmed/27748829>

<https://www.ncbi.nlm.nih.gov/pubmed/9391166>

<https://www.ncbi.nlm.nih.gov/pubmed/29576949>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Bone Broth (Mammal)

Proteins & Fats

1 cup

 Superfood

#### My Microbiome's Response to Bone Broth (Mammal)

Mammal bone broth contains amino acids which are a type of amine. After analyzing your microbiome and taking your questionnaire data into account, it has been determined that mammal bone broth in your diet will be beneficial for you. Amino acids are protein building blocks and important for energy regulation. Your gut bacteria ferment dietary amino acids and produce molecules which modulate your immune system, cell function, metabolism and nourish your gut lining.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to mammal bone broth.

<https://www.ncbi.nlm.nih.gov/pubmed/21196263>

<https://www.ncbi.nlm.nih.gov/pubmed/11207460>

### Celery

Vegetables

1 cup

 Superfood

#### My Microbiome's Response to Celery

Celery contains nitrate which is a beneficial nutrient. After an interpretation of your microbiome and taking your data into account, it has been determined that celery in your diet will be good for you. Nitrate feeds your gut microbiota, mainly Bifidobacterium and Lactobacillus species, allowing them to produce nitric oxide. Nitric oxide is anti-inflammatory, maintains the integrity of your gut lining, and can stimulate blood flow to your GI tract. Research shows that it also has effects outside of the gastrointestinal tract and can help balance hormones and blood vessel health.

<https://www.ncbi.nlm.nih.gov/pubmed/8770664>

<https://www.ncbi.nlm.nih.gov/pubmed/25803049>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Cherry

Fruits & Grains

1 cup

 Superfood

### My Microbiome's Response to Cherry

Cherries contain flavonoids which are a class of polyphenols. After analyzing your microbiome and taking your wellness goals into account, it has been determined that cherries in your diet will be optimal for you. Polyphenols are a complex group of many compounds released following microbial metabolism. Polyphenols balance your microbiome, encourage growth of beneficial Lactobacillus and Bifidobacteria species and inhibit growth of harmful or pathogenic bacteria. Research shows that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to cherries.

<https://www.ncbi.nlm.nih.gov/pubmed/22701758>

<https://www.ncbi.nlm.nih.gov/pubmed/25793210>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Chicken (Dark Meat)

Proteins & Fats

2 1/2 ounces

 Superfood

#### My Microbiome's Response to Chicken (Dark Meat)

Dark chicken meat contains protein which is an essential macronutrient. After an interpretation of your microbiome and taking your questionnaire data into account, it has been determined that dark chicken meat in your diet will be beneficial for you. Your microbiome is metabolically active and converts dietary protein into amino acids, which can be used by your body or further converted by your microbes into short-chain fatty acids which are anti-inflammatory and protect your gut lining. Research shows that protein also helps build strong muscles, improve gut integrity, balance glucose, enhance skin properties and is used to create neurotransmitters.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to dark chicken meat.

<https://www.ncbi.nlm.nih.gov/pubmed/22367888>

<https://www.ncbi.nlm.nih.gov/pubmed/28388917>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Hazelnuts

Proteins & Fats  
15 nuts

 Superfood

### My Microbiome's Response to Hazelnuts

Hazelnuts contain magnesium which is a mineral. After an analysis of your microbiome and taking your wellness goals into account, it has been determined that hazelnuts in your diet will be of benefit for you. Magnesium is great for your microbiome - it can increase the abundance of Bifidobacterium species. These microbes help digest fiber, which produces butyrate, a short-chain fatty acid that balances inflammation and some Bifidobacteria further promote the release of nutrients like magnesium from dietary sources. It has been reported that magnesium decreases inflammation, protects your heart, and is an essential cofactor for many different enzymes.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to hazelnuts.

<https://www.ncbi.nlm.nih.gov/pubmed/21609904>  
<https://www.ncbi.nlm.nih.gov/pubmed/24290571>  
<https://www.ncbi.nlm.nih.gov/pubmed/20089787>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Jicama

Vegetables

1 cup

 Superfood

### My Microbiome's Response to Jicama

Jicama contains potassium which is a mineral. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that jicama in your diet will be optimal for you. Potassium promotes a healthy environment for your gut bacteria to thrive. It decreases intestinal inflammation, balances intestinal pH, encourages growth of beneficial microbes and promotes a strong gut barrier. Studies indicate that potassium modifies immune responses by impacting T-cell activation. Potassium also contributes to hormonal balance, proper nerve function, and the promotion of relaxation.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to jicama.

<https://www.ncbi.nlm.nih.gov/pubmed/1545141>

<https://www.ncbi.nlm.nih.gov/pubmed/28003811>

<https://www.ncbi.nlm.nih.gov/pubmed/28003811>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Lamb

Proteins & Fats

2 1/2 ounces

 Superfood

### My Microbiome's Response to Lamb

Lamb contains cobalamin which is a B vitamin. After an interpretation of your microbiome and taking your data into account, it has been determined that lamb in your diet will be beneficial for you. Cobalamin is transformed by your microbiome and also produced by specific microbes. Cobalamin is extremely important in energy production and nerve health.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to lamb.

<https://www.ncbi.nlm.nih.gov/pubmed/15896807>

<https://www.ncbi.nlm.nih.gov/pubmed/28393285>

<https://www.ncbi.nlm.nih.gov/pubmed/25440056>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Olive Oil

Proteins & Fats  
1 tablespoon

 Superfood

#### My Microbiome's Response to Olive Oil

Olive oil contains essential fatty acids which are a class of unsaturated fatty acids. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that olive oil in your diet will be of benefit for you. Essential fatty acids are critical for a stable microbiome. They increase microbial diversity and beneficial butyrate-producing bacteria. Butyrate is anti-inflammatory and promotes a strong gut lining by tightening the junctions between cells. It has been reported that essential fatty acids nourish your brain, enhance gut health and decrease inflammation.

<https://www.ncbi.nlm.nih.gov/pubmed/26582965>

<https://www.ncbi.nlm.nih.gov/pubmed/21472114>

<https://www.ncbi.nlm.nih.gov/pubmed/29215589>





**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Olives

Proteins & Fats

20 olives

 Superfood

### My Microbiome's Response to Olives

Olives contain flavonoids which are a class of polyphenols. After an interpretation of your microbiome and taking your wellness goals into account, it has been determined that olives in your diet will be beneficial for you. Polyphenols are a complex group of many compounds released following microbial metabolism. Polyphenols balance your microbiome, encourage growth of beneficial Lactobacillus and Bifidobacteria species and inhibit growth of harmful or pathogenic bacteria. It has been reported that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to olives.

<https://www.ncbi.nlm.nih.gov/pubmed/29441150>

<https://www.ncbi.nlm.nih.gov/pubmed/15013856>

<https://www.ncbi.nlm.nih.gov/pubmed/25793210>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Oregano

Herbs, Spices & Other  
1/4 teaspoon

 Superfood

### My Microbiome's Response to Oregano

Oregano contains flavonoids which are a class of polyphenols. After analyzing your microbiome and taking your questionnaire data into account, it has been determined that oregano in your diet will be optimal for you. Polyphenols are a complex group of many compounds released following microbial metabolism. Polyphenols balance your microbiome, encourage growth of beneficial Lactobacillus and Bifidobacteria species and inhibit growth of harmful or pathogenic bacteria. Research shows that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.

<https://www.ncbi.nlm.nih.gov/pubmed/23849454>  
<https://www.ncbi.nlm.nih.gov/pubmed/25080446>  
<https://www.ncbi.nlm.nih.gov/pubmed/25793210>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Papaya

Fruits & Grains  
1 cup, sliced

 Superfood

### My Microbiome's Response to Papaya

Papaya contains lycopene which is a carotenoid. After an analysis of your microbiome and taking your data into account, it has been determined that papaya in your diet will be optimal for you. Lycopene is metabolized from carotenoids by your gut microbiome so that it can be efficiently absorbed through the intestinal wall. Research shows that lycopene offers cardiovascular protection, hormonal balance and has anti-cancer properties.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to papaya.

<https://www.ncbi.nlm.nih.gov/pubmed/24675655>

<https://www.ncbi.nlm.nih.gov/pubmed/12899230>

<https://www.ncbi.nlm.nih.gov/pubmed/24675655>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Pumpkin Seeds

Proteins & Fats  
2 teaspoons

 Superfood

#### My Microbiome's Response to Pumpkin Seeds

Pumpkin seeds contain tryptophan which is an amino acid. After an analysis of your microbiome and taking your wellness goals into account, it has been determined that pumpkin seeds in your diet will be helpful for you. Your microbes are capable of producing some tryptophan, but they also use it to make a large number of compounds including neurotransmitters like serotonin and indole-3-propionate which is anti-inflammatory and promotes brain health. Adding tryptophan-rich foods makes sure you are getting enough of it everyday.

<https://www.ncbi.nlm.nih.gov/pubmed/25078296>

<https://www.ncbi.nlm.nih.gov/pubmed/29941795>

<https://www.ncbi.nlm.nih.gov/pubmed/29686603>

### Radicchio

Vegetables  
1 cup, sliced

 Superfood

#### My Microbiome's Response to Radicchio

Radicchio contains glycosides which are a class of polyphenols. After analyzing your microbiome and taking your wellness goals into account, it has been determined that radicchio in your diet will be beneficial for you. Your gut bacteria transforms glycosides through glycosylation, altering their activity and bioavailability. It has been reported that glycosides have anti-inflammatory, anti-bacterial, antioxidant, and anti-stress properties.

<https://www.ncbi.nlm.nih.gov/pubmed/25802870>

<https://www.ncbi.nlm.nih.gov/pubmed/26176651>

<https://www.ncbi.nlm.nih.gov/pubmed/25802870>

<https://www.ncbi.nlm.nih.gov/pubmed/23849454>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Rosemary (Fresh)

Herbs, Spices & Other  
1 teaspoon

 Superfood

### My Microbiome's Response to Rosemary (Fresh)

Rosemary contains kaempferol which is a flavonoid. After analyzing your microbiome and taking your questionnaire data into account, it has been determined that rosemary in your diet will be helpful for you. Kaempferol is a flavonoid released following microbial metabolism. Kaempferol balances your microbiome, encourages growth beneficial to Lactobacillus and Bifidobacteria species and inhibits growth of harmful or pathogenic bacteria. Studies indicate that kaempferol decreases inflammation and benefits many biological systems including the gastrointestinal, hormonal, neurological, ocular and immune systems.

<https://www.ncbi.nlm.nih.gov/pubmed/27441055>

<https://www.ncbi.nlm.nih.gov/pubmed/23497863>

<https://www.ncbi.nlm.nih.gov/pubmed/25793210>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Sage

Herbs, Spices & Other  
1/4 teaspoon

 Superfood

### My Microbiome's Response to Sage

Sage contains flavonoids which are a class of polyphenols. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that sage in your diet will be good for you. Polyphenols are a complex group of many compounds released following microbial metabolism. Polyphenols balance your microbiome, encourage growth of beneficial Lactobacillus and Bifidobacteria species and inhibit growth of harmful or pathogenic bacteria. Studies indicate that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.

<https://www.ncbi.nlm.nih.gov/pubmed/20540696>

<https://www.ncbi.nlm.nih.gov/pubmed/21763290>

<https://www.ncbi.nlm.nih.gov/pubmed/25793210>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Salmon (Wild-Caught)

Proteins & Fats

3 ounces

 Superfood

#### My Microbiome's Response to Salmon (Wild-Caught)

Salmon contains essential fatty acids which are a class of unsaturated fatty acids. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that salmon in your diet will be beneficial for you. Essential fatty acids are critical for a stable microbiome. They increase microbial diversity and beneficial butyrate-producing bacteria. Butyrate is anti-inflammatory and promotes a strong gut lining by tightening the junctions between cells. It has been reported that essential fatty acids nourish your brain, enhance gut health and decrease inflammation.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to salmon.

<https://www.ncbi.nlm.nih.gov/pubmed/24812543>

<https://www.ncbi.nlm.nih.gov/pubmed/17922626>

<https://www.ncbi.nlm.nih.gov/pubmed/29215589>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Sauerkraut

Vegetables

1 cup

 Superfood

### My Microbiome's Response to Sauerkraut

Sauerkraut contains probiotics which are beneficial microbes. After analyzing your microbiome and taking your wellness goals into account, it has been determined that sauerkraut in your diet will be good for you. Probiotics restore and promote diversity and balance in your microbiome. This helps to decrease and prevent inflammation, manage symptoms of gastrointestinal distress, promote regularity, and balance your immune responses. A diverse microbiome also optimizes conversion of dietary nutrients to enhance your health.

<https://www.ncbi.nlm.nih.gov/pubmed/23320049>

<https://www.hindawi.com/journals/jfq/2017/5123572/>





**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Sunflower Seeds

Proteins & Fats  
2 tablespoons

 Superfood

### My Microbiome's Response to Sunflower Seeds

Sunflower seeds contain thiamine which is a B vitamin. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that sunflower seeds in your diet will be helpful for you. The body cannot synthesize thiamine on its own. Thiamine comes from two sources: your diet or your microbiome. A small amount of dietary thiamine is absorbed in the small intestine but the majority comes from phosphorylation and dephosphorylation processes. Your gut microbes use thiamine to produce more thiamine. Research shows that thiamine is a co-factor for many biological functions such as neurological stability and cardiovascular health.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to sunflower seeds.

<https://www.ncbi.nlm.nih.gov/pubmed/26984349>

<https://www.ncbi.nlm.nih.gov/pubmed/28951891>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Tarragon

Herbs, Spices & Other  
1/4 teaspoon

 Superfood

### My Microbiome's Response to Tarragon

Tarragon contains apigenin which is a bioflavonoid. After analyzing your microbiome and taking your wellness goals into account, it has been determined that tarragon in your diet will be good for you. Your microbiome plays an important role in breaking down bioflavonoids. Studies indicate that apigenin influences the diversity of your microbiome by increasing the activity of Enterococcus species and their ability to participate in DNA repair and modulation of the stress and immune responses.

<https://www.ncbi.nlm.nih.gov/pubmed/22975493/>

<https://www.ncbi.nlm.nih.gov/pubmed/28771188>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Turkey (White Meat)

Proteins & Fats

3 ounces

 Superfood

#### My Microbiome's Response to Turkey (White Meat)

White turkey meat contains tryptophan which is an amino acid. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that white turkey meat in your diet will be helpful for you. Your microbes are capable of producing some tryptophan, but they also use it to make a large number of compounds including neurotransmitters like serotonin and indole-3-propionate which is anti-inflammatory and promotes brain health. Adding tryptophan-rich foods makes sure you are getting enough of it everyday.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to white turkey meat.

<https://www.ncbi.nlm.nih.gov/pubmed/25078296>

<https://www.ncbi.nlm.nih.gov/pubmed/29941795>

<https://www.ncbi.nlm.nih.gov/pubmed/29686603>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Turmeric

Herbs, Spices & Other  
1/2 teaspoon

 Superfood

### My Microbiome's Response to Turmeric

Turmeric contains curcumin which is a polyphenol. After an interpretation of your microbiome and taking your data into account, it has been determined that turmeric in your diet will be beneficial for you. Curcumin is a great anti-inflammatory. By decreasing inflammation, you alter the environment of your gut allowing your microbes to thrive and strengthen the integrity of your gut lining.

<https://www.ncbi.nlm.nih.gov/pubmed/12676044>

<https://www.ncbi.nlm.nih.gov/pubmed/26218141>

<https://www.jax.org/news-and-insights/2015/january/curcumin-attenuates-western-diet-induced-disease-by-increasing-intestinal-b#>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Walnuts

Proteins & Fats  
12 nuts

 Superfood

### My Microbiome's Response to Walnuts

Walnuts contain magnesium which is a mineral. After an analysis of your microbiome and taking your data into account, it has been determined that walnuts in your diet will be helpful for you. Magnesium is great for your microbiome - it can increase the abundance of Bifidobacterium species. These microbes help digest fiber, which produces butyrate, a short-chain fatty acid that balances inflammation and some Bifidobacteria further promote the release of nutrients like magnesium from dietary sources. It has been reported that magnesium decreases inflammation, protects your heart, and is an essential cofactor for many different enzymes.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to walnuts.

<https://www.ncbi.nlm.nih.gov/pubmed/23853635>  
<https://www.ncbi.nlm.nih.gov/pubmed/29389872>  
<https://www.ncbi.nlm.nih.gov/pubmed/20089787>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

### Yogurt (Cow Milk, Plain)

Proteins & Fats

1/2 cup

 Superfood

#### My Microbiome's Response to Yogurt (Cow Milk, Plain)

Yogurt (cow milk, plain) contains cysteine which is an amino acid. After analyzing your microbiome and taking your questionnaire data into account, it has been determined that yogurt (cow milk, plain) in your diet will be good for you. Cysteine is naturally produced by your body, but your microbiota ensures you receive adequate amounts by metabolizing it from your food. Studies indicate that cysteine is a critical building block for glutathione, an antioxidant that mitigates cellular damage caused by free radicals and heavy metals. Your microbiome makes and utilizes glutathione.

Additionally, analysis of your data predicts that you are unlikely to have an increased blood sugar response to yogurt (cow milk, plain).

<https://www.ncbi.nlm.nih.gov/pubmed/12954812>

<https://www.ncbi.nlm.nih.gov/pubmed/10600876>

<https://www.ncbi.nlm.nih.gov/pubmed/29477429>

<https://www.ncbi.nlm.nih.gov/pubmed/10569625>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

# My Foods to Avoid

We recommend you avoid these foods

These are commonly known foods that will not benefit your overall wellness.

**Broccoli**  
Vegetables

 Avoid

## My Microbiome's Response to Broccoli

Broccoli contains glucosinolates which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding broccoli will be beneficial for you.

Avoiding broccoli may improve your Sulfide Gas Production Pathways microbiome score.

**Brussels Sprouts**  
Vegetables

 Avoid

## My Microbiome's Response to Brussels Sprouts

Brussels sprouts contain glucosinolates which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding brussels sprouts will be beneficial for you.

Avoiding brussels sprouts may improve your Sulfide Gas Production Pathways microbiome score.



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

**Cabbage**  
Vegetables

 Avoid

**My Microbiome's Response to Cabbage**

Cabbage contains glucosinolates which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding cabbage will be beneficial for you.

Avoiding cabbage may improve your Sulfide Gas Production Pathways microbiome score.

**Crab (Pacific)**  
Proteins & Fats

 Avoid

**My Microbiome's Response to Crab (Pacific)**

Crab meat is high in purines. Purines are uric-acid-production-promoting compounds. High microbial production of uric acid can contribute to gout. An analysis of your data indicates that avoiding crab meat will be beneficial for you.

Avoiding crab meat may improve your Uric Acid Production Pathways microbiome score.





**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

**Cucumber**  
Vegetables

 **Avoid**

**My Microbiome's Response to Cucumber**

Your microbiome contains cucumber green mottle mosaic virus, which is known to infect cucumber. Since plant viruses in the microbiome have been associated with an inflammatory response, it is recommended for you to avoid cucumber.

**Goat**  
Proteins & Fats

 **Avoid**

**My Microbiome's Response to Goat**

Goat meat is high in purines. Purines are uric-acid-production-promoting compounds. High microbial production of uric acid can contribute to gout. An analysis of your data indicates that avoiding goat meat will be beneficial for you.

Avoiding goat meat may improve your Uric Acid Production Pathways microbiome score.



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

**Haddock**  
Proteins & Fats

 Avoid

### My Microbiome's Response to Haddock

Haddock is high in purines. Purines are uric-acid-production-promoting compounds. High microbial production of uric acid can contribute to gout. An analysis of your data indicates that avoiding haddock will be beneficial for you.

Avoiding haddock may improve your Uric Acid Production Pathways microbiome score.

**Mustard Greens**  
Vegetables

 Avoid

### My Microbiome's Response to Mustard Greens

Mustard greens contain glucosinolates which has been shown to impair the absorption or utilization of essential nutrients if it is not degraded by specific microbes. An analysis of your data indicates that avoiding mustard greens will be beneficial for you.

Avoiding mustard greens may improve your Sulfide Gas Production Pathways microbiome score.



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

**Spinach**  
Vegetables

 **Avoid**

### My Microbiome's Response to Spinach

Spinach contains high levels of oxalates and purines.

Avoiding spinach may improve your Oxalate Metabolism Pathways and Uric Acid Production Pathways microbiome scores.

**Tomato**  
Vegetables

 **Avoid**

### My Microbiome's Response to Tomato

Your microbiome contains tomato brown rugose fruit virus, which is known to infect tomatoes. Since plant viruses in the microbiome have been associated with an inflammatory response, it is recommended for you to avoid tomatoes.



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

**Trout (Cold Water)**  
Proteins & Fats

 **Avoid**

**My Microbiome's Response to Trout (Cold Water)**

Trout is high in purines. Purines are uric-acid-production-promoting compounds. High microbial production of uric acid can contribute to gout. An analysis of your data indicates that avoiding trout will be beneficial for you.

Avoiding trout may improve your Uric Acid Production Pathways microbiome score.



Test Name: Gut Intelligence Test  
Customer Name: Mohammed Banat  
DOB: 01/27/1978

My Foods

# Vegetables 8 per day

We recommend you break your daily Vegetables intake by the following servings

Superfood + Enjoy 7 ●●●●●●●

Minimize 1 ●

Alfalfa Sprouts Vegetables 1 cup	Enjoy	Artichoke Vegetables 1 cup, diced	Enjoy
Arugula Vegetables 1 cup	Enjoy	Asparagus Vegetables 15 spears	Enjoy
Bamboo Shoots Vegetables 1 cup, sliced	Enjoy	Beet Greens Vegetables 1 cup	Minimize
Beets Vegetables 1 cup	Superfood	Bell Pepper Vegetables 1/2 cup, sliced, peeled	Enjoy
Bok Choy Vegetables 1 cup	Minimize	Burdock Root Vegetables 2/3 cup	Enjoy
Cardoon Vegetables 1 cup	Enjoy	Carrot Vegetables 1 cup, sliced	Enjoy



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Cauliflower Vegetables 1 cup	Minimize	Celeriac Vegetables 1 cup	Enjoy
Celery Vegetables 1 cup	Superfood	Chard Vegetables 1 cup	Enjoy
Chayote Squash Vegetables 1 cup, cooked	Enjoy	Chicory Root Vegetables 1/2 cup	Minimize
Collard Greens Vegetables 1 cup	Enjoy	Dandelion Greens Vegetables 1 cup	Enjoy
Eggplant Vegetables 1 cup	Enjoy	Endive Vegetables 1 cup	Enjoy
Escarole Vegetables 1 cup	Enjoy	Fennel Bulb Vegetables 1 cup	Enjoy
Gourd Vegetables 1 cup, sliced	Enjoy	Green Beans Vegetables 1 cup	Enjoy
Jerusalem Artichoke Vegetables 1 cup	Enjoy	Jicama Vegetables 1 cup	Superfood
Kale Vegetables 1 cup	Minimize	Kimchi Vegetables 1 cup	Enjoy



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Kohlrabi Vegetables 1 cup	Minimize	Leek Vegetables 1/2 cup, sliced	Enjoy
Lettuce Vegetables 1 cup	Enjoy	Mung Bean Sprouts Vegetables 1 cup	Enjoy
Okra Vegetables 1 cup	Enjoy	Onion Vegetables 1 cup	Minimize
Parsley Vegetables 1 cup	Enjoy	Parsnip Vegetables 1/2 cup	Enjoy
Peas Vegetables 1/4 cup	Enjoy	Pepino Melon Vegetables 1 cup	Enjoy
Pickle (Unsweetened) Vegetables 2 whole	Enjoy	Potato Vegetables 1 half	Minimize
Pumpkin Vegetables 1 cup	Enjoy	Radicchio Vegetables 1 cup, sliced	Superfood
Radish Vegetables 1 cup, sliced	Enjoy	Radish Sprouts Vegetables 1 cup	Enjoy
Rutabaga Vegetables 1 cup, sliced	Enjoy	Sauerkraut Vegetables 1 cup	Superfood



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Seaweed (Fresh) Vegetables 1/4 cup <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>	Shallot Vegetables 1 tablespoon <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>
Snap Peas Vegetables 1 cup <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>	Spirulina Vegetables 2 tablespoons <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>
Sweet Potato or Yam Vegetables 1/2 cup <span style="float: right; border: 1px solid #6b5b95; border-radius: 15px; padding: 2px 10px; color: white;">Minimize</span>	Taro Vegetables 1/2 cup <span style="float: right; border: 1px solid #6b5b95; border-radius: 15px; padding: 2px 10px; color: white;">Minimize</span>
Turnip Vegetables 1 cup <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>	Water Chestnuts Vegetables 1/2 cup <span style="float: right; border: 1px solid #6b5b95; border-radius: 15px; padding: 2px 10px; color: white;">Minimize</span>
Watercress Vegetables 1 cup <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>	White Mushroom Vegetables 1 cup, diced <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>
Winter Squash Vegetables 1/4 cup, cooked <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>	Yellow Squash Vegetables 1 cup, cooked <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>
Zucchini Vegetables 1 cup, cooked <span style="float: right; border: 1px solid #00a651; border-radius: 15px; padding: 2px 10px; color: white;">Enjoy</span>	





Test Name: Gut Intelligence Test  
Customer Name: Mohammed Banat  
DOB: 01/27/1978

### My Foods

# Proteins & Fats 6 per day

We recommend you break your daily Proteins & Fats intake by the following servings

Superfood + Enjoy 5 ●●●●●

Minimize 1 ●

Abalone Proteins & Fats 3 ounces	Enjoy	Adzuki Beans Proteins & Fats 1 cup, cooked	Enjoy
Almond Milk (Unsweetened) Proteins & Fats 1 cup	Enjoy	Almonds Proteins & Fats 20 nuts	Minimize
Anchovies Proteins & Fats 3 ounces	Enjoy	Avocado Proteins & Fats 1 half	Enjoy
Avocado Oil Proteins & Fats 1 tablespoon	Enjoy	Beef (Fatty, Grass-Fed) Proteins & Fats 1 1/2 ounces	Enjoy
Beef (Lean, Grass-Fed) Proteins & Fats 2 ounces	Enjoy	Black Beans Proteins & Fats 3/4 cup, cooked	Enjoy
Black Eyed Peas Proteins & Fats 3/4 cup, cooked	Enjoy	Bone Broth (Fish) Proteins & Fats 1 cup	Enjoy



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Bone Broth (Mammal) Proteins & Fats 1 cup	<b>Superfood</b>	Bone Broth (Poultry) Proteins & Fats 1 cup	<b>Enjoy</b>
Brazil Nuts Proteins & Fats 5 nuts	<b>Enjoy</b>	Buffalo Proteins & Fats 3 1/2 ounces	<b>Enjoy</b>
Butter (Cow Milk) Proteins & Fats 1 teaspoon	<b>Enjoy</b>	Cashews Proteins & Fats 15 nuts	<b>Enjoy</b>
Catfish Proteins & Fats 2 1/2 ounces	<b>Enjoy</b>	Caviar or Roe Proteins & Fats 2 ounces	<b>Enjoy</b>
Cheese (Cow Milk) Proteins & Fats 1 ounce	<b>Enjoy</b>	Chestnuts Proteins & Fats 3 ounces	<b>Enjoy</b>
Chia Seeds Proteins & Fats 1 ounce, dry	<b>Enjoy</b>	Chicken (Dark Meat) Proteins & Fats 2 1/2 ounces	<b>Superfood</b>
Chicken (White Meat) Proteins & Fats 3 ounces	<b>Enjoy</b>	Chickpeas Proteins & Fats 1/2 cup, cooked	<b>Enjoy</b>
Clams Proteins & Fats 3 ounces	<b>Enjoy</b>	Coconut Meat Proteins & Fats 1 1/2 ounces	<b>Enjoy</b>
Coconut Milk (Unsweetened) Proteins & Fats 1/4 cup	<b>Enjoy</b>	Coconut Oil Proteins & Fats 1 tablespoon	<b>Enjoy</b>



Viome, Inc.  
[support@viome.com](mailto:support@viome.com)

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

<p>Cod (Alaskan)            Proteins &amp; Fats            6 ounces</p> <p><b>Enjoy</b></p>	<p>Cornish Game Hen            Proteins &amp; Fats            1 half</p> <p><b>Enjoy</b></p>
<p>Crayfish            Proteins &amp; Fats            6 ounces</p> <p><b>Enjoy</b></p>	<p>Duck            Proteins &amp; Fats            1 1/2 ounces</p> <p><b>Enjoy</b></p>
<p>Eel            Proteins &amp; Fats            3 ounces</p> <p><b>Enjoy</b></p>	<p>Egg Whites (Chicken)            Proteins &amp; Fats            3 eggs</p> <p><b>Minimize</b></p>
<p>Egg Yolk (Chicken)            Proteins &amp; Fats            3 eggs</p> <p><b>Minimize</b></p>	<p>Emu            Proteins &amp; Fats            4 ounces</p> <p><b>Enjoy</b></p>
<p>Fava Beans            Proteins &amp; Fats            1/2 cup, cooked</p> <p><b>Enjoy</b></p>	<p>Flax Oil            Proteins &amp; Fats            1 tablespoon</p> <p><b>Minimize</b></p>
<p>Flax Seeds            Proteins &amp; Fats            2 tablespoons</p> <p><b>Enjoy</b></p>	<p>Ghee            Proteins &amp; Fats            1 teaspoon</p> <p><b>Enjoy</b></p>
<p>Goat Cheese            Proteins &amp; Fats            1 ounce</p> <p><b>Enjoy</b></p>	<p>Goat Milk            Proteins &amp; Fats            1/2 cup</p> <p><b>Enjoy</b></p>
<p>Goose            Proteins &amp; Fats            3 ounces</p> <p><b>Enjoy</b></p>	<p>Grape Seed Oil            Proteins &amp; Fats            1 tablespoon</p> <p><b>Enjoy</b></p>
<p>Halibut (Pacific)            Proteins &amp; Fats            5 ounces</p> <p><b>Minimize</b></p>	<p>Hazelnuts            Proteins &amp; Fats            15 nuts</p> <p><b>Superfood</b></p>



Viome, Inc.  
 support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

<p>Heavy Cream (Cow Milk)            Proteins &amp; Fats            2 tablespoons</p> <p>Enjoy</p>	<p>Hemp Hearts            Proteins &amp; Fats            3 tablespoons</p> <p>Enjoy</p>
<p>Herring            Proteins &amp; Fats            3 ounces</p> <p>Enjoy</p>	<p>Hickory Nuts            Proteins &amp; Fats            15 nuts</p> <p>Enjoy</p>
<p>Kefir (Cow Milk)            Proteins &amp; Fats            1/2 cup</p> <p>Enjoy</p>	<p>Kidney Beans            Proteins &amp; Fats            3/4 cup, cooked</p> <p>Enjoy</p>
<p>Lamb            Proteins &amp; Fats            2 1/2 ounces</p> <p>Superfood</p>	<p>Lentils            Proteins &amp; Fats            4 ounces, cooked</p> <p>Enjoy</p>
<p>Lima Beans            Proteins &amp; Fats            1/2 cup, cooked</p> <p>Enjoy</p>	<p>Lobster            Proteins &amp; Fats            6 ounces</p> <p>Enjoy</p>
<p>Lotus Seeds            Proteins &amp; Fats            4 ounces</p> <p>Enjoy</p>	<p>MCT Oil            Proteins &amp; Fats            1 tablespoon</p> <p>Enjoy</p>
<p>Macadamia Nuts            Proteins &amp; Fats            10 nuts</p> <p>Enjoy</p>	<p>Mackerel            Proteins &amp; Fats            3 ounces</p> <p>Enjoy</p>
<p>Mussels            Proteins &amp; Fats            3 ounces</p> <p>Enjoy</p>	<p>Natto            Proteins &amp; Fats            2 1/2 ounces</p> <p>Enjoy</p>
<p>Navy Beans            Proteins &amp; Fats            1/2 cup, cooked</p> <p>Enjoy</p>	<p>Olive Oil            Proteins &amp; Fats            1 tablespoon</p> <p>Superfood</p>



Viome, Inc.  
 support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

<p>Olives            Proteins &amp; Fats            20 olives</p> <p><b>Superfood</b></p>	<p>Ostrich            Proteins &amp; Fats            4 ounces</p> <p><b>Enjoy</b></p>
<p>Oysters            Proteins &amp; Fats            3 ounces</p> <p><b>Enjoy</b></p>	<p>Peanuts            Proteins &amp; Fats            20 peanuts</p> <p><b>Enjoy</b></p>
<p>Pecans            Proteins &amp; Fats            15 nuts</p> <p><b>Enjoy</b></p>	<p>Perch            Proteins &amp; Fats            5 ounces</p> <p><b>Enjoy</b></p>
<p>Pheasant            Proteins &amp; Fats            4 ounces</p> <p><b>Enjoy</b></p>	<p>Pine Nuts            Proteins &amp; Fats            1 1/2 tablespoons</p> <p><b>Enjoy</b></p>
<p>Pinto Beans            Proteins &amp; Fats            3/4 cup, cooked</p> <p><b>Enjoy</b></p>	<p>Pistachios            Proteins &amp; Fats            35 nuts</p> <p><b>Minimize</b></p>
<p>Pork (Lean)            Proteins &amp; Fats            1 ounce</p> <p><b>Enjoy</b></p>	<p>Pumpkin Seeds            Proteins &amp; Fats            2 teaspoons</p> <p><b>Superfood</b></p>
<p>Quail            Proteins &amp; Fats            2 1/2 ounces</p> <p><b>Enjoy</b></p>	<p>Ricotta or Cottage Cheese (cow, 2% fat)            Proteins &amp; Fats            3 ounces</p> <p><b>Enjoy</b></p>
<p>Safflower Oil            Proteins &amp; Fats            1 tablespoon</p> <p><b>Enjoy</b></p>	<p>Salmon (Wild-Caught)            Proteins &amp; Fats            3 ounces</p> <p><b>Superfood</b></p>
<p>Sardines            Proteins &amp; Fats            2 ounces</p> <p><b>Enjoy</b></p>	<p>Scallops            Proteins &amp; Fats            5 ounces</p> <p><b>Enjoy</b></p>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

<p>Sesame Seeds            Proteins &amp; Fats            3 tablespoons</p> <p><b>Enjoy</b></p>	<p>Sheep Cheese            Proteins &amp; Fats            1 ounce</p> <p><b>Enjoy</b></p>
<p>Sheep Milk            Proteins &amp; Fats            1/4 cup</p> <p><b>Enjoy</b></p>	<p>Shrimp (Domestic)            Proteins &amp; Fats            5 ounces</p> <p><b>Minimize</b></p>
<p>Soy Milk (Unsweetened)            Proteins &amp; Fats            1 cup</p> <p><b>Minimize</b></p>	<p>Soybeans (non-GMO)            Proteins &amp; Fats            1/2 cup</p> <p><b>Minimize</b></p>
<p>Squid            Proteins &amp; Fats            3 ounces</p> <p><b>Enjoy</b></p>	<p>Sunflower Seeds            Proteins &amp; Fats            2 tablespoons</p> <p><b>Superfood</b></p>
<p>Tempeh            Proteins &amp; Fats            1/2 cup</p> <p><b>Minimize</b></p>	<p>Tofu            Proteins &amp; Fats            3/4 cup</p> <p><b>Minimize</b></p>
<p>Tuna (Wild, Pole Caught)            Proteins &amp; Fats            5 ounces</p> <p><b>Minimize</b></p>	<p>Turbot            Proteins &amp; Fats            5 ounces</p> <p><b>Enjoy</b></p>
<p>Turkey (Dark Meat)            Proteins &amp; Fats            2 1/2 ounces</p> <p><b>Enjoy</b></p>	<p>Turkey (White Meat)            Proteins &amp; Fats            3 ounces</p> <p><b>Superfood</b></p>
<p>Veal            Proteins &amp; Fats            1 1/2 ounces</p> <p><b>Enjoy</b></p>	<p>Venison or Elk            Proteins &amp; Fats            3 1/2 ounces</p> <p><b>Enjoy</b></p>
<p>Walnuts            Proteins &amp; Fats            12 nuts</p> <p><b>Superfood</b></p>	<p>Whole Milk (Cow Milk)            Proteins &amp; Fats            1/2 cup</p> <p><b>Enjoy</b></p>



Viome, Inc.  
 support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Yogurt (Cow Milk, Plain)

Proteins & Fats

1/2 cup

**Superfood**



Test Name: Gut Intelligence Test  
Customer Name: Mohammed Banat  
DOB: 01/27/1978

My Foods

# Fruits & Grains 4 per day

We recommend you break your daily Fruits & Grains intake by the following servings

Superfood + Enjoy 3 ●●●

Minimize 1 ●

Amaranth Fruits & Grains 1/2 cup, cooked	Enjoy	Apple Fruits & Grains 1 whole	Enjoy
Apricot Fruits & Grains 3 whole	Enjoy	Banana Fruits & Grains 1 whole	Superfood
Barley Fruits & Grains 3 ounces, cooked	Enjoy	Blackberry Fruits & Grains 1 cup	Enjoy
Blueberry Fruits & Grains 1 cup	Superfood	Boysenberry Fruits & Grains 1 cup	Enjoy
Breadfruit Fruits & Grains 1 cup, sliced	Minimize	Brown Rice Fruits & Grains 1/2 cup, cooked	Enjoy
Buckwheat Fruits & Grains 1/2 cup, cooked	Enjoy	Bulgur Fruits & Grains 1/2 cup, cooked	Enjoy



Viome, Inc.  
support@viome.com



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

<p>Cantaloupe Fruits &amp; Grains 1 cup, diced</p> <p>Enjoy</p>	<p>Cassava Fruits &amp; Grains 1/2 cup, sliced</p> <p>Minimize</p>
<p>Cherry Fruits &amp; Grains 1 cup</p> <p>Superfood</p>	<p>Corn Fruits &amp; Grains 1/2 cup</p> <p>Minimize</p>
<p>Couscous Fruits &amp; Grains 1/2 cup, cooked</p> <p>Minimize</p>	<p>Cranberry Fruits &amp; Grains 1/2 cup</p> <p>Enjoy</p>
<p>Currant Fruits &amp; Grains 1 cup</p> <p>Enjoy</p>	<p>Dates Fruits &amp; Grains 2 whole</p> <p>Minimize</p>
<p>Dragon Fruit Fruits &amp; Grains 1 cup, diced</p> <p>Minimize</p>	<p>Elderberry (Boiled) Fruits &amp; Grains 1 cup</p> <p>Enjoy</p>
<p>Fig Fruits &amp; Grains 2 whole</p> <p>Minimize</p>	<p>Goji Berry Fruits &amp; Grains 1/2 cup</p> <p>Enjoy</p>
<p>Gooseberry Fruits &amp; Grains 1 cup</p> <p>Enjoy</p>	<p>Grapefruit Fruits &amp; Grains 1 whole</p> <p>Enjoy</p>
<p>Grapes Fruits &amp; Grains 1 cup</p> <p>Minimize</p>	<p>Guava Fruits &amp; Grains 2 whole</p> <p>Enjoy</p>
<p>Honeydew Melon Fruits &amp; Grains 1 cup, sliced</p> <p>Enjoy</p>	<p>Huckleberry Fruits &amp; Grains 1 cup</p> <p>Enjoy</p>



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Jackfruit Fruits & Grains 1 cup	Minimize	Kamut Fruits & Grains 1/2 cup, cooked	Enjoy
Kiwi Fruits & Grains 2 whole	Enjoy	Kumquat Fruits & Grains 12 whole	Enjoy
Lemon Fruits & Grains 1 whole, juiced	Enjoy	Lime Fruits & Grains 1 whole, juiced	Enjoy
Loganberries Fruits & Grains 1 cup	Enjoy	Lychee Fruits & Grains 1 cup	Minimize
Mango Fruits & Grains 1 cup, sliced	Minimize	Mangosteen Fruits & Grains 1 cup, sliced	Minimize
Marionberry Fruits & Grains 1 cup	Enjoy	Millet Fruits & Grains 1/2 cup, cooked	Enjoy
Mulberries Fruits & Grains 1 cup	Enjoy	Nectarine Fruits & Grains 1 whole	Enjoy
Oats Fruits & Grains 1/2 cup, cooked	Enjoy	Orange Fruits & Grains 1 whole	Enjoy
Papaya Fruits & Grains 1 cup, sliced	Superfood	Passionfruit Fruits & Grains 3/4 cup	Minimize



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Peach Fruits & Grains 1 whole <span>Enjoy</span>	Pear Fruits & Grains 1 whole <span>Enjoy</span>
Persimmon Fruits & Grains 2 whole <span>Enjoy</span>	Pineapple Fruits & Grains 1 cup <span>Enjoy</span>
Plantain Fruits & Grains 1/2 cup <span>Minimize</span>	Plum Fruits & Grains 3 whole <span>Enjoy</span>
Pomegranate Fruits & Grains 1 half <span>Enjoy</span>	Prunes Fruits & Grains 6 whole <span>Minimize</span>
Pummelo Fruits & Grains 1 half <span>Minimize</span>	Quinoa Fruits & Grains 1/2 cup, cooked <span>Enjoy</span>
Raspberry Fruits & Grains 1 cup <span>Enjoy</span>	Rhubarb Fruits & Grains 1 cup, sliced <span>Minimize</span>
Rice Noodles Fruits & Grains 1/2 cup, cooked <span>Minimize</span>	Salmonberry Fruits & Grains 1 cup <span>Enjoy</span>
Sour Cherries Fruits & Grains 1 1/3 cup <span>Enjoy</span>	Sprouted Rye Bread Fruits & Grains 1 slice <span>Enjoy</span>
Sprouted Wheat Bread Fruits & Grains 1 slice <span>Enjoy</span>	Star Fruit Fruits & Grains 1 cup, sliced <span>Enjoy</span>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Strawberry Fruits & Grains 1 cup	Enjoy
Watermelon Fruits & Grains 1 cup, diced	Minimize
Wild Rice Fruits & Grains 1/2 cup, cooked	Enjoy

Triticale Fruits & Grains 1/2 cup, cooked	Enjoy
White Rice Fruits & Grains 1/2 cup, cooked	Minimize



Test Name: Gut Intelligence Test  
Customer Name: Mohammed Banat  
DOB: 01/27/1978

My Foods

# Herbs, Spices & Other 7 per day

We recommend you break your daily Herbs, Spices & Other intake by the following servings

Superfood + Enjoy 6 ●●●●●●

Minimize 1 ●

Allspice Herbs, Spices & Other 1/4 teaspoon	Enjoy	Apple Cider Vinegar Herbs, Spices & Other 1 teaspoon	Superfood
Basil Herbs, Spices & Other 1/4 teaspoon	Enjoy	Bay Leaf Herbs, Spices & Other 1/4 teaspoon	Enjoy
Black Pepper Herbs, Spices & Other 1/4 teaspoon	Enjoy	Black Tea Herbs, Spices & Other 1 cup	Enjoy
Cane Sugar Herbs, Spices & Other 1 teaspoon	Minimize	Capers Herbs, Spices & Other 1 teaspoon	Enjoy
Caraway Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy	Cardamom Herbs, Spices & Other 1/4 teaspoon	Enjoy
Carob Herbs, Spices & Other 1 tablespoon	Enjoy	Cayenne Pepper Herbs, Spices & Other 1/8 teaspoon	Enjoy



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

<p>Celery Seed Herbs, Spices &amp; Other 1/4 teaspoon</p> <p><b>Enjoy</b></p>	<p>Chervil Herbs, Spices &amp; Other 1/4 teaspoon</p> <p><b>Enjoy</b></p>
<p>Chili Powder Herbs, Spices &amp; Other 1/4 teaspoon</p> <p><b>Enjoy</b></p>	<p>Cilantro Herbs, Spices &amp; Other 2 tablespoons</p> <p><b>Enjoy</b></p>
<p>Cinnamon Herbs, Spices &amp; Other 1/4 teaspoon</p> <p><b>Enjoy</b></p>	<p>Cloves Herbs, Spices &amp; Other 1/8 teaspoon</p> <p><b>Enjoy</b></p>
<p>Cocoa (Unsweetened) Herbs, Spices &amp; Other 1 tablespoon</p> <p><b>Enjoy</b></p>	<p>Coconut Water Herbs, Spices &amp; Other 1 cup</p> <p><b>Minimize</b></p>
<p>Coffee Herbs, Spices &amp; Other 1 cup</p> <p><b>Enjoy</b></p>	<p>Coriander Herbs, Spices &amp; Other 1/4 teaspoon</p> <p><b>Enjoy</b></p>
<p>Cumin Herbs, Spices &amp; Other 1/4 teaspoon</p> <p><b>Enjoy</b></p>	<p>Dill (Fresh) Herbs, Spices &amp; Other 2 tablespoons</p> <p><b>Enjoy</b></p>
<p>Fennel Seed Herbs, Spices &amp; Other 1/4 teaspoon</p> <p><b>Enjoy</b></p>	<p>Fenugreek Seed Herbs, Spices &amp; Other 1/4 teaspoon</p> <p><b>Enjoy</b></p>
<p>Garlic Herbs, Spices &amp; Other 1 clove</p> <p><b>Minimize</b></p>	<p>Ginger Herbs, Spices &amp; Other 1 tablespoon</p> <p><b>Enjoy</b></p>
<p>Grape Leaves Herbs, Spices &amp; Other 4 leaves</p> <p><b>Enjoy</b></p>	<p>Green Tea Herbs, Spices &amp; Other 1 cup</p> <p><b>Enjoy</b></p>



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Herbal Tea Herbs, Spices & Other 1 cup	Enjoy	Honey Herbs, Spices & Other 1 teaspoon	Enjoy
Horseradish Herbs, Spices & Other 1 teaspoon	Minimize	Hot Pepper Herbs, Spices & Other 1/2 teaspoon	Enjoy
Mace Herbs, Spices & Other 1/8 teaspoon	Enjoy	Maple Syrup Herbs, Spices & Other 1 teaspoon	Minimize
Marjoram Herbs, Spices & Other 1/8 teaspoon	Enjoy	Miso Herbs, Spices & Other 1 teaspoon	Minimize
Molasses Herbs, Spices & Other 1 teaspoon	Minimize	Mustard Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy
Nutmeg Herbs, Spices & Other 1/4 teaspoon	Enjoy	Oregano Herbs, Spices & Other 1/4 teaspoon	Superfood
Paprika Herbs, Spices & Other 1/4 teaspoon	Enjoy	Peppermint (Fresh) Herbs, Spices & Other 1 tablespoon	Minimize
Poppy Seed Herbs, Spices & Other 1 teaspoon	Enjoy	Rice Milk (Unsweetened) Herbs, Spices & Other 3/4 cup	Minimize
Rosemary (Fresh) Herbs, Spices & Other 1 teaspoon	Superfood	Saffron Herbs, Spices & Other 1/8 teaspoon	Enjoy



Viome, Inc.  
 support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

Sage  
Herbs, Spices & Other  
1/4 teaspoon

**Superfood**

Salt (Sea, Himalayan, Celtic or Bonaire)  
Herbs, Spices & Other  
1/8 teaspoon

**Minimize**

Savoury  
Herbs, Spices & Other  
1/4 teaspoon

**Enjoy**

Spearmint (Fresh)  
Herbs, Spices & Other  
1 tablespoon

**Minimize**

Stevia  
Herbs, Spices & Other  
1 package

**Minimize**

Tarragon  
Herbs, Spices & Other  
1/4 teaspoon

**Superfood**

Turmeric  
Herbs, Spices & Other  
1/2 teaspoon

**Superfood**

Vanilla Extract  
Herbs, Spices & Other  
1/4 teaspoon

**Enjoy**

Vinegar (Unsweetened)  
Herbs, Spices & Other  
1 teaspoon

**Enjoy**

Wheatgrass  
Herbs, Spices & Other  
2 tablespoons

**Enjoy**

White Tea  
Herbs, Spices & Other  
8 ounce

**Enjoy**





**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

# Supplements

Recommendations are valid for 90 days. We recommend that you follow manufacturer's instructions or your health practitioner's advice to figure out what is most appropriate for you.



## Probiotics

Look for supplements with the following ingredients:

Time released pearls with Lactobacillus species (plantarum, fermentum, acidophilus, casei, rhamnosus, reuteri, salivarius, paracasei, gasseri) Bifidobacteria species (bifidum, breve, lactis, longum), and FOS

Offered by [Hyperbiotics](#), or other vendors.

To support the growth and activity of beneficial microorganisms and enhance the balance in your microbial ecosystem



## Curcumin

Offered by [Integrative Therapeutics](#), [Thorne](#), or other vendors.

To boost the activities of anti-inflammatory functions for your microbiome and your gut wellness

Viome recommendations are not evaluated or approved by FDA and are not required to be approved by FDA. The recommended food and supplements are intended to support general wellbeing and are not intended to treat, diagnose, mitigate, prevent, or cure any condition or disease. Please seek advice from your medical doctor and check all ingredients for contraindications, known allergies or sensitivities. Viome does not endorse or partner with any supplement manufacturers. There may be several brands or vendors listed as examples. However, Viome does not take



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

any responsibility for the quality of any commercial products, which contain but are not limited to the ingredients recommended for you.



Viome, Inc.  
support@viome.com

**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

## Viome Methodology

Microbial total RNA is extracted, ribosomal RNA molecules are removed from total RNA, and the remaining RNA molecules are sequenced on Illumina NextSeq or NovaSeq. Proprietary bioinformatics algorithms are used to perform taxonomic classification and functional analysis of the sequencing data.

The Food Sensitivity Intelligence Test measures all four classes of IgG antibodies reactive to specific foods using an ELISA method.

## Method Limitation

Viome's results and recommendations are based on our ability to identify and quantify thousands of microbial taxa. Such vast diversity has not been captured in the genomic databases, so it is impossible to assess it comprehensively. There are microorganisms that thrive in the gut whose genomes have not been sequenced. Viome is unable to identify those specific organisms, but can identify their near neighbors, which have similar homology. There are also taxa that we cannot discriminate because of their sequence similarity, for example at the strain level. There are some RNA transcripts that may not always align and match to specific known organisms, which may be due to the fact that these sequences are poorly characterized, reliable consensus sequence may not be available for reference. Viome monitors the growth of public genomic databases and will update its own databases when there is sufficient new information to be worthy of incorporation.

Detection of a microorganism by this test does not imply having a disease. Similarly, not detecting a microorganism by this test does not exclude the presence of a disease-causing microorganism. Further, other organisms may be present that are not detected by this test. This test is not a substitute for established methods for identifying microorganisms or their antimicrobial susceptibility profile. Results are qualitative and identify the presence or absence of identified annotated organisms. The Food Sensitivity Intelligence Test measures relative IgG antibodies reactive to 40 specific foods using an ELISA method. It cannot distinguish between different classes of IgG nor can it detect other classes of Antibodies which may be associated with food allergies. This test is not appropriate for making a diagnosis of food allergy.



**Test Name:** Gut Intelligence Test  
**Customer Name:** Mohammed Banat  
**DOB:** 01/27/1978

The Gut Intelligence Test was developed by, and its performance characteristics determined by Viome Inc. It has not been cleared or approved by the US Food and Drug Administration. The FDA has determined that such clearance or approval is not necessary. This laboratory is registered under CLIA (32D2156145) to perform high complexity testing. Sequencing was performed at UPMC Genome Center (CLIA 39D2144302). Contact Viome for any further questions.

The Food Sensitivity Intelligence Test was developed by, and its performance characteristics determined by Viome Inc. It has not been cleared or approved by the US Food and Drug Administration. The FDA has determined that such clearance or approval is not necessary. This laboratory is registered under CLIA (32D2156145) to perform high complexity testing. Contact Viome for any further questions.



# V I O M E

MOHAMMED BANAT'S RECOMMENDATIONS

VERSION: 1.14.2