

# 2310120326 - GUT ZOOMER DEMO

FINAL REPORT

Accession ID: 2310120326

Name: 2310120326 - GUT ZOOMER DEMO  
Date of Birth: 01-01-1111  
Gender: Male  
Age: 01  
Height:  
Weight:  
Fasting: UNKNOWN

Telephone: 000-000-0000  
Street Address:  
Email:

## Provider Information

Practice Name: DEMO CLIENT, MD  
Provider Name: DEMO CLIENT, MD  
Phlebotomist: 0

Telephone: 000-000-0000  
Address: 3521 Leonard Ct, Santa Clara, CA 95054

## Report Information

Current Result Previous Result In Control Moderate Risk

## Specimen Information

Sample Type	Collection Time	Received Time	Report	Final Report Date
Stool	2023-10-19 00:00 (PDT)	2023-10-20 14:44 (PDT)	Gut Zoomer - P2	2023-11-02 11:29 (PDT)
Unpreserved Stool	2023-10-19 00:00 (PDT)	2023-10-20 14:44 (PDT)	Gut Zoomer - P2	2023-11-02 11:29 (PDT)

SAMPLE



3521 Leonard Ct, Santa Clara, CA 95054  
1-866-364-0963 | support@vibrant-america.com | www.vibrant-america.com

TNP Test not performed

R&L Refer to risks and limitations at the end of report

Notes Refer to Lab notes at the end of the table

## INTRODUCTION

Vibrant Wellness is pleased to present to you 'Gut Zoomer' testing to help you make healthy lifestyle choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage general healthy lifestyle choices. Gut Zoomer 3.0 is a health analytics tool based on the gut microbiome which provides potential risks for intestinal permeability, cardiovascular, metabolic, neurological, intestinal, autoimmune, liver, hormonal, and nutritional health conditions. Additionally, it has panels for detection of gut pathogens and digestive markers. It is intended to be used to improve functions associated with a general state of health, and where it is well understood as well as accepted that healthy lifestyle choices may play an important role in these health outcomes.

### Methodology:

Gut Zoomer is split into 3 sections - Gut Pathogens, Gut Commensal, and Digestive Markers. Gut Pathogens, Gut Commensal uses real-time PCR Assay designed for semi-quantitative and qualitative detection of group-specific DNA in clinical stool samples. The Vibrant Gut Digestive panel test is a quantitative assay that detects Calprotectin, Anti-gliadin, Eosinophil Protein X, Lactoferrin, Zonulin, Lysozyme, MMP 9, Pancreatic Elastase 1, S100A12, and sIgA levels with multiplexed sandwich chemiluminescence immunoassay methodology. ELISA (enzyme-linked immunosorbent assay) methodology is used for detecting pH, and Fecal Occult blood. Tandem mass spectrometry methodology (LC-MS/MS) is used for detecting Fatty acids markers and Bile acid markers.

### Interpretation of Report:

The following terminologies are used consistently in the report and are explained below.

**Gut Diversity** is an indicator for the amount of individual bacteria from each of the bacterial species present in your gut microbiome. There are two indices calculated including Shannon's Index (Scale 0-3) and Simpson's Index (Scale 0-1). For both calculations, higher index value represents increased diversity of species. While Shannon's is a better indicator of 'Richness' of the diversity, Simpson's is a better indicator of 'Evenness'. The calculated Index values are surrounded with a risk indicator (Green – high diversity, Yellow – moderate diversity, and Red – low diversity).

**Gut Phyla** distribution is displayed in a pie chart with each pie representing the % of individual phyla tested.

Key Ratios are calculated and displayed comprising of F/B (Firmicutes to Bacteroidetes ratio) and P/B (Prevotella to Bacteroides ratio), along with the corresponding risk indicator.

**Gut Commensal** bacteria is represented using relative abundance values. Relative abundance is the percent composition of an organism of a particular kind relative to the total number of organisms in your gut microbiome. The abundance of individual bacterial phylum/family/genus/species is calculated by comparing the relative abundance to the healthy reference range. Reference ranges have been established using results from 200 healthy individuals.

The abundance is always mentioned in the report along with the potential associated risks; however, it is applicable only when indicated in RED. Associated probiotic tests are displayed in each panel with suggestions based on potential associated risks.

**Gut Pathogens** comprising of pathogenic bacteria, parasites, virus, and fungi are indicated as DETECTED or NOT DETECTED along with the levels in respective units. Worm and antibiotic resistance gene testing are displayed as DETECTED or NOT DETECTED based on the test result.

**Inflammation and Digestive Insufficiency** markers are displayed along with a risk indicator and the corresponding reference range for each test calculated using results from 200 healthy individuals.

Vibrant Wellness is a personalized health analytics company founded out of our passion to serve patients and providers. The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. All testing offered by Vibrant Wellness is performed by Vibrant America, a CLIA certified lab CLIA#:05D2078809 and Vibrant Genomics, a CLIA certified lab CLIA#: 05D2098445. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at [www.vibrant-wellness.com](http://www.vibrant-wellness.com). By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your healthcare provider for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Comments provided by Vibrant Wellness are for educational purposes only and are not intended to be used as or substituted for medical advice. We do not treat or cure medical conditions. Vibrant Wellness does not replace the care of a medical practitioner or counselor and does not recommend self-diagnosis or self-medication. Depending on the nature of your testing, if you receive a high risk or moderate risk result, confirmatory testing may be recommended, and you will be encouraged to seek medical attention for additional follow up. Vibrant Wellness shall not be liable to you or anyone else for loss or injury caused in whole or part by procuring, compiling, interpreting, delivering, or reporting information through this report. Also, in no event shall Vibrant Wellness be held liable to you or anyone else for any decisions made or action taken or not taken by you in reliance on such information.

### Please note:

Consider all supplements in relation to medical history and symptoms. Not all recommended supplements are appropriate in all individual cases. It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric ranges have not been established for these tests.

## Gut Diversity

INDEX	Reference	Current	Previous	PHYLA
Simpson's Index	≥ 0.74	0.58	0.66 (04-20-2023)	<ul style="list-style-type: none"> <li>9.7% Proteobacteria</li> <li>53.9% Firmicutes</li> <li>2.7% Actinobacteria</li> <li>0.0% Euryarchaeota</li> <li>0.5% Fusobacteria</li> <li>0.1% Verrucomicrobia</li> <li>33.1% Bacteroidetes</li> </ul>
Shannon's Index	≥ 2.40	2.5	1.2 (04-20-2023)	

KEY RATIOS	Current	Previous	Result	Reference
Firmicutes/Bacteroidetes	1.6	3.2 (04-20-2023)		≤0.9
Prevotella/Bacteroides	1.49	>2.5 (04-20-2023)		≥0.48

## Gut Commensals

Test Name	Current	Previous	Reference	Test Name	Current	Previous	Reference
SIBO	2.7	2.7 (04-20-2023)	≤2.0	Autoimmune health	2.2	2.4 (04-20-2023)	≤2.0
Neurological health	2.1	2.3 (04-20-2023)	≤2.0	IBS	3.3	3.0 (04-20-2023)	≤2.0
Intestinal permeability	1.6	1.9 (04-20-2023)	≤2.0	Cardiovascular health	1.5	1.7 (04-20-2023)	≤2.0
Metabolic health	2.0	2.3 (04-20-2023)	≤2.0	Nutrition	0.9	1.1 (04-20-2023)	≤2.0
Liver health	1.9	2.9 (04-20-2023)	≤2.0	IBD	1.7	1.4 (04-20-2023)	≤2.0
Hormones	0.8	0.8 (04-20-2023)	≤2.0				



## INFLAMMATION MARKERS

Test Name	Current	Previous	Result	Reference
Beta defensin 2 (ng/mL)	100.8	89.5 (04-20-2023)		≤34.9
S100A12 (mcg/ml)	82.0	100.2 (04-20-2023)		≤50.0


## DIGESTIVE INSUFFICIENCY AND MALABSORPTION MARKERS

ENZYME INSUFFICIENCY	Current	Previous	Result	Reference
Pancreatic elastase 1 (mcg/g)	106.5	118.1 (04-20-2023)		≥200.0


## DIGESTIVE INSUFFICIENCY AND MALABSORPTION MARKERS

FAT MALABSORPTION	Current	Previous	Result	Reference
Total Fecal Fat (mg/g)	41.3	38.6 (04-20-2023)		2.9-37.5
Total Phospholipids (mg/g)	6.9	7.8 (04-20-2023)		0.3-6.4

## GUT METABOLITES

BILE ACID METABOLITES	Current	Previous	Result	Reference
Cholic acid (CA) (%)	0.47	0.61 (04-20-2023)		≤0.36

## OTHER MARKERS

Test Name	Current	Previous	Result	Reference
slgA (mcg/g)	2617.0	2107.4 (04-20-2023)		426.0-1450.0

## GUT PATHOGENS

No markers are outside the normal reference range

## Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab and Vibrant Genomics, a CLIA and CAP certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Gut Zoomer testing is performed at Vibrant Genomics and Vibrant America utilizing ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

Tested individuals should not change their diet, physical activity, or any medical treatments they are currently using based on the results without consulting their personal health care provider. The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions. Tested individuals may find their experience is not consistent with Vibrant's selected peer reviewed scientific research findings of relative improvement for study groups. The science in this area is still developing and many personal health factors affect diet and health. Since subjects in the scientific studies referenced in this report may have had personal health and other factors different from those of tested individuals, results from these studies may not be representative of the results experienced by tested individuals. Further, some recommendations may or may not be attainable, depending on the tested individual's physical ability or other personal health factors. A limitation of this testing is that many of these scientific studies may have been performed in selected populations only. The interpretations and recommendations are done in the context of these studies, but the results may or may not be relevant to tested individuals of different or mixed ethnicities. Please note that pediatric ranges have not been established for these tests. Interference studies have not been established for individuals on immunosuppressive drugs.

Based on test results and other medical knowledge of the tested individual, health care providers might consider additional independent testing, or consult another health care provider or genetic counselor.

Vibrant Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of supplementation or dietary changes.

Vibrant America/Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of supplementation, dietary or lifestyle changes. A summary of the test information that allows the user to understand how the test works and how to interpret the results of the test is provided at the start of the test report.