Gut — Introduction

# 3X-MyBIOME Gut

## Gut Microbiome Analysis: A Barometer of Whole-Body Health

Analyze stool microbes to guide digestive, metabolic and immune health management.




## Turn the Gut Ecosystem into Data

**Approx. 100 Billion Bacteria per Gram of Stool**

Bacterial counts vary by sample and individual.

### 01 Why the Gut Ecosystem Matters

**Interactions between gut microbes, immunity and metabolism**

Research on links with metabolic health, including obesity and diabetes.




### 02 Next-Generation Sequencing (NGS)

**Microbial taxonomy and composition analysis using 16S ONT sequencing**

Explore the distribution and characteristics of diverse gut microbes.




## Gut Microbiome Dietary Types

Example Service Categories



**Fat Tank**

Traits related to fat and protein intake



**Vegetable Enthusiast**

Traits related to dietary fiber utilization



**Sugar Lover**

Traits related to carbohydrate intake and metabolism

These are service categories, not criteria for diagnosing obesity or other diseases.

## Digestive Health Self-Check

Using the Bristol Stool Scale

- ☑ Bowel movement frequency
- ☑ Stool form
- ☑ Discomfort during bowel movements
- ☑ Digestive symptoms



**Linked to a Database of 450+ References**

**Microbial Composition + Lifestyle Data + Digestive Health Indicators for Personalized Care**

Gut - Features

# 3X-MyBIOME Gut
## Key Features & Health Indicator Screening

Microbial insights across 14 health categories with practical guidance for personalized care.




## From Analysis to Personalized Care

Microbial Composition › Related Indicators › Lifestyle Care

### 01 Indicators Across 14 Health Categories

| | | Selected Examples |
|---|---|---|
| General & Metabolic Health | Obesity · Diabetes · Hypertension | Good |
| Skin Health | Atopic Dermatitis · Psoriasis | Moderate |
| Digestive & Cancer Research Indicators | Stomach Cancer · Colorectal Cancer · IBS | Caution |

Example microbial indicators · Not a diagnosis

### 02 Tracking Key Microbial Profiles



***Akkermansia muciniphila***
Research on metabolic health associations



***Staphylococcus aureus***
Information on potential pathogenicity

Detection · Relative Abundance (%) · Change Over Time

### 03 Solutions for Healthier Habits

Personalized care for individual needs




Bristol Stool Scale–based dietary guidance




Product selection guidance with disclosed strains and CFU

**Understand Health Insights → Track Microbial Changes → Diet & Product Guidance**