VIOME

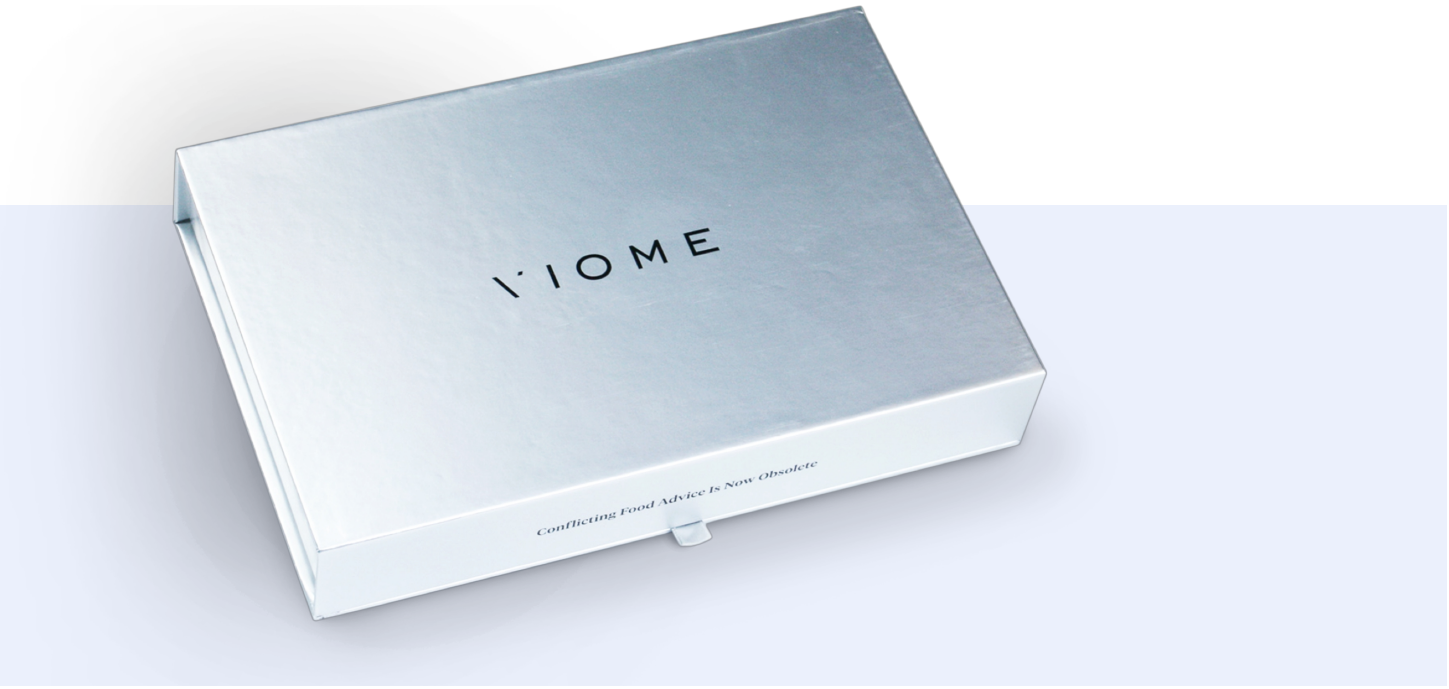
DEMO TWO'S RECOMMENDATIONS

YOUR 90 DAYS OF FOLLOWING GUT INTELLIGENCE RECOMMENDATIONS ENDS ON NOV 02, 2019

VIOME

Dear Demo Two,

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: Demo Two
Customer Name: Demo Two
DOB: 02/28/1998
Gender: Female
Customer Id: 183d8abe-94c0-4872-85fa-8763251ad504
Sample Source: Fecal
Date Collected: 03/15/2019
Date Received: Not Available
Date Issued: 03/28/2019
Sample ID: 153668298766

Test Name: Food Sensitivity Intelligence Test
Authorized Order Person: Demo Two
Customer Name: Demo Two
DOB: 02/28/1998
Gender: Female
Customer Id: 183d8abe-94c0-4872-85fa-8763251ad504
Sample Source: Blood
Date Collected: 08/01/2019
Date Received: Not Available
Date Issued: 07/15/2019
Sample ID: 453668298766

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.

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 three meals a day. Based on your metabolism, you will likely not need to snack in between meals. If you eat a high protein or high fat meal, wait until you feel hungry before eating again. Avoid eating three 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.

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 gain an extra benefit from sustained movement. Exercising 3 to 5 times per week is an essential component in balancing how well you metabolize foods.

Intermittent fasting with guidance may be incorporated as a strategy to improve metabolic efficiency.

Test Name: Gut Intelligence Test, Food Sensitivity Intelligence Test
Customer Name: Demo Two
DOB: 02/28/1998

My Foods

Vegetables

63 recommended vegetables
5 avoid vegetables
6 servings of vegetables per day

Proteins & Fats

59 recommended proteins & fats
1 avoid proteins & fats
5 servings of proteins & fats per day

Fruits & Grains

69 recommended fruits & grains
2 avoid fruits & grains
5 servings of fruits & grains per day

Herbs, Spices & Other

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

My Superfoods

We recommend you eat more of these foods

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

Apple (medium, organic)

Fruits & Grains
1 whole

FS Superfood

My Microbiome's Response to Apple (medium, organic)

Apple contains pectin which is a soluble fiber. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that apple in your diet will be beneficial for you. Pectin enriches the mucus layer and protects your gut lining and supports healthy digestive movement.

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

Apple may improve your Digestive Efficiency microbiome score.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257631

My Food Sensitivity to Apple (medium, organic)

- Medium food sensitivity to apple

Artichoke

Vegetables
1 cup, diced

Superfood

My Microbiome's Response to Artichoke

Artichoke contains inulin which is a prebiotic fiber. After analyzing your microbiome and taking your questionnaire data into account, it has been determined that artichoke in your diet will be helpful for you. Inulin is converted by your microbiome to produce butyrate. Studies indicate that inulin increases microbial diversity, prevents constipation, helps manage weight, regulates blood sugar and aids with gastrointestinal distress.

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

Artichoke may improve your Butyrate Production Pathways microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/29244718
https://www.ncbi.nlm.nih.gov/pubmed/29507837

Asparagus

Vegetables
15 spears

Superfood

My Microbiome's Response to Asparagus

Asparagus contain fiber which is a complex carbohydrate. After analyzing your microbiome and taking your data into account, it has been determined that asparagus in your diet will be of benefit for you. Fiber is converted by your microbiome to produce butyrate. It has been reported that fiber increases microbial diversity, prevents constipation, helps manage weight, regulates blood sugar and aids with gastrointestinal distress.

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

Asparagus may improve your Intestinal Barrier Health microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/11889319
https://www.ncbi.nlm.nih.gov/pubmed/28230737
https://www.ncbi.nlm.nih.gov/pubmed/29902436

Avocado

Proteins & Fats
1 half

Superfood

My Microbiome's Response to Avocado

Avocado contains essential fatty acids which are a class of unsaturated fatty acids. After an analysis of your microbiome and taking your wellness goals into account, it has been determined that avocado 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. Research shows 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 avocado.

https://www.ncbi.nlm.nih.gov/pubmed/21472114
https://www.ncbi.nlm.nih.gov/pubmed/29215589

Banana (small)

Fruits & Grains
1 whole

FS Superfood

My Microbiome's Response to Banana (small)

Banana contains amino acids which are a type of amine. After an interpretation of your microbiome and taking your wellness goals into account, it has been determined that banana in your diet will be helpful 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 banana.

Banana may improve your Butyrate Production Pathways microbiome score.

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

My Food Sensitivity to Banana (small)

- Low food sensitivity to banana

Chard

Vegetables
1 cup

Superfood

My Microbiome's Response to Chard

Chard contains kaempferol which is a flavonoid. After an analysis of your microbiome and taking your data into account, it has been determined that chard in your diet will be good 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.

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

Chard may improve your Intestinal Barrier Health microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/21068182
https://www.ncbi.nlm.nih.gov/pubmed/23497863
https://www.ncbi.nlm.nih.gov/pubmed/25793210

Chicory (root)

Vegetables
1/2 cup

Superfood

My Microbiome's Response to Chicory (root)

Chicory contains sesquiterpene lactone which is a type of terpenoids. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that chicory in your diet will be optimal for you. Sesquiterpene lactone provides the bitter taste in chicory and promotes the production of necessary digestive juices to aid in digestion and absorption of nutrients.

Chicory may improve your Butyrate Production Pathways and Digestive Efficiency microbiome scores.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3836359

Cranberry

Fruits & Grains
1/2 cup

Superfood

My Microbiome's Response to Cranberry

Cranberry contains flavonoids which are a class of polyphenols. After an interpretation of your microbiome and taking your data into account, it has been determined that cranberry 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. Research shows that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.

Cranberry may improve your Intestinal Barrier Health microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/23849454
https://www.ncbi.nlm.nih.gov/pubmed/29441150
https://www.ncbi.nlm.nih.gov/pubmed/25793210

Dandelion Greens

Vegetables
1 cup

Superfood

My Microbiome's Response to Dandelion Greens

Dandelion greens contain sesquiterpene lactone which is a type of terpenoids. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that dandelion greens in your diet will be helpful for you. Sesquiterpene lactone provides the bitter taste in dandelion greens and promotes the production of necessary digestive juices to aid in digestion and absorption of nutrients.

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

Dandelion greens may improve your Digestive Efficiency microbiome score.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5553762
https://www.ncbi.nlm.nih.gov/pubmed/22010973

Fennel Bulb

Vegetables
1 cup

Superfood

My Microbiome's Response to Fennel Bulb

Fennel bulb contains histidine which is an amino acid. After an interpretation of your microbiome and taking your data into account, it has been determined that fennel bulb in your diet will be good for you. Histidine is used to produce histamine, a neurotransmitter needed for healthy digestion and gut lining.

Fennel bulb may improve your Digestive Efficiency microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/22010973

Filberts or Hazelnuts

Proteins & Fats
15 nuts

Superfood

My Microbiome's Response to Filberts or Hazelnuts

Hazelnuts contain magnesium which is a mineral. After an interpretation of your microbiome and taking your wellness goals into account, it has been determined that hazelnuts in your diet will be beneficial 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. Research shows 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

Ginger

Herbs, Spices & Other
1 tablespoon

FS Superfood

My Microbiome's Response to Ginger

Ginger contains gingerol which is a polyphenol. After an interpretation of your microbiome and taking your questionnaire data into account, it has been determined that ginger in your diet will be of benefit for you. Gingerol like other polyphenols is metabolized by your microbiome. Research shows that once converted by your microbes, gingerol reduces inflammation and improves digestion.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3665023

My Food Sensitivity to Ginger

- Medium food sensitivity to ginger

Grapefruit

Fruits & Grains
1 whole

Superfood

My Microbiome's Response to Grapefruit

Grapefruit contains naringenin which is a type of flavonoid. After an analysis of your microbiome and taking your data into account, it has been determined that grapefruit in your diet will be optimal for you. Naringenin provides the bitter taste in grapefruit which promotes the production of necessary digestive juices to aid in digestion and absorption of necessary nutrients.

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

Grapefruit may improve your Digestive Efficiency microbiome score.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4849025
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4085189

Jerusalem Artichoke

Vegetables
1 cup

Superfood

My Microbiome's Response to Jerusalem Artichoke

Jerusalem artichoke contains inulin which is a prebiotic fiber. After an interpretation of your microbiome and taking your wellness goals into account, it has been determined that jerusalem artichoke in your diet will be of benefit for you. Inulin is converted by your microbiome to produce butyrate. Research shows that inulin increases microbial diversity, prevents constipation, helps manage weight, regulates blood sugar and aids with gastrointestinal distress.

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

Jerusalem artichoke may improve your Butyrate Production Pathways microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/29244718
https://www.ncbi.nlm.nih.gov/pubmed/28213610
https://www.ncbi.nlm.nih.gov/pubmed/29507837

Leek

Vegetables
1/2 cup, sliced

Superfood

My Microbiome's Response to Leek

Leeks contain inulin which is a prebiotic fiber. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that leeks in your diet will be helpful for you. Inulin is converted by your microbiome to produce butyrate. Studies indicate that inulin increases microbial diversity, prevents constipation, helps manage weight, regulates blood sugar and aids with gastrointestinal distress.

Leeks may improve your Butyrate Production Pathways microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/29244718
https://www.ncbi.nlm.nih.gov/pubmed/29507837

Lentils

Proteins & Fats
4 ounces, cooked

Superfood

My Microbiome's Response to Lentils

Lentils contain magnesium which is a mineral. After analyzing your microbiome and taking your questionnaire data into account, it has been determined that lentils 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. Research shows 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 lentils.

https://www.ncbi.nlm.nih.gov/pubmed/19359148
https://www.ncbi.nlm.nih.gov/pubmed/18568054
https://www.ncbi.nlm.nih.gov/pubmed/20089787

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 interpretation of your microbiome and taking your wellness goals into account, it has been determined that olive oil in your diet will be good 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.

Olive oil may improve your Intestinal Barrier Health microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/26582965
https://www.ncbi.nlm.nih.gov/pubmed/21472114
https://www.ncbi.nlm.nih.gov/pubmed/29215589

Oregano

Herbs, Spices & Other
1/4 teaspoon

Superfood

My Microbiome's Response to Oregano

Oregano contains flavonoids which are a class of polyphenols. After an interpretation of your microbiome and taking your questionnaire data into account, it has been determined that oregano in your diet will be helpful 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.

Oregano may improve your Inflammatory Activity microbiome score.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4227268

Papaya

Fruits & Grains
1 cup, sliced

Superfood

My Microbiome's Response to Papaya

Papaya 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 papaya in your diet will be helpful 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 papaya.

Papaya may improve your Digestive Efficiency and Inflammatory Activity microbiome scores.

https://www.ncbi.nlm.nih.gov/pubmed/20540696
https://www.ncbi.nlm.nih.gov/pubmed/21763290
https://www.ncbi.nlm.nih.gov/pubmed/25793210

Pumpkin
Vegetables
1 cup

Superfood

My Microbiome's Response to Pumpkin

Pumpkin contains magnesium which is a mineral. After analyzing your microbiome and taking your data into account, it has been determined that pumpkin in your diet will be good 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. Some Bifidobacteria further promote the release of nutrients like magnesium from dietary sources. Research shows 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 pumpkin.

https://www.ncbi.nlm.nih.gov/pubmed/19359148
https://www.ncbi.nlm.nih.gov/pubmed/18568054
https://www.ncbi.nlm.nih.gov/pubmed/20089787

Raspberry
Fruits & Grains
1 cup

Superfood

My Microbiome's Response to Raspberry

Raspberry contains quercetin which is a flavonol. After an analysis of your microbiome and taking your data into account, it has been determined that raspberry in your diet will be good for you. Quercetin influences bacterial function and leads to the activation of specific antioxidant biological pathways that decrease inflammation and contribute to microbial detoxification. Research shows that quercetin promotes hormone production and cardiovascular wellness. In fact, low plasma levels of quercetin have been associated with increased risk of heart disease.

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

Raspberry may improve your Intestinal Barrier Health microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/19297429

Sage
Herbs, Spices & Other
1/4 teaspoon

Superfood

My Microbiome's Response to Sage

Sage contains amino acids which are a type of amine. After an analysis of your microbiome and taking your data into account, it has been determined that sage 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.

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

Spirulina
Vegetables
2 tablespoons

Superfood

My Microbiome's Response to Spirulina

Spirulina contains essential fatty acids which are a class of unsaturated fatty acids. After an interpretation of your microbiome and taking your data into account, it has been determined that spirulina in your diet will be helpful 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/25773775
https://www.ncbi.nlm.nih.gov/pubmed/18568054
https://www.ncbi.nlm.nih.gov/pubmed/29215589

Tarragon
Herbs, Spices & Other
1/4 teaspoon

Superfood

My Microbiome's Response to Tarragon

Tarragon contains apigenin which is a bioflavonoid. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that tarragon in your diet will be optimal 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

Turmeric

Herbs, Spices & Other
1/2 teaspoon

Superfood

My Microbiome's Response to Turmeric

Turmeric contains curcumin which is a polyphenol. After analyzing your microbiome and taking your wellness goals into account, it has been determined that turmeric in your diet will be helpful 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.

Turmeric may improve your Inflammatory Activity microbiome score.

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#

Yam or Sweet Potato

Vegetables
1/2 cup

Superfood

My Microbiome's Response to Yam or Sweet Potato

Yam contains saponins which are a group of glycosides. After an analysis of your microbiome and taking your wellness goals into account, it has been determined that yam in your diet will be of benefit for you. Saponins increase the diversity and abundance of butyrate-producing species and other beneficial bacteria, such as Bifidobacterium species. Studies indicate that saponins can decrease inflammation and modulate inflammatory pathways that regulate the immune response.

Yam may improve your Inflammatory Activity microbiome score.

https://www.ncbi.nlm.nih.gov/pubmed/19548065
https://www.ncbi.nlm.nih.gov/pubmed/15857214
https://www.sciencedirect.com/science/article/pii/S1756464615003448

My Foods to Enjoy

We recommend you enjoy these nutrient dense foods.

Almond Milk (unsweetened)

Proteins & Fats
1 cup

FS Enjoy

My Food Sensitivity to Almond Milk (unsweetened)

Almond Milk (unsweetened) contains almond

- Medium food sensitivity to almond

Barley

Fruits & Grains
3 ounces, cooked

FS Enjoy

My Food Sensitivity to Barley

Barley contains gluten

- Low food sensitivity to gluten

Bell Pepper (organic)
Vegetables
1/2 cup, sliced, peeled

FS Enjoy

My Food Sensitivity to Bell Pepper (organic)

- Medium food sensitivity to bell pepper

Blueberry
Fruits & Grains
1 cup

FS Enjoy

My Food Sensitivity to Blueberry

- Low food sensitivity to blueberry

Bulgur
Fruits & Grains
1/2 cup, cooked

FS Enjoy

My Food Sensitivity to Bulgur

Bulgur contains gluten

- Low food sensitivity to gluten

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Butter (cow)
Proteins & Fats
1 teaspoon

FS Enjoy

My Food Sensitivity to Butter (cow)

Butter (cow) contains cow casein, cow milk, and cow whey

- High food sensitivity to cow casein
- High food sensitivity to cow milk
- Low food sensitivity to cow whey

Cashews
Proteins & Fats
15 nuts

FS Enjoy

My Food Sensitivity to Cashews

- Medium food sensitivity to cashew

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Cheese (cow)
Proteins & Fats
1 ounce

FS Enjoy

My Food Sensitivity to Cheese (cow)

Cheese (cow) contains cow casein, cow milk, and cow whey

- High food sensitivity to cow casein
- High food sensitivity to cow milk
- Low food sensitivity to cow whey

Chickpeas
Proteins & Fats
1/2 cup, cooked

FS Enjoy

My Food Sensitivity to Chickpeas

- Medium food sensitivity to chickpea

Cinnamon
Herbs, Spices & Other
1/4 teaspoon

FS Enjoy

My Food Sensitivity to Cinnamon

- Low food sensitivity to cinnamon

Cocoa (unsweetened)
Herbs, Spices & Other
1 tablespoon

FS Enjoy

My Food Sensitivity to Cocoa (unsweetened)

Cocoa (unsweetened) contains cacao

- Low food sensitivity to cacao

Corn Tortilla (organic, non-GMO)
Fruits & Grains
1 tortilla

FS Enjoy

My Food Sensitivity to Corn Tortilla (organic, non-GMO)

Corn Tortilla (organic, non-GMO) contains corn

- Medium food sensitivity to corn

Cucumber
Vegetables
1 cup

FS Enjoy

My Food Sensitivity to Cucumber

- Medium food sensitivity to cucumber

Kamut
Fruits & Grains
1/2 cup, cooked

FS Enjoy

My Food Sensitivity to Kamut

Kamut contains gluten

- Low food sensitivity to gluten

Miso
Herbs, Spices & Other
1 teaspoon

FS Enjoy

My Food Sensitivity to Miso

Miso contains soybean

- Medium food sensitivity to soybean

Natto
Proteins & Fats
2 1/2 ounces

FS Enjoy

My Food Sensitivity to Natto

Natto contains soybean

- Medium food sensitivity to soybean

Oats
Fruits & Grains
1/2 cup, cooked

FS Enjoy

My Food Sensitivity to Oats

- Medium food sensitivity to oat

Orange
Fruits & Grains
1 whole

FS Enjoy

My Food Sensitivity to Orange

- Medium food sensitivity to orange

Paprika
Herbs, Spices & Other
1/4 teaspoon

FS Enjoy

My Food Sensitivity to Paprika

Paprika contains bell pepper

- Medium food sensitivity to bell pepper

Pickle (unsweetened)
Vegetables
2 whole

FS Enjoy

My Food Sensitivity to Pickle (unsweetened)

Pickle (unsweetened) contains cucumber

- Medium food sensitivity to cucumber

Potato (small, organic)
Vegetables
1 half

FS Enjoy

My Food Sensitivity to Potato (small, organic)

- High food sensitivity to potato

Ricotta or Cottage Cheese (cow, 2% fat)

Proteins & Fats
3 ounces

FS Enjoy

My Food Sensitivity to Ricotta or Cottage Cheese (cow, 2% fat)

Ricotta or Cottage Cheese (cow, 2% fat) contains cow casein, cow milk, and cow whey

- High food sensitivity to cow casein
- High food sensitivity to cow milk
- Low food sensitivity to cow whey

Rye (sprouted bread)

Fruits & Grains
1 slice

FS Enjoy

My Food Sensitivity to Rye (sprouted bread)

Rye (sprouted bread) contains baker's yeast and gluten

- High food sensitivity to baker's yeast
- Low food sensitivity to gluten

Sesame Seeds
Proteins & Fats
3 tablespoons

FS Enjoy

My Food Sensitivity to Sesame Seeds

- Medium food sensitivity to sesame seed

Soy Milk (unsweetened)
Proteins & Fats
1 cup

FS Enjoy

My Food Sensitivity to Soy Milk (unsweetened)

Soy Milk (unsweetened) contains soybean

- Medium food sensitivity to soybean

Soybeans (non-GMO)
Proteins & Fats
1/2 cup

FS Enjoy

My Food Sensitivity to Soybeans (non-GMO)

- Medium food sensitivity to soybean

Strawberry (organic)
Fruits & Grains
1 cup

FS Enjoy

My Food Sensitivity to Strawberry (organic)

- Medium food sensitivity to strawberry

Tempeh
Proteins & Fats
1/2 cup

FS Enjoy

My Food Sensitivity to Tempeh

Tempeh contains soybean

- Medium food sensitivity to soybean

Tofu
Proteins & Fats
3/4 cup

FS Enjoy

My Food Sensitivity to Tofu

Tofu contains soybean

- Medium food sensitivity to soybean

Tomato (organic)
Vegetables
1 cup, peeled, seeded

FS Enjoy

My Food Sensitivity to Tomato (organic)

- Low food sensitivity to tomato

Triticale
Fruits & Grains
1/2 cup, cooked

FS Enjoy

My Food Sensitivity to Triticale

Triticale contains gluten

- Low food sensitivity to gluten

Vinegar Apple Cider
Herbs, Spices & Other
1 teaspoon

FS Enjoy

My Food Sensitivity to Vinegar Apple Cider

Vinegar Apple Cider contains apple

- Medium food sensitivity to apple

Wheat (sprouted bread)

Fruits & Grains
1 slice

FS Enjoy

My Food Sensitivity to Wheat (sprouted bread)

Wheat (sprouted bread) contains baker's yeast and gluten

- High food sensitivity to baker's yeast
- Low food sensitivity to gluten
- Low food sensitivity to wheat

Whole Milk (cow)

Proteins & Fats
1/2 cup

FS Enjoy

My Food Sensitivity to Whole Milk (cow)

Whole Milk (cow) contains cow casein and cow whey

- High food sensitivity to cow casein
- High food sensitivity to cow milk
- Low food sensitivity to cow whey

My Foods to Minimize

We recommend you eat these foods within limits.

My Food Sensitivity to Almonds
Proteins & Fats
20 nuts

FS Minimize

My Food Sensitivity to Almonds

- Medium food sensitivity to almond

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Food Sensitivity to Coffee (brewed, organic)
Herbs, Spices & Other
1 cup

FS Minimize

My Food Sensitivity to Coffee (brewed, organic)

- Low food sensitivity to coffee

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My Food Sensitivity to Couscous

Fruits & Grains
1/2 cup, cooked

FS Minimize

My Food Sensitivity to Couscous

Couscous contains gluten

- Low food sensitivity to gluten

My Food Sensitivity to Egg White

Proteins & Fats
3 eggs

FS Minimize

My Food Sensitivity to Egg White

- High food sensitivity to chicken egg

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Food Sensitivity to Garlic

Herbs, Spices & Other
1 clove

FS Minimize

My Food Sensitivity to Garlic

- Medium food sensitivity to garlic

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Food Sensitivity to Grapes (organic)

Fruits & Grains
1 cup

FS Minimize

My Food Sensitivity to Grapes (organic)

- Low food sensitivity to grape

My Food Sensitivity to Heavy Cream (cow, 33% fat)

Proteins & Fats
2 tablespoons

FS Minimize

My Food Sensitivity to Heavy Cream (cow, 33% fat)

Heavy Cream (cow, 33% fat) contains cow casein, cow milk, and cow whey

- High food sensitivity to cow casein
- High food sensitivity to cow milk
- Low food sensitivity to cow whey

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Food Sensitivity to Kale

Vegetables
1 cup

FS Minimize

My Food Sensitivity to Kale

- Medium food sensitivity to kale

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Food Sensitivity to Kefir (cow)

Proteins & Fats
1/2 cup

FS Minimize

My Food Sensitivity to Kefir (cow)

Kefir (cow) contains cow casein, cow milk, and cow whey

- High food sensitivity to cow casein
- High food sensitivity to cow milk
- Low food sensitivity to cow whey

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Food Sensitivity to Onion

Vegetables
1 cup

FS Minimize

My Food Sensitivity to Onion

- Low food sensitivity to onion

My Food Sensitivity to Rice Milk

Herbs, Spices & Other
3/4 cup

FS Minimize

My Food Sensitivity to Rice Milk

Rice Milk contains rice

- Medium food sensitivity to rice

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Food Sensitivity to Rice Noodles

Fruits & Grains
1/2 cup, cooked

FS Minimize

My Food Sensitivity to Rice Noodles

Rice Noodles contains rice

- Medium food sensitivity to rice

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Food Sensitivity to Yogurt (cow, plain)

Proteins & Fats
1/2 cup

FS Minimize

My Food Sensitivity to Yogurt (cow, plain)

Yogurt (cow, plain) contains cow casein, cow milk, and cow whey

- High food sensitivity to cow casein
- High food sensitivity to cow milk
- Low food sensitivity to cow whey

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

My Foods to Avoid

We recommend you avoid these foods

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

Broccoli
Vegetables

FS Avoid

My Microbiome's Response to Broccoli

Broccoli contains choline, which is a compound that can be used by your microbes to produce TMA, a precursor to TMAO. Additionally, broccoli contains sulfur compounds, which can be converted to hydrogen sulfide gas by your gut microbes. Avoiding this food is important for your digestive and metabolic wellness.

Avoiding broccoli may improve your Sulfide Gas Production Pathways and TMA Production Pathways microbiome scores.

My Food Sensitivity to Broccoli

- Low food sensitivity to broccoli

Brown Rice
Fruits & Grains

FS Avoid

My Microbiome's Response to Brown Rice

Your microbiome contains Oryza sativa endornavirus, which is known to infect brown rice. Since plant viruses in the microbiome have been associated with an inflammatory response, it is recommended for you to avoid brown rice.

My Food Sensitivity to Brown Rice

- Medium food sensitivity to rice

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

Brussels Sprouts
Vegetables

Avoid

My Microbiome's Response to Brussels Sprouts

Brussels sprouts 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 brussels sprouts will be beneficial for you.

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

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.

Egg Yolk
Proteins & Fats

FS Avoid

My Microbiome's Response to Egg Yolk

Egg yolk contains choline, which is a compound that can be used by your microbes to produce TMA, a precursor to TMAO. Additionally, egg yolk contains sulfur compounds, which can be converted to hydrogen sulfide gas by your gut microbes. Avoiding this food is important for your digestive and metabolic wellness.

Avoiding egg yolk may improve your Sulfide Gas Production Pathways and TMA Production Pathways microbiome scores.

My Food Sensitivity to Egg Yolk

- High food sensitivity to chicken egg

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

Mustard Greens
Vegetables

Avoid

My Microbiome's Response to Mustard Greens

Mustard greens 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 mustard greens will be beneficial for you.

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

Peas
Vegetables

Avoid

My Microbiome's Response to Peas

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

White Rice

Fruits & Grains

FS Avoid

My Microbiome's Response to White Rice

Your microbiome contains Oryza sativa endornavirus, which is known to infect white rice. Since plant viruses in the microbiome have been associated with an inflammatory response, it is recommended for you to avoid white rice.

My Food Sensitivity to White Rice

- Medium food sensitivity to rice

Based on your food sensitivity blood test results, it may be best to follow The Food Sensitivity Elimination Plan to identify any symptoms you may experience when eating this food.

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My Foods

Vegetables 6 per day

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

Superfood + Enjoy 5 ●●●●●
Minimize 1 ●

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

Cauliflower Vegetables 1 cup	Minimize	Celeriac Vegetables 1 cup	Enjoy
Celery (organic) Vegetables 1 cup	Enjoy	Chard Vegetables 1 cup	Superfood
Chayote Squash Vegetables 1 cup, cooked	Enjoy	Chicory (root) Vegetables 1/2 cup	Superfood
Collard Greens Vegetables 1 cup	Enjoy	Cucumber Vegetables 1 cup	FS Enjoy
Dandelion Greens Vegetables 1 cup	Superfood	Eggplant Vegetables 1 cup	Enjoy
Endive Vegetables 1 cup	Enjoy	Escarole Vegetables 1 cup	Enjoy
Fennel Bulb Vegetables 1 cup	Superfood	Gourd Vegetables 1 cup, sliced	Enjoy
Green Beans Vegetables 1 cup	Enjoy	Hard Squash Vegetables 1/4 cup, cooked	Enjoy
Jerusalem Artichoke Vegetables 1 cup	Superfood	Jicama Vegetables 1 cup	Enjoy

Kale Vegetables 1 cup	FS, Minimize	Kimchi Vegetables 1 cup	Enjoy
Kohlrabi Vegetables 1 cup	Minimize	Leek Vegetables 1/2 cup, sliced	Superfood
Lettuce Vegetables 1 cup	Enjoy	Mung Bean Sprouts Vegetables 1 cup	Enjoy
Mushrooms Vegetables 1 cup, diced	Enjoy	Okra Vegetables 1 cup	Enjoy
Onion Vegetables 1 cup	FS, Minimize	Parsley Vegetables 1 cup	Enjoy
Parsnip Vegetables 1/2 cup	Enjoy	Pepino Melon Vegetables 1 cup	Enjoy
Pickle (unsweetened) Vegetables 2 whole	FS, Enjoy	Potato (small, organic) Vegetables 1 half	FS, Enjoy
Pumpkin Vegetables 1 cup	Superfood	Radicchio Vegetables 1 cup, sliced	Enjoy
Radish Vegetables 1 cup, sliced	Enjoy	Rutabaga Vegetables 1 cup, sliced	Enjoy

Sauerkraut Vegetables 1 cup	Minimize	Seaweed (fresh) Vegetables 1/4 cup	Enjoy
Shallot Vegetables 1 tablespoon	Enjoy	Snap Peas Vegetables 1 cup	Enjoy
Spinach (organic) Vegetables 1 cup	Minimize	Spirulina Vegetables 2 tablespoons	Superfood
Sprouted Radish Seeds Vegetables 1 cup	Enjoy	Summer Squash Vegetables 1 cup, cooked	Enjoy
Taro Vegetables 1/2 cup	Enjoy	Tomato (organic) Vegetables 1 cup, peeled, seeded	FS Enjoy
Turnip Vegetables 1 cup	Enjoy	Water Chestnuts Vegetables 1/2 cup	Enjoy
Watercress Vegetables 1 cup	Enjoy	Yam or Sweet Potato Vegetables 1/2 cup	Superfood
Zucchini Squash Vegetables 1 cup, cooked	Enjoy		

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My Foods

Proteins & Fats 5 per day

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

Superfood + Enjoy 4 ●●●●
Minimize 1 ●

Adzuki Beans Proteins & Fats 1 cup, cooked	Enjoy	Almond Milk (unsweetened) Proteins & Fats 1 cup	FS Enjoy
Almonds Proteins & Fats 20 nuts	FS Minimize	Avocado Proteins & Fats 1 half	Superfood
Avocado Oil Proteins & Fats 1 tablespoon	Enjoy	Black Beans Proteins & Fats 3/4 cup, cooked	Enjoy
Black Eyed Peas Proteins & Fats 3/4 cup, cooked	Enjoy	Brazil Nuts Proteins & Fats 5 nuts	Minimize
Butter (cow) Proteins & Fats 1 teaspoon	FS Enjoy	Cashews Proteins & Fats 15 nuts	FS Enjoy
Cheese (cow) Proteins & Fats 1 ounce	FS Enjoy	Chestnuts Proteins & Fats 3 ounces	Enjoy

Chia Seeds Proteins & Fats 1 ounce, dry — Enjoy	Chickpeas Proteins & Fats 1/2 cup, cooked — FS, Enjoy
Coconut MCT Oil Proteins & Fats 1 tablespoon — Minimize	Coconut Meat Proteins & Fats 1 1/2 ounces — Minimize
Coconut Milk (unsweetened) Proteins & Fats 1/4 cup — Minimize	Coconut Oil Proteins & Fats 1 tablespoon — Minimize
Egg White Proteins & Fats 3 eggs — FS, Minimize	Fava Beans Proteins & Fats 1/2 cup, cooked — Enjoy
Filberts or Hazelnuts Proteins & Fats 15 nuts — Superfood	Flax Oil Proteins & Fats 1 tablespoon — Enjoy
Flax Seeds Proteins & Fats 2 tablespoons — Enjoy	Ghee Proteins & Fats 1 teaspoon — Enjoy
Goat Cheese Proteins & Fats 1 ounce — Enjoy	Goat Milk Proteins & Fats 1/2 cup — Enjoy
Grape Seed Oil Proteins & Fats 1 tablespoon — Enjoy	Heavy Cream (cow, 33% fat) Proteins & Fats 2 tablespoons — Minimize, FS

Hemp Hearts Proteins & Fats 3 tablespoons	Enjoy	Hickory Nuts Proteins & Fats 15 nuts	Minimize
Kefir (cow) Proteins & Fats 1/2 cup	FS Minimize	Lentils Proteins & Fats 4 ounces, cooked	Superfood
Lima Beans Proteins & Fats 1/2 cup, cooked	Enjoy	Lotus Seeds Proteins & Fats 4 ounces	Enjoy
Macadamia Nuts Proteins & Fats 10 nuts	Minimize	Natto Proteins & Fats 2 1/2 ounces	FS Enjoy
Olive Oil Proteins & Fats 1 tablespoon	Superfood	Olives Proteins & Fats 20 olives	Enjoy
Peanuts Proteins & Fats 20 peanuts	Enjoy	Pecans Proteins & Fats 15 nuts	Enjoy
Pine Nuts Proteins & Fats 1 1/2 tablespoons	Minimize	Pinto Beans Proteins & Fats 3/4 cup, cooked	Enjoy
Pistachios Proteins & Fats 35 nuts	Minimize	Pumpkin Seeds Proteins & Fats 2 teaspoons	Minimize
Red Beans Proteins & Fats 3/4 cup, cooked	Enjoy		

	Ricotta or Cottage Cheese (cow, 2% fat) Proteins & Fats 3 ounces Enjoy FS
Safflower Oil Proteins & Fats 1 tablespoon Enjoy	Sesame Seeds Proteins & Fats 3 tablespoons FS Enjoy
Sheep Cheese Proteins & Fats 1 ounce Minimize	Sheep Milk Proteins & Fats 1/4 cup Minimize
Soy Milk (unsweetened) Proteins & Fats 1 cup FS Enjoy	Soybeans (non-GMO) Proteins & Fats 1/2 cup FS Enjoy
Sunflower Seeds Proteins & Fats 2 tablespoons Minimize	Tempeh Proteins & Fats 1/2 cup FS Enjoy
Tofu Proteins & Fats 3/4 cup FS Enjoy	Walnuts Proteins & Fats 12 nuts Enjoy
White Beans Proteins & Fats 1/2 cup, cooked Enjoy	Whole Milk (cow) Proteins & Fats 1/2 cup FS Enjoy
Yogurt (cow, plain) Proteins & Fats 1/2 cup FS Minimize	

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My Foods

Fruits & Grains 5 per day

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

Superfood + Enjoy 4 ●●●●
Minimize 1 ●

Amaranth Fruits & Grains 1/2 cup, cooked — Enjoy	Apple (medium, organic) Fruits & Grains 1 whole — Superfood, FS
Apricot Fruits & Grains 3 whole — Enjoy	Banana (small) Fruits & Grains 1 whole — FS, Superfood
Barley Fruits & Grains 3 ounces, cooked — FS, Enjoy	Blackberry Fruits & Grains 1 cup — Enjoy
Blueberry Fruits & Grains 1 cup — FS, Enjoy	Boysenberry Fruits & Grains 1 cup — Enjoy
Breadfruit Fruits & Grains 1 cup, sliced — Minimize	Buckwheat Fruits & Grains 1/2 cup, cooked — Enjoy

Bulgur Fruits & Grains 1/2 cup, cooked FS Enjoy	Cantaloupe Fruits & Grains 1 cup, diced Enjoy
Cassava Fruits & Grains 1/2 cup, sliced Enjoy	Cherry (organic) Fruits & Grains 1 cup Enjoy
Corn Tortilla (organic, non-GMO) Fruits & Grains 1 tortilla Enjoy FS	Couscous Fruits & Grains 1/2 cup, cooked FS Minimize
	Cranberry Fruits & Grains 1/2 cup Superfood
Currant Fruits & Grains 1 cup Enjoy	Dates Fruits & Grains 2 whole Minimize
Dragon Fruit Fruits & Grains 1 cup, diced Enjoy	Elderberry Fruits & Grains 1 cup Enjoy
Fig Fruits & Grains 2 whole Minimize	Goji Berry Fruits & Grains 1/2 cup Enjoy
Gooseberry Fruits & Grains 1 cup Enjoy	Grapefruit Fruits & Grains 1 whole Superfood
Grapes (organic) Fruits & Grains 1 cup FS Minimize	Guava Fruits & Grains 2 whole Enjoy

Honeydew Melon Fruits & Grains 1 cup, sliced	Enjoy	Huckleberry Fruits & Grains 1 cup	Enjoy
Jackfruit Fruits & Grains 1 cup	Minimize	Kamut Fruits & Grains 1/2 cup, cooked	FS 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	Enjoy
Marionberry Fruits & Grains 1 cup	Enjoy	Millet Fruits & Grains 1/2 cup, cooked	Enjoy
Mulberries Fruits & Grains 1 cup	Enjoy	Nectarine (organic) Fruits & Grains 1 whole	Enjoy
Oats Fruits & Grains 1/2 cup, cooked	FS Enjoy	Orange Fruits & Grains 1 whole	FS Enjoy

Papaya Fruits & Grains 1 cup, sliced	Superfood	Passionfruit Fruits & Grains 3/4 cup	Enjoy
Peach Fruits & Grains 1 whole	Enjoy	Pear (organic) Fruits & Grains 1 whole	Enjoy
Persimmon Fruits & Grains 2 whole	Enjoy	Pineapple Fruits & Grains 1 cup	Enjoy
Plantain Fruits & Grains 1/2 cup	Enjoy	Plum Fruits & Grains 3 whole	Enjoy
Pomegranate Fruits & Grains 1 half	Enjoy	Prunes Fruits & Grains 6 whole	Minimize
Pummelo Fruits & Grains 1 half	Minimize	Quinoa Fruits & Grains 1/2 cup, cooked	Enjoy
Raspberry Fruits & Grains 1 cup	Superfood	Rhubarb Fruits & Grains 1 cup, sliced	Enjoy
Rice Noodles Fruits & Grains 1/2 cup, cooked	FS Minimize	Rye (sprouted bread) Fruits & Grains 1 slice	FS Enjoy
Salmonberry Fruits & Grains 1 cup	Enjoy	Sour Cherries Fruits & Grains 1 1/3 cup	Enjoy

Star Fruit Fruits & Grains 1 cup, sliced	Enjoy	Strawberry (organic) Fruits & Grains 1 cup	FS Enjoy
Triticale Fruits & Grains 1/2 cup, cooked	FS Enjoy	Watermelon Fruits & Grains 1 cup, diced	Minimize
Wheat (sprouted bread) Fruits & Grains 1 slice	FS Enjoy	Wild Rice Fruits & Grains 1/2 cup, cooked	Enjoy

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	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 (brewed) Herbs, Spices & Other 1 cup — Minimize	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	Celery Seed Herbs, Spices & Other 1/4 teaspoon — Enjoy

Chervil Herbs, Spices & Other 1/4 teaspoon	Enjoy	
Cilantro Herbs, Spices & Other 2 tablespoons	Enjoy	
Cloves Herbs, Spices & Other 1/8 teaspoon	Enjoy	
Coconut Water Herbs, Spices & Other 1 cup	Minimize	
Coriander Herbs, Spices & Other 1/4 teaspoon	Enjoy	
Dill (fresh) Herbs, Spices & Other 2 tablespoons	Enjoy	
Fenugreek Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy	
Ginger Herbs, Spices & Other 1 tablespoon	Superfood	FS
Chili Powder Herbs, Spices & Other 1/4 teaspoon	Enjoy	
Cinnamon Herbs, Spices & Other 1/4 teaspoon	FS	Enjoy
Cocoa (unsweetened) Herbs, Spices & Other 1 tablespoon	FS	Enjoy
Coffee (brewed, organic) Herbs, Spices & Other 1 cup	FS	Minimize
Cumin Herbs, Spices & Other 1/4 teaspoon	Enjoy	
Fennel Seed Herbs, Spices & Other 1/4 teaspoon	Enjoy	
Garlic Herbs, Spices & Other 1 clove	FS	Minimize
Grape Leaves Herbs, Spices & Other 4 leaves	Enjoy	
Green Tea (brewed) Herbs, Spices & Other 1 cup	Minimize	

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Herbal Tea (brewed) Herbs, Spices & Other 1 cup	Enjoy	Honey Herbs, Spices & Other 1 teaspoon	Enjoy
Horseradish Herbs, Spices & Other 1 teaspoon	Minimize	Hot Pepper (organic) Herbs, Spices & Other 1/2 teaspoon	Enjoy
Kombucha Herbs, Spices & Other 1 cup	Minimize	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	FS Enjoy	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	FS Enjoy
Peppermint (fresh) Herbs, Spices & Other 1 tablespoon	Enjoy	Poppy Seed Herbs, Spices & Other 1 teaspoon	Enjoy
Rice Milk Herbs, Spices & Other 3/4 cup	FS Minimize	Rosemary (fresh) Herbs, Spices & Other 1 teaspoon	Enjoy

Saffron Herbs, Spices & Other 1/8 teaspoon	Enjoy	Sage Herbs, Spices & Other 1/4 teaspoon	Superfood
Savoury Herbs, Spices & Other 1/4 teaspoon	Enjoy	Sea Salt or Himalayan Salt Herbs, Spices & Other 1/8 teaspoon	Minimize
Spearmint (fresh) Herbs, Spices & Other 1 tablespoon	Enjoy	Stevia Herbs, Spices & Other 1 package	Minimize
Tarragon Herbs, Spices & Other 1/4 teaspoon	Superfood	Thyme Herbs, Spices & Other 1/4 teaspoon	Enjoy
Turmeric Herbs, Spices & Other 1/2 teaspoon	Superfood	Vanilla Extract Herbs, Spices & Other 1/4 teaspoon	Enjoy
Vinegar Herbs, Spices & Other 1 teaspoon	Enjoy	Vinegar Apple Cider Herbs, Spices & Other 1 teaspoon	FS Enjoy
Wheatgrass Herbs, Spices & Other 2 tablespoons	Enjoy	White Tea (brewed) Herbs, Spices & Other 8 ounce	Minimize

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:
L. rhamnosus, L. plantarum, L. bulgaricus, Bifidobacterium species (bifidum, longum, lactis, breve) and inulin

Offered by Klaire Labs, or other vendors.

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

Mixed Polyphenols

Look for supplements with the following ingredients:
Resveratrol, curcumin, green tea, quercetin and pterostilbene

Offered by Thorne, or other vendors.

To promote anti-inflammatory activities for optimum host-microbiome interaction

Butyrate

Look for supplements with the following ingredients:
Butyric acid with magnesium and calcium

Offered by BodyBio, Biotics Research Corp, or other vendors.

To support your gut lining and protect it against any pro-inflammatory or harmful microbial activities

Prebiotic

Look for supplements with the following ingredients:
Fiber with jerusalem artichoke and acacia

Offered by Hyperbiotics, or other vendors.

To help specific microbes in your gut produce short-chain fatty acids, like butyrate, and other beneficial nutrients that can balance the microbiome or counter some of the pro-inflammatory or opportunistic activities

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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 a lab that is not certified by CLIA conduct testing. The quality of sequencing is monitored and approved by Viome Inc. Contact Viome for any further questions.

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VIOME

DEMO TWO'S RECOMMENDATIONS

VERSION: 1.14.2