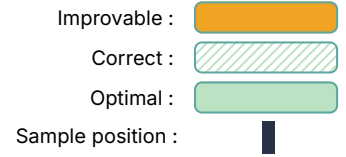



Microbiological test report for :

Full gut microbiome profiling
Shotgun Metagenomic Sequencing - 20M reads - PE150

Sample ID: SM-TEST-001

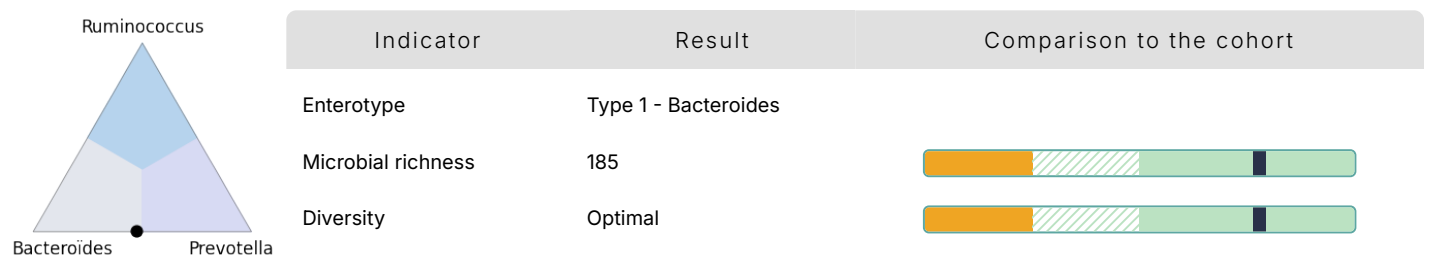


This report presents your results by comparing them with those obtained from our partner laboratory cohort.

YOUR OVERALL SCORE IS 28/100 

Your overall score is calculated based on the richness and diversity of your microbiome and the presence or absence of bacteria of interest.







MAIN CHARACTERISTICS






BACTERIA OF INTEREST

Description of these bacteria is provided in the appendix.

POSITIVE IMPACT BACTERIA

Indicator	Result	Comparison to the cohort
<i>Faecalibacterium prausnitzii</i>	Correct	
<i>Eubacterium hallii</i>	Improvable (not detected)	
<i>Bifidobacterium longum</i>	Improvable (not detected)	
<i>Roseburia intestinalis</i>	Improvable (not detected)	
<i>Akkermansia muciniphila</i>	Correct	
<i>Veillonella atypica</i>	Correct (not detected)	

NEGATIVE IMPACT BACTERIA

Indicator	Result	Comparison to the cohort
<i>Bilophila wadsworthia</i>	Correct	
<i>Clostridioides difficile</i>	Optimal (not detected)	
<i>Ruminococcus gnavus</i>	Optimal (not detected)	

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FUNCTIONAL POTENTIAL

Shotgun sequencing allows exploration of all genetic material in a sample, thus estimating the functions that present microorganisms can perform. This approach, based on the study of actually sequenced genes, identifies potentially active biological pathways and reveals the functional potential of the microbiota (description in appendix).

DIGESTION AND INTESTINAL COMFORT

Indicator	Result	Comparison to the cohort
BLOATING AND GAS		
Hydrogen sulfide	Optimal	
ACIDS AND REFLUX		
Lactate	Improvable	
SATIETY		
Acetate, lactate, propionate	Improvable	
FATTY ACID METABOLISM REGULATION		
Spermidine	Optimal	
VITAMIN PRODUCTION		
Adenosylcobalamin	Improvable	
Menaquinone	Improvable	

IMMUNITY

Indicator	Result	Comparison to the cohort
DEVELOPMENT AND MAINTENANCE OF GUT TISSUES		
Butyrate	Optimal	
Hydrogen sulfide	Optimal	
Putrescine, spermidine	Correct	
INFLAMMATION		
Butyrate	Optimal	
Acetate	Correct	
Lactate	Improvable	
Histidine	Correct	

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PHYSICAL ABILITIES

Indicator	Result	Comparison to the cohort
Acetate	Correct	
Histidine	Correct	
Pantothenate	Improvable	

NEUROPSYCHOLOGICAL ABILITIES

Indicator	Result	Comparison to the cohort
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GENERAL BRAIN FUNCTION

Histidine	Correct	
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COGNITIVE ABILITIES AND MEMORY

Tetrahydrofolate	Optimal	
Butyrate	Optimal	

SLEEP

Butyrate	Optimal	
GABA	Correct	
Tryptophan	Improvable	

DEPRESSION AND MOOD DISORDERS

GABA	Correct	
Tyrosine	Correct	

STRESS AND ANXIETY

Pantothenate	Improvable	
GABA	Correct	
Tryptophan	Improvable	
Tyrosine	Correct	

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NUTRITIONAL ADVICE

Generic Advice

Fiber plays a key role in ensuring proper intestinal transit, by facilitating digestive movements and supplying nutrients to the microbiota. They are essential to the overall balance of the intestinal microbiota, contributing to its health benefits.

FODMAPs are sugars naturally present in our diet. They are barely digested before reaching the colon, where bacteria ferment them very quickly. Some people may be sensitive to FODMAPs (e.g. FOS and GOS), sometimes causing bloating and digestive discomfort. It is then recommended to introduce these foods gradually to help restore the balance of the microbiota.

For a balanced microbiota, it's advisable to eat a varied diet and limit processed foods rich in fat or salt. Adequate hydration, a high-fiber diet and regular physical activity remain the basic tips for maintaining a healthy intestinal balance.

Recommendations adapted to your microbiotic data

These recommendations are based primarily on the analysis of your gut microbiota and do not take into account any food allergies or intolerances.

Category	Recommended foods or supplements
Development and maintenance of gut tissues	Aloe • Asparagus • Avocado • Banana • Blackcurrant • Broccoli • Cashew nut • Chestnut • Chickpea • Coconut • Corn • Dried bean • Fava bean • Hazelnut • Lemon • Oat • Oyster • Pecan nut • Pistachio • Prickly pear • Quince • Sesame • Squash • Wheat germ • Whole wheat
Inflammation	Acai • Acerola • Almond • Aloe • Amla • Apricot • Aronia • Artichoke • Asparagus • Astaxanthin • Avocado • Baobab • Basil • Bell pepper • Black pepper • Blackberry • Blackcurrant • Brussels cabbage • Butternut squash • Camu-camu • Chamomile • Cheese • Cherry • Chlorella • Cinnamon • Cocoa • Cranberry • Cucumber • Dandelion • Dill • Eggplant • Fennel • Fermented cabbage • Garlic • Ginger • Goji berry • Grapefruit • Hemp seed • Honey • Kale • Lemon • Lemongrass • Licorice • Moringa • Oat • Olive • Olive oil • Physalis • Pineapple • Pomegranate • Rapeseed oil • Red cabbage • Royal jelly • Sage • Sea buckthorn berry • Sesame oil • Sorrel • Soy • Spinach • Squash • Starfruit • Turmeric • Violet • Watermelon • Wheatgrass • Yogurt
Bloating and gas	Acai • Aloe • Artichoke • Blueberry • Brown rice • Celery • Chamomile • Coriander • Dill • Eggplant • Fennel • Ginger • Grape • Kiwi • Lemon • Lemongrass • Mandarin • Milk kefir • Mint • Orange • Papaya • Pineapple • Quince • Quinoa • Spinach • Squash • Sweet potato • Thyme • Tomato • Turmeric • Water kefir • Yogurt
Acids and reflux	Almond • Aloe • Amla • Apple • Asparagus • Avocado • Banana • Basil • Broccoli • Brown rice • Cauliflower • Celery • Chamomile • Chia seed • Cucumber • Egg yolk • Eggplant • Flaxseed • Fresh bean (green, wax) • Ginger • Lemon • Melon • Oat • Olive oil • Pear • Sesame oil • Sunflower oil • Turnip • Walnut • Wheatgrass
Satiety	Acai • Acerola • Agar-agar • Almond • Aloe • Apple • Aronia • Artichoke • Asparagus • Avocado • Banana • Baobab • Barley • Beetroot • Blackcurrant • Broccoli • Brown rice • Brussels cabbage • Carrot • Cauliflower • Celery • Cheese • Chestnut • Chia seed • Chickpea • Chicory • Chili pepper • Cocoa • Corn • Date • Egg white • Egg yolk • Eggplant • Endive • Flaxseed • Fresh bean (green, wax) • Goji berry • Hemp seed • Konjac • Leek • Lemon • Lentils • Lettuce • Lucuma • Lytchee • Mandarin • Mango • Melon • Mushroom • Nectarine • Oat • Oily fish • Olive • Onion • Orange • Papaya • Parsnip • Passion fruit • Pea • Peanut butter • Peanut • Persimmon • Quince • Quinoa • Radish • Raspberry • Red cabbage • Red meat • Redcurrant • Seafood • Spinach • Squash • Sweet potato • Swiss chard • Teff • Tomato • Walnut • Wheatgrass • White fish • White rice • Whole grain • Zucchini
Fatty acid metabolism regulation	Almond • Aloe • Amla • Apple • Apricot • Aronia • Artichoke • Astaxanthin • Broccoli • Carrot • Chestnut • Chia seed • Eggplant • Garlic • Goji berry • Grape • Hazelnut • Hemp seed • Konjac • Milk kefir • Mint • Oat • Pecan nut • Psyllium • Quince • Rhubarb • Sea buckthorn berry • Soy • Spirulina • Sunflower seed • Walnut • Wheat germ • Wheatgrass • Whole grain

Category	Recommended foods or supplements
Vitamin production	Acai • Acerola • Almond • Aloe • Amla • Apricot • Aronia • Artichoke • Asparagus • Avocado • Basil • Beetroot • Bell pepper • Blackberry • Blackcurrant • Blueberry • Broccoli • Brussels cabbage • Butter • Camu-camu • Carrot • Cauliflower • Chestnut • Chickpea • Chicory • Chili pepper • Chinese cabbage • Coriander • Corn • Cranberry • Dandelion • Date • Egg white • Egg yolk • Eggplant • Endive • Fava bean • Fermented cabbage • Flaxseed • Fresh bean (green, wax) • Garlic • Goji berry • Hemp seed • Kale • Kiwi • Lemon • Lentils • Lettuce • Lucuma • Mandarin • Milk kefir • Mushroom • Mustard • Oily fish • Olive • Orange • Oyster • Papaya • Parsley • Parsnip • Passion fruit • Pea • Peanut butter • Pear • Pineapple • Potato • Prickly pear • Rapeseed oil • Red cabbage • Redcurrant • Sea buckthorn berry • Sesame • Spinach • Squash • Starfruit • Sunflower seed • Swiss chard • Turnip • Watermelon • Wheatgrass • White cabbage • Whole wheat • Yogurt • Zucchini
Physical abilities	Acai • Acerola • Agave syrup • Alfalfa • Almond • Apple • Apricot • Aronia • Artichoke • Asparagus • Astaxanthin • Avocado • Banana • Baobab • Basil • Beetroot • Blackcurrant • Brown rice • Brussels cabbage • Butternut squash • Cauliflower • Cheese • Cherry • Chestnut • Chia seed • Chickpea • Chili pepper • Chinese cabbage • Cocoa • Coffee • Coriander • Cucumber • Date • Dried bean • Durian • Fava bean • Fermented cabbage • Fresh bean (green, wax) • Garlic • Gelatin • Goji berry • Green tea • Guarana seed • Guava • Hazelnut • Hemp seed • Kale • Lemon • Lemongrass • Lentils • Liver • Lucuma • Lytchee • Mandarin • Milk • Moringa • Mustard • Oat • Oily fish • Olive oil • Orange • Parsnip • Passionflower • Pea • Peanut butter • Peanut • Pineapple • Quince • Quinoa • Rapeseed oil • Raspberry • Red cabbage • Red meat • Redcurrant • Royal jelly • Seafood • Sesame • Shallot • Sorrel • Soy • Squash • Starfruit • Sunflower seed • Sweet potato • Swiss chard • Teff • Turmeric • Walnut • Watermelon • Wheat germ • White cabbage • White fish • White meat • Whole grain • Whole wheat • Yogurt
General brain function	Almond • Amla • Apple • Aronia • Artichoke • Asparagus • Astaxanthin • Avocado • Basil • Beetroot • Bell pepper • Blackberry • Blueberry • Broccoli • Carrot • Celery • Chia seed • Chickpea • Chicory • Cocoa • Coconut oil • Coconut • Cranberry • Dried bean • Egg yolk • Eggplant • Endive • Fermented cabbage • Flaxseed • Fresh bean (green, wax) • Garlic • Goji berry • Grape • Grapefruit • Green tea • Hazelnut • Kale • Lemon • Lemongrass • Lentils • Lettuce • Liver • Mandarin • Maple syrup • Moringa • Oat • Oily fish • Olive • Olive oil • Orange • Pea • Peanut • Pomegranate • Potato • Rapeseed oil • Raspberry • Rosemary • Royal jelly • Saffron • Sea buckthorn berry • Seafood • Sesame • Sesame oil • Shallot • Spinach • Squash • Strawberry • Sweet potato • Teff • Tomato • Turmeric • Walnut • Wheat germ • Whole grain • Whole wheat • Zucchini
Cognitive abilities and memory	Almond • Amla • Apple • Aronia • Astaxanthin • Avocado • Baobab • Basil • Blackberry • Blueberry • Broccoli • Carrot • Cashew nut • Chicory • Egg yolk • Eggplant • Fermented cabbage • Garlic • Grape • Guarana seed • Hazelnut • Oat • Oily fish • Pistachio • Spinach • Strawberry • Turmeric • Walnut • Wheat germ • Wheatgrass
Sleep	Almond • Apple • Apricot • Asparagus • Avocado • Banana • Basil • Black pepper • Chamomile • Cherry • Chia seed • Dill • Dried bean • Fermented cabbage • Garlic • Gelatin • Honey • Lemongrass • Onion • Passionflower • Pineapple • Saffron • Valerian
Depression and mood disorders	Almond • Amla • Aronia • Avocado • Banana • Black pepper • Blackcurrant • Camu-camu • Cashew nut • Dried bean • Eggplant • Fermented cabbage • Garlic • Hazelnut • Maca • Oily fish • Olive oil • Oyster • Saffron • Thyme • Walnut
Stress, and anxiety	Amla • Apple • Asparagus • Avocado • Banana • Basil • Blackcurrant • Camu-camu • Chamomile • Chia seed • Cocoa • Cucumber • Dried bean • Eggplant • Fermented cabbage • Garlic • Goji berry • Lemongrass • Liver • Maca • Onion • Parsnip • Passionflower • Rosemary • Royal jelly • Saffron • Seafood • Valerian • Watermelon • Wheat germ • Wheatgrass

Category	Foods or supplements to limit
Development and maintenance of gut tissues	Chili pepper

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Category	Foods or supplements to limit
Inflammation	Red meat
Bloating and gas	Broccoli • Brussels cabbage • Cauliflower • Cherry • Chickpea • Chinese cabbage • Fava bean • Fermented cabbage • Kale • Milk • Onion • Red cabbage • Watermelon • White cabbage
Acids and reflux	Aronia • Baobab • Chili pepper • Cocoa • Coffee • Dandelion • Egg white • Garlic • Grape • Mandarin • Mint • Onion • Orange • Pineapple • Tomato
Satiety	Butter • Cashew nut • Grape • Hazelnut • Honey • Olive oil
Fatty acid metabolism regulation	Cold cuts • Liver
Vitamin production	Konjac
Sleep	Baobab • Camu-camu • Cocoa • Coffee • Eggplant • Goji berry • Rosemary • Sea buckthorn berry • Spirulina • Thyme
Depression and mood disorders	Bitter orange • Passionflower
Stress, and anxiety	Bitter orange • Coffee

APPENDICES

BACTERIA OF INTEREST

• *Faecalibacterium prausnitzii*

F. prausnitzii is one of the most abundant species in the intestinal microbiota. A butyrate producer, an anti-inflammatory compound, it contributes to good intestinal health by nourishing colon cells and reinforcing the intestinal barrier.

• *Eubacterium hallii*

E. hallii is a butyrate- and propionate-producing species, two compounds with health benefits.

• *Bifidobacterium longum*

B. longum is a commercially available probiotic. It has anti-inflammatory effects and appears to improve symptoms in people suffering from constipation, celiac disease or ulcerative colitis.

• *Roseburia intestinalis*

R. intestinalis is one of the dominant species in the gut microbiota. As a butyrate producer, it contributes to the proper functioning of the intestinal barrier and has anti-inflammatory properties.

• *Akkermansia muciniphila*

A. muciniphila helps strengthen the intestinal barrier, supports weight management, has anti-inflammatory properties, and is associated with overall good health.

• *Veillonella atypica*

V. atypica seems to promote the growth of many other microorganisms, including beneficial bacteria for the host. It also helps to eliminate potentially harmful compounds produced by bacteria living in the digestive system. Mainly found in the microbiota of athletes, it appears to enhance physical performance by transforming the lactic acid produced during exercise.

• *Bilophila wadsworthia*

B. wadsworthia has pro-inflammatory properties and appears to worsen metabolic disorders in people with a high-fat diet. Its abundance may be increased in high saturated fat diets, or as part of a low FODMAP diet.

• *Clostridioides difficile*

C. difficile is a pathogenic bacterium responsible for the majority of nosocomial infections worldwide. Its effects range from mild diarrhea to severe intestinal pathologies.

• *Ruminococcus gnavus*

R. gnavus is a commensal (common) species of the intestine. It has a high inflammatory potential.

COMPOUNDS OF INTEREST

• Acetate

This volatile fatty acid, produced by bacteria and transported to organs by the blood, is a prime source of energy for muscles. Also involved in immune cell expression, its concentration increases during infection to support the adaptive immune response.

• Acetate, Lactate, Propionate

These volatile fatty acids are involved in satiety regulation by inhibiting hormone secretion from colon mucosal cells and promoting the release of peptides and hormones that act on the central nervous system. High concentrations lead to reduced appetite.

• Adenosylcobalamin

Adenosylcobalamin is one of the active forms of vitamin B12. It comes mainly from the diet, but can be produced by certain bacteria, reducing the risk of deficiency. It is involved in the synthesis of essential amino acids for both the microbiota and the host. Additionally, it plays a role in regulating fatty acid metabolism and cell development.

• Butyrate

Short-chain fatty acid produced by intestinal microbiota during fiber fermentation. As the main nutrient for intestinal mucosa cells, it stimulates mucus production, helping to maintain digestive tract tissue. Butyrate also has anti-inflammatory properties and promotes sleep onset and deep sleep phases.

- **GABA**

GABA (gamma-aminobutyric acid) inhibits neurons to prevent constant excitation. It must be balanced with glutamate to reduce the risk of epilepsy.

- **Histidine**

An essential compound in hemoglobin synthesis, it plays a crucial role in arterial health. It also contributes to neurological well-being by protecting nerve cells. Sufficient histidine levels help reduce mental fatigue, support memory, and promote quality sleep. However, an excess of histidine can lead to stress and anxiety.

- **Lactate**

The acidity from lactate inhibits the growth of potentially pathogenic bacteria, but maintaining balance is essential to prevent excessive acidification of the intestine. Its presence is directly linked to increased local acidity through a higher concentration of lactate-producing bacteria and a decrease in lactate-utilizing bacteria.

- **Menaquinone**

Menaquinone is the form of vitamin K produced by bacteria. It is involved in cardiovascular and bone metabolism, cell growth and immunity. Vitamin K also promotes the development of beneficial bacteria and limits the development of pathogens.

- **Pantothenate**

Pantothenate, or vitamin B5, is involved in the regulatory mechanisms of adrenalin, insulin and porphyrin (hemoglobin precursor). It has anti-stress properties and helps reduce fatigue.

- **Putrescine, spermidine**

Putrescine and spermidine are polyamines found in the intestine, part of which is produced by the intestinal microbiota. They help regulate cell growth and support intestinal maturation. Some of these polyamines are used by bacteria to form biofilms, which play a protective role in the intestinal lining. However, excessive concentrations may be linked to an increased risk of cancer and chronic inflammation.

- **Spermidine**

Spermidine is a polyamine produced by the gut microbiota. It helps reduce adiposity and fat accumulation in the liver. Spermidine thus plays a role in preventing diet-induced obesity.

- **Hydrogen sulfide**

At low concentrations, hydrogen sulfide reduces inflammation in the digestive tract. It stabilizes mucus and bacterial populations, reinforcing the intestinal microbiota's barrier effect. However, excessive bacterial production of hydrogen sulfide can lead to intestinal irritation and inflammation. When absorbed by the body, this gas may be linked to hypertension issues.

- **Tetrahydrofolate**

Tetrahydrofolate is the active form of vitamin B9 and can be synthesized by intestinal bacteria. It is involved in the development of the nervous system and the maintenance of cognitive functions.

- **Tryptophan**

Tryptophan is an essential amino acid precursor of serotonin and melatonin. It promotes sleep and helps to reduce stress.

- **Tyrosine**

Tyrosine is a precursor amino acid of dopamine, adrenalin and noradrenalin. It helps maintain balance within the nervous system, playing an important role in regulating motivation, mood and stress.

TAXONOMIC ABUNDANCE TABLE

Phylum	Class	Order	Family	Gender	Species	Abundance
Bacteroidota	CFGB658	OFGB658	FGB658	GGB1627	GGB1627_SGB2230	10.790%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Segatella	Segatella_hominis	5.985%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_SGB4909	5.958%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Segatella	Segatella_copri	5.247%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Faecalibacterium	Faecalibacterium_prausnitzii	4.722%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Segatella	Segatella_sinensis	4.441%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_putredinis	4.103%
Bacteroidota	Bacteroidia	Bacteroidales	Muribaculaceae	GGB1497	GGB1497_SGB2076	3.057%
Firmicutes	Negativicutes	Acidaminococcales	Acidaminococcaceae	GGB4248	GGB4248_SGB5746	2.149%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9636	GGB9636_SGB15108	2.108%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Prevotella	Prevotella_marseillensis	2.089%
Candidatus_Melai nabacteria	CFGB2107	OFGB2107	FGB2107	GGB6012	GGB6012_SGB8640	1.869%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Faecalibacterium	Faecalibacterium_SGB15346	1.531%
Firmicutes	CFGB2875	OFGB2875	FGB2875	GGB9176	GGB9176_SGB14114	1.517%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4567	GGB4567_SGB6308	1.469%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9602	GGB9602_SGB15031	1.448%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillospiraceae_unclassified	Oscillospiraceae_unclassified_SGB15257	1.385%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillibacter	Oscillibacter_sp_MSJ_31	1.377%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillibacter	Oscillibacter_valericigenes	1.308%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4569	GGB4569_SGB6310	1.264%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_uniformis	1.211%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB13493	GGB13493_SGB15238	1.174%
Firmicutes	CFGB3062	OFGB3062	FGB3062	GGB9747	GGB9747_SGB15356	1.092%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Phocaeicola	Phocaeicola_vulgatus	1.090%
Firmicutes	CFGB1325	OFGB1325	FGB1325	GGB3176	GGB3176_SGB4194	1.044%
Firmicutes	CFGB10318	OFGB10318	FGB10318	GGB4641	GGB4641_SGB6420	0.957%
Firmicutes	CFGB38642	OFGB38642	FGB38642	GGB9758	GGB9758_SGB15368	0.926%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4559	GGB4559_SGB6293	0.890%
Proteobacteria	Betaproteobacteria	Burkholderiales	Sutterellaceae	Sutterella	Sutterella_wadsworthensis	0.864%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	GGB3619	GGB3619_SGB4894	0.783%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Butyrivibrio	Butyrivibrio_crossotus	0.770%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Roseburia	Roseburia_sp_AF02_12	0.682%
Firmicutes	Negativicutes	Acidaminococcales	Acidaminococcaceae	GGB4237	GGB4237_SGB5728	0.662%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospira	Lachnospira_pectinoschiza	0.612%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9635	GGB9635_SGB15106	0.600%
Bacteroidota	Bacteroidia	Bacteroidales	Barnesiellaceae	Barnesiella	Barnesiella_intestinihominis	0.578%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillibacter	Oscillibacter_sp_ER4	0.563%
Bacteroidota	Bacteroidia	Bacteroidales	Odoribacteraceae	Odoribacter	Odoribacter_splanchnicus	0.549%
Bacteroidota	CFGB602	OFGB602	FGB602	GGB1420	GGB1420_SGB1957	0.536%
Firmicutes	CFGB1779	OFGB1779	FGB1779	GGB4717	GGB4717_SGB6533	0.529%
Firmicutes	CFGB72924	OFGB72924	FGB72924	GGB3612	GGB3612_SGB4882	0.496%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Wujia	Wujia_chipingensis	0.493%
Proteobacteria	CFGB2404	OFGB2404	FGB2404	GGB6608	GGB6608_SGB9342	0.491%
Firmicutes	Clostridia	Eubacteriales	Eubacteriaceae	GGB3278	GGB3278_SGB4328	0.486%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Faecalibacterium	Faecalibacterium_sp_CLA_AA_H233	0.466%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_finegoldii	0.443%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillospiraceae_unclassified	Oscillospiraceae_bacterium	0.422%
Firmicutes	CFGB1355	OFGB1355	FGB1355	GGB3306	GGB3306_SGB4373	0.400%
Firmicutes	CFGB78183	OFGB78183	FGB78183	GGB9109	GGB9109_SGB14042	0.394%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB33469	GGB33469_SGB15236	0.391%
Lentisphaerae	Lentisphaeria	Victivallales	Victivallaceae	GGB6512	GGB6512_SGB9197	0.380%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Phocaeicola	Phocaeicola_massiliensis	0.369%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Coproccoccus	Coproccoccus_eutactus	0.362%
Firmicutes	CFGB1776	OFGB1776	FGB1776	GGB4682	GGB4682_SGB6472	0.351%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridiaceae_unclassified	Clostridiaceae_unclassified_SGB15090	0.347%
Firmicutes	CFGB9120	OFGB9120	FGB9120	GGB4642	GGB4642_SGB6421	0.344%

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Phylum	Class	Order	Family	Gender	Species	Abundance
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	GGB1689	GGB1689_SGB2321	0.340%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospira	Lachnospira_eligens	0.335%
Firmicutes	CFGB79294	OFGB79294	FGB79294	GGB87445	GGB87445_SGB15180	0.334%
Bacteroidota	Bacteroidia	Bacteroidales	Tannerellaceae	Parabacteroides	Parabacteroides_distasonis	0.328%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9708	GGB9708_SGB15234	0.323%
Firmicutes	CFGB2985	OFGB2985	FGB2985	GGB9350	GGB9350_SGB14317	0.314%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9708	GGB9708_SGB15233	0.313%
Bacteroidota	CFGB671	OFGB671	FGB671	GGB1669	GGB1669_SGB2285	0.310%
Tenericutes	CFGB1789	OFGB1789	FGB1789	GGB4754	GGB4754_SGB6584	0.304%
Bacteroidota	Bacteroidia	Bacteroidales	Tannerellaceae	Parabacteroides	Parabacteroides_merdae	0.292%
Proteobacteria	CFGB2404	OFGB2404	FGB2404	GGB6612	GGB6612_SGB9346	0.284%
Lentisphaerae	CFGB2378	OFGB2378	FGB2378	GGB6521	GGB6521_SGB9212	0.282%
Verrucomicrobia	Verrucomicrobiae	Verrucomicrobiales	Akkermansiaceae	Akkermansia	Akkermansia_muciniphila	0.278%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB13489	GGB13489_SGB15224	0.276%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_cellulosilyticus	0.270%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9710	GGB9710_SGB15239	0.268%
Firmicutes	CFGB72899	OFGB72899	FGB72899	GGB4611	GGB4611_SGB6385	0.265%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Anaerotignum	Anaerotignum_faecicola	0.260%
Firmicutes	CFGB9989	OFGB9989	FGB9989	GGB9712	GGB9712_SGB15244	0.255%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_stercoris	0.236%
Firmicutes	CFGB79237	OFGB79237	FGB79237	GGB9060	GGB9060_SGB13977	0.233%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_senegalensis	0.222%
Firmicutes	CFGB1354	OFGB1354	FGB1354	GGB3304	GGB3304_SGB4367	0.218%
Firmicutes	CFGB2924	OFGB2924	FGB2924	GGB9247	GGB9247_SGB14190	0.218%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_sp_AM22_11AC	0.218%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_sp_AM49_4BH	0.215%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4585	GGB4585_SGB6340	0.205%
Bacteroidota	CFGB536	OFGB536	FGB536	GGB1102	GGB1102_SGB1416	0.191%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_thetaiotaomicron	0.189%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_communis	0.187%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4552	GGB4552_SGB6276	0.184%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9707	GGB9707_SGB15229	0.181%
Bacteroidota	Bacteroidia	Bacteroidales	Odoribacteraceae	Butyricimonas	Butyricimonas_faecalis	0.164%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Phocaeicola	Phocaeicola_coprophilus	0.159%
Firmicutes	Clostridia	Eubacteriales	Eubacteriales_incertae_sedis	Candidatus_Cibionibacter	Candidatus_Cibionibacter_quicibialis	0.156%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_finegoldii	0.154%
Firmicutes	CFGB2840	OFGB2840	FGB2840	GGB9092	GGB9092_SGB14022	0.154%
Firmicutes	CFGB2873	OFGB2873	FGB2873	GGB9172	GGB9172_SGB14110	0.154%
Firmicutes	Erysipelotrichia	Erysipelotrichales	Coprobacillaceae	Catenibacterium	Catenibacterium_mitsuokai	0.144%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_caccaae	0.142%
Firmicutes	CFGB1776	OFGB1776	FGB1776	GGB4683	GGB4683_SGB6473	0.138%
Firmicutes	CFGB11916	OFGB11916	FGB11916	GGB34540	GGB34540_SGB54300	0.137%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_shahii	0.137%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9634	GGB9634_SGB15093	0.130%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_fessum	0.130%
Proteobacteria	Deltaproteobacteria	Desulfovibrionales	Desulfovibrionaceae	Bilophila	Bilophila_wadsworthia	0.127%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4566	GGB4566_SGB6305	0.125%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4603	GGB4603_SGB6367	0.125%
Proteobacteria	CFGB2403	OFGB2403	FGB2403	GGB6601	GGB6601_SGB9333	0.114%
Lentisphaerae	CFGB2345	OFGB2345	FGB2345	GGB6470	GGB6470_SGB9153	0.109%
Tenericutes	CFGB1787	OFGB1787	FGB1787	GGB4750	GGB4750_SGB6579	0.107%
Bacteroidota	CFGB1670	OFGB1670	FGB1670	GGB47687	GGB47687_SGB2286	0.103%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Brotolimicola	Brotolimicola_acetigignens	0.099%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_sp_AF17_16	0.099%
Firmicutes	CFGB3070	OFGB3070	FGB3070	GGB9774	GGB9774_SGB15394	0.094%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Paraprevotella	Paraprevotella_clara	0.083%
Firmicutes	CFGB10477	OFGB10477	FGB10477	GGB9345	GGB9345_SGB14311	0.080%
Firmicutes	CFGB58251	OFGB58251	FGB58251	GGB9762	GGB9762_SGB15377	0.079%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Mediterraneibacter	Ruminococcus_lactaris	0.071%
Firmicutes	CFGB1226	OFGB1226	FGB1226	GGB2998	GGB2998_SGB3989	0.070%
Lentisphaerae	Lentisphaeria	Victivallales	Victivallaceae	GGB6513	GGB6513_SGB9199	0.068%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospiraceae_unclassified	Lachnospiraceae_bacterium_M48_27BH	0.065%
Proteobacteria	Gammaproteobacteria	Enterobacteriales	Enterobacteriaceae	Escherichia	Escherichia_coli	0.062%

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Phylum	Class	Order	Family	Gender	Species	Abundance
Firmicutes	CFGB3038	OFGB3038	FGB3038	GGB9531	GGB9531_SGB14932	0.057%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_xylanisolvens	0.056%
Firmicutes	Clostridia	Eubacteriales	Eubacteriales_unclassified	GGB9760	GGB9760_SGB15374	0.056%
Firmicutes	CFGB2898	OFGB2898	FGB2898	GGB9210	GGB9210_SGB14149	0.055%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9699	GGB9699_SGB15216	0.053%
Firmicutes	CFGB4605	OFGB4605	FGB4605	GGB13404	GGB13404_SGB14252	0.051%
Firmicutes	CFGB2837	OFGB2837	FGB2837	GGB9082	GGB9082_SGB14007	0.050%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4604	GGB4604_SGB6369	0.049%
Verrucomicrobia	CFGB2164	OFGB2164	FGB2164	GGB6132	GGB6132_SGB8779	0.049%
Firmicutes	CFGB3062	OFGB3062	FGB3062	GGB9747	GGB9747_SGB15353	0.047%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Hydrogenoanaerobacterium	Hydrogenoanaerobacterium_scharovorans	0.046%
Firmicutes	CFGB2982	OFGB2982	FGB2982	GGB9342	GGB9342_SGB14306	0.046%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_faecalis	0.043%
Proteobacteria	CFGB10055	OFGB10055	FGB10055	GGB6606	GGB6606_SGB9340	0.043%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Faecalibacterium	Faecalibacterium_sp_HTFF	0.042%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	GGB3486	GGB3486_SGB4658	0.039%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillospiraceae_unclassified	Eubacterium_siraenum	0.039%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB33469	GGB33469_SGB15237	0.037%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9635	GGB9635_SGB15103	0.036%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_sp_AF20_17LB	0.035%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4586	GGB4586_SGB6344	0.034%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Dysosmobacter	Dysosmobacter_welbionis	0.033%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9602	GGB9602_SGB15028	0.032%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9730	GGB9730_SGB15291	0.030%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Dorea	Dorea_longicatena	0.029%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Roseburia	Roseburia_faecis	0.028%
Firmicutes	CFGB1226	OFGB1226	FGB1226	GGB2998	GGB2998_SGB3988	0.028%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9618	GGB9618_SGB15065	0.026%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9603	GGB9603_SGB15035	0.025%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_nordii	0.022%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospiraceae_unclassified	Lachnospiraceae_bacterium	0.022%
Proteobacteria	Deltaproteobacteria	Desulfovibrionales	Desulfovibrionaceae	GGB28319	GGB28319_SGB40892	0.021%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9616	GGB9616_SGB15051	0.021%
Firmicutes	CFGB2960	OFGB2960	FGB2960	GGB9302	GGB9302_SGB14263	0.021%
Firmicutes	CFGB2930	OFGB2930	FGB2930	GGB9253	GGB9253_SGB14198	0.018%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Agathobaculum	Agathobaculum_butyriciproducens	0.016%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospiraceae_unclassified	Lachnospiraceae_bacterium_CL_AA_H244	0.015%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospiraceae_unclassified	Lachnospiraceae_bacterium_OM04_12BH	0.015%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Roseburia	Roseburia_hominis	0.013%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Blautia	Blautia_SGB4815	0.012%
Firmicutes	CFGB2915	OFGB2915	FGB2915	GGB36267	GGB36267_SGB14177	0.011%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Ruminococcus	Ruminococcus_champanellensis	0.011%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4578	GGB4578_SGB6328	0.011%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	GGB1387	GGB1387_SGB1895	0.010%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB3340	GGB3340_SGB4419	0.009%
Proteobacteria	Betaproteobacteria	Burkholderiales	Oxalobacteraceae	GGB6649	GGB6649_SGB9391	0.008%
Firmicutes	CFGB28369	OFGB28369	FGB28369	GGB28369	GGB28369_SGB40949	0.008%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Blautia	Blautia_obeum	0.007%
Firmicutes	CFGB73902	OFGB73902	FGB73902	GGB4689	GGB4689_SGB6487	0.007%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB34228	GGB34228_SGB72916	0.006%
Firmicutes	CFGB38642	OFGB38642	FGB38642	GGB9766	GGB9766_SGB15383	0.006%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Simiaoa	Simiaoa_sunii	0.006%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Blautia	Blautia_sp_MCC283	0.006%
Firmicutes	CFGB2834	OFGB2834	FGB2834	GGB9063	GGB9063_SGB13982	0.005%
Firmicutes	CFGB1374	OFGB1374	FGB1374	GGB3351	GGB3351_SGB4434	0.005%
Firmicutes	CFGB2905	OFGB2905	FGB2905	GGB9224	GGB9224_SGB14165	0.005%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospira	Lachnospira_sp_NSJ_43	0.004%
Firmicutes	CFGB1838	OFGB1838	FGB1838	GGB4884	GGB4884_SGB6823	0.004%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_sp_AF27_2AA	0.003%

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Phylum	Class	Order	Family	Gender	Species	Abundance
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lacrimispora	Lacrimispora_amygdalina	0.003%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Blautia	Blautia_faecis	0.002%
Firmicutes	CFGB1765	OFGB1765	FGB1765	GGB4605	GGB4605_SGB6376	0.002%
Bacteroidota	Bacteroidia	Bacteroidales	Porphyromonadaceae	Sanguibacteroides	Sanguibacteroides_justesenii	0.001%
Firmicutes	Clostridia	Eubacteriales	Eubacteriales_unclassified	GGB9760	GGB9760_SGB15373	0.001%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9636	GGB9636_SGB15107	0.001%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Blautia	Blautia_glucerasea	0.001%

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