



Verisana LAB • 818 N Quincy St Unit 806 • Arlington, VA 22203

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Anytown, CA 45789
USA

Surname, First name Smith,Jane

DOB 05/01/1980

Sex female

Lab number 2-4306

Report date 04/30/2019

Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results you will also receive a summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending, or changing any medication or therapy without consulting your doctor or practitioner.

Test: Comprehensive Gut Biome & Health Test

Sample material: Stool

Date collected: 06/09/2019

Date received: 06/13/2019

Analyte	Result	Reference range	Result
Aerobic Bacteria			
Proteus sp.	10 ⁵ -10 ⁶ cfu/ml	< 10 ⁶ cfu/ml	
Klebsiella sp.	<10 ⁶ cfu/ml	< 10 ⁶ cfu/ml	
Enterobacter sp.	<10 ⁶ cfu/ml	< 10 ⁶ cfu/ml	
Citrobacter sp.	<10 ⁶ cfu/ml	<10 ⁶ cfu/ml	
Pseudomonas sp.	10 ⁵ -10 ⁶ cfu/ml	< 10 ⁶ cfu/ml	
Other Aerobic Bacteria	10 ⁷ -10 ⁹ cfu/ml	< 10 ⁵ cfu/ml	
Anaerobic Bacteria			
Lactobacillus sp.	10 ⁷ cfu/ml	10 ⁵ -10 ⁷	

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Analyte	Result	Reference range	Result
Bifidobacterium sp.	10 ⁵ cfu/ml	> 10 ⁶ cfu/ml	
Bacteroides	10 ⁶ cfu/ml	> 10 ⁶ cfu/ml	
Clostridium sp.	<10 ⁶ cfu/ml	< 10 ⁶ cfu/ml	
Yeast/Fungi			
Candida albicans	< 10 ³ cfu/ml	< 10 ³ cfu/ml	
Candida sp.	10 ⁵ cfu/ml	<10 ³ cfu/ml	
Geotrichum sp.	10 ² cfu/ml	<10 ³ cfu/ml	
Mold	10 ² cfu/ml	<10 ³ cfu/ml	
Inflammation and Permeability			
slgA	2647µg/g	510-2040µg/g	
Helicobacter pylori			
Helicobacter pylori	borderline	negative	

Proteus sp.

Proteus spp. belong to the enterobacteria and therefore occur naturally in the intestine. As a particularly active proteolytic germ, Proteus can burden the body considerably through its metabolic toxins.

Klebsiella sp.

Klebsiella is a bacterium, which belongs to the Enterobacteriaceae family. Klebsiella can be found in the gastrointestinal tract of humans.

Enterobacter sp.

Enterobacter species are widely dispersed in nature and exist in a diverse range of environments including the gut of humans and animals.

Citrobacter sp.

Citrobacter spp. are regarded as commensal bacteria of the intestinal flora, i.e. they are rather apathogenic species without positive effects in the intestinal ecology.

Pseudomonas sp.

As part of the passagere flora, Pseudomonads belong to the environmental germs and are normally not part of the human flora. Increased Pseudomonas may be due to an earlier antibiotic therapy.

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Other Aerobic Bacteria

Among the other aerobic germs are numerous representatives that occur physiologically in the intestine, but only in minor numbers. A larger quantity of these bacteria does not belong to the normal intestinal flora.

Lactobacillus sp.

Lactobacilli are a lactic acid forming bacteria, which produce large amounts of short chain fatty acids (SCFA). SCFAs lower the intestinal pH and thereby make the environment acidic and unsuitable for microbial pathogens (e.g. yeast). In addition, Lactobacilli secrete antifungal and antimicrobial agents.

Bifidobacterium sp.

Bifidobacteria make up a significant portion of the human gut flora. Along with Lactobacilli and Enterococci, Bifidobacteria control potentially pathogenic organisms and stimulate the intestinal immune system (GALT). Bifidobacteria metabolize carbohydrates only. By doing so, they produce short chain fatty acids, which acidify the intestine and counteract pathogenic organisms. Decreased Bifidobacteria indicate deficiencies in colonisation resistance, putrefaction in the intestine and can promote constipation.

Bacteroides

Bacteroides are the most abundant bacteria in the microflora, which allow us to digest soluble fibre and make short chain fatty acids.

Clostridium sp.

Although Clostridia in a subordinate germ count belong to the normal intestinal flora, they have no positive effects on the intestinal environment. Low bacterial counts are therefore considered good.

Candida albicans

Candida albicans is the most prevalent cause of fungal infections in people. An overgrowth can lead to health problems. Lower than 10^3 cfu per ml specimen are considered normal.

Candida sp.

Increased Candida spec. indicates deficiencies in colonisation resistance, disturbances of intestinal flora and/or defects of mucosa. Yeasts may burden the body with toxic metabolites. Some patients respond to even low rates of yeast overgrowth.

Geotrichum sp.



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Geotrichum sp. frequently occurs as a contaminant of dairy products and fruit. The fungi rarely leads to intestinal complaints.

Mold

The outside air always contains molds, but the concentrations vary considerably. Also, almost every home gets mold. Mold can cause flu-like symptoms in your body. There is no evidence of mold overgrowth in the specimen.

sIgA

Secretory IgA (sIgA) is an immune protein, which reacts anti-inflammatory. It coats the intestinal lining, especially the mucosal surfaces and is supposed to protect us from inside. As secretory IgA represents the first line of defense of the GI, immunological activity in the GI tract can be assessed using secretory IgA. High fecal sIgA indicate immune reactions to antigens from bacteria, yeast or other microbes.

Helicobacter pylori

The sample is considered as borderline (neither negative nor positive). Since the organism Helicobacter pylori causes gastritis and is associated with duodenal ulcer disease in adults and children, we recommend to use other detection methods.

Yours sincerely,

Your laboratory team