VIOME



BENNY SMALL'S RECOMMENDATIONS

\'IOME

Dear Benny Small,

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: Benny Small

Customer Name: Benny Small

DOB: 12/10/1980 Gender: Male

Customer Id: 52745e14

Sample Source:

Date Collected: Not Available

Date Received:

Date Issued: Not Available Sample ID: 131631830590176

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

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?



Viome, Inc.

support@viome.com

DOB: 12/10/1980

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.

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.

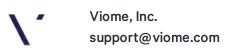
Listen to your body

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.



DOB: 12/10/1980

My Foods



Vegetables

52 recommended vegetables1 avoid vegetables4 servings of vegetables per day



Proteins & Fats

57 recommended proteins & fats1 avoid proteins & fats3 servings of proteins & fats per day



Fruits & Grains

49 recommended fruits & grains2 avoid fruits & grains4 servings of fruits & grains per day



Herbs, Spices & Other

52 recommended herbs, spices & other 0 avoid herbs, spices & other 4 servings of herbs, spices & other per day

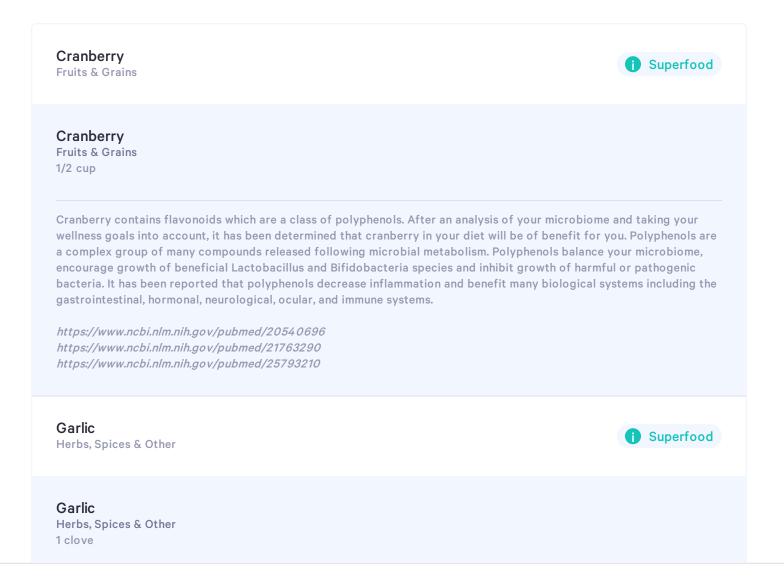


DOB: 12/10/1980

My Superfoods

We recommend you eat more of these foods

These foods provide the most benefit to your gut health and biodiversity.





DOB: 12/10/1980

Garlic contains allicin which is a thiosulfinate. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that garlic in your diet will be helpful for you. Allicin promotes richness and diversity of your microbiome, specifically by promoting the activity of Bacteroidetes and Firmicutes species. It has been reported that allicin is anti-viral, anti-bacterial and antioxidant. Allicin also has many health benefits ranging from cancer prevention to neurological health.

https://www.ncbi.nlm.nih.gov/pubmed/28326446 https://www.ncbi.nlm.nih.gov/pubmed/10594976 https://www.ncbi.nlm.nih.gov/pubmed/29756325 https://www.ncbi.nlm.nih.gov/pubmed/29477429

Kale

Vegetables



Kale

Vegetables

1 cup

Kale contains fiber which is a complex carbohydrate. After an analysis of your microbiome and taking your questionnaire data into account, it has been determined that kale in your diet will be beneficial 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.

https://www.ncbi.nlm.nih.gov/pubmed/28230737 https://www.ncbi.nlm.nih.gov/pubmed/15173415 https://www.ncbi.nlm.nih.gov/pubmed/29902436

Sauerkraut

Vegetables



Sauerkraut

Vegetables

1 cup



DOB: 12/10/1980

Sauerkraut contains probiotics which are beneficial microbes. After an analysis of your microbiome and taking your wellness goals into account, it has been determined that sauerkraut in your diet will be of benefit for you. Probiotics restore and promote diversity and balance in your microbiome. This helps to decrease and prevent inflammation, manage symptoms of gastrointestinal distress, promote regularity, and balance your immune responses. A diverse microbiome also optimizes conversion of dietary nutrients to enhance your health.

https://www.ncbi.nlm.nih.gov/pubmed/23320049 https://www.hindawi.com/journals/jfq/2017/5123572/

Watermelon

Fruits & Grains



Watermelon

Fruits & Grains 1 cup, diced

Melon contains vitamin C which is a water-soluble vitamin. After an analysis of your microbiome and taking your data into account, it has been determined that melon in your diet will be of benefit for you. Vitamin C impacts the activity, enzyme production, immune system regulation and nutrient absorption which are just some of the responsibilities of your gut microbiome. Research shows that vitamin C affects the function of Bifidobacterium and Clostridium species. Vitamin C is a powerful antioxidant, can protect against cardiovascular disease, boost immunity, promote nutrient utilization and help fight vision loss.

https://www.ncbi.nlm.nih.gov/pubmed/29941777 https://www.ncbi.nlm.nih.gov/pubmed/28094305 https://www.ncbi.nlm.nih.gov/pubmed/14498993

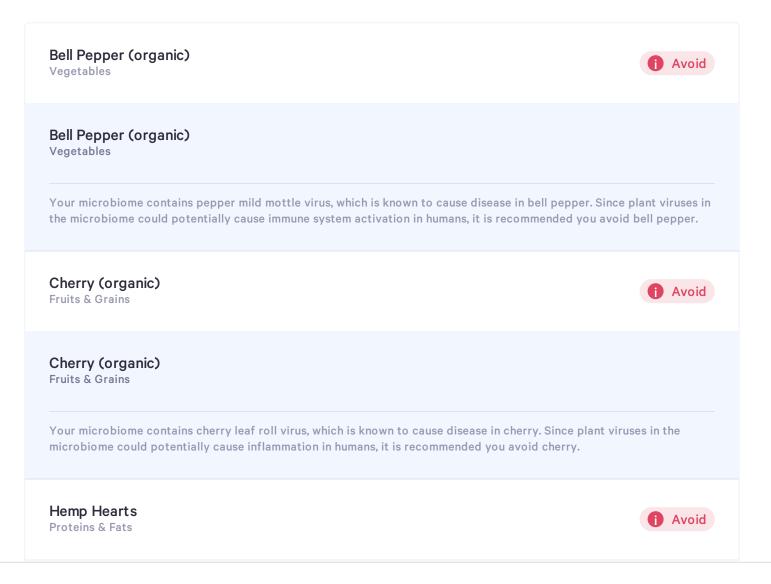


DOB: 12/10/1980

My Foods to Avoid

We recommend you avoid these foods

These foods are unhealthy for your gut health and biodiversity.





DOB: 12/10/1980

Hemp Hearts

Proteins & Fats

Your microbiome contains Cannabis cryptic virus, which is known to cause disease in hemp hearts. Since plant viruses in the microbiome could potentially cause inflammatory symptoms in humans, it is recommended you avoid hemp hearts.

Rice Noodles

Fruits & Grains



Rice Noodles

Fruits & Grains

Your data indicates that you are likely to have an increased blood sugar response to rice noodles. Try substituting cabbage instead.



DOB: 12/10/1980

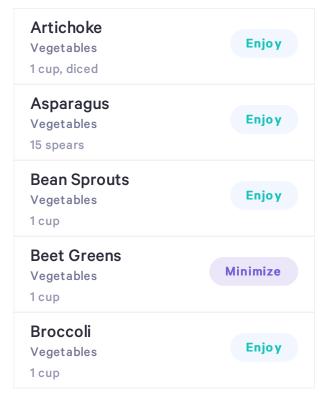
My Foods

Vegetables 4 per day

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

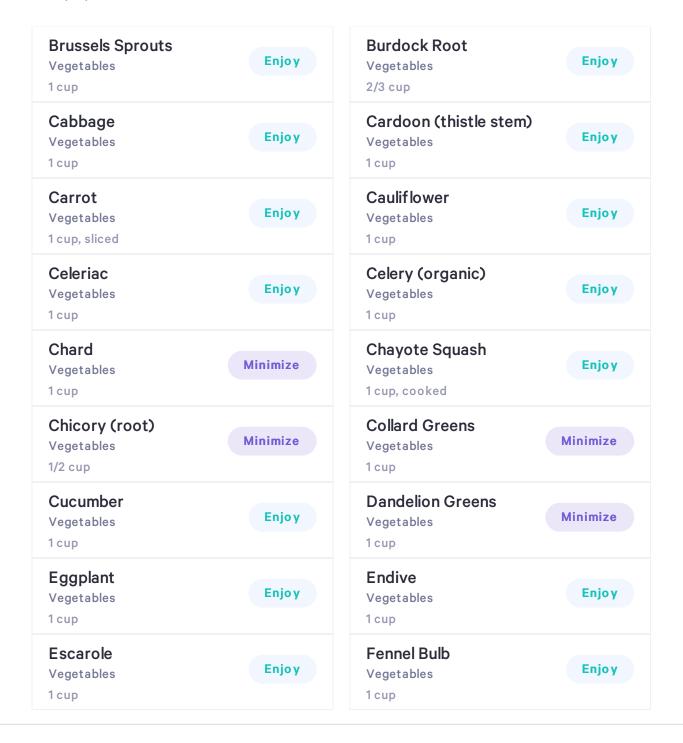
Superfood + Enjoy 3 ••• Minimize 1 •

Alfalfa Sprouts Vegetables 1 cup	Enjoy
Arugula Vegetables 1 cup	Enjoy
Bamboo Shoots Vegetables 1 cup, sliced	Enjoy
Beet Vegetables 1 cup	Minimize
Bok Choy Vegetables 1 cup	Enjoy



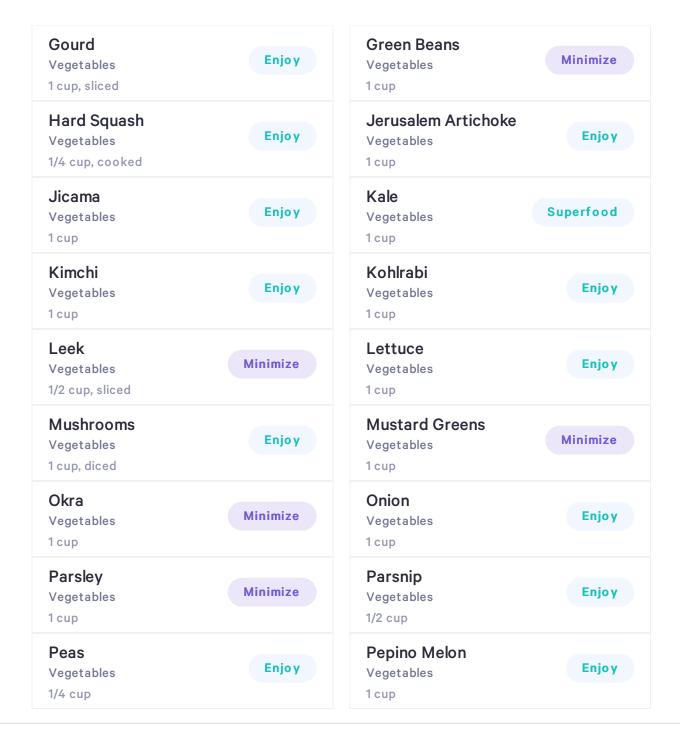


DOB: 12/10/1980



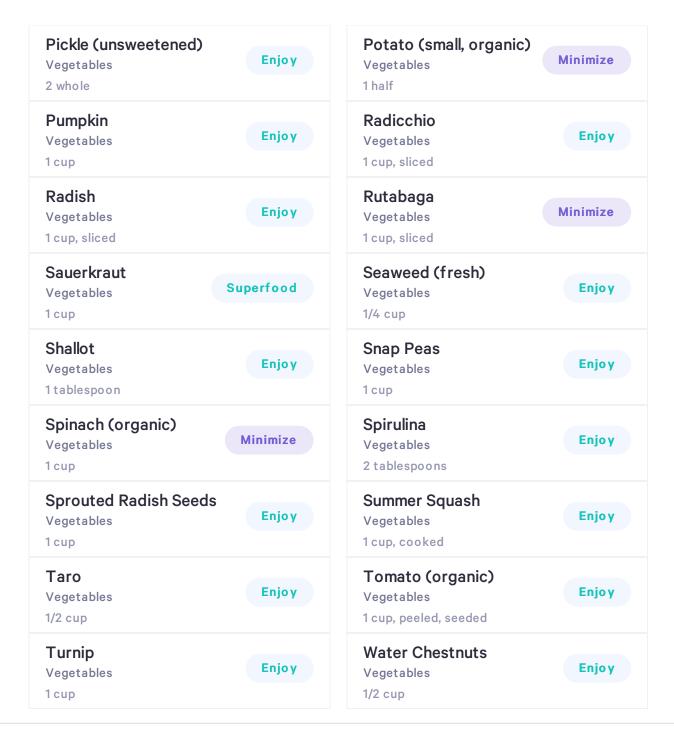


DOB: 12/10/1980



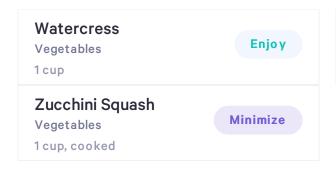


DOB: 12/10/1980





DOB: 12/10/1980





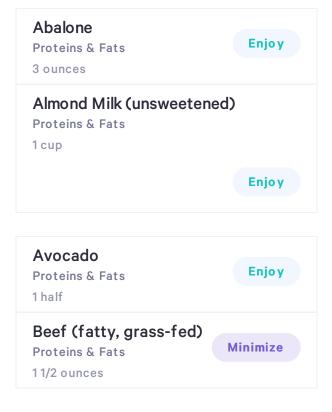
DOB: 12/10/1980

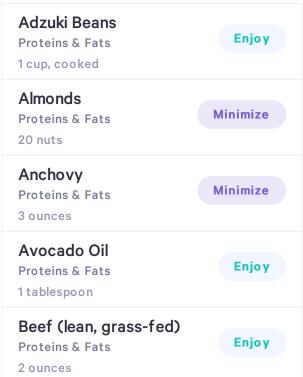
My Foods

Proteins & Fats 3 per day

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

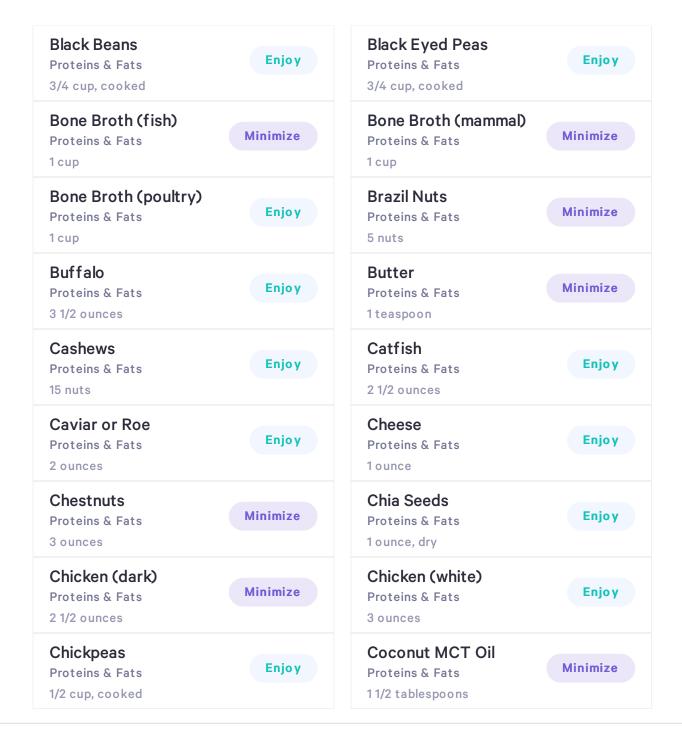
Superfood + Enjoy 2 •• Minimize 1 •





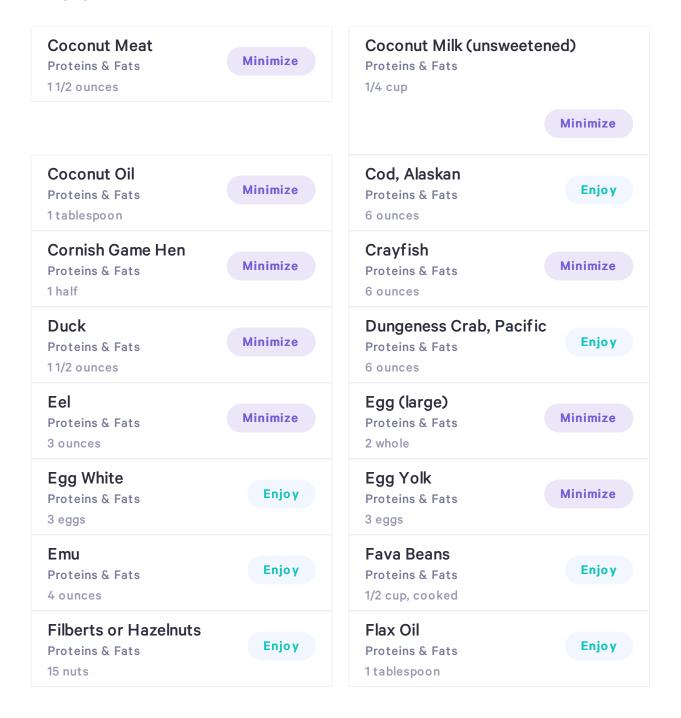


DOB: 12/10/1980



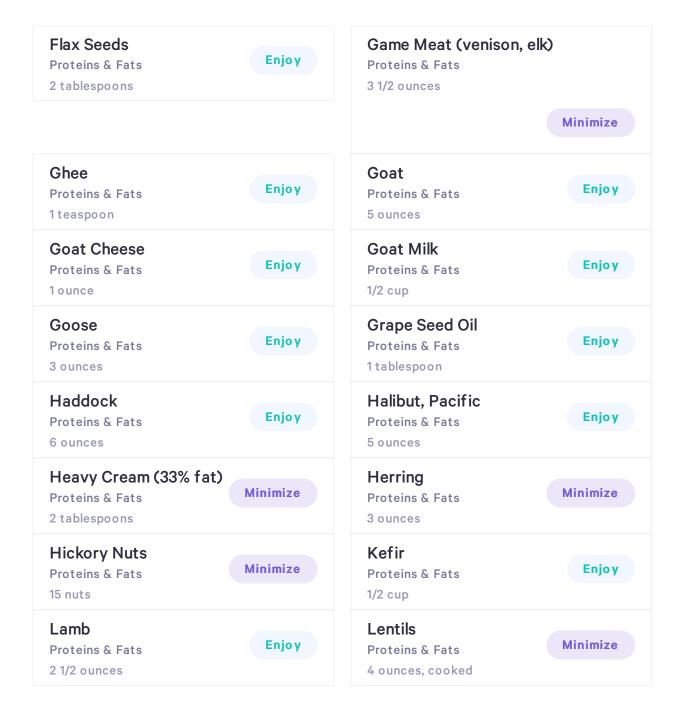


DOB: 12/10/1980



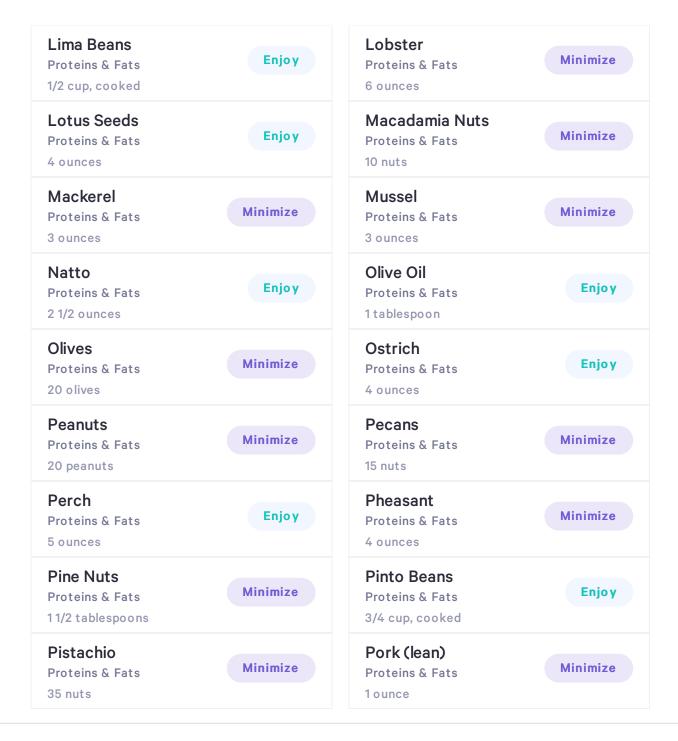


DOB: 12/10/1980



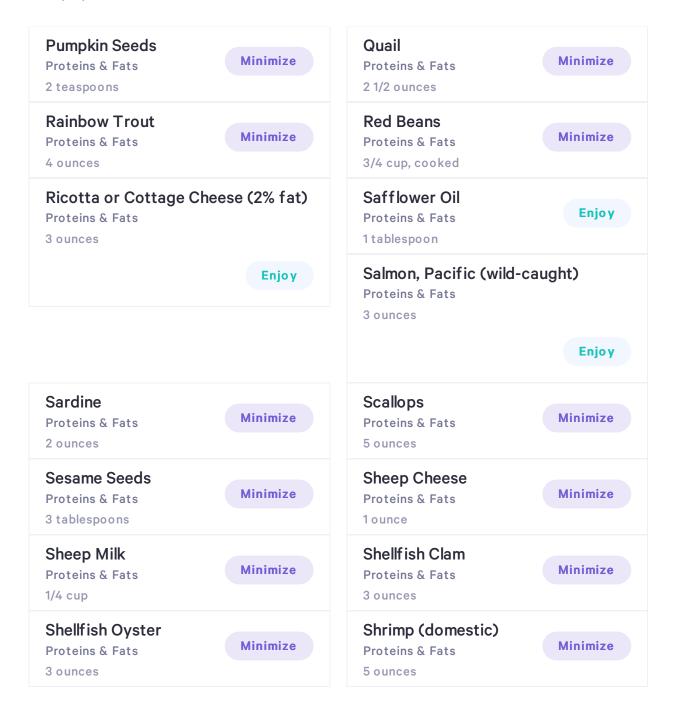


DOB: 12/10/1980



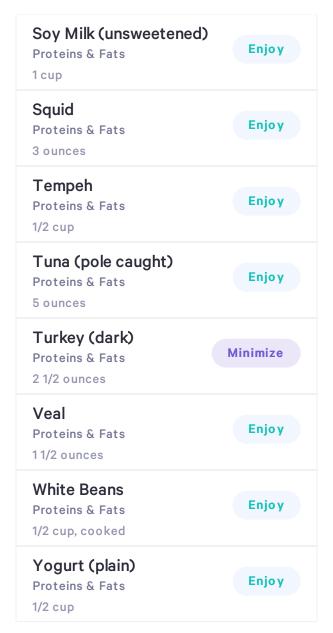


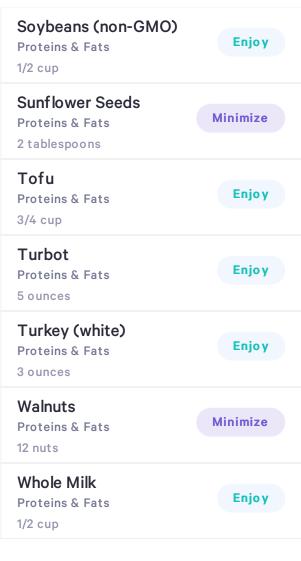
DOB: 12/10/1980





DOB: 12/10/1980







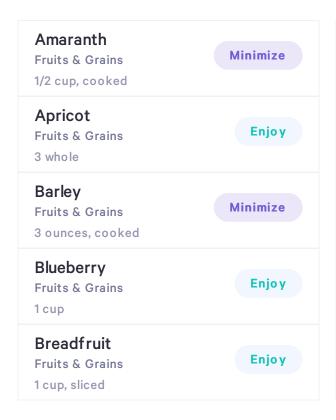
DOB: 12/10/1980

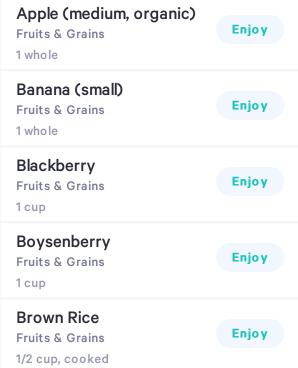
My Foods

Fruits & Grains 4 per day

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

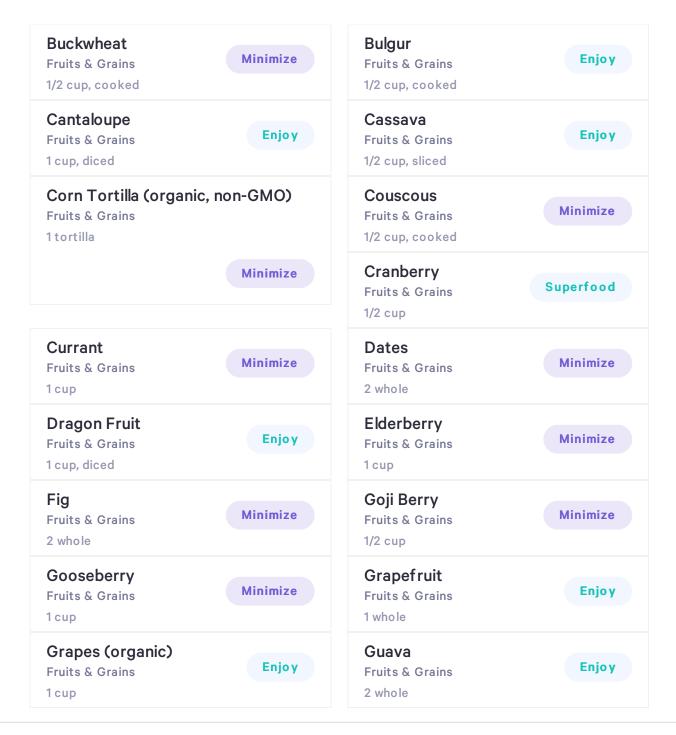
Superfood + Enjoy 3 •••
Minimize 1 •





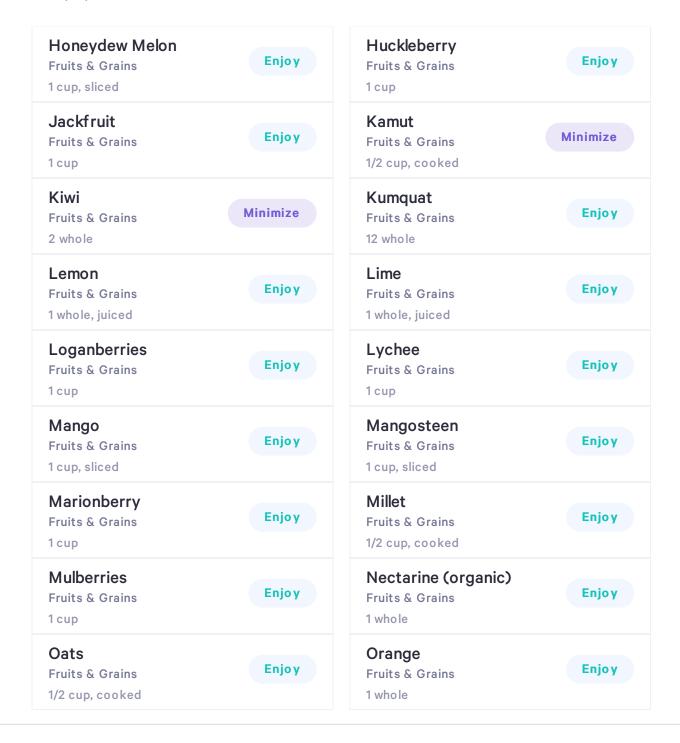


DOB: 12/10/1980



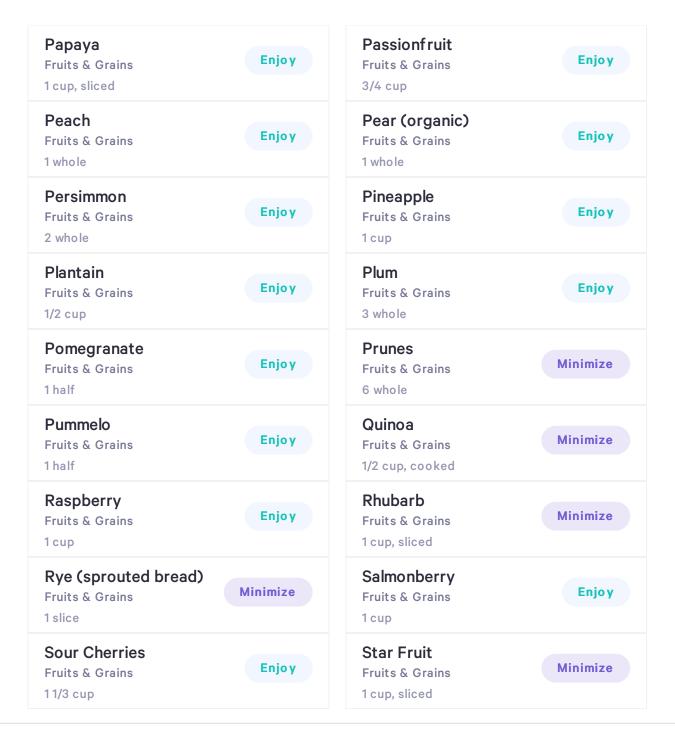


DOB: 12/10/1980



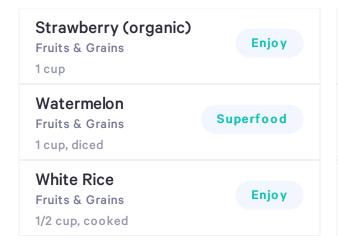


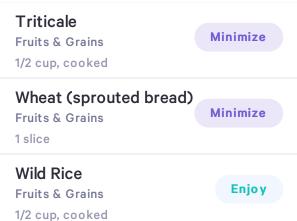
DOB: 12/10/1980





DOB: 12/10/1980





DOB: 12/10/1980

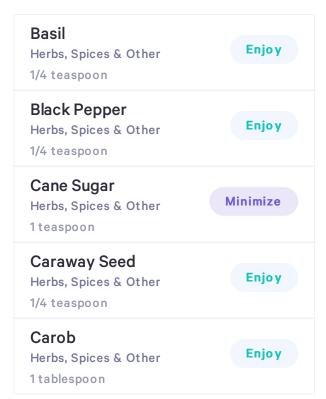
My Foods

Herbs, Spices & Other 4 per day

We recommend you break your daily Herbs, Spices & Other intake by the following amounts

Superfood + Enjoy 3 ••• Minimize 1 •

Allspice Herbs, Spices & Other 1/4 teaspoon	Enjoy
Bay Leaf Herbs, Spices & Other 1/4 teaspoon	Enjoy
Black Tea (brewed) Herbs, Spices & Other 1 cup	Enjoy
Capers Herbs, Spices & Other 1 teaspoon	Enjoy
Cardamom Herbs, Spices & Other 1/4 teaspoon	Enjoy





DOB: 12/10/1980

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

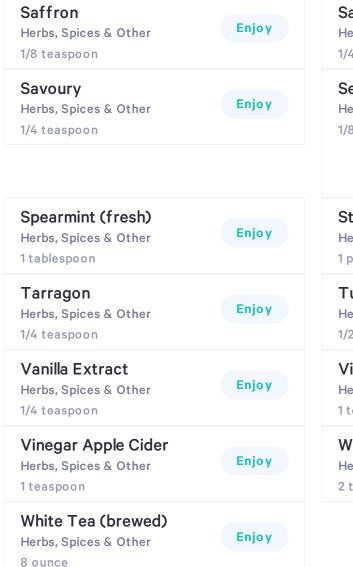


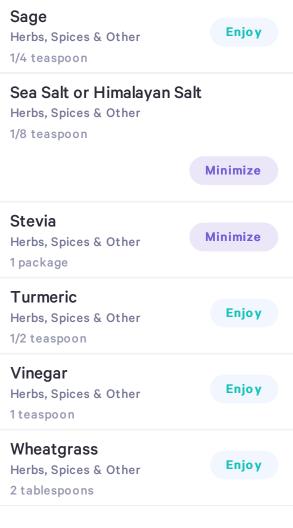
DOB: 12/10/1980

Green Tea (brewed) Herbs, Spices & Other 1 cup	Herbal Tea (brewed) Herbs, Spices & Other 1 cup
Honey Herbs, Spices & Other 1 teaspoon	Horseradish Herbs, Spices & Other 1 teaspoon
Hot Pepper (organic) Herbs, Spices & Other 1/2 teaspoon	Mace Herbs, Spices & Other 1/8 teaspoon
Maple Syrup Herbs, Spices & Other 1 teaspoon	Marjoram Herbs, Spices & Other 1/8 teaspoon
Miso Herbs, Spices & Other 1 teaspoon	Molasses Herbs, Spices & Other 1 teaspoon
Mustard Seed Herbs, Spices & Other 1/4 teaspoon	Nutmeg Herbs, Spices & Other 1/4 teaspoon
Oregano Herbs, Spices & Other 1/4 teaspoon	Paprika Herbs, Spices & Other 1/4 teaspoon
Peppermint (fresh) Herbs, Spices & Other 1 tablespoon	Poppy Seed Herbs, Spices & Other 1 teaspoon
Rice Milk Herbs, Spices & Other 3/4 cup	Rosemary (fresh) Herbs, Spices & Other 1 teaspoon



DOB: 12/10/1980



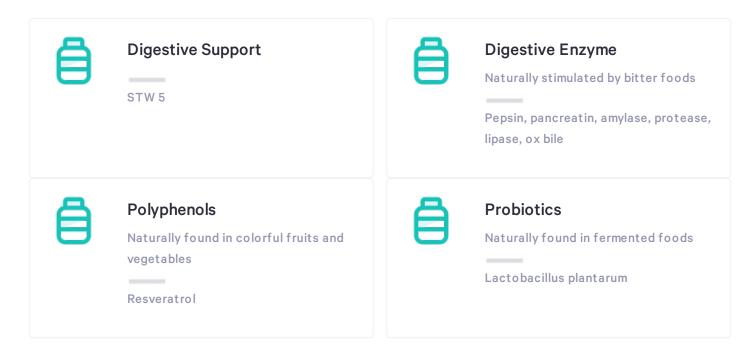


DOB: 12/10/1980

Supplements

The elements required for a healthy microbiome can be found in food but can be enhanced with dietary supplements.

Look for supplements with the following ingredients:



Viome recommendations are not evaluated or approved by FDA and are not required to be approved by FDA. The recommended food and supplements are intended to support general wellbeing and are not intended to treat, diagnose, mitigate, prevent, or cure any condition or disease. Please seek advice from your medical doctor and check all ingredients for a known allergy or sensitivity prior to taking



DOB: 12/10/1980

Viome Methodology

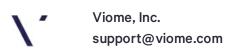
Microbial total RNA is extracted, ribosomal RNA molecules are removed from total RNA, and the remaining RNA molecules are sequenced on Illumina NextSeq or NovaSeq. Proprietary bioinformatics algorithms are used to perform taxonomic classification and functional analysis of the sequencing data.

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 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 CLIA certified (32D2156145) to perform high complexity testing. Sequencing was performed at The OMRF Clinical Genomics Center (CLIA 37D2111727). Contact Viome for any further questions.



\'IOME

BENNY SMALL'S RECOMMENDATIONS

VERSION: 2.2.1