



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

Jane Smith
1234 Main Street
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: Gut Flora & Biome Analysis

Sample material: Stool

Date collected: 06/09/2019

Date received: 06/13/2019

Analyte	Result	Reference range	Result
Aerobic Bacteria			
Proteus sp.	< 10 ⁴ cfu/ml	< 10 ⁶ cfu/ml	
Klebsiella sp.	<10 ⁶ cfu/ml	< 10 ⁶ cfu/ml	
Enterobacter sp.	10 ⁷ cfu/ml	< 10 ⁶ cfu/ml	
Citrobacter sp.	<10 ⁶ cfu/ml	<10 ⁶ cfu/ml	
Pseudomonas sp.	< 10 ⁴ cfu/ml	< 10 ⁶ cfu/ml	
Other Aerobic Bacteria	10 ⁵ -10 ⁶ cfu/ml	< 10 ⁵ cfu/ml	
Anaerobic Bacteria			
Lactobacillus sp.	< 10 ⁴ 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 ⁵ cfu/ml	> 10 ⁶ cfu/ml	
Clostridium sp.	10 ⁸ cfu/ml	< 10 ⁶ cfu/ml	
Yeast/Fungi			
Candida albicans	10 ⁵ cfu/ml	< 10 ³ cfu/ml	
Candida sp.	10 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	

Proteus sp.

Proteus spp. belong to the enterobacteria and therefore occur naturally in the intestine.

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. Increased levels of Enterobacter indicate disturbances of the intestinal flora, malnutrition, or digestive insufficiencies. A larger amount of these bacteria does not belong in the normal intestinal flora. Their multiplication often results from past antibiotics.

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.

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.

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Lactobacillus sp.

Lactobacilli are 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. Decreased Lactobacilli indicate disturbances of the intestinal flora.

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 allows us to digest soluble fibre and make short chain fatty acids. Decreased Bacteroides indicate a lowered resistance to pathogenic species (such as Salmonella, Shigella and Clostridia). As oxygen kill Bacteroides spp., there is no probiotic containing it.

Clostridium sp.

Clostridia are prevalent flora in a healthy intestine. As Clostridia produce gases, it may cause flatulence. Increased Clostridia indicate putrefaction in the intestine and may burden the body with metabolic toxins. Increased Clostridia are often found in older people due to changes in their nutrition. Clostridium difficile and Clostridium perfringens are one cause of antibiotic-associated diarrhea.

Candida albicans

Increased Candida albicans 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.

Candida sp.

Candida spp. are common members of the human gut, that may burden the body with toxic metabolites. Some patients respond to even low rates of yeast overgrowth. The prevalence of Candida was comparatively low in the specimen.



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Geotrichum sp.

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.

Yours sincerely,

Your laboratory team