

VIOME

V' I O M E

BENNY SMALL'S RECOMMENDATIONS

V I O M E

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 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?



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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.



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My Foods



Vegetables

52 recommended vegetables

1 avoid vegetables

4 servings of vegetables per day



Proteins & Fats

57 recommended proteins & fats

1 avoid proteins & fats

3 servings of proteins & fats per day



Fruits & Grains

49 recommended fruits & grains

2 avoid fruits & grains

4 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



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My Superfoods

We recommend you eat more of these foods

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

<div><div>Cranberry</div><div>Fruits & Grains</div></div> <div><div><div>i</div>Superfood</div></div>
<div><div>Cranberry</div><div>Fruits & Grains</div><div>1/2 cup</div></div> <div><p>Cranberry contains flavonoids which are a class of polyphenols. After an analysis of your microbiome and taking your wellness goals into account, it has been determined that cranberry in your diet will be of benefit 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. It has been reported that polyphenols decrease inflammation and benefit many biological systems including the gastrointestinal, hormonal, neurological, ocular, and immune systems.</p><p>https://www.ncbi.nlm.nih.gov/pubmed/20540696 https://www.ncbi.nlm.nih.gov/pubmed/21763290 https://www.ncbi.nlm.nih.gov/pubmed/25793210</p></div>
<div><div>Garlic</div><div>Herbs, Spices & Other</div></div> <div><div><div>i</div>Superfood</div></div>
<div><div>Garlic</div><div>Herbs, Spices & Other</div><div>1 clove</div></div>

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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

 Superfood

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

 Superfood

Sauerkraut
Vegetables
1 cup



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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

 Superfood

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>



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My Foods to Avoid

We recommend you avoid these foods

These foods are unhealthy for your gut health and biodiversity.

<div><div>Bell Pepper (organic)</div><div>Vegetables</div></div> <div><div><div>i</div>Avoid</div></div>
<div><div>Bell Pepper (organic)</div><div>Vegetables</div></div> <div><div>Your microbiome contains pepper mild mottle virus, which is known to cause disease in bell pepper. Since plant viruses in the microbiome could potentially cause immune system activation in humans, it is recommended you avoid bell pepper.</div></div>
<div><div>Cherry (organic)</div><div>Fruits & Grains</div></div> <div><div><div>i</div>Avoid</div></div>
<div><div>Cherry (organic)</div><div>Fruits & Grains</div></div> <div><div>Your microbiome contains cherry leaf roll virus, which is known to cause disease in cherry. Since plant viruses in the microbiome could potentially cause inflammation in humans, it is recommended you avoid cherry.</div></div>
<div><div>Hemp Hearts</div><div>Proteins & Fats</div></div> <div><div><div>i</div>Avoid</div></div>

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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

 **Avoid**

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.



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My Foods

Vegetables 4 per day

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

Superfood + Enjoy 3 ●●●
Minimize 1 ●

<div>Alfalfa Sprouts</div> <div>Vegetables</div> <div>1 cup</div> <div>Enjoy</div>	<div>Artichoke</div> <div>Vegetables</div> <div>1 cup, diced</div> <div>Enjoy</div>
<div>Arugula</div> <div>Vegetables</div> <div>1 cup</div> <div>Enjoy</div>	<div>Asparagus</div> <div>Vegetables</div> <div>15 spears</div> <div>Enjoy</div>
<div>Bamboo Shoots</div> <div>Vegetables</div> <div>1 cup, sliced</div> <div>Enjoy</div>	<div>Bean Sprouts</div> <div>Vegetables</div> <div>1 cup</div> <div>Enjoy</div>
<div>Beet</div> <div>Vegetables</div> <div>1 cup</div> <div>Minimize</div>	<div>Beet Greens</div> <div>Vegetables</div> <div>1 cup</div> <div>Minimize</div>
<div>Bok Choy</div> <div>Vegetables</div> <div>1 cup</div> <div>Enjoy</div>	<div>Broccoli</div> <div>Vegetables</div> <div>1 cup</div> <div>Enjoy</div>



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Brussels Sprouts Vegetables 1 cup Enjoy	Burdock Root Vegetables 2/3 cup Enjoy
Cabbage Vegetables 1 cup Enjoy	Cardoon (thistle stem) Vegetables 1 cup Enjoy
Carrot Vegetables 1 cup, sliced Enjoy	Cauliflower Vegetables 1 cup Enjoy
Celeriac Vegetables 1 cup Enjoy	Celery (organic) Vegetables 1 cup Enjoy
Chard Vegetables 1 cup Minimize	Chayote Squash Vegetables 1 cup, cooked Enjoy
Chicory (root) Vegetables 1/2 cup Minimize	Collard Greens Vegetables 1 cup Minimize
Cucumber Vegetables 1 cup Enjoy	Dandelion Greens Vegetables 1 cup Minimize
Eggplant Vegetables 1 cup Enjoy	Endive Vegetables 1 cup Enjoy
Escarole Vegetables 1 cup Enjoy	Fennel Bulb Vegetables 1 cup Enjoy



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Gourd Vegetables 1 cup, sliced Enjoy	Green Beans Vegetables 1 cup Minimize
Hard Squash Vegetables 1/4 cup, cooked Enjoy	Jerusalem Artichoke Vegetables 1 cup Enjoy
Jicama Vegetables 1 cup Enjoy	Kale Vegetables 1 cup Superfood
Kimchi Vegetables 1 cup Enjoy	Kohlrabi Vegetables 1 cup Enjoy
Leek Vegetables 1/2 cup, sliced Minimize	Lettuce Vegetables 1 cup Enjoy
Mushrooms Vegetables 1 cup, diced Enjoy	Mustard Greens Vegetables 1 cup Minimize
Okra Vegetables 1 cup Minimize	Onion Vegetables 1 cup Enjoy
Parsley Vegetables 1 cup Minimize	Parsnip Vegetables 1/2 cup Enjoy
Peas Vegetables 1/4 cup Enjoy	Pepino Melon Vegetables 1 cup Enjoy



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Pickle (unsweetened) Vegetables 2 whole Enjoy	Potato (small, organic) Vegetables 1 half Minimize
Pumpkin Vegetables 1 cup Enjoy	Radicchio Vegetables 1 cup, sliced Enjoy
Radish Vegetables 1 cup, sliced Enjoy	Rutabaga Vegetables 1 cup, sliced Minimize
Sauerkraut Vegetables 1 cup Superfood	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 Enjoy
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 Enjoy
Turnip Vegetables 1 cup Enjoy	Water Chestnuts Vegetables 1/2 cup Enjoy



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Watercress

Vegetables

1 cup

Enjoy

Zucchini Squash

Vegetables

1 cup, cooked

Minimize

Yam or Sweet Potato

Vegetables

1/2 cup

Enjoy



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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 ●

<div>Abalone</div> <div>Proteins & Fats</div> <div>3 ounces</div> <div>Enjoy</div>	<div>Adzuki Beans</div> <div>Proteins & Fats</div> <div>1 cup, cooked</div> <div>Enjoy</div>
<div>Almond Milk (unsweetened)</div> <div>Proteins & Fats</div> <div>1 cup</div> <div>Enjoy</div>	<div>Almonds</div> <div>Proteins & Fats</div> <div>20 nuts</div> <div>Minimize</div>
	<div>Anchovy</div> <div>Proteins & Fats</div> <div>3 ounces</div> <div>Minimize</div>
<div>Avocado</div> <div>Proteins & Fats</div> <div>1 half</div> <div>Enjoy</div>	<div>Avocado Oil</div> <div>Proteins & Fats</div> <div>1 tablespoon</div> <div>Enjoy</div>
<div>Beef (fatty, grass-fed)</div> <div>Proteins & Fats</div> <div>1 1/2 ounces</div> <div>Minimize</div>	<div>Beef (lean, grass-fed)</div> <div>Proteins & Fats</div> <div>2 ounces</div> <div>Enjoy</div>



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Black Beans Proteins & Fats 3/4 cup, cooked Enjoy	Black Eyed Peas Proteins & Fats 3/4 cup, cooked Enjoy
Bone Broth (fish) Proteins & Fats 1 cup Minimize	Bone Broth (mammal) Proteins & Fats 1 cup Minimize
Bone Broth (poultry) Proteins & Fats 1 cup Enjoy	Brazil Nuts Proteins & Fats 5 nuts Minimize
Buffalo Proteins & Fats 3 1/2 ounces Enjoy	Butter Proteins & Fats 1 teaspoon Minimize
Cashews Proteins & Fats 15 nuts Enjoy	Catfish Proteins & Fats 2 1/2 ounces Enjoy
Caviar or Roe Proteins & Fats 2 ounces Enjoy	Cheese Proteins & Fats 1 ounce Enjoy
Chestnuts Proteins & Fats 3 ounces Minimize	Chia Seeds Proteins & Fats 1 ounce, dry Enjoy
Chicken (dark) Proteins & Fats 2 1/2 ounces Minimize	Chicken (white) Proteins & Fats 3 ounces Enjoy
Chickpeas Proteins & Fats 1/2 cup, cooked Enjoy	Coconut MCT Oil Proteins & Fats 1 1/2 tablespoons Minimize



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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	Cod, Alaskan Proteins & Fats 6 ounces Enjoy
Cornish Game Hen Proteins & Fats 1 half Minimize	Crayfish Proteins & Fats 6 ounces Minimize
Duck Proteins & Fats 1 1/2 ounces Minimize	Dungeness Crab, Pacific Proteins & Fats 6 ounces Enjoy
Eel Proteins & Fats 3 ounces Minimize	Egg (large) Proteins & Fats 2 whole Minimize
Egg White Proteins & Fats 3 eggs Enjoy	Egg Yolk Proteins & Fats 3 eggs Minimize
Emu Proteins & Fats 4 ounces Enjoy	Fava Beans Proteins & Fats 1/2 cup, cooked Enjoy
Filberts or Hazelnuts Proteins & Fats 15 nuts Enjoy	Flax Oil Proteins & Fats 1 tablespoon Enjoy



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Flax Seeds Proteins & Fats 2 tablespoons Enjoy	Game Meat (venison, elk) Proteins & Fats 3 1/2 ounces Minimize
Ghee Proteins & Fats 1 teaspoon Enjoy	Goat Proteins & Fats 5 ounces Enjoy
Goat Cheese Proteins & Fats 1 ounce Enjoy	Goat Milk Proteins & Fats 1/2 cup Enjoy
Goose Proteins & Fats 3 ounces Enjoy	Grape Seed Oil Proteins & Fats 1 tablespoon Enjoy
Haddock Proteins & Fats 6 ounces Enjoy	Halibut, Pacific Proteins & Fats 5 ounces Enjoy
Heavy Cream (33% fat) Proteins & Fats 2 tablespoons Minimize	Herring Proteins & Fats 3 ounces Minimize
Hickory Nuts Proteins & Fats 15 nuts Minimize	Kefir Proteins & Fats 1/2 cup Enjoy
Lamb Proteins & Fats 2 1/2 ounces Enjoy	Lentils Proteins & Fats 4 ounces, cooked Minimize



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Lima Beans Proteins & Fats 1/2 cup, cooked Enjoy	Lobster Proteins & Fats 6 ounces Minimize
Lotus Seeds Proteins & Fats 4 ounces Enjoy	Macadamia Nuts Proteins & Fats 10 nuts Minimize
Mackerel Proteins & Fats 3 ounces Minimize	Mussel Proteins & Fats 3 ounces Minimize
Natto Proteins & Fats 2 1/2 ounces Enjoy	Olive Oil Proteins & Fats 1 tablespoon Enjoy
Olives Proteins & Fats 20 olives Minimize	Ostrich Proteins & Fats 4 ounces Enjoy
Peanuts Proteins & Fats 20 peanuts Minimize	Pecans Proteins & Fats 15 nuts Minimize
Perch Proteins & Fats 5 ounces Enjoy	Pheasant Proteins & Fats 4 ounces Minimize
Pine Nuts Proteins & Fats 1 1/2 tablespoons Minimize	Pinto Beans Proteins & Fats 3/4 cup, cooked Enjoy
Pistachio Proteins & Fats 35 nuts Minimize	Pork (lean) Proteins & Fats 1 ounce Minimize



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Pumpkin Seeds Proteins & Fats 2 teaspoons Minimize	Quail Proteins & Fats 2 1/2 ounces Minimize
Rainbow Trout Proteins & Fats 4 ounces Minimize	Red Beans Proteins & Fats 3/4 cup, cooked Minimize
Ricotta or Cottage Cheese (2% fat) Proteins & Fats 3 ounces Enjoy	Safflower Oil Proteins & Fats 1 tablespoon Enjoy
	Salmon, Pacific (wild-caught) Proteins & Fats 3 ounces Enjoy
Sardine Proteins & Fats 2 ounces Minimize	Scallops Proteins & Fats 5 ounces Minimize
Sesame Seeds Proteins & Fats 3 tablespoons Minimize	Sheep Cheese Proteins & Fats 1 ounce Minimize
Sheep Milk Proteins & Fats 1/4 cup Minimize	Shellfish Clam Proteins & Fats 3 ounces Minimize
Shellfish Oyster Proteins & Fats 3 ounces Minimize	Shrimp (domestic) Proteins & Fats 5 ounces Minimize



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Soy Milk (unsweetened) Proteins & Fats 1 cup Enjoy	Soybeans (non-GMO) Proteins & Fats 1/2 cup Enjoy
Squid Proteins & Fats 3 ounces Enjoy	Sunflower Seeds Proteins & Fats 2 tablespoons Minimize
Tempeh Proteins & Fats 1/2 cup Enjoy	Tofu Proteins & Fats 3/4 cup Enjoy
Tuna (pole caught) Proteins & Fats 5 ounces Enjoy	Turbot Proteins & Fats 5 ounces Enjoy
Turkey (dark) Proteins & Fats 2 1/2 ounces Minimize	Turkey (white) Proteins & Fats 3 ounces Enjoy
Veal Proteins & Fats 1 1/2 ounces Enjoy	Walnuts Proteins & Fats 12 nuts Minimize
White Beans Proteins & Fats 1/2 cup, cooked Enjoy	Whole Milk Proteins & Fats 1/2 cup Enjoy
Yogurt (plain) Proteins & Fats 1/2 cup Enjoy	



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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 ●

<div><div>Amaranth</div><div>Fruits & Grains</div><div>1/2 cup, cooked</div></div> <div>Minimize</div>	<div><div>Apple (medium, organic)</div><div>Fruits & Grains</div><div>1 whole</div></div> <div>Enjoy</div>
<div><div>Apricot</div><div>Fruits & Grains</div><div>3 whole</div></div> <div>Enjoy</div>	<div><div>Banana (small)</div><div>Fruits & Grains</div><div>1 whole</div></div> <div>Enjoy</div>
<div><div>Barley</div><div>Fruits & Grains</div><div>3 ounces, cooked</div></div> <div>Minimize</div>	<div><div>Blackberry</div><div>Fruits & Grains</div><div>1 cup</div></div> <div>Enjoy</div>
<div><div>Blueberry</div><div>Fruits & Grains</div><div>1 cup</div></div> <div>Enjoy</div>	<div><div>Boysenberry</div><div>Fruits & Grains</div><div>1 cup</div></div> <div>Enjoy</div>
<div><div>Breadfruit</div><div>Fruits & Grains</div><div>1 cup, sliced</div></div> <div>Enjoy</div>	<div><div>Brown Rice</div><div>Fruits & Grains</div><div>1/2 cup, cooked</div></div> <div>Enjoy</div>



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



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Honeydew Melon Fruits & Grains 1 cup, sliced Enjoy	Huckleberry Fruits & Grains 1 cup Enjoy
Jackfruit Fruits & Grains 1 cup Enjoy	Kamut Fruits & Grains 1/2 cup, cooked Minimize
Kiwi Fruits & Grains 2 whole Minimize	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 Enjoy
Mango Fruits & Grains 1 cup, sliced Enjoy	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 Enjoy	Orange Fruits & Grains 1 whole Enjoy



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Papaya Fruits & Grains 1 cup, sliced Enjoy	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 Enjoy	Quinoa Fruits & Grains 1/2 cup, cooked Minimize
Raspberry Fruits & Grains 1 cup Enjoy	Rhubarb Fruits & Grains 1 cup, sliced Minimize
Rye (sprouted bread) Fruits & Grains 1 slice Minimize	Salmonberry Fruits & Grains 1 cup Enjoy
Sour Cherries Fruits & Grains 1 1/3 cup Enjoy	Star Fruit Fruits & Grains 1 cup, sliced Minimize



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<div>Strawberry (organic)</div> <div>Fruits & Grains</div> <div>1 cup</div> <div>Enjoy</div>	<div>Triticale</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Minimize</div>
<div>Watermelon</div> <div>Fruits & Grains</div> <div>1 cup, diced</div> <div>Superfood</div>	<div>Wheat (sprouted bread)</div> <div>Fruits & Grains</div> <div>1 slice</div> <div>Minimize</div>
<div>White Rice</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>	<div>Wild Rice</div> <div>Fruits & Grains</div> <div>1/2 cup, cooked</div> <div>Enjoy</div>



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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 ●

<div>Allspice</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>	<div>Basil</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>
<div>Bay Leaf</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>	<div>Black Pepper</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>
<div>Black Tea (brewed)</div> <div>Herbs, Spices & Other</div> <div>1 cup</div> <div>Enjoy</div>	<div>Cane Sugar</div> <div>Herbs, Spices & Other</div> <div>1 teaspoon</div> <div>Minimize</div>
<div>Capers</div> <div>Herbs, Spices & Other</div> <div>1 teaspoon</div> <div>Enjoy</div>	<div>Caraway Seed</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>
<div>Cardamom</div> <div>Herbs, Spices & Other</div> <div>1/4 teaspoon</div> <div>Enjoy</div>	<div>Carob</div> <div>Herbs, Spices & Other</div> <div>1 tablespoon</div> <div>Enjoy</div>



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



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Green Tea (brewed) Herbs, Spices & Other 1 cup Enjoy	Herbal Tea (brewed) Herbs, Spices & Other 1 cup Enjoy
Honey Herbs, Spices & Other 1 teaspoon Enjoy	Horseradish Herbs, Spices & Other 1 teaspoon Enjoy
Hot Pepper (organic) Herbs, Spices & Other 1/2 teaspoon Enjoy	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 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 Enjoy	Paprika Herbs, Spices & Other 1/4 teaspoon 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 Minimize	Rosemary (fresh) Herbs, Spices & Other 1 teaspoon Enjoy



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



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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:



Digestive Support

STW 5



Digestive Enzyme

Naturally stimulated by bitter foods

Pepsin, pancreatin, amylase, protease, lipase, ox bile



Polyphenols

Naturally found in colorful fruits and vegetables

Resveratrol



Probiotics

Naturally found in fermented foods

Lactobacillus plantarum

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



Viome, Inc.
support@viome.com

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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.

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 37D211727). Contact Viome for any further questions.



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V I O M E

BENNY SMALL'S RECOMMENDATIONS

VERSION: 2.2.1