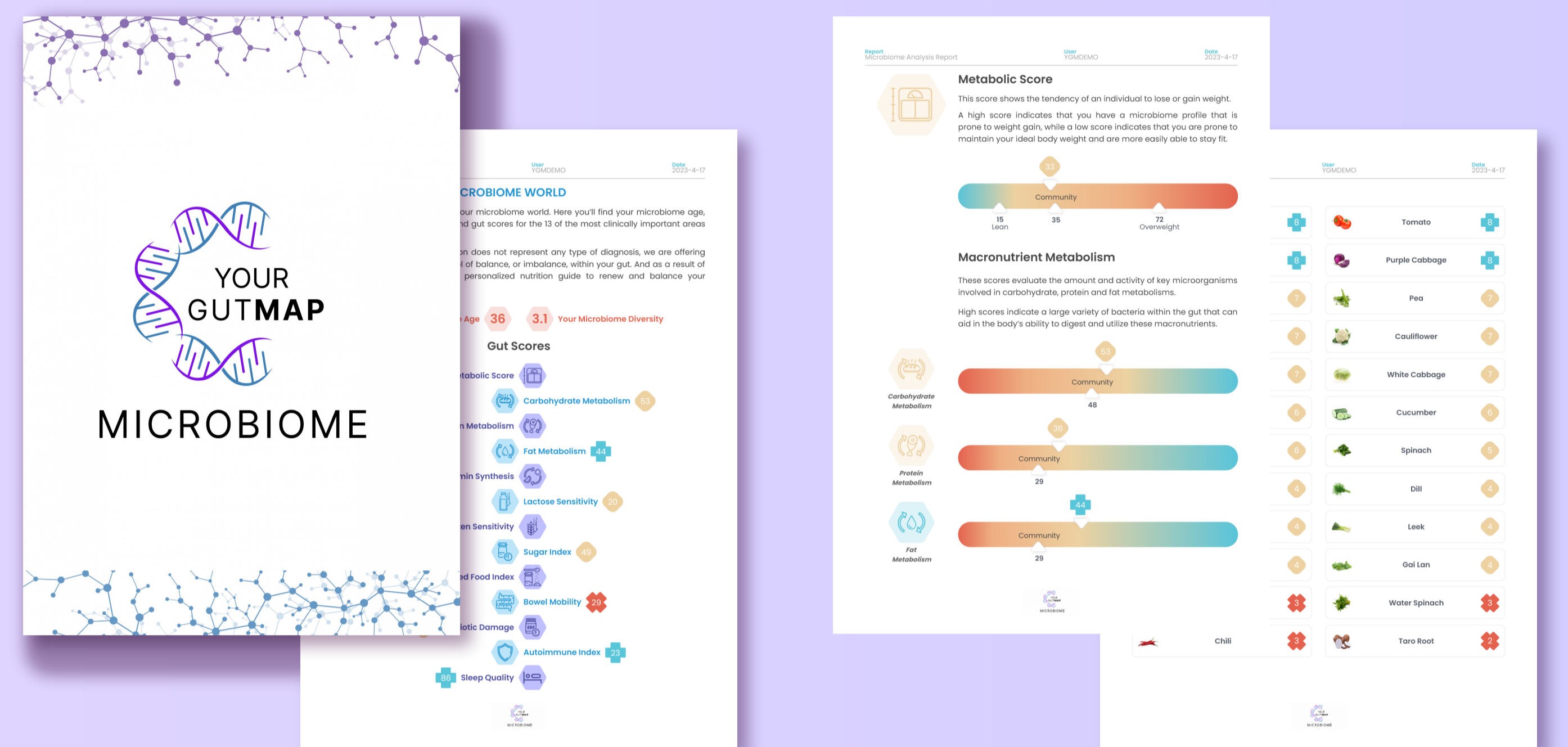


Mircobiome



Microbiome

"All disease starts in the gut" Hippocrates
Follow your unique GutMap
 Rebalancing your microbiome made easy.



The human microbiome is home to trillions of microbes.

Using a bioinformatics database of over 50,000 microbiome samples, and referencing more than 90 published research studies - **This data is decoded into actionable health insights.**

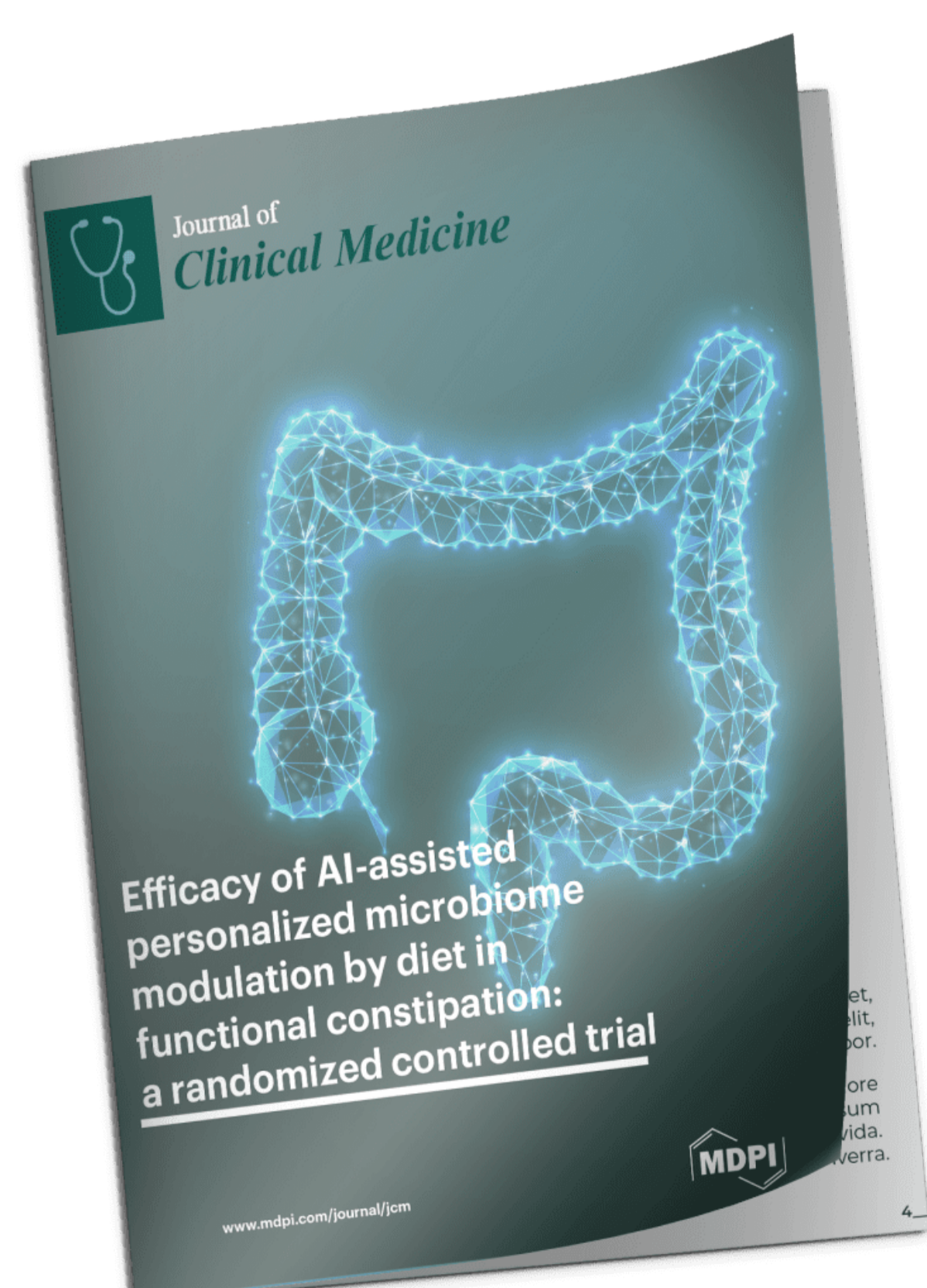
Simple at home stool sample swab from toilet roll
 Accredited laboratory genetic analysis
 Reporting on **30+ key health insights**

- Bacteria report for 20+ Health Conditions
- Microbiome Diversity
- Biological Age
- Lactose & Gluten Sensitivity
- Macronutrient & Micronutrient Digestion
- Antibiotic & Processed Food Damage
- Metabolic Index & Sleep Quality

YourGutMap's Personal Diet Guide

Naturally Rebalance the Microbiome

300 foods and drinks scored 0-10
 Over 4000 recipes, choose from 25 regional cuisines
 Unique custom Diet Plans



Two studies have been published to validate the **YourGutMap Personal Diet Guide**, in a period of 6 weeks patients realised:

- On average patients lost 7.2KG of weight
- 63% increase in energy levels
- 42% improvement in sleep disorders
- 18% improvement in overall microbiome diversity
- 82% improvement in IBS symptoms
- 83% improvement in Constipation symptoms