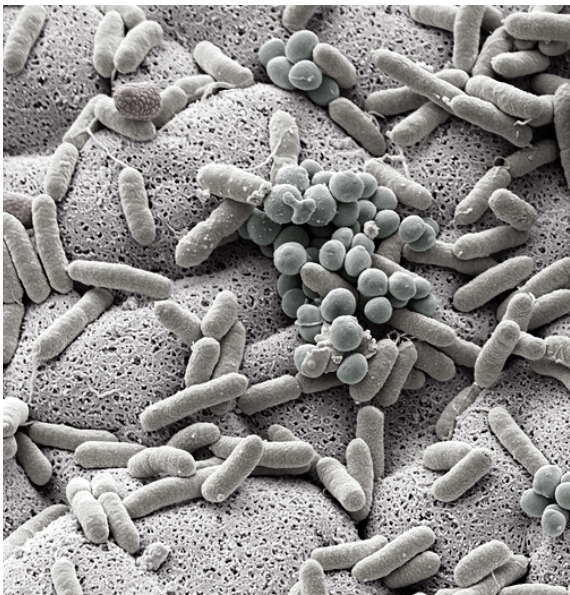


Test kit: Microbiome

ORY ANALYSIS – STOOL TEST



What influence does the microbiome have on our health?

The intestinal microbiome describes the totality of microorganisms living in the digestive tract. To date, more than 1,000 different species of bacteria have been described that may be native to the intestinal tract of humans. The knowledge of science is constantly growing and not without reason! It is becoming increasingly clear,

the importance of a diversely populated intestine for our health.

Our intestinal bacteria utilize the food we eat, produce important vitamins and manufacture short-chain fatty acids, which in turn serve as food for our intestinal mucosal cells. They also promote intestinal peristalsis and keep the environment constant.

When is a microbiome examination useful?

Every person has a very individual microbiome. This is already shaped by birth and subsequently by our eating habits and living conditions.

Unfortunately, in our stressful everyday lives we are not always able to take care of our "housemates". Hasty, one-sided diets with lots of fast food, chronic stress and overload in our work and private lives, or the use of medications can damage our microbiome and cause it to become permanently imbalanced. It is important to look not only at the diversity, but also at the relationship between the bacteria. This aspect is another basis for a healthy intestinal flora.

Causes microbiome loss:

- Hygiene standards:
- Less living together with others
- Nutrition
- Antibiotics
- Cesarean sections
- lack of breastfeeding

Symptoms of imbalance:

- Feeling of fullness
- Flatulence
- Diarrhea
- Constipation
- Deficiency symptoms

TEST INSTRUCTIONS



CHECK

- Requirement sheet + instructions for performing
- Stool collection aid
- 2 sample tubes with spoon integrated into the lid + 2 transport tubes
- Postage box + adhesive tape for secure closure



TEST INSTRUCTIONS

- Place the enclosed stool collection aid in the toilet bowl
- Place the enclosed stool collector in the toilet bowl
- Catch your stool with it
- Take samples from several places with the spoon and fill both sample tubes with them (maximum height). Screw the lid (including the spoon) back onto the tubes and put them into the short transport tubes.



PACKING AND SHIPPING

Please put the sample tubes into the transport tubes and together with the completed request form into the shipping bag and bring it to the mailbox or post office. Shipping envelope does not need to be stamped.

Important Note: Please do not ship on Friday (weekend) or before holidays!



Done! You will receive an email when your results are in.