VIOME



MOHAMMED BANAT'S RECOMMENDATIONS

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

\'IOME

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.



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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

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.



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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.



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My Foods



Vegetables

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



Proteins & Fats

103 recommended proteins & fats4 avoid proteins & fats6 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 & other0 avoid herbs, spices & other7 servings of herbs, spices & other per day



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My Superfoods

We recommend you eat more of these foods

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

Apple Cider Vinegar

Herbs, Spices & Other 1 teaspoon



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



DOB: 01/27/1978



Fruits & Grains
1 whole



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



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



DOB: 01/27/1978

Blueberry

Fruits & Grains 1 cup



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



DOB: 01/27/1978



Proteins & Fats 1 cup



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



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



DOB: 01/27/1978

Cherry

Fruits & Grains
1 cup



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



DOB: 01/27/1978

Chicken (Dark Meat)

Proteins & Fats 2 1/2 ounces



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



DOB: 01/27/1978

Hazelnuts

Proteins & Fats 15 nuts



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



DOB: 01/27/1978

Jicama

Vegetables 1 cup



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



DOB: 01/27/1978

Lamb

Proteins & Fats 2 1/2 ounces



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



DOB: 01/27/1978

Olive Oil

Proteins & Fats 1 tablespoon



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



DOB: 01/27/1978

Olives

Proteins & Fats 20 olives



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



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Oregano

Herbs, Spices & Other 1/4 teaspoon



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



DOB: 01/27/1978

Papaya

Fruits & Grains 1 cup, sliced



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



DOB: 01/27/1978

Pumpkin Seeds

Proteins & Fats 2 teaspoons



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



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



DOB: 01/27/1978

Rosemary (Fresh)

Herbs, Spices & Other 1 teaspoon



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



DOB: 01/27/1978

Sage

Herbs, Spices & Other 1/4 teaspoon



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



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Salmon (Wild-Caught)

Proteins & Fats 3 ounces



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



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Sauerkraut

Vegetables 1 cup



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/



DOB: 01/27/1978

Sunflower Seeds

Proteins & Fats 2 tablespoons



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



DOB: 01/27/1978

Tarragon

Herbs, Spices & Other 1/4 teaspoon



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



DOB: 01/27/1978

Turkey (White Meat)

Proteins & Fats 3 ounces



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



DOB: 01/27/1978

Turmeric

Herbs, Spices & Other 1/2 teaspoon



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#



DOB: 01/27/1978

Walnuts

Proteins & Fats 12 nuts



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



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Yogurt (Cow Milk, Plain)

Proteins & Fats 1/2 cup



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

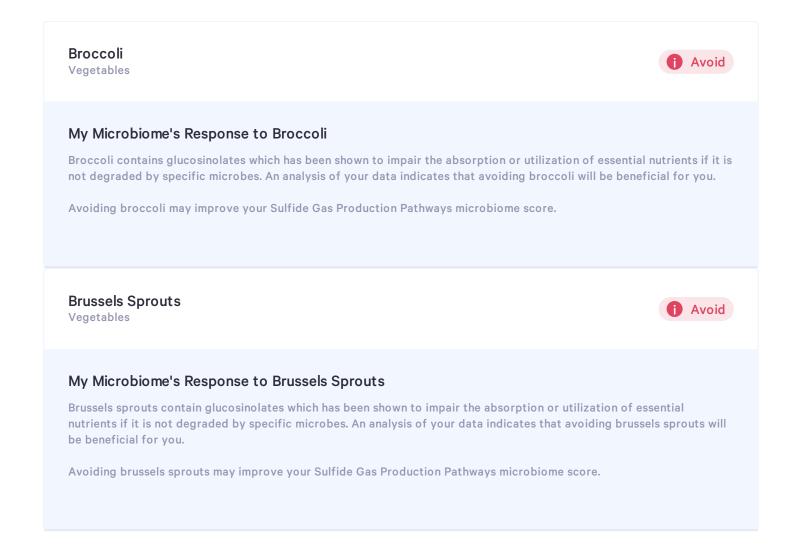


DOB: 01/27/1978

My Foods to Avoid

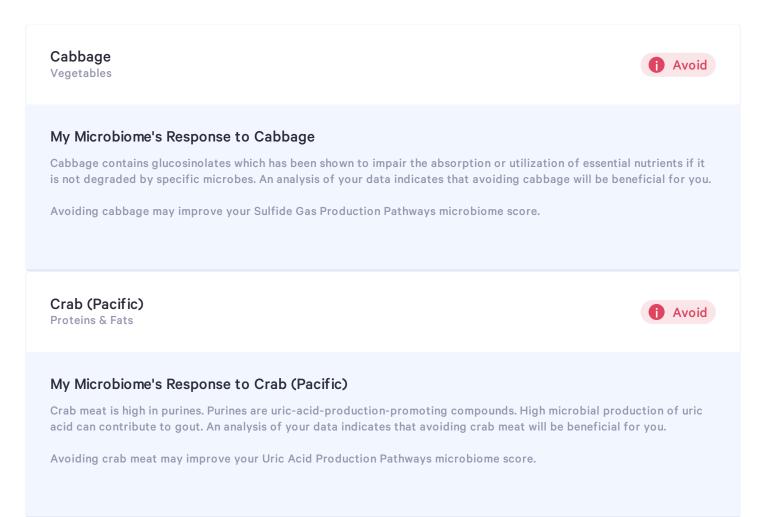
We recommend you avoid these foods

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



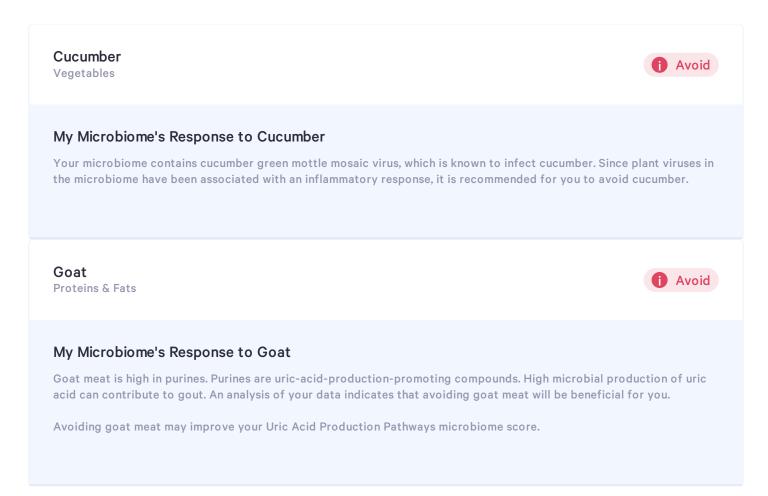


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Proteins & Fats



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



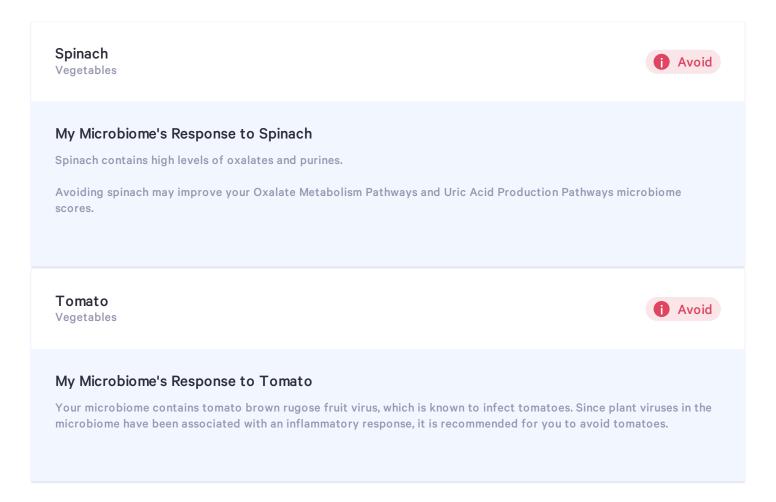
My Microbiome's Response to Mustard Greens

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.



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DOB: 01/27/1978

Trout (Cold Water)

Proteins & Fats



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.



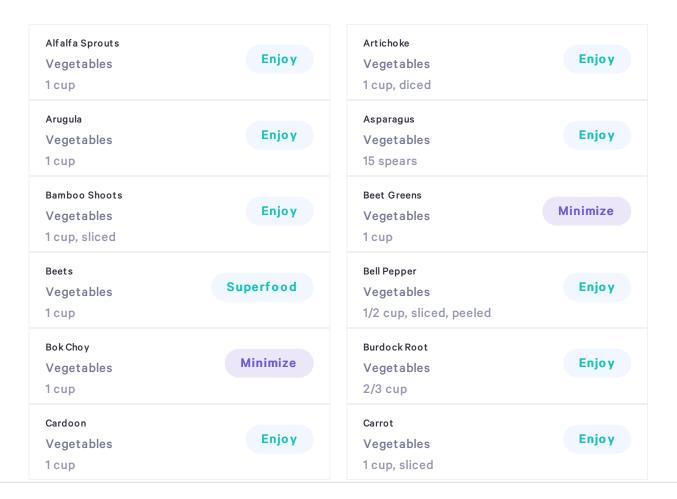
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My Foods

Vegetables 8 per day

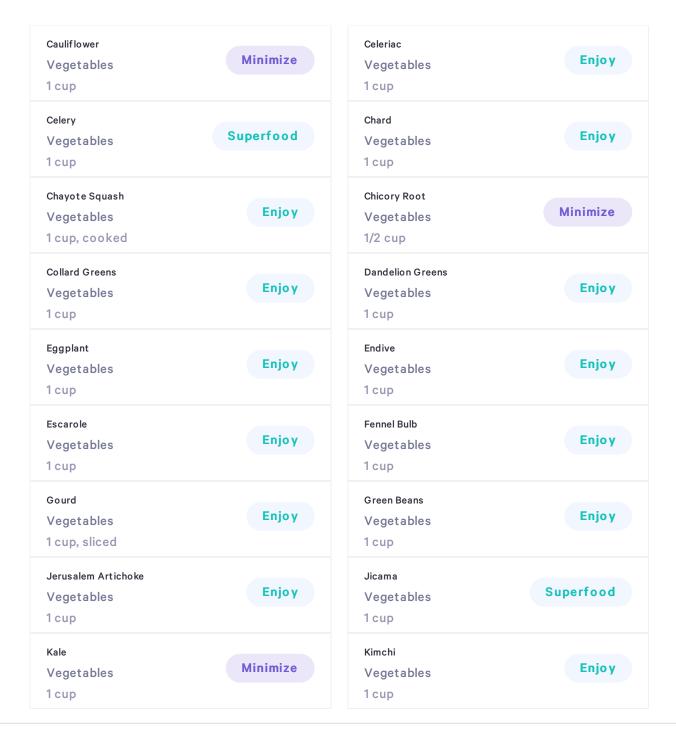
We recommend you break your daily Vegetables intake by the following servings

Superfood + Enjoy 7 ••••••
Minimize 1 •



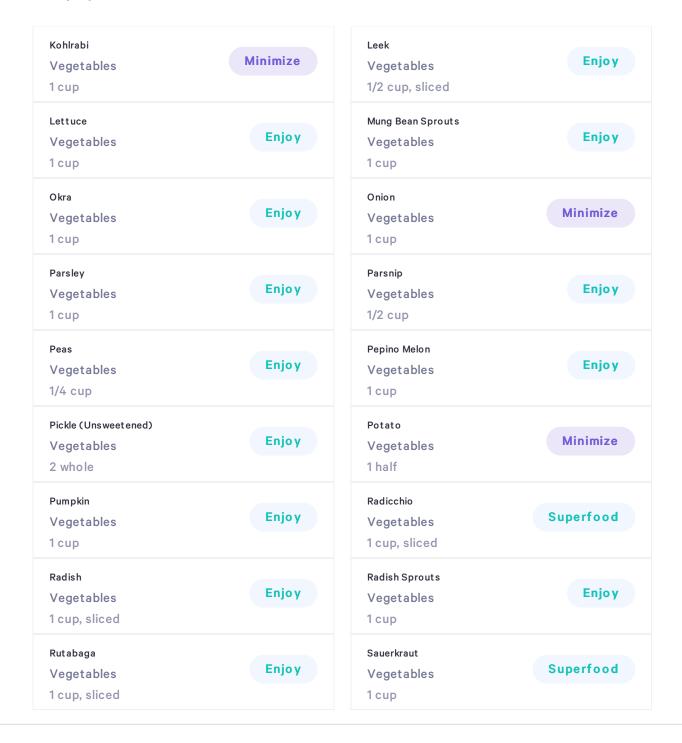


DOB: 01/27/1978



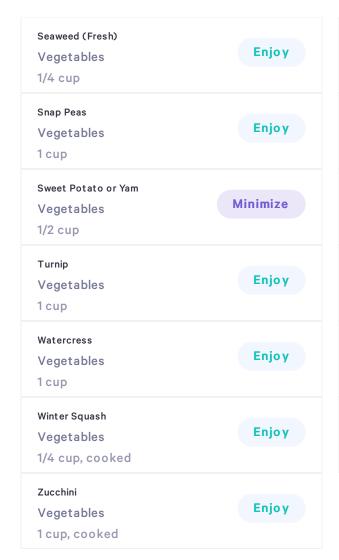


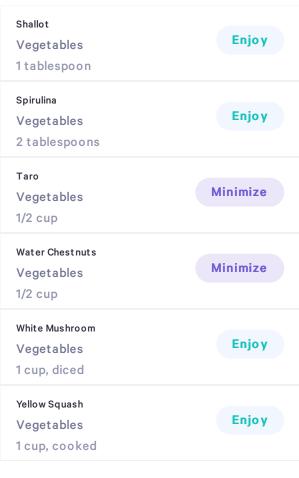
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DOB: 01/27/1978





DOB: 01/27/1978

My Foods

Proteins & Fats 6 per day

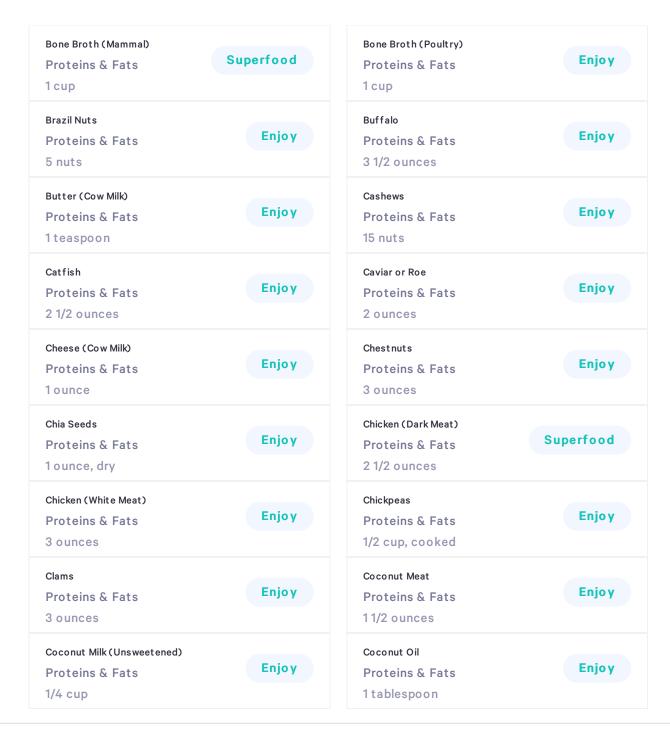
We recommend you break your daily Proteins & Fats intake by the following servings

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 11/2 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

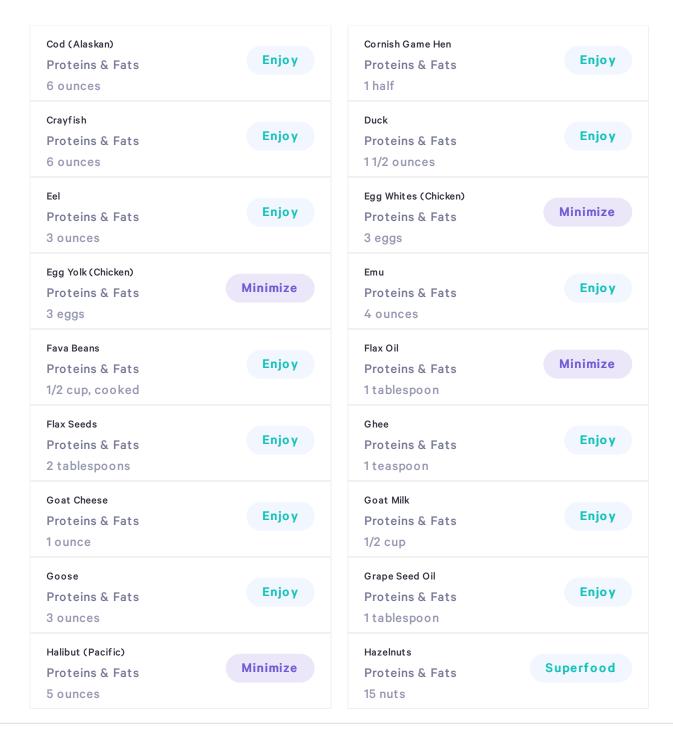


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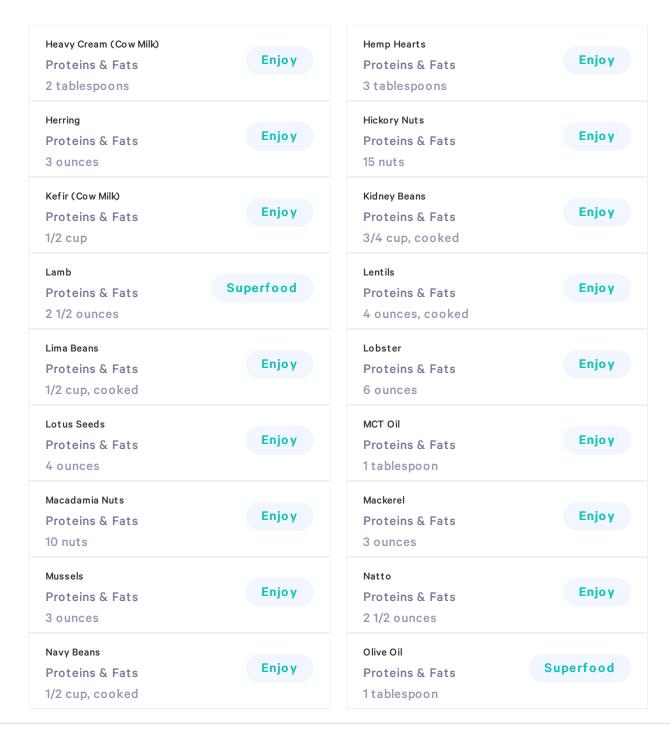


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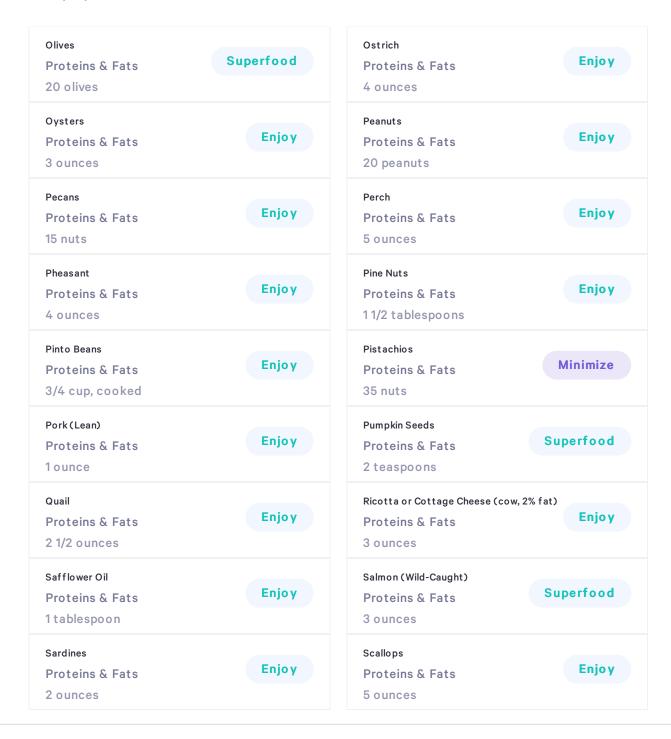


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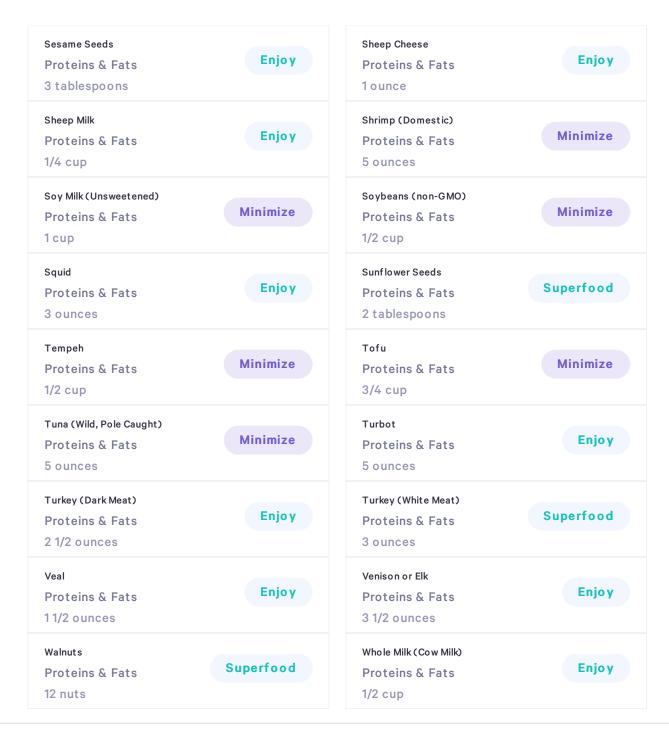


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Yogurt (Cow Milk, Plain)
Proteins & Fats

Superfood

1/2 cup



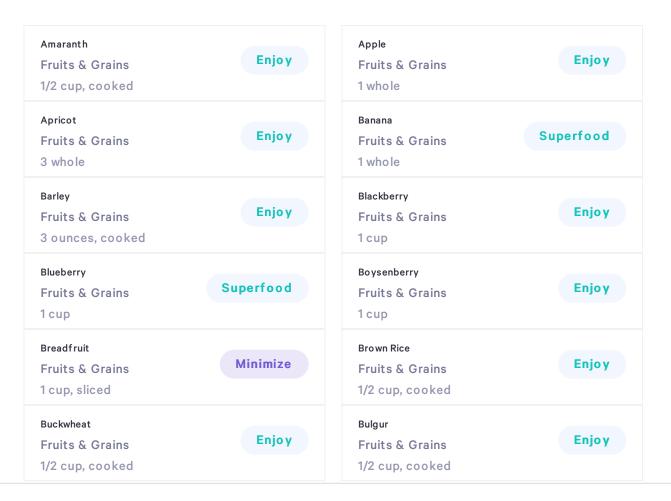
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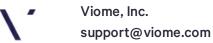
My Foods

Fruits & Grains 4 per day

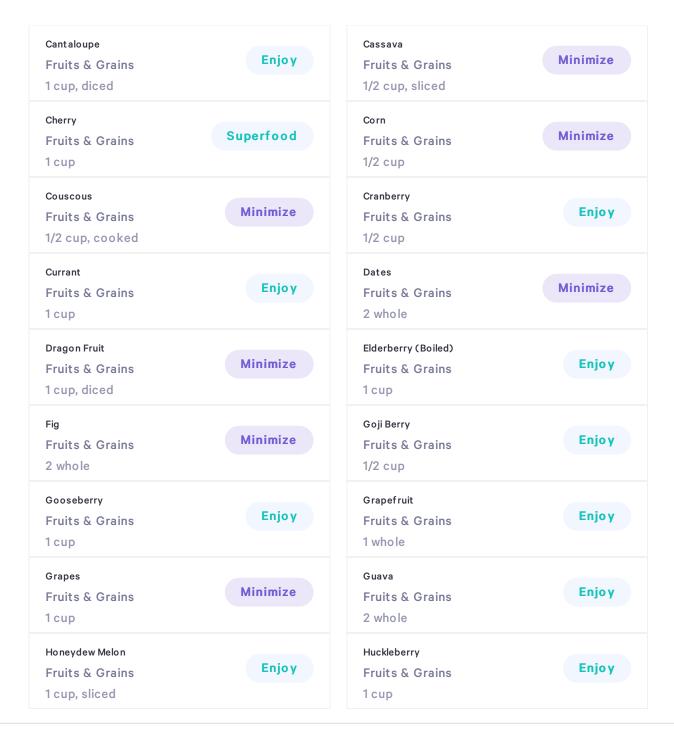
We recommend you break your daily Fruits & Grains intake by the following servings

Superfood + Enjoy 3 ••• Minimize 1 •



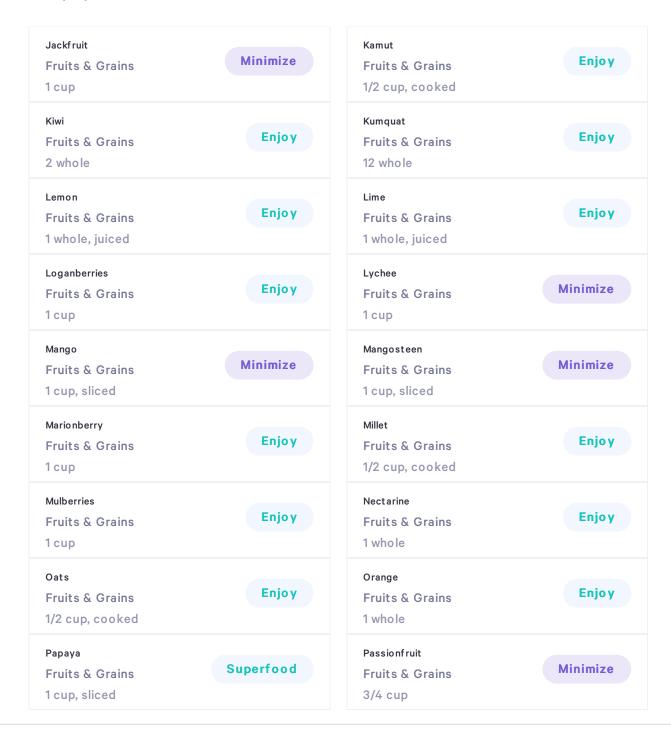


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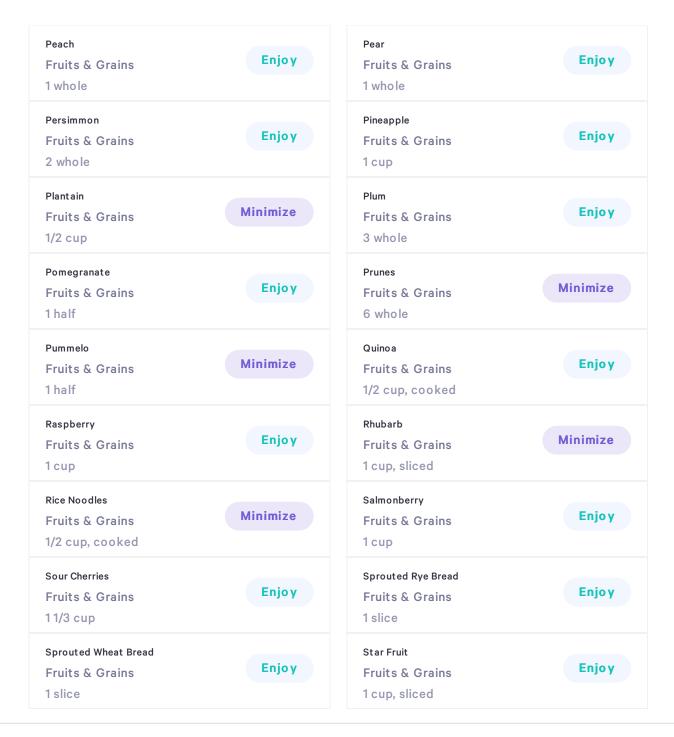


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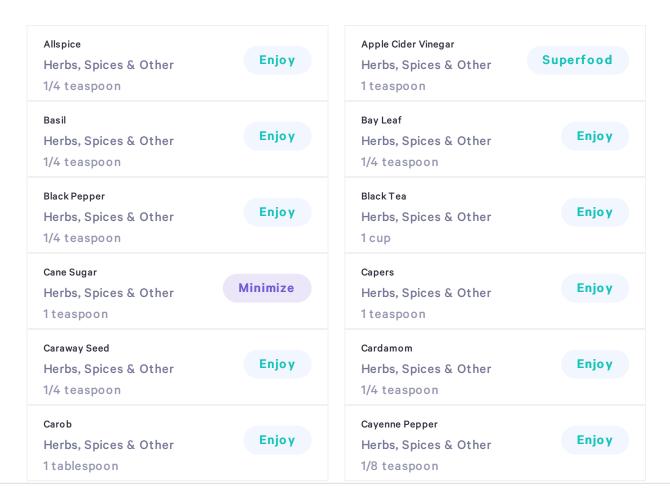
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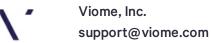
My Foods

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 •





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

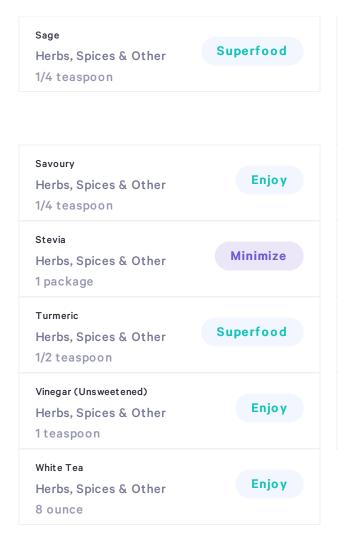


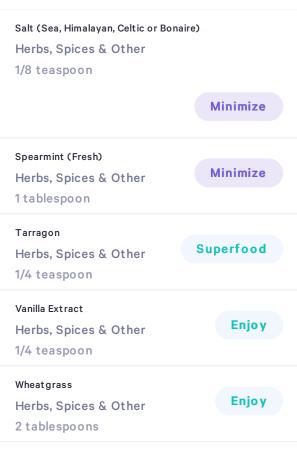
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Herbal Tea Herbs, Spices & Other 1 cup	Enjoy	Honey Herbs, Spices & Other 1 teaspoon	Enjoy
Horseradish Herbs, Spices & Other 1 teaspoon	Minimize	Hot Pepper Herbs, Spices & Other 1/2 teaspoon	Enjoy
Mace Herbs, Spices & Other 1/8 teaspoon	Enjoy	Maple 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



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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 <u>Hyperbiotics</u>, 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



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



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Viome Methodology

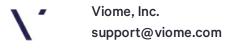
Microbial total RNA is extracted, ribosomal RNA molecules are removed from total RNA, and the remaining RNA molecules are sequenced on Illumina NextSeq or NovaSeq. Proprietary bioinformatics algorithms are used to perform taxonomic classification and functional analysis of the sequencing data.

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.

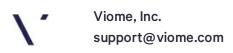
Detection of a microorganism by this test does not imply having a disease. Similarly, not detecting a microorganism by this test does not exclude the presence of a disease-causing microorganism. Further, other organisms may be present that are not detected by this test. This test is not a substitute 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.



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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.

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MOHAMMED BANAT'S RECOMMENDATIONS

VERSION: 1.14.2