Hi,

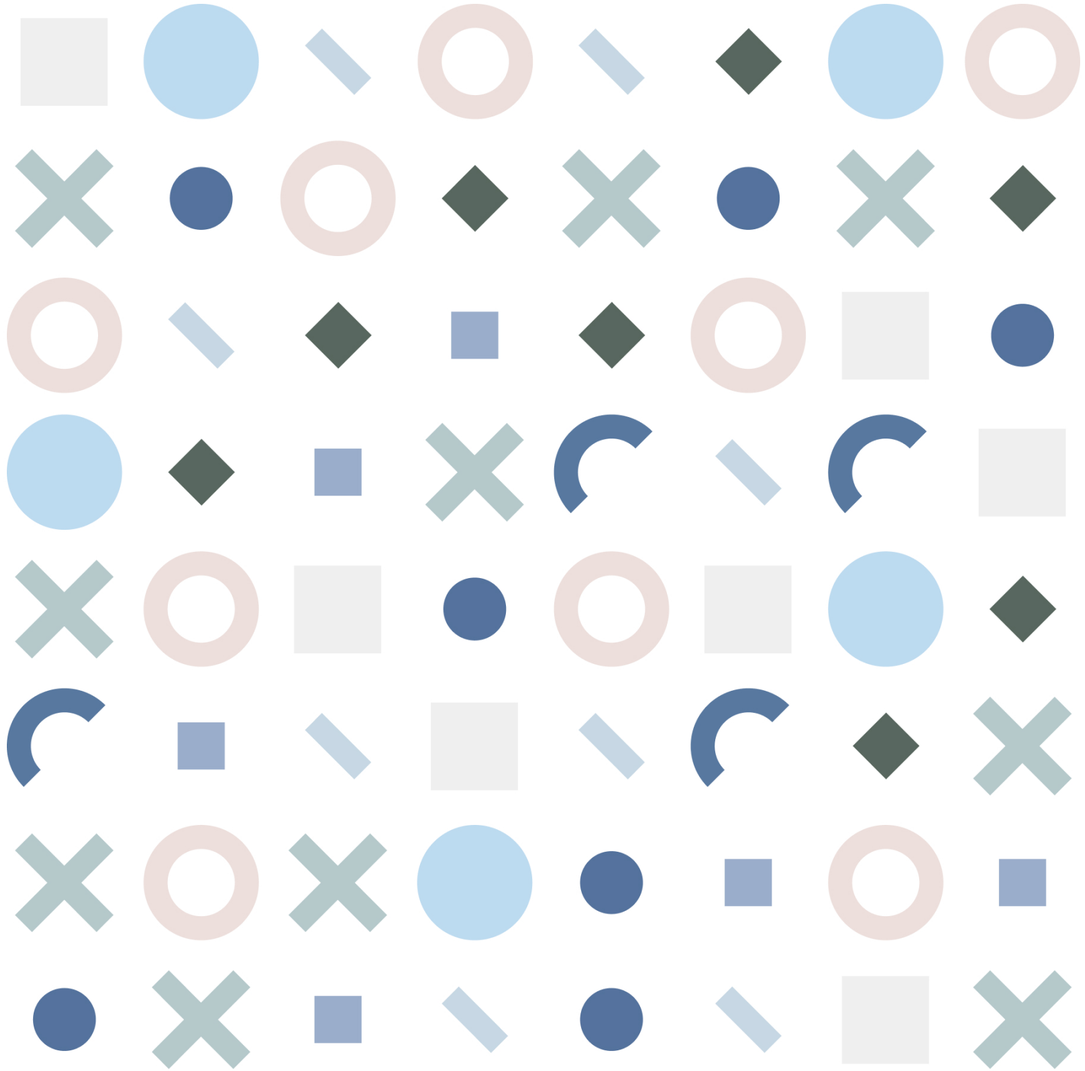
Here’s your insights report

Your gut health insights

PART 2

ZOE®

Results from your testing period



Before you dive in...

An important reminder

This product is designed for general wellness and does not diagnose, prevent, or treat any disease (including metabolic or inflammatory conditions).

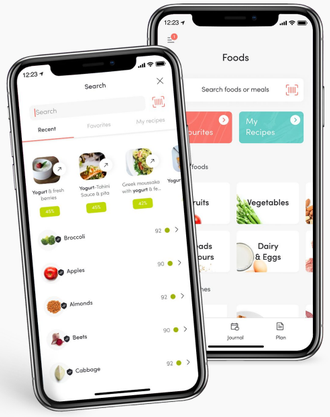
Your insights from the ZOE testing kit are not clinical test results. They cannot be used to treat or diagnose any medical condition.

ZOE's recommendations do not take into account allergies or intolerances, medical conditions you may have or medications you take.

Before making any changes to your diet, please consult your physician.

In this report (Part 2)

What we'll cover

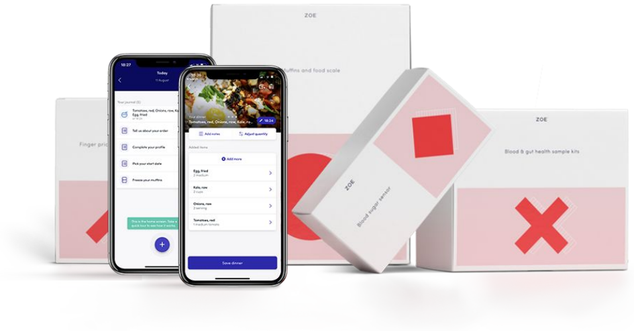


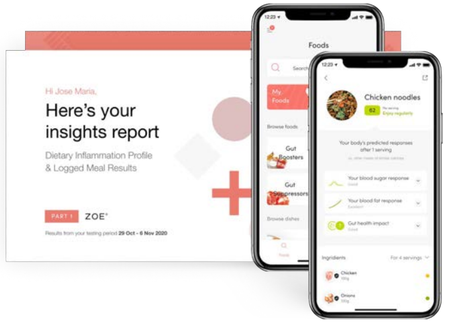
After you read your reports, you'll find more insights & actionable recommendations in your ZOE Insights app.

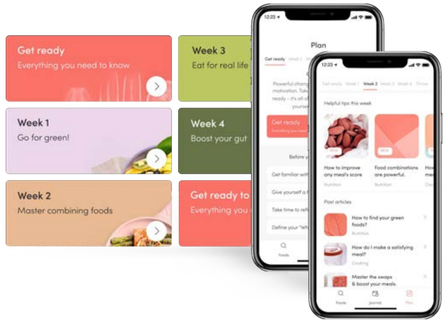
Download on the App Store

Download link

Your ZOE program







You are here

Phase 1: Test

- ~~Download the ZOE test app~~
- ~~Test your gut and blood sugar/fat (metabolic) responses to food~~

Phase 2: Learn

- ~~Read your insights report (pt 1)~~
- Read your insights report (pt 2)
- Download the ZOE Insights App

Phase 3: Apply

- Discover your responses to any food or meal (ZOE Insights app)
- Start your 4-week course to master the ZOE Method (ZOE Insights app)

Phase 4: Thrive

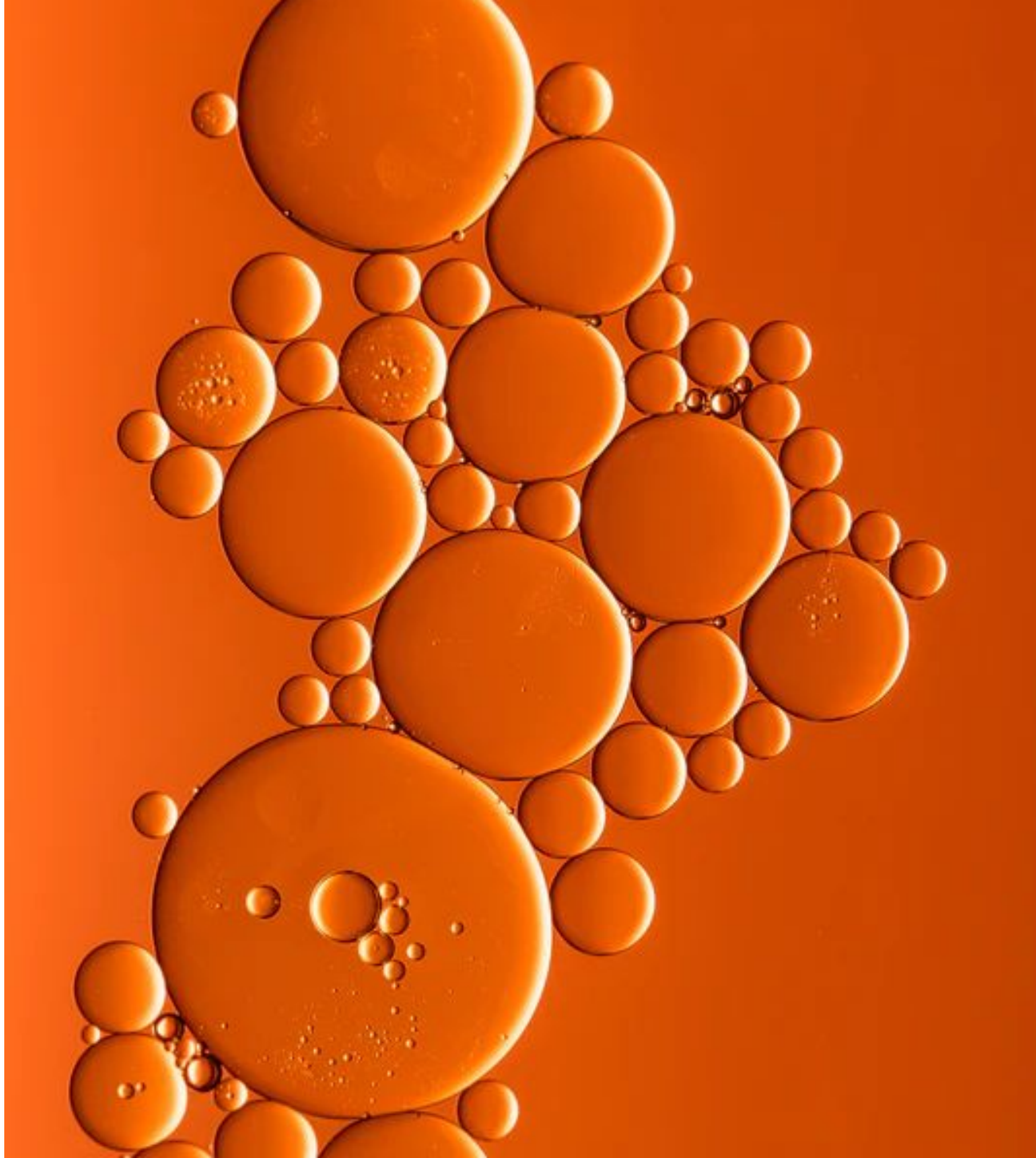
- Optimize your gut and blood sugar/fat responses
- Get 75+ day scores most days

Gut health

What is the gut microbiome?

Our gut is inhabited by a complex ecosystem of trillions of microbes that comprises bacteria but also viruses or fungi collectively called the gut microbiome.

- We have more microbes in our microbiome than human cells in the body.
- The number of genes in all the microbes in our body is also at least 100x the number of genes in the human DNA.
- If we weighed all your microbiome it would be almost 8 ounces!



Gut health

Why is your gut health important?

The gut microbiome can play important roles in our body such as maintaining the health of our immune system and affecting how we break down food.

The gut gets colonized by many microbes at birth, and the composition of the gut microbiome is mostly dictated by what we eat but also by other factors, such as where we live, who we interact with, the medication we take, hygiene conditions and our level of exercise and stress.

By eating the right foods and living the right lifestyle we can partly shape the composition of our gut microbiome, and as a result affect our health and weight.

Gut health

With you, we've made amazing discoveries

During our PREDICT nutrition studies, three of the world's top gut microbiome and nutrition scientists, Nicola Segata, Sarah Berry and Tim Spector, discovered new connections between the microbiome, diet and metabolism. These include new links with 30 key microbial species that can be found in the gut and that could play a role in how we biologically respond to food.

Our scientists were also able to discover positive and negative links between certain foods and these microbes, which make it possible to give you insights about what you can eat to favorably affect your microbiome & metabolism.

Research paper from PREDICT discoveries
Microbiome connections with host metabolism and habitual diet from 1,098 deeply phenotyped individuals
Published in Nature Medicine, 2021

Microbiome Analysis

Gut Diversity

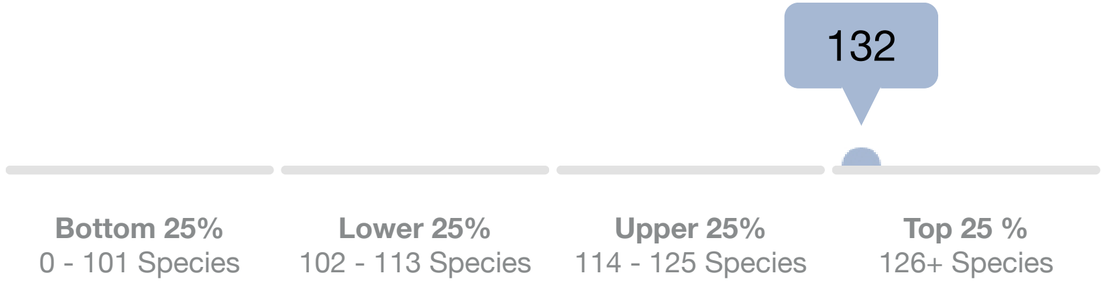
Your gut diversity score tells us **how many different microbial species we see in your gut** compared to others. Diversity is just one measure of your gut and not something that should be used to assess gut health.

Generally speaking, higher diversity is better because you're more likely to have some beneficial microbes in there, as well as other molecular functions that are important for breaking down food.

Recently, scientists working with ZOE have discovered a more powerful measure of the gut microbiome - the ratio of "good" to "bad" bugs - which was published in Nature Medicine. We call this ratio your ZOE Microbiome Score and it's the key measure we use for your ZOE Scores. We will share it with you in the coming pages.

Your gut diversity

Different species of microbes in your gut vs general population in our studies and product (n = 1752)



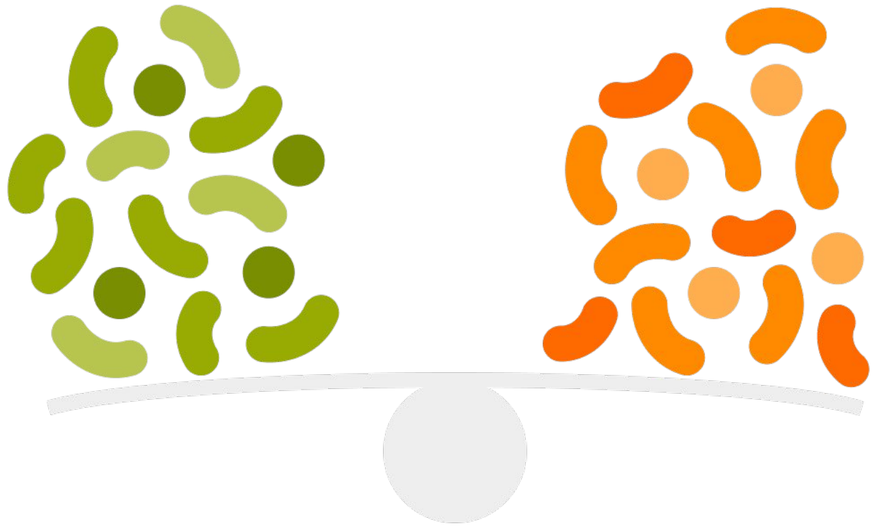
Microbiome analysis

What is the ZOE Microbiome Score?

ZOE's latest microbiome research was published in a highly respected journal (Nature Medicine) in January 2021. It showed that **the ratio of “good” to “bad” bugs** (your ZOE Microbiome Score) was superior to gut microbiome diversity for predicting: blood sugar and fat metabolism, inflammatory measures, indicators of obesity and cardiometabolic health. Translation: **this score helps you to understand how much your microbiome supports your metabolic health and the maintenance of a healthy weight.**

Our research suggests that the “good” bugs might help to control your blood sugar and fat levels. Meanwhile, the “bad” bugs may undermine this regulation and may actually promote inflammation in the body.

This science is evolving fast. Your participation in ZOE as a "community scientist" contributes to our ongoing improvement of this score so that we can help you and others.

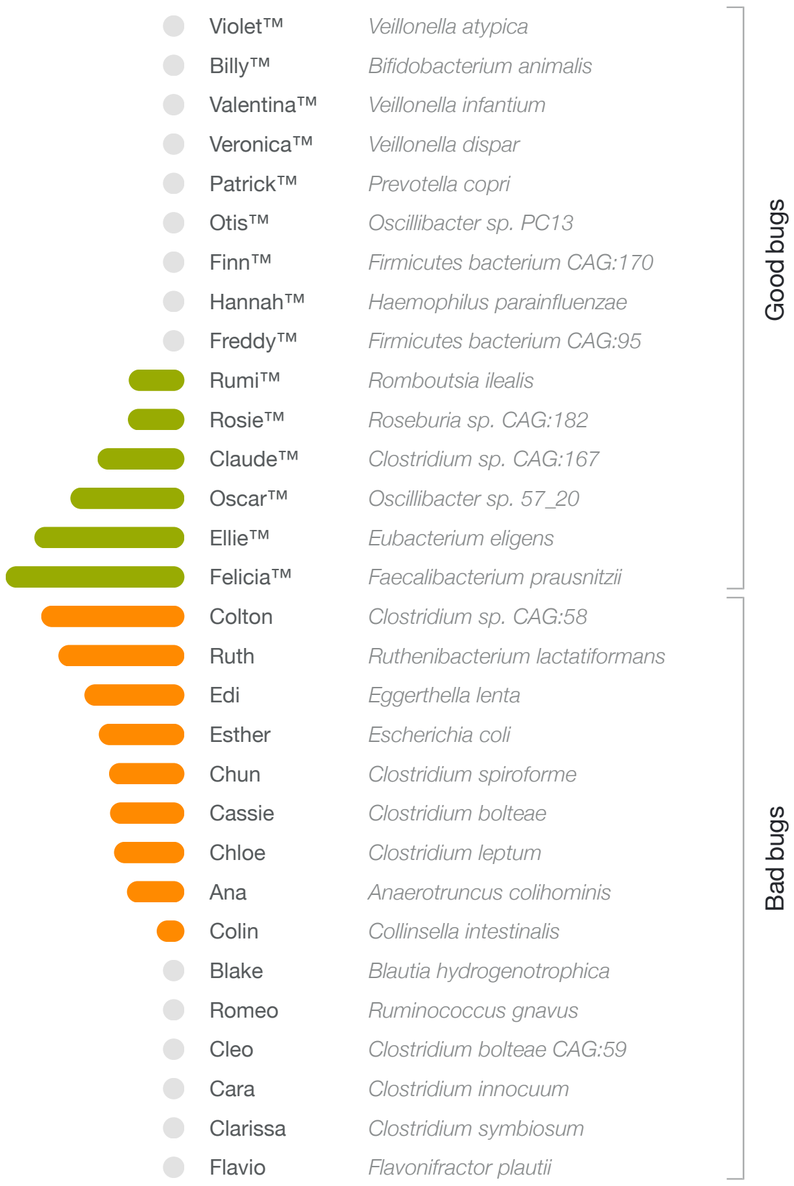


Microbiome Analysis

Meet your “good” and “bad” bugs

Our studies have associated these 30 key microbial species with many different markers of health including blood fat and sugar metabolism, cardiovascular risk measures, body fat and weight.

Your “good” vs “bad” bugs



ZOE Microbiome Health Score

Your results

The higher the ratio the better. People with a higher ratio are less prone to prolonged elevations of blood sugar and fat levels after eating meals.

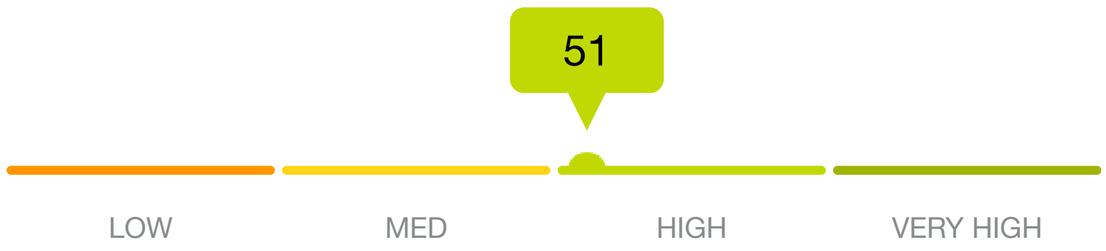
How to improve it

Don't worry if your result isn't as high as you would hope. Your microbiome composition is the result of both your long-term and short-term diet as well as other lifestyle factors. Which means that it can change.

The beauty about your diet is that you do have the power to change it and improving your diet is very likely to improve your ZOE Microbiome Health Score. We have even discovered specific foods that could help increase the prevalence of the 'good' health linked bacteria. We call these foods 'gut boosters'. Similarly we identified which foods grow 'bad' bacteria and can give you advice to starve them. You can find the right foods for your body in the ZOE Insights app.

ZOE Microbiome Health Score

Relative abundance of good vs. bad bacteria



Calculated by analyzing your poop sample in comparison to over 2000 other people in our PREDICT studies

Good bugs

Why are certain bacteria ‘good’?

In our PREDICT nutrition studies, we discovered 15 ‘good bugs’ that are associated with better health.

These microbial species are associated with favorable metabolism, lower levels of the inflammatory marker GlycA, lower blood pressure, and better blood sugar control.

People with higher abundances of these microbes tend to have better blood fat control (lower levels of triglycerides and “bad” cholesterol), and less visceral (abdominal) fat mass.

These microbes are also associated with dietary polyunsaturated fatty acids, such as omega-3 and omega-6.

15 ‘Good bugs’

	RELATIVE ABUNDANCE		ASSOCIATED BENEFITS
Felicia™ *Faecalibacterium prausnitzii*	**You** Average	**15.404%** 6.991%	Felicia is associated with higher polyunsaturated fat levels & lower levels of insulin. She's found in 99.7% of the population.
Ellie™ *Eubacterium eligens*	**You** Average	**4.02%** 0.92%	Ellie is associated with higher polyunsaturated fat levels & lower levels of insulin. She's found in 89.3% of the population.
Oscar™ *Oscillibacter sp. 57_20*	**You** Average	**0.749%** 0.683%	Oscar is associated with higher insulin sensitivity & lower levels of insulin. He's found in 84% of the population.
Claude™ *Clostridium sp. CAG:167*	**You** Average	**0.212%** 0.147%	Claude is associated with higher insulin sensitivity & lower levels of insulin. He's found in 37.2% of the population.
Rosie™ *Roseburia sp. CAG:182*	**You** Average	**0.051%** 0.064%	Rosie is associated with higher polyunsaturated fat levels & lower levels of insulin. She's found in 33.6% of the population.

You don't have this bacterium or it's very low · Low · High · Very High · Population Average

15 ‘Good bugs’

	RELATIVE ABUNDANCE		ASSOCIATED BENEFITS
Rumi™ *Romboutsia ilealis*	**You** Average	**0.049%** 0.012%	Rumi is associated with higher polyunsaturated fat levels & lower inflammation levels. He's found in 76.5% of the population.
Freddy™ *Firmicutes bacterium CAG:95*	**You** Average	**None** 0.024%	Freddy is associated with higher insulin sensitivity & lower levels of insulin. He's found in 45.9% of the population.
Hannah™ *Haemophilus parainfluenzae*	**You** Average	**None** 0.011%	Hannah is associated with higher insulin sensitivity & lower levels of insulin. She's found in 47.7% of the population.
Finn™ *Firmicutes bacterium CAG:170*	**You** Average	**None** 0.049%	Finn is associated with higher insulin sensitivity & decreased cardiovascular disease risk. He's found in 25.5% of the population.
Otis™ *Oscillibacter sp. PC13*	**You** Average	**None** 0.004%	Otis is associated with higher polyunsaturated fat levels & lower levels of insulin. He's found in 47% of the population.

You don't have this bacterium or it's very low · Low · High · Very High · Population Average

15 ‘Good bugs’

	RELATIVE ABUNDANCE			ASSOCIATED BENEFITS
Patrick™ *Prevotella copri*	**You**		**None**	Patrick is associated with higher insulin sensitivity & lower levels of insulin. He's found in 38.8% of the population.
	Average		3.929%	
Veronica™ *Veillonella dispar*	**You**		**None**	Veronica is associated with higher insulin sensitivity & lower inflammation levels. She's found in 38.3% of the population.
	Average		0.008%	
Valentina™ *Veillonella infantium*	**You**		**None**	Valentina is associated with higher polyunsaturated fat levels & lower inflammation levels. She's found in 29.7% of the population.
	Average		0.004%	
Billy™ *Bifidobacterium animalis*	**You**		**None**	Billy is associated with higher insulin sensitivity & lower levels of insulin. He's found in 31.2% of the population.
	Average		0.072%	
Violet™ *Veillonella atypica*	**You**		**None**	Violet is associated with higher insulin sensitivity & lower insulin levels after you eat. She's found in 31.9% of the population.
	Average		0.006%	

You don't have this bacterium or it's very low · Low · High · Very High · Population Average

Bad bugs

Why are certain bacteria ‘bad’?

With the 15 ‘bad bugs’, we observed the opposite effect.

These microbial species are associated with less favorable metabolism, higher blood pressure, and poorer glycemic responses.

For people with higher abundances of these microbes, we see higher concentrations of inflammatory markers such as GlycA, higher levels of triglycerides and bad cholesterol, and greater abdominal fat mass.

These microbes are also associated with with a high intake of saturated fatty acids and a low intake of polyunsaturated fatty acids such as omega-3 and omega-6.

15 ‘Bad bugs’

	RELATIVE ABUNDANCE		ASSOCIATED BENEFITS
Colton *Clostridium sp. CAG:58*	**You** Average	**0.293%** 0.113%	Colton is associated with higher levels of visceral fat & lower polyunsaturated fat levels. He's found in 72.2% of the population.
Ruth *Ruthenibacterium lactatiformans*	**You** Average	**0.131%** 0.081%	Ruth is associated with higher triglyceride levels & lower polyunsaturated fat levels. She's found in 99% of the population.
Edi *Eggerthella lenta*	**You** Average	**0.039%** 0.027%	Edi is associated with higher levels of visceral fat & lower polyunsaturated fat levels. He's found in 68.5% of the population.
Esther *Escherichia coli*	**You** Average	**0.02%** 0.047%	Esther is associated with less favourable fat profile & lower polyunsaturated fat levels. She's found in 64.3% of the population.
Chun *Clostridium spiroforme*	**You** Average	**0.012%** 0.031%	Chun is associated with higher levels of visceral fat & lower good cholesterol levels. He's found in 50.4% of the population.

Very High · High · Low · You don't have this bacterium or it's very low · Population Average

15 ‘Bad bugs’

	RELATIVE ABUNDANCE		ASSOCIATED BENEFITS
Cassie *Clostridium bolteae*	**You** Average	**0.012%** 0.009%	Cassie is associated with higher levels of visceral fat & lower good cholesterol levels. She's found in 61.6% of the population.
Chloe *Clostridium leptum*	**You** Average	**0.01%** 0.013%	Chloe is associated with higher levels of visceral fat & lower polyunsaturated fat levels. She's found in 91.4% of the population.
Ana *Anaerotruncus colihominis*	**You** Average	**0.005%** 0.01%	Ana is associated with higher levels of visceral fat & lower good cholesterol levels. She's found in 59.3% of lhe population.
Colin *Collinsella intestinalis*	**You** Average	**0.001%** 0.002%	Colin is associated with less favourable fat profile after you eat & lower polyunsaturated fat levels. He's found in 67.2% of the population.
Blake *Blautia hydrogenotrophica*	**You** Average	**None** 0.018%	Blake is associated with higher levels of visceral fat & lower polyunsaturated fat levels. He's found in 43.2% of the population.

Very High · High · Low · You don't have this bacterium or it's very low · Population Average

15 ‘Bad bugs’

	RELATIVE ABUNDANCE			ASSOCIATED BENEFITS
Romeo *Ruminococcus gnavus*	**You**		**None**	Romeo is associated with higher levels of visceral fat & lower good cholesterol levels. He's found in 52.3% of the population.
	Average		0.042%	
Cleo *Clostridium bolteae CAG:59*	**You**		**None**	Cleo is associated with higher levels of visceral fat & lower good cholesterol levels. She's found in 35.5% of the population.
	Average		0.005%	
Cara *Clostridium innocuum*	**You**		**None**	Cara is associated with higher levels of visceral fat & lower good cholesterol levels. She's found in 48.9% of the population.
	Average		0.006%	
Clarissa *Clostridium symbiosum*	**You**		**None**	Clarissa is associated with higher levels of visceral fat & lower good cholesterol levels. She's found in 39.5% of the population.
	Average		0.012%	
Flavio *Flavonifractor plautii*	**You**		**None**	Flavio is associated with higher levels of visceral fat & lower polyunsaturated fat levels. He's found in 94.7% of the population.
	Average		0.071%	

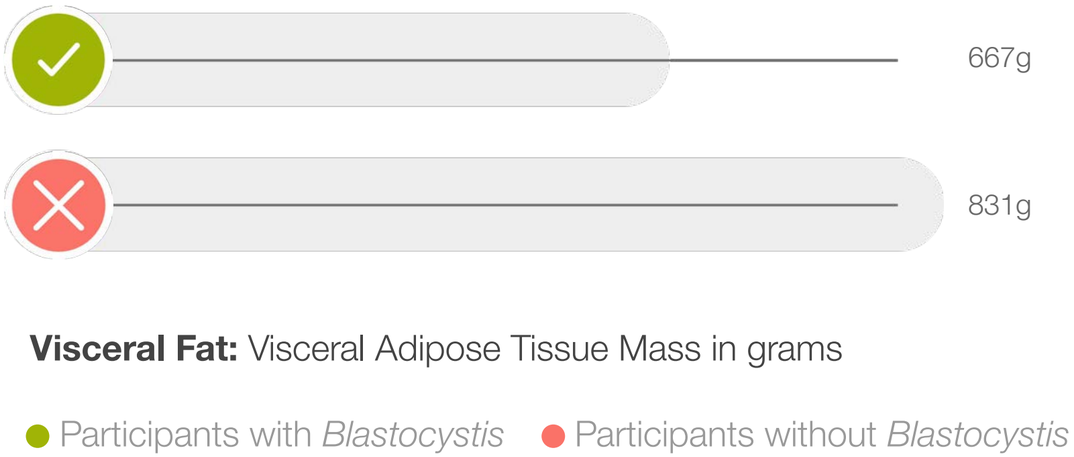
Very High · High · Low · You don't have this bacterium or it's very low · Population Average

Blastocystis

What is the ‘beneficial parasite’ *Blastocystis?*

Although the term parasite doesn’t sound very appealing, our results show that *Blastocystis* is correlated with less visceral fat and better metabolism.

Blastocystis is a microorganism formed of one single Eukaryotic cell that colonizes the gut. Only **26% of PREDICT 1 participants** had a gut which was colonized with *Blastocystis*. Out of 1098 participants, 282 had *Blastocystis* and 816 did not.



Blastocystis

Your *Blastocystis* result

You **do not** have *Blastocystis*. This is not necessarily a bad thing. A lot of different factors contribute to good digestive health, and *Blastocystis* is just one part of a very complex system.

Your microbiome composition *can* change, and your diet will play a key role in how your microbiome evolves.

You can use the ZOE Insights app to find the right foods for your body and have the best chance of improving your microbiome and ZOE Microbiome Health Score.

Negative

You do not have the *Blastocystis* parasite in your gut

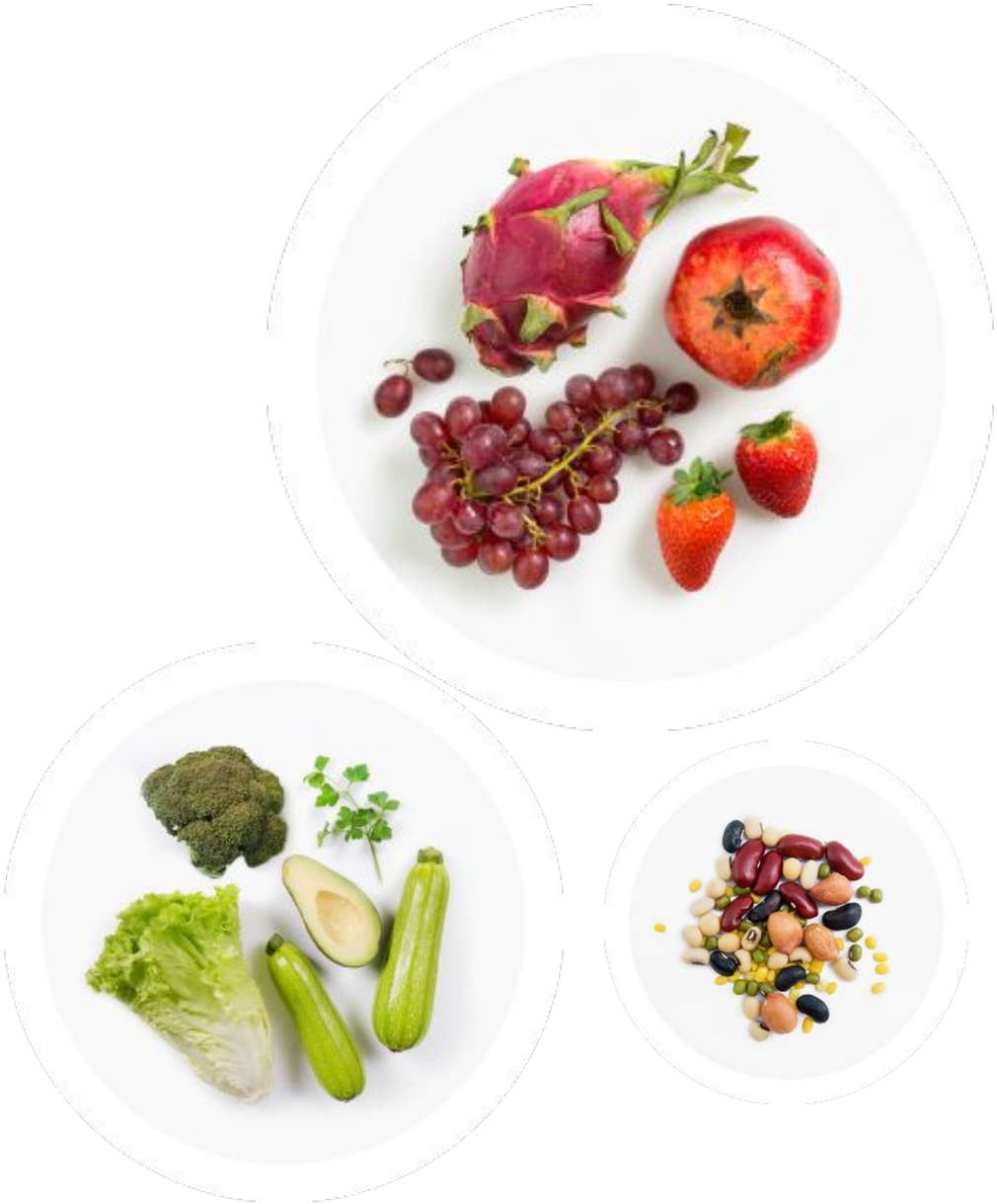
Gut boosters

Your personalized gut boosters

We have discovered that certain foods are associated with the ‘good’ and ‘bad’ bugs measured in the ZOE Microbiome Score. We have analyzed those foods to make specific recommendations for *your* gut.

We call these beneficial foods your ‘gut boosters’. They have been specifically selected for you based on your ZOE Microbiome Score and the good bugs you lack.

If you already eat many of your gut boosters then that’s great. Keep up the good work. Other health and lifestyle factors such as exercise, sleep, stress, people you live with and medications you take can all influence your gut. So consider what other lifestyle changes you can make to give your gut a boost.



Your personalized **gut boosters**

Recommended foods that may help boost the number of good bacteria in your gut

Apples

To boost: Freddy 🟠 Hannah 🟠 Otis 🟠 Veronica 🟠 Valentina 🟠 Billy 🟠 Violet 🟠 Rosie 🟡 Oscar 🟢 Ellie 🟢

Spinach

To boost: Finn 🟠 Otis 🟠 Veronica 🟠 Violet 🟠 Rosie 🟡 Oscar 🟢 Claude 🟢 Ellie 🟢

Zucchini

To boost: Freddy 🟠 Otis 🟠 Veronica 🟠 Billy 🟠 Rosie 🟡 Oscar 🟢 Ellie 🟢 Felicia 🟢

Avocado

To boost: Freddy 🟠 Finn 🟠 Otis 🟠 Billy 🟠 Rosie 🟡 Oscar 🟢 Claude 🟢 Ellie 🟢 Felicia 🟢

Lentils

To boost: Freddy 🟠 Hannah 🟠 Finn 🟠 Billy 🟠 Rosie 🟡 Claude 🟢 Ellie 🟢 Felicia 🟢

Tomatoes

To boost: Freddy 🟠 Otis 🟠 Billy 🟠 Rosie 🟡 Oscar 🟢 Claude 🟢 Ellie 🟢

🟠 You don't have this bacterium or it's very low 🟡 Low 🟢 High 🟢 Very High

Gut suppressors

Identified gut suppressors

We call foods with a negative influence your ‘gut suppressors’. They have been associated with the “bad” microbes you want to reduce.

If you already avoid some of your gut suppressors then that’s great. Keep up the good work.

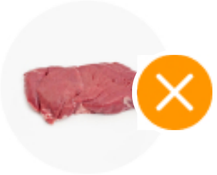
Other health and lifestyle factors such as exercise, sleep, stress, people you live with and medications you take can all influence your gut. So consider what other lifestyle changes you can make to get your gut on the right track.

Your personalized **gut suppressors**

Foods to avoid as they will likely increase the numbers of bad bacteria present in your gut

Sausages

To suppress: Colton 🟠 Ruth 🟡 Cassie 🟡 Chloe 🟢 Chun 🟢 Ana 🟢 Blake 🟢 Flavio 🟢



Beef

To suppress: Colton 🟠 Ruth 🟡 Edi 🟡 Chun 🟢 Ana 🟢 Blake 🟢 Cara 🟢 Clarissa 🟢 Flavio 🟢

Corned Beef

To suppress: Colton 🟠 Ruth 🟡 Cassie 🟡 Chloe 🟢 Ana 🟢 Clarissa 🟢 Flavio 🟢

Pork

To suppress: Colton 🟠 Ruth 🟡 Chloe 🟢 Ana 🟢 Blake 🟢 Flavio 🟢

Savoury Pies

To suppress: Ruth 🟡 Colin 🟢 Chun 🟢 Ana 🟢 Blake 🟢 Cleo 🟢 Cara 🟢 Flavio 🟢

Chips

To suppress: Colton 🟠 Cassie 🟡 Chloe 🟢 Ana 🟢 Flavio 🟢

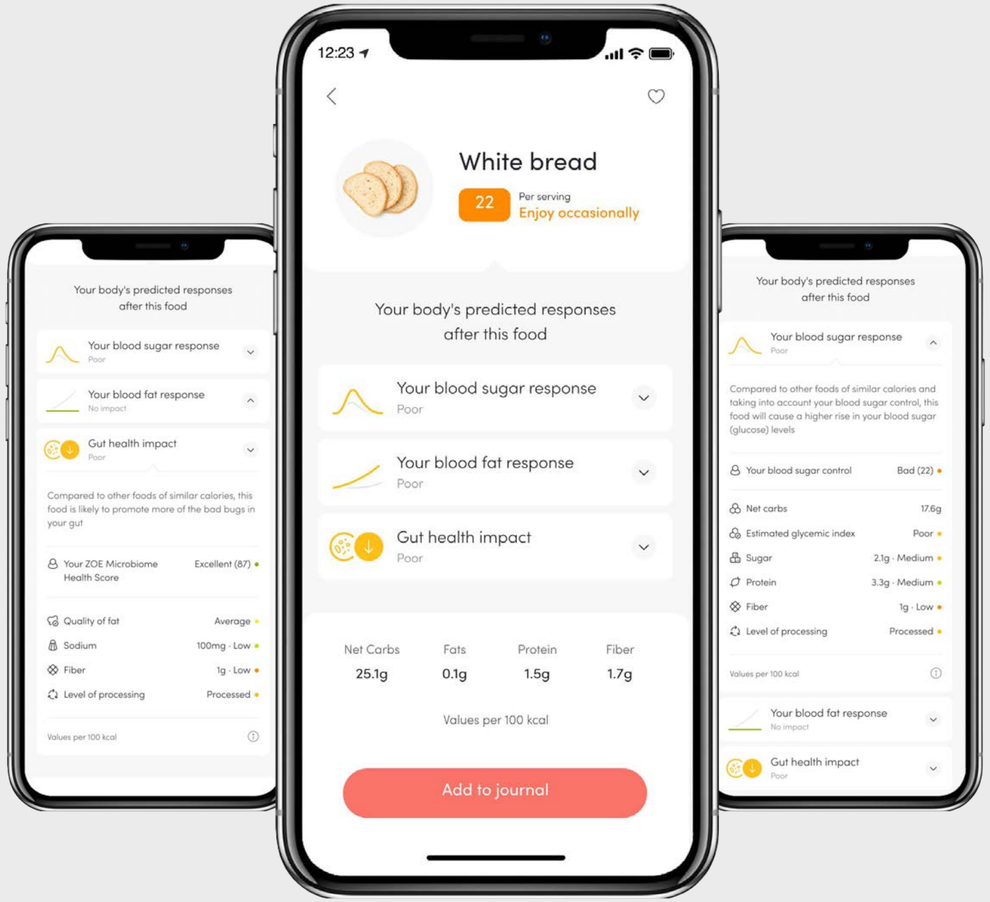
🟠 Very High 🟡 High 🟢 Low 🟢 You don't have this bacterium or it's very low

Get the app!

Find more gut boosters and suppressors in the ZOE Insights app

Use the **ZOE Insights app** to get personalized food scores that are designed to optimize your gut health.

You'll be able to see the **predicted gut health impact** of any food just for you. As well as other great features such as our plant tracker and Day Scores.



Download on the App Store

Download link: **App Store**

Appendix

How did we analyze your gut microbiome?

We generated the insights in this report by sequencing the bacteria in your gut by using the most advanced technology (shotgun metagenomics) and comparing them, your diet & health profile and your metabolic responses to food with those of the other participants in our research.

Genes carry coded information that largely determine who we are, and they can be used to identify us. Likewise, microbes have genes that we can use to determine what they are and what they can do.

For your results, we sequenced all the genetic material present in the poop sample that you provided. Sequencing means that we read all the genetic code found in your samples and translate it into data readable by a computer.

Once this is done, we can determine which microbe the genetic material comes from and therefore deduct the microbial composition of a sample.

Appendix

All the bugs that call you home

Here we will share the full list of microbial species that are present in your gut and how their abundance compares to other people we've tested in our studies and product.

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Faecalibacterium prausnitzii	YOU 15.404% VS 6.991% POPULATION	Observed in 99.7% of participants
Collinsella aerofaciens	YOU 7.893% VS 1.594% POPULATION	Observed in 87.2% of participants
Ruminococcus bicirculans	YOU 7.209% VS 0.701% POPULATION	Observed in 76.8% of participants
Bacteroides cellulosilyticus	YOU 4.099% VS 0.421% POPULATION	Observed in 61.5% of participants
Eubacterium eligens	YOU 4.02% VS 0.920% POPULATION	Observed in 89.3% of participants
Eubacterium rectale	YOU 3.635% VS 1.744% POPULATION	Observed in 94.3% of participants
Bacteroides uniformis	YOU 3.281% VS 5.221% POPULATION	Observed in 96.9% of participants
Fusicatenibacter saccharivorans	YOU 2.803% VS 3.336% POPULATION	Observed in 97.5% of participants
Barnesiella intestinihominis	YOU 2.618% VS 1.354% POPULATION	Observed in 73.4% of participants
Ruminococcus torques	YOU 2.544% VS 0.849% POPULATION	Observed in 86.6% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Blautia obeum	YOU 2.462% VS 0.737% POPULATION	Observed in 97.3% of participants
Oscillibacter sp. CAG:241	YOU 2.396% VS 0.154% POPULATION	Observed in 81.3% of participants
Alistipes inops	YOU 2.284% VS 0.356% POPULATION	Observed in 32.3% of participants
Anaerotruncus sp. CAG:528	YOU 2.102% VS 0.666% POPULATION	Observed in 7.2% of participants
Roseburia inulinivorans	YOU 2.002% VS 0.274% POPULATION	Observed in 93% of participants
Eubacterium siraeum	YOU 1.951% VS 0.241% POPULATION	Observed in 69.3% of participants
Eubacterium hallii	YOU 1.92% VS 0.960% POPULATION	Observed in 97.8% of participants
Firmicutes bacterium CAG:110	YOU 1.887% VS 0.339% POPULATION	Observed in 56.3% of participants
Roseburia faecis	YOU 1.874% VS 1.156% POPULATION	Observed in 77.7% of participants
Lachnosp.ira pectinoschiza	YOU 1.421% VS 1.114% POPULATION	Observed in 68.4% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population				How rare is this species? Percent of studied population who have this species
Bacteroides dorei	YOU 1.388%	VS	2.224%	POPULATION	Observed in 70.9% of participants
Parabacteroides distasonis	YOU 1.386%	VS	1.137%	POPULATION	Observed in 89.9% of participants
Anaerostipes hadrus	YOU 1.308%	VS	0.943%	POPULATION	Observed in 99.3% of participants
Methanobrevibacter smithii	YOU 1.303%	VS	0.521%	POPULATION	Observed in 36.5% of participants
Bacteroides caccae	YOU 1.085%	VS	0.972%	POPULATION	Observed in 71.8% of participants
Bacteroides vulgatus	YOU 1.059%	VS	5.767%	POPULATION	Observed in 90.7% of participants
Parabacteroides merdae	YOU 1.055%	VS	1.067%	POPULATION	Observed in 74.4% of participants
Ruminococcus lactaris	YOU 0.843%	VS	0.564%	POPULATION	Observed in 60.3% of participants
Dorea formicigenerans	YOU 0.84%	VS	0.286%	POPULATION	Observed in 95.2% of participants
Odoribacter laneus	YOU 0.819%	VS	0.197%	POPULATION	Observed in 3.8% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Oscillibacter sp. 57_20	YOU 0.749% VS 0.683% POPULATION	Observed in 84% of participants
Bacteroides massiliensis	YOU 0.745% VS 0.770% POPULATION	Observed in 37.1% of participants
Bacteroides plebeius	YOU 0.737% VS 1.947% POPULATION	Observed in 16.6% of participants
Phascolarctobacterium faecium	YOU 0.717% VS 0.427% POPULATION	Observed in 50.8% of participants
Bacteroides salyersiae	YOU 0.681% VS 0.412% POPULATION	Observed in 25.5% of participants
Candidatus Methanomassiliicoccus intestinalis	YOU 0.669% VS 0.354% POPULATION	Observed in 4.1% of participants
Alistipes finegoldii	YOU 0.621% VS 0.528% POPULATION	Observed in 93.6% of participants
Dorea longicatena	YOU 0.621% VS 0.897% POPULATION	Observed in 93.4% of participants
Adlercreutzia equolifaciens	YOU 0.526% VS 0.055% POPULATION	Observed in 90.2% of participants
Roseburia hominis	YOU 0.502% VS 0.147% POPULATION	Observed in 93% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Parasutterella excrementihominis	YOU 0.497% VS 0.099% POPULATION	Observed in 79.7% of participants
Oxalobacter formigenes	YOU 0.467% VS 0.099% POPULATION	Observed in 11.7% of participants
Butyricimonas virosa	YOU 0.392% VS 0.066% POPULATION	Observed in 67.3% of participants
Bacteroides sp. CAG:144	YOU 0.391% VS 0.652% POPULATION	Observed in 25.3% of participants
Asaccharobacter celatus	YOU 0.383% VS 0.076% POPULATION	Observed in 90.2% of participants
Coprococcus comes	YOU 0.36% VS 0.793% POPULATION	Observed in 88.5% of participants
Gemmiger formicilis	YOU 0.35% VS 0.235% POPULATION	Observed in 93.1% of participants
Bacteroides ovatus	YOU 0.338% VS 0.564% POPULATION	Observed in 92.2% of participants
Gordonibacter pamelaeae	YOU 0.317% VS 0.030% POPULATION	Observed in 89.1% of participants
Clostridium sp. CAG:58	YOU 0.293% VS 0.113% POPULATION	Observed in 72.2% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Agathobaculum butyriciproducens	YOU 0.282% vs 0.431% POPULATION	Observed in 97.3% of participants
Firmicutes bacterium CAG:83	YOU 0.282% vs 0.091% POPULATION	Observed in 83.3% of participants
Parabacteroides johnsonii	YOU 0.282% vs 0.079% POPULATION	Observed in 23% of participants
Bacteroides thetaiotaomicron	YOU 0.273% vs 0.501% POPULATION	Observed in 85% of participants
Alistipes indistinctus	YOU 0.241% vs 0.055% POPULATION	Observed in 63% of participants
Cloacibacillus evryensis	YOU 0.225% vs 0.029% POPULATION	Observed in 13% of participants
Proteobacteria bacterium CAG:139	YOU 0.214% vs 0.031% POPULATION	Observed in 71.7% of participants
Clostridium sp. CAG:167	YOU 0.212% vs 0.147% POPULATION	Observed in 37.2% of participants
Lawsonibacter asaccharolyticus	YOU 0.192% vs 0.082% POPULATION	Observed in 96.4% of participants
Bacteroides xylanisolvens	YOU 0.188% vs 0.170% POPULATION	Observed in 80% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Eubacterium sp. CAG:38	YOU 0.157% vs 0.156% POPULATION	Observed in 76.7% of participants
Butyricimonas synergistica	YOU 0.157% vs 0.050% POPULATION	Observed in 61.5% of participants
Odoribacter sp.lanchnicus	YOU 0.155% vs 0.664% POPULATION	Observed in 90.1% of participants
Bilophila wadsworthia	YOU 0.146% vs 0.085% POPULATION	Observed in 87.7% of participants
Alistipes shahii	YOU 0.143% vs 0.348% POPULATION	Observed in 83.6% of participants
Ruthenibacterium lactatiformans	YOU 0.131% vs 0.081% POPULATION	Observed in 99% of participants
Blautia wexlerae	YOU 0.126% vs 0.618% POPULATION	Observed in 99.4% of participants
Bacteroides finegoldii	YOU 0.097% vs 0.281% POPULATION	Observed in 31.6% of participants
Sanguibacteroides justesenii	YOU 0.092% vs 0.025% POPULATION	Observed in 7.4% of participants
Lactobacillus rogosae	YOU 0.09% vs 0.047% POPULATION	Observed in 63% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population				How rare is this species? Percent of studied population who have this species
Eubacterium ramulus	YOU 0.069%	vs	0.135%	POPULATION	Observed in 82.9% of participants
Ruminococcaceae bacterium D5	YOU 0.069%	vs	0.019%	POPULATION	Observed in 44.7% of participants
Clostridium disp.oricum	YOU 0.068%	vs	0.033%	POPULATION	Observed in 45% of participants
Monoglobus pectinilyticus	YOU 0.059%	vs	0.332%	POPULATION	Observed in 36.7% of participants
Firmicutes bacterium CAG:238	YOU 0.055%	vs	0.017%	POPULATION	Observed in 15.4% of participants
Roseburia sp. CAG:182	YOU 0.051%	vs	0.064%	POPULATION	Observed in 33.6% of participants
Romboutsia ilealis	YOU 0.049%	vs	0.012%	POPULATION	Observed in 76.5% of participants
Akkermansia muciniphila	YOU 0.039%	vs	0.616%	POPULATION	Observed in 71.2% of participants
Turicibacter sanguinis	YOU 0.039%	vs	0.019%	POPULATION	Observed in 51.9% of participants
Eggerthella lenta	YOU 0.039%	vs	0.027%	POPULATION	Observed in 68.5% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population				How rare is this species? Percent of studied population who have this species
Roseburia intestinalis	YOU 0.038%	VS	0.293%	POPULATION	Observed in 78.3% of participants
Bacteroides intestinalis	YOU 0.036%	VS	0.180%	POPULATION	Observed in 28.7% of participants
Enorma massiliensis	YOU 0.034%	VS	0.001%	POPULATION	Observed in 44.3% of participants
Bacteroides faecis CAG:32	YOU 0.032%	VS	0.167%	POPULATION	Observed in 18.4% of participants
Turicimonas muris	YOU 0.032%	VS	0.014%	POPULATION	Observed in 60.3% of participants
Streptococcus salivarius	YOU 0.029%	VS	0.040%	POPULATION	Observed in 89.9% of participants
Collinsella stercoris	YOU 0.024%	VS	0.016%	POPULATION	Observed in 86.5% of participants
Escherichia coli	YOU 0.02%	VS	0.047%	POPULATION	Observed in 64.3% of participants
Roseburia sp. CAG:309	YOU 0.019%	VS	0.035%	POPULATION	Observed in 34.2% of participants
Bacillus subtilis group	YOU 0.017%	VS	0.000%	POPULATION	Rarely observed in participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population				How rare is this species? Percent of studied population who have this species
Firmicutes bacterium CAG:94	YOU 0.016%	VS	0.034%	POPULATION	Observed in 44.5% of participants
Streptococcus salivarius CAG:79	YOU 0.015%	VS	0.001%	POPULATION	Observed in 5.7% of participants
Corynebacterium amycolatum	YOU 0.014%	VS	0.001%	POPULATION	Observed in 0.3% of participants
Roseburia sp. CAG:471	YOU 0.014%	VS	0.024%	POPULATION	Observed in 80.8% of participants
Clostridium sp.iroforme	YOU 0.012%	VS	0.031%	POPULATION	Observed in 50.4% of participants
Bacillus intestinalis	YOU 0.012%	VS	0.002%	POPULATION	Observed in 0.2% of participants
Clostridium bolteae	YOU 0.012%	VS	0.009%	POPULATION	Observed in 61.6% of participants
Streptococcus mitis	YOU 0.01%	VS	0.002%	POPULATION	Observed in 28.7% of participants
Clostridium leptum	YOU 0.01%	VS	0.013%	POPULATION	Observed in 91.4% of participants
Rothia mucilaginosa	YOU 0.01%	VS	0.003%	POPULATION	Observed in 31% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Actinomyces sp. ICM47	YOU 0.009% vs 0.002% POPULATION	Observed in 23.8% of participants
Enterorhabdus caecimuris	YOU 0.009% vs 0.002% POPULATION	Observed in 70.2% of participants
Streptococcus sp. A12	YOU 0.008% vs 0.002% POPULATION	Observed in 25.4% of participants
Actinomyces odontolyticus	YOU 0.008% vs 0.001% POPULATION	Observed in 24.8% of participants
Clostridium asp.aragiforme	YOU 0.008% vs 0.005% POPULATION	Observed in 42.7% of participants
Fretibacterium fastidiosum	YOU 0.008% vs 0.002% POPULATION	Observed in 19.5% of participants
Alistipes putredinis	YOU 0.006% vs 4.746% POPULATION	Observed in 87.3% of participants
Lactococcus lactis	YOU 0.006% vs 0.006% POPULATION	Observed in 32.1% of participants
Dorea sp. CAG:317	YOU 0.006% vs 0.025% POPULATION	Observed in 24.5% of participants
Anaerotruncus colihominis	YOU 0.005% vs 0.010% POPULATION	Observed in 59.3% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Butyribacterium methylotrophicum	YOU 0.005% vs 0.002% POPULATION	Observed in 4.1% of participants
Actinomyces graevenitzii	YOU 0.004% vs 0.001% POPULATION	Observed in 6.3% of participants
Christensenella minuta	YOU 0.004% vs 0.004% POPULATION	Observed in 14.4% of participants
Harryflintia acetisp.ora	YOU 0.004% vs 0.004% POPULATION	Observed in 31.8% of participants
Coprobacter secundus	YOU 0.004% vs 0.030% POPULATION	Observed in 36.7% of participants
Intestinibacter bartlettii	YOU 0.003% vs 0.044% POPULATION	Observed in 70.5% of participants
Streptococcus australis	YOU 0.003% vs 0.003% POPULATION	Observed in 22.7% of participants
Anaeromassilibacillus sp. An250	YOU 0.003% vs 0.014% POPULATION	Observed in 69.9% of participants
Lactobacillus gasseri	YOU 0.003% vs 0.004% POPULATION	Observed in 1.6% of participants
Eubacterium callanderi	YOU 0.003% vs 0.004% POPULATION	Observed in 5% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population				How rare is this species? Percent of studied population who have this species
[Collinsella] massiliensis	YOU 0.002%	VS	0.001%	POPULATION	Observed in 59% of participants
Streptococcus thermophilus	YOU 0.002%	VS	0.050%	POPULATION	Observed in 71.7% of participants
Clostridiales bacterium 1 7 47FAA	YOU 0.002%	VS	0.003%	POPULATION	Observed in 18.6% of participants
Eisenbergiella tayi	YOU 0.002%	VS	0.006%	POPULATION	Observed in 50% of participants
Eubacterium limosum	YOU 0.002%	VS	0.004%	POPULATION	Observed in 7.6% of participants
Collinsella intestinalis	YOU 0.001%	VS	0.002%	POPULATION	Observed in 67.2% of participants
Holdemania filiformis	YOU Trace	VS	0.013%	POPULATION	Observed in 72.9% of participants
Desulfovibrio fairfieldensis	YOU Trace	VS	0.018%	POPULATION	Observed in 8.7% of participants
Streptococcus oralis	YOU Trace	VS	0.002%	POPULATION	Observed in 8.8% of participants
Victivallis vadensis	YOU Trace	VS	0.036%	POPULATION	Observed in 26.2% of participants

Bacteria Name Full list of bacteria species present in your gut	Relative Abundance Percent of total species in your gut & comparison to average of studied population	How rare is this species? Percent of studied population who have this species
Flavonifractor sp. An100	YOU Trace VS 0.005% POPULATION	Observed in 24% of participants
Coprococcus catus	YOU Trace VS 0.415% POPULATION	Observed in 86.1% of participants

Appendix

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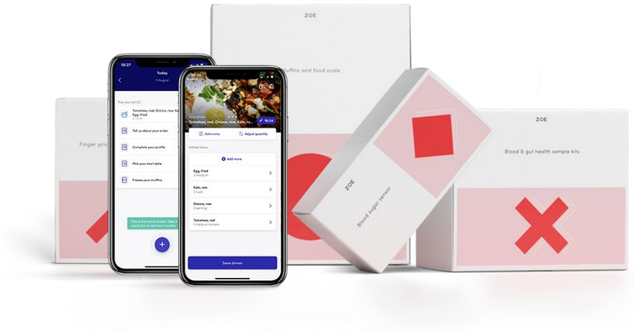
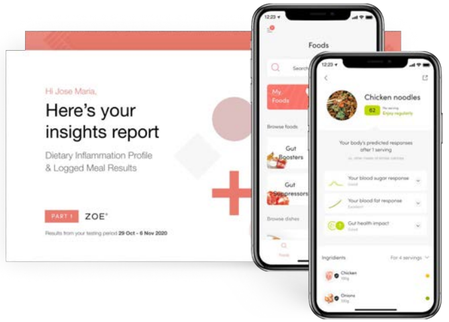
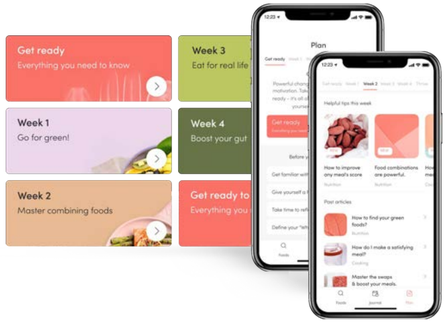
That’s it!

What’s next?

Your ZOE program







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- ✓ ~~Download the ZOE test app~~
- ✓ ~~Test your gut and blood sugar/fat (metabolic) responses to food~~

Phase 2: Learn

- ✓ ~~Read your insights report (pt 1)~~
- ✓ ~~Read your insights report (pt 2)~~
- ○ Download the ZOE Insights App

Phase 3: Apply

- ○ Discover your responses to any food or meal (ZOE Insights app)
- ○ Start your 4-week course to master the ZOE Method (ZOE Insights app)

Phase 4: Thrive

- ○ Optimize your gut and blood sugar/fat responses
- ○ Get 75+ day scores

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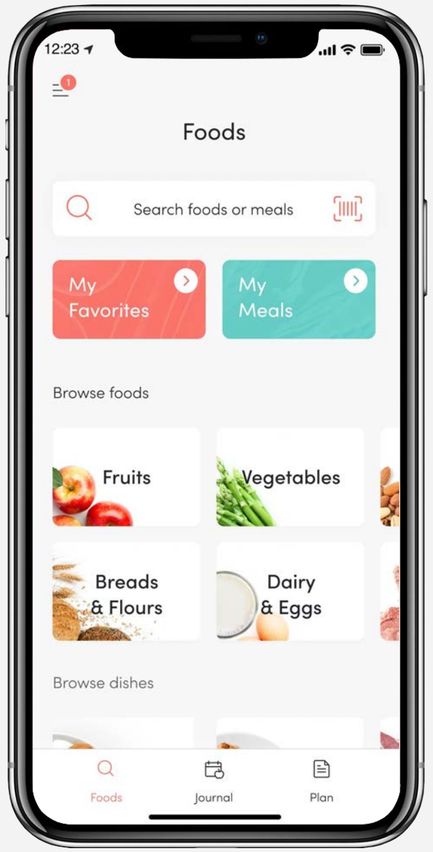

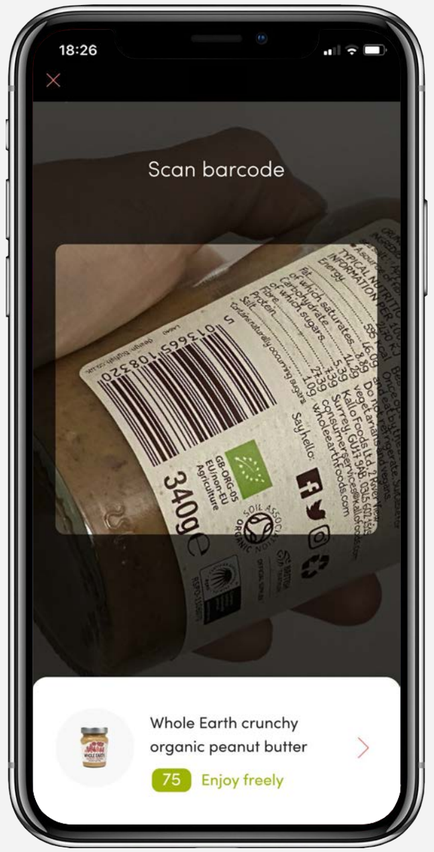

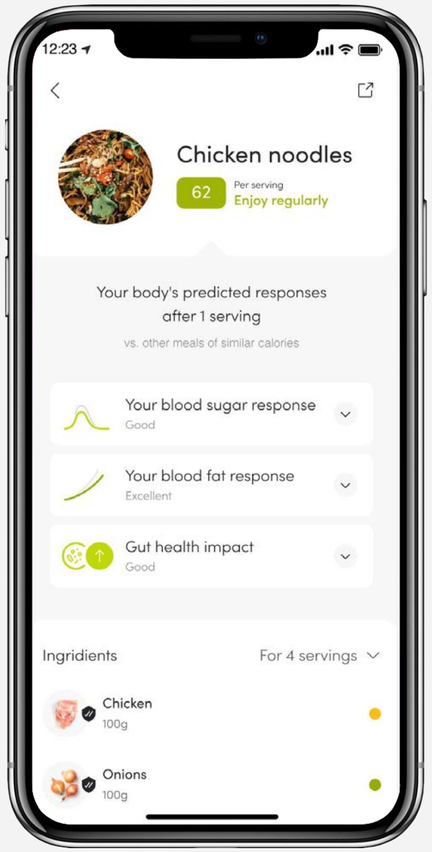

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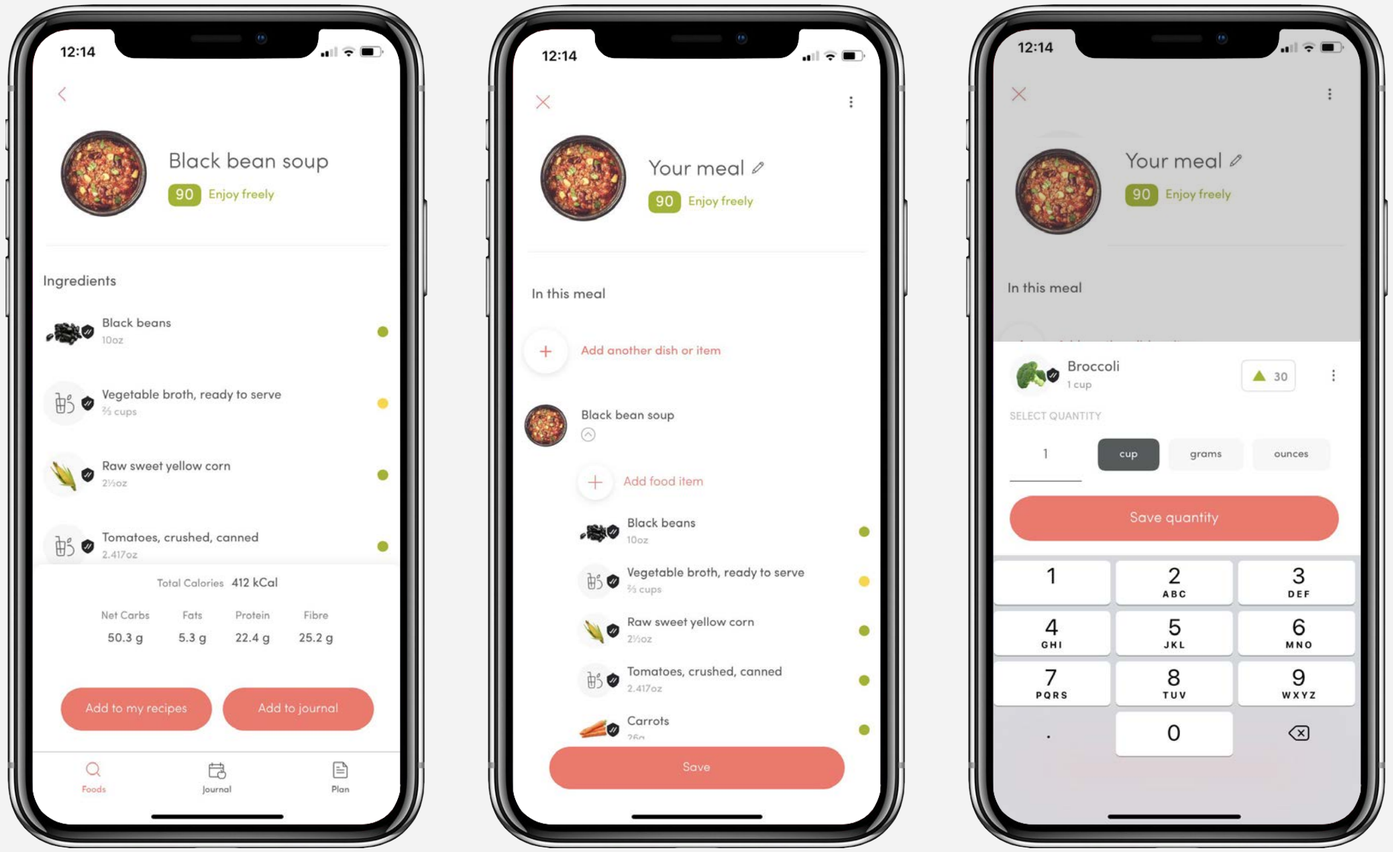

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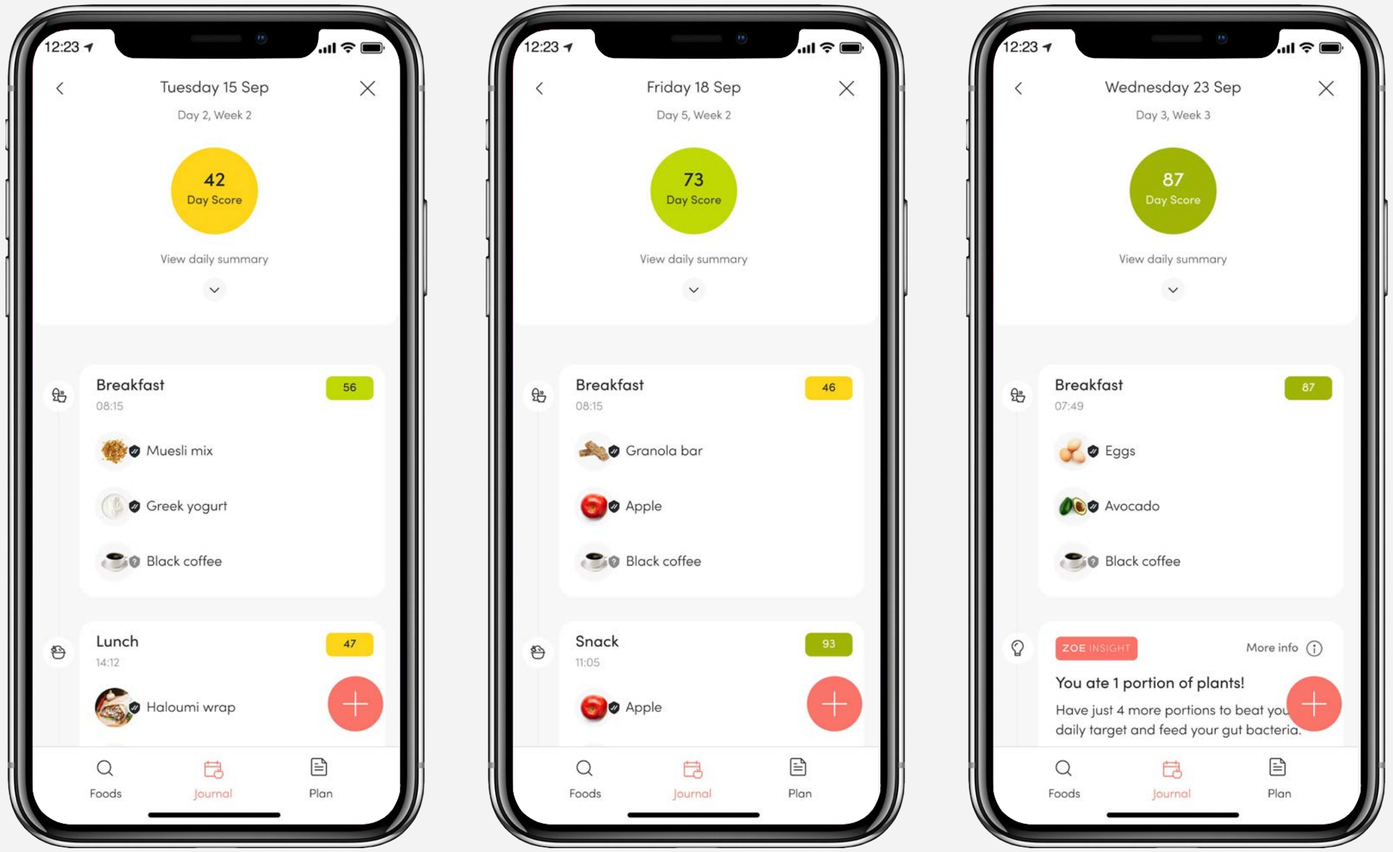

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What's next

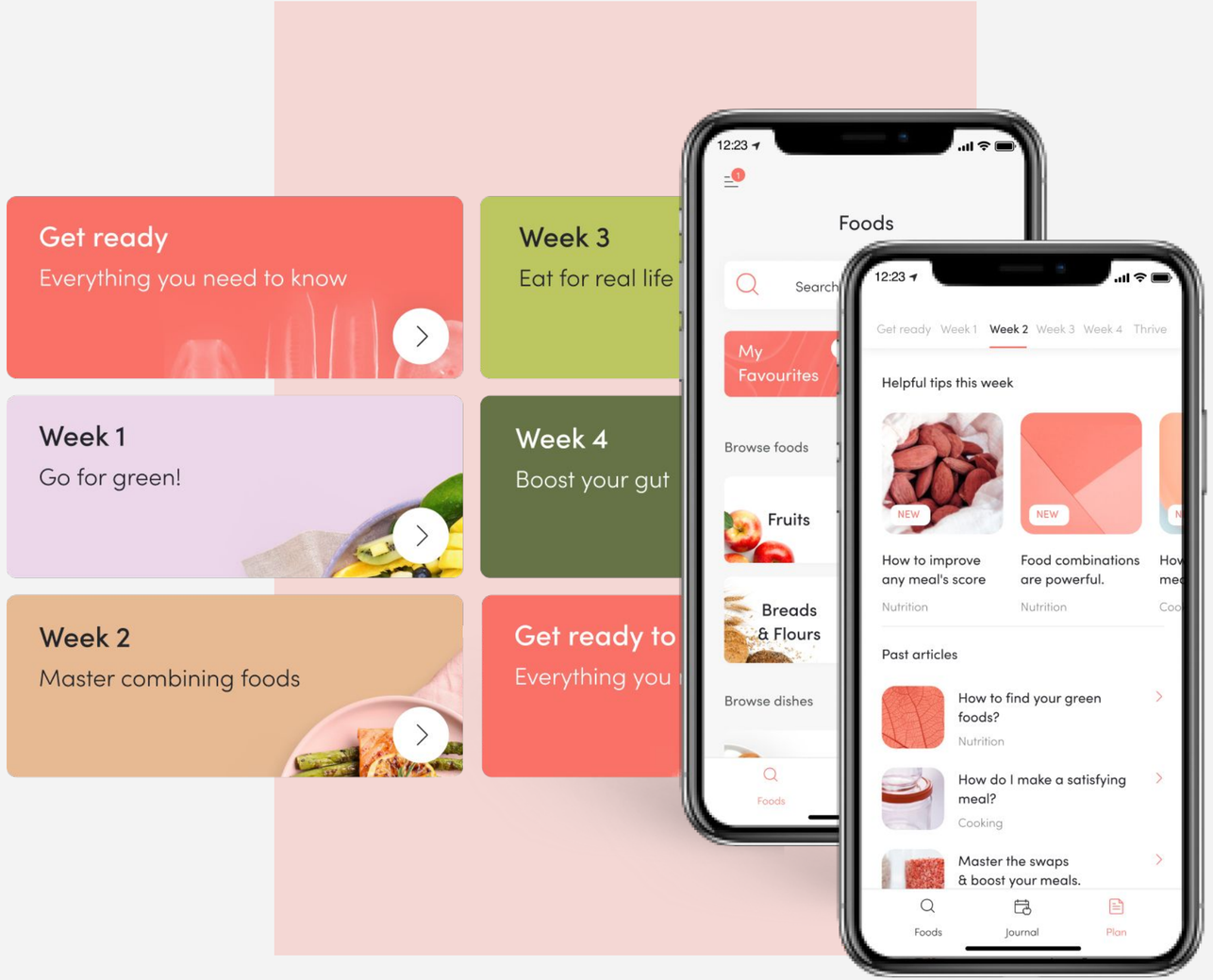
Start your 4-week action plan

Our 4-week plan is built to put your test results into action and will help you retrain your body and discover great foods.

With your plan, we'll guide you through diet changes week by week.

By the end, you'll know how to eat for your body, *for life*.

Download the Insights app and pick your action plan start date now.



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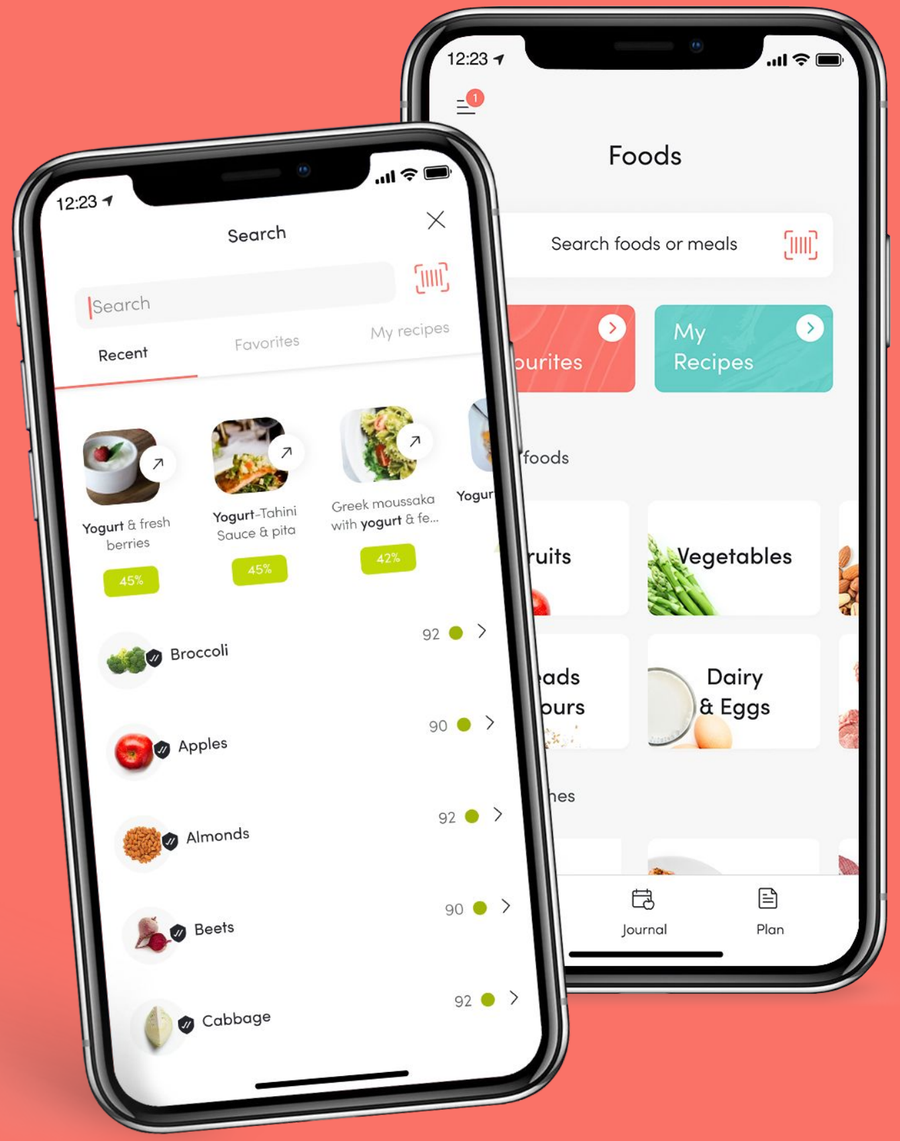
What’s next

You will find more insights & actionable recommendations in the ZOE Insights app.

It’s a different app to the one you used for testing. Log in with your ZOE account.



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