

DEMO DEMO

FINAL REPORT

Accession ID: 2801604238

Name: DEMO DEMO
Date of Birth: 00-00-0000
Biological Sex: Female
Age: 37
Height: 70 inches
Weight: 150 lbs
Fasting:

Telephone: 000-000-0000
Street Address:
Email:

Provider Information

Practice Name: DEMO CLIENT, MD
Provider Name: DEMO CLIENT, MD
Phlebotomist: 0

Telephone: 000-000-0000
Address: 3521 Leonard Ct, Santa Clara, CA 95054

Specimen Information

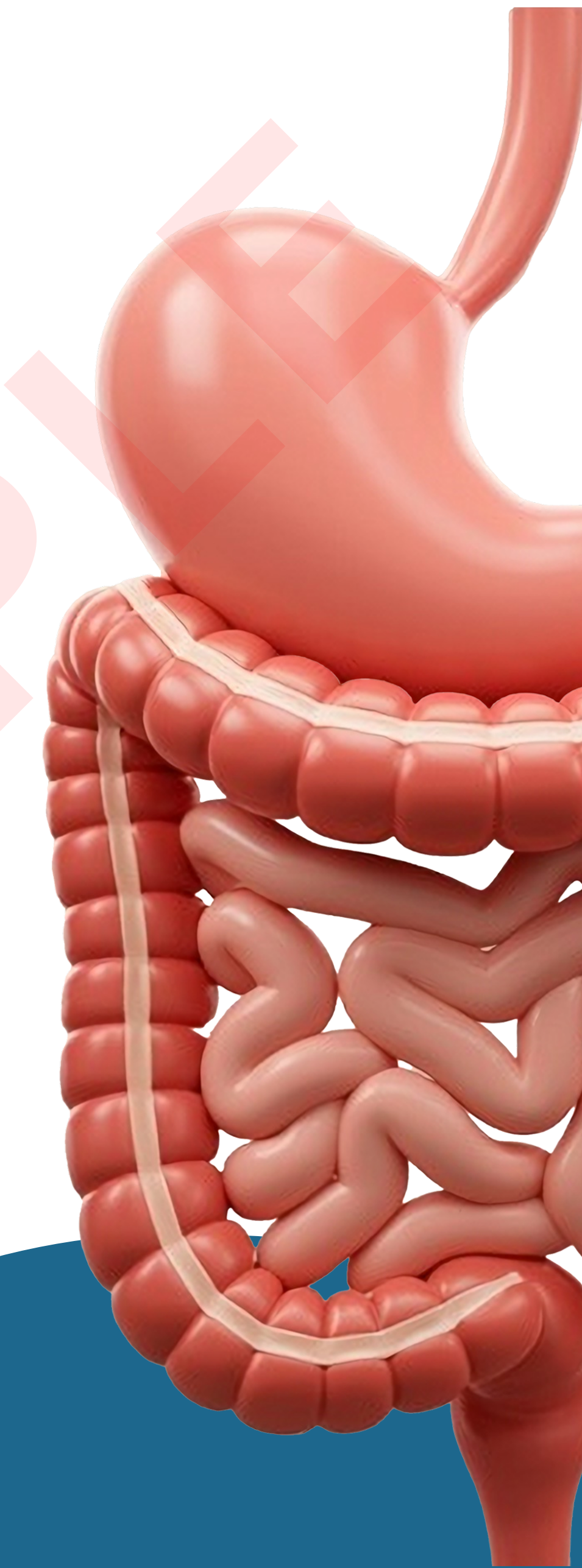
Sample Type	Collection Time	Received Time	Report	Final Report Date
Metal Free Urine	Local 2026-03-29 17:00	2026-03-30 14:54 (PDT)	Gut Zoomer - P2	2026-07-16 09:47 (PDT)
Stool	Local 2026-03-29 17:00	2026-03-30 14:54 (PDT)	Gut Zoomer - P2	2026-07-16 09:47 (PDT)
Unpreserved Stool	Local 2026-03-29 17:00	2026-03-30 14:54 (PDT)	Gut Zoomer - P2	2026-07-16 09:47 (PDT)

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Gut Zoomer

Your Gut Health Report

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INTRODUCTION

Vibrant Wellness is pleased to present Gut Zoomer testing to support healthy lifestyle choices in consultation with your healthcare provider. The Gut Zoomer evaluates biomarkers across key gastrointestinal health categories, including Gut Commensals, Phyla & Diversity Indices, Gut Inflammation, Digestion and Malabsorption, Gut Metabolites, Gut Permeability and Antibodies, Gut Pathogens and Antibiotic Resistance Genes. Results are intended to be interpreted by healthcare providers to guide personalized wellness strategies informed by the gastrointestinal ecosystem.

Methodology

Gut Zoomer is split into 7 sections: Gut Pathogens, Gut Commensal, Gut Inflammation, Gut Permeability and Antibodies, Gut Metabolites, Gut Diversity, and Urinary Neurotransmitters. Gut Pathogens uses real-time PCR Assay designed for semi-quantitative and qualitative detection of group-specific DNA in clinical stool samples. Gut Commensal uses deep metagenomic PCR to semi-quantitatively assess the presence of key commensal bacterial populations, providing resolution from phylum down to species level to support comprehensive gut microbiome profiling. Digestion and Malabsorption panel and Gut Inflammation are quantitative assays that detects calprotectin, anti-gliadin, eosinophil protein X, lactoferrin, lysozyme, MMP 9, pancreatic elastase 1, and S100A12 levels with sandwich ELISA (enzyme-linked immunosorbent assay) methodology. ELISA methodology is used for detecting β -glucuronidase, pH, and fecal immunochemical test (FIT). The Gut Permeability and Antibodies panel uses multiplexed microarray chip technology to provide accurate quantitative analysis of gut-related antibody markers such as sIgA and the gut permeability marker, zonulin. Liquid chromatography tandem mass spectrometry methodology (LC-MS/MS) is used for detecting Gut Metabolites like short chain fatty acids markers and bile acid markers, dietary fiber detection, and urinary neurotransmitters markers. Colorimetric assay methodology is used for detecting fat malabsorption like fecal fat, fecal triglycerides, and total phospholipids. Urine creatinine is measured using a kinetic colorimetric assay based on the Jaffé method.

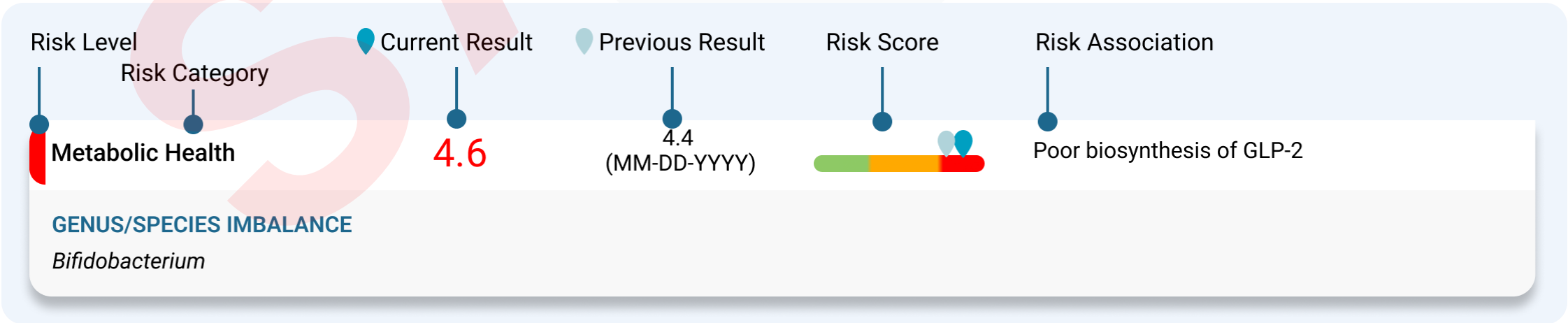
Interpretation of Report

The following terminologies are used consistently in the report and are explained below.

Gut Diversity is an indicator for the amount of individual bacteria from each of the bacterial species present in your gut microbiome. There are two indices calculated including Shannon's Index (scale 0-3) and Simpson's Index (scale 0-1). For both calculations, higher index value represents increased diversity of species. While Shannon's is a better indicator of "richness" of the diversity, Simpson's is a better indicator of "evenness." The calculated Index values are surrounded with a risk indicator (green – high diversity, yellow – moderate diversity, and red –low diversity). **Gut Phyla** distribution is displayed in a pie chart with each pie representing the % of individual phyla tested. Key Ratios are calculated and displayed comprising of F/B (Firmicutes to Bacteroidetes ratio) and P/B (Prevotella to Bacteroides ratio), along with the corresponding risk indicator.

Gut Commensal bacteria is represented using relative abundance values. Relative abundance is the percent composition of an organism of a particular kind relative to the total number of organisms in your gut microbiome. The abundance of individual bacterial phylum/family/genus/species is calculated by comparing the relative abundance to the healthy reference range. Reference ranges have been established using results from 200 healthy adults over 18 years of age, and pediatric reference ranges are not available. The abundance is always mentioned in the report along with the potential associated risks; however, it is applicable only when indicated in RED. Associated probiotic tests are displayed in each panel with suggestions based on potential associated risks.

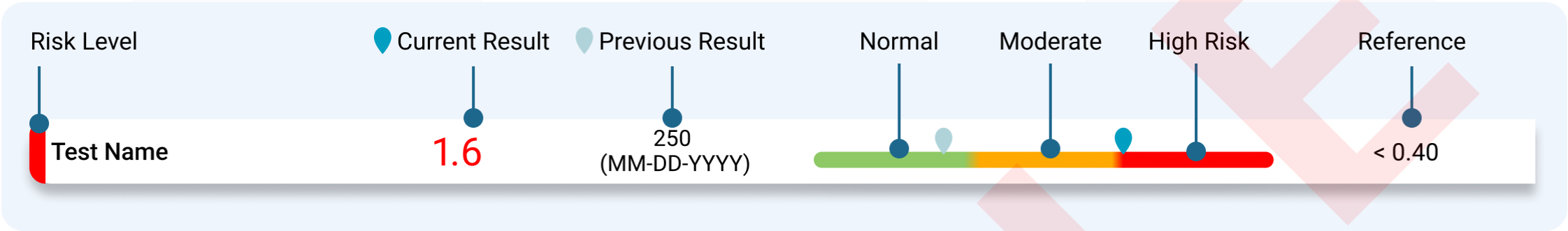
Gut pathogens, including pathogenic bacteria, parasites, viruses, and fungi, are reported both qualitatively and quantitatively. Pathogenic bacteria, parasites, viruses, and fungi are reported in copies/ μ L. Quantitative results are expressed in scientific notation, where "e" denotes the exponent of 10. For instance, a value of 1e2 corresponds to 1×10^2 , or 100 CFU/mL for the specified organism. Worms and antibiotic resistance genes are reported as DETECTED or NOT DETECTED, depending on the test outcome. The patient's risk score is considered low if it falls within the green (normal) zone. The current result and previous result are listed to the left of the reference range illustration. The risk association is listed to the right of the risk score. The Risk category and level are listed on the left hand side. (see image below)



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INTRODUCTION

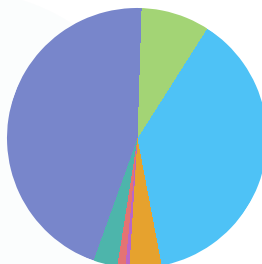
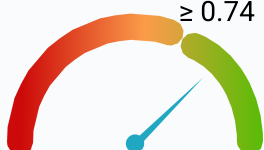
Digestion and Malabsorption, **Gut Inflammation**, Gut Permeability and Antibodies, **Gut Metabolites**, and **Urinary Neurotransmitters** markers are displayed along with a risk indicator and the corresponding reference range. Reference ranges for **Digestion and Immune Balance**, **Gut Inflammatory**, **Gut Antibodies**, and **Gut Metabolites** markers were calculated using results from 200 healthy adults over 18 years of age, and pediatric reference ranges are not available. Reference ranges for **Urinary Neurotransmitters** markers were established using a cohort of 1,000 apparently healthy individuals and validated across three age groups: <10 years, 10–14 years, and >14 years. All test results are displayed with a risk indicator and abundance direction as applicable. (red – high risk, yellow – moderate risk and green – low risk). The patient’s risk score is considered low if it falls within the green (normal) zone. The current result and previous result are listed to the left of the reference range illustration. The reference metric, used to establish the reference range, is listed to the right of the reference range illustration (see image below)



Please note: Consider all supplements in relation to medical history and symptoms. Not all recommended supplements are appropriate in all individual cases. It is important that you discuss any modifications to your diet, exercise, drug, and/or nutritional supplementation with your healthcare provider before making any changes. If someone is on immunosuppressants or immunosuppressed, it may alter the antibody testing results. If someone is on immunosuppressants or immunosuppressed, it may alter the antibody testing results and should be factored into the results interpretation by the ordering physician. For urine creatinine, the reportable range is 0.05-16.02 mg/mL. Tests with urine creatinine <0.05 and >16.02mg/mL will be designated as Test Not Performed (TNP) and a retest would be requested. All tests with urine creatinine between 0.05-16.02mg/mL will be processed and included in the final patient reports.

Regulatory Disclaimer: This test was performed by Vibrant America Clinical Laboratory at 3521 Leonard Ct, Santa Clara, CA 95054 (CLIA No. 05D2078809, CAP No. 8970308), and Vibrant Genomics LLC at 3521 Leonard Ct, Santa Clara, CA 95054 (CLIA No.05D2098445, CAP No. 9282409). All PCR-based Test* are performed by Vibrant Genomics LLC. This test was developed, and its performance characteristics determined, by Vibrant America Clinical Laboratory and Vibrant Genomics LLC. This test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). The New York State Department of Health has not evaluated any test‡ claims nor reviewed the accuracy of this test.

Test*: Gut Commensals and Gut Pathogens
Test‡: Short-Chain Fatty Acids and Bile Acid Metabolites

Gut Diversity					
INDEX	Reference	Current	Previous	PHYLA	
Shannon's Index		2.3		 9.0% Proteobacteria⁻ 4.0% Actinobacteria 1.0% Fusobacteria⁻ 45.0% Bacteroidetes⁻ 38.0% Firmicutes 0.5% Euryarchaeota 3.0% Verrucomicrobia⁻	
Simpson's Index		0.91			
NOTE Shannon's Index: Higher values indicate richness. Simpson's Index: Higher values indicate evenness.					
KEY RATIOS		Current	Previous	Result	Reference
Firmicutes/Bacteroidetes		0.8			≤0.9
Prevotella/Bacteroides		0.40			≥0.48
Decreased ability to handle complex carbohydrates potentially leading to weight gain.					
Gut Commensals					
Reference Range: In Control: <2 Moderate: 2-3.9 Risk: >3.9					
Risk Category	Current	Previous	Risk Score	Risk Association	
Intestinal Permeability	>6			Impaired intestinal barrier, Low butyrate production, Low propionate production, Low acetate production	
GENUS/SPECIES IMBALANCE Akkermansia muciniphila, Butyrivibrio, Faecalibacterium prausnitzii, Roseburia intestinalis, Eubacterium rectale, Blautia, Bacteroides vulgatus, Coprococcus, Prevotella, Lactobacillus, Roseburia, Ruminococcaceae, Bifidobacterium adolescentis, Dialister invisus, Ruminococcus gnavus, Veillonella, Haemophilus					
Intestinal Gas	3.2			Elevated hydrogen production, Elevated carbon dioxide production, Elevated hydrogen sulfide production	
GENUS/SPECIES IMBALANCE Phascolarctobacterium, Roseburia intestinalis, Fusobacterium					
SIBO	2.6			SIBO syndrome	
GENUS/SPECIES IMBALANCE Escherichia coli					

Gut Commensals				Reference Range:
				In Control: <2 Moderate: 2-3.9 Risk: >3.9
Risk Category	Current	Previous	Risk Score	Risk Association
Irritable Bowel Syndrome	2.9			Irritable bowel syndrome
GENUS/SPECIES IMBALANCE Bifidobacterium catenulatum, Lactobacillus				
Inflammatory Bowel Disease	>6			Crohn's disease, Ulcerative colitis
GENUS/SPECIES IMBALANCE Akkermansia muciniphila, Dialister invisus, Faecalibacterium prausnitzii, Phascolarctobacterium, Roseburia, Ruminococcaceae, Lactobacillus, Escherichia coli, Blautia, Coprococcus, Eubacterium rectale, Ruminococcus gnavus				
Autoimmune Health	2.8			Psoriatic arthritis, Celiac disease
GENUS/SPECIES IMBALANCE Akkermansia muciniphila, Coprococcus, Lactobacillus				
Metabolic Health	>6			Glucose dysregulation and obesity, Digestive insufficiency and affected metabolic health, Altered bile acid metabolism, Poor biosynthesis of GLP-1, Poor biosynthesis of GLP-2
GENUS/SPECIES IMBALANCE Akkermansia muciniphila, Christensenella minuta, Escherichia coli, Phascolarctobacterium, Hafnia, Parabacteroides, Bifidobacterium adolescentis, Eubacterium, Lactobacillus, Ruminococcus gnavus, Faecalibacterium prausnitzii				
Liver Health	4.1			Alcohol-related liver cirrhosis, Alcoholic hepatitis, Alcohol-associated dysbiosis
GENUS/SPECIES IMBALANCE Escherichia coli, Ruminococcaceae, Faecalibacterium prausnitzii, Lactobacillus, Leuconostoc, Pediococcus				
Hormones	1.2			
GENUS/SPECIES IMBALANCE				
Nutrition	>6			Poor vitamin synthesis, Affected oxalate metabolism, Poor tryptophan metabolism, Poor phenylalanine metabolism, Poor tyrosine metabolism, Poor polyphenol metabolism
GENUS/SPECIES IMBALANCE Bacillus subtilis, Lactobacillus, Faecalibacterium prausnitzii, Bifidobacterium adolescentis, Lactobacillus animalis, Streptococcus, Akkermansia muciniphila, Peptostreptococcus, Blautia hydrogenotrophica, Lactobacillus bulgaricus, Eubacterium				
Cardiovascular Health	2.5			Cardiovascular risk, Stroke
GENUS/SPECIES IMBALANCE Escherichia coli, Faecalibacterium prausnitzii, Roseburia intestinalis, Lactobacillus sakei				

Gut Commensals				Reference Range:	In Control: <2	Moderate: 2-3.9	Risk: >3.9
Risk Category	Current	Previous	Risk Score	Risk Association			
Neurological Health	5.7			Multiple sclerosis, Autism, Poor biosynthesis of neurotransmitters			
GENUS/SPECIES IMBALANCE							
Butyricimonas, Haemophilus, Bacteroides vulgatus, Coprococcus, Desulfovibrio, Prevotella, Roseburia, Bacillus subtilis, Eubacterium							
Probiotic Health	>6			Low probiotic diversity			
GENUS/SPECIES IMBALANCE							
Bacillus coagulans, Bifidobacterium breve, Bifidobacterium infantis, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus fermentum, Lactobacillus paracasei, Lactobacillus reuteri, Lactobacillus rhamnosus, Lactobacillus rhamnosus GG, Lactobacillus salivarius, Saccharomyces boulardii, Streptococcus thermophilus, Bifidobacterium dentium							
Keystone Health	5.4			Reduced keystone species			
GENUS/SPECIES IMBALANCE							
Akkermansia muciniphila, Butyrivibrio, Roseburia intestinalis, Blautia, Prevotella, Eubacterium, Roseburia, Faecalibacterium prausnitzii							
Supplement Suggestions							
PROBIOTICS							
Intestinal Permeability: Lactobacillus rhamnosus GG, Lactobacillus acidophilus, Lactobacillus plantarum, Bifidobacterim infantis, E. coli Nissle 1917, Bifidobacterium animalis lactis BB-12							
Intestinal Gas: Lactobacillus strains							
SIBO: Lactobacillus casei							
Irritable Bowel Syndrome: Lactobacillus plantarum 299v							
Inflammatory Bowel Disease: Butyrate							
Probiotic Health: Lactobacillus acidophilus, Lactobacillus rhamnosus GG, Lactobacillus casei, Lactobacillus plantarum, Bacillus coagulans, Bifidobacterium bifidum, Bifidobacterium breve MCC1274, Bifidobacterium longum, Bifidobacterium lactis, Lactobacillus brevis							
Keystone Health: Lactobacillus acidophilus, Lactobacillus rhamnosus GG, Akkermansia muciniphila, Bifidobacterium							
SUPPLEMENTS							
Intestinal Permeability: Vitamin D, Inulin, Vitamin A, Curcumin, Glutamine, Zinc, L-arginine, Quercetin, Vitamin B2, Cocoa							
Intestinal Gas: Alpha-Galactosidase							
Irritable Bowel Syndrome: Vitamin D, Psyllium husk, Peppermint oil							
Inflammatory Bowel Disease: Vitamin D, Omega-3 fatty acids, Milk thistle, Zinc, Phosphatidylcholine, Palmitoylethanolamide (PEA), Lactoferrin							
Autoimmune Health: Vitamin D, Omega-3 fatty acids, Vitamin B12, Calcium, Iron, Folic acid							
Metabolic Health: Vitamin D, Berberine, Vitamin A, Vitamin E, Folate, Calcium, Vitamin B12, Zinc, Glutamine, Cocoa							
Liver Health: Milk thistle							
Nutrition: Folate, Curcumin, Vitamin C, Vitamin B6, Tyrosine, B complex vitamins, Sapropterin							
Cardiovascular Health: Vitamin D, Omega-3 fatty acids, Coenzyme Q10, Folate, Vitamin E, Vitamin B3, L-arginine, Quercetin, L-citrulline							

Gut Commensals

Supplement Suggestions

SUPPLEMENTS

Neurological Health:

Vitamin D, Omega-3 fatty acids, Coenzyme Q10, Vitamin A, Melatonin, Glutamine, N-acetyl-cysteine, Tyrosine, Omega-6 fatty acids, Biotin

Probiotic Health:

Vitamin C, Vitamin B12

Keystone Health:

Inulin, Galactooligosaccharides, Vitamin C, Vitamin B2, Vitamin B3, Xylo-oligosaccharides, Lactulose, Xylooligosaccharide, Red wine polyphenols, Kiwifruit powder

SUPPORTIVE SUPPLEMENTS

Intestinal Permeability:

Resistant starch

SIBO:

Berberine

Inflammatory Bowel Disease:

Omega-3 fatty acids, Phosphatidylcholine, Palmitoylethanolamide (PEA), Pomegranate juice, Eicosapentaenoic acid

Autoimmune Health:

Vitamin A, Conjugated linoleic acids

Metabolic Health:

Inulin, Fructooligosaccharides, Galactooligosaccharides

Liver Health:

Milk thistle, Vitamin E, Glutathione, Garlic

Cardiovascular Health:

Omega-3 fatty acids, Coenzyme Q10, Curcumin, Vitamin E, Protocatechuic acid, Quercetin-3-glucuronide, α-Asarone, Gallic acid, Urolithins, Selenium

Neurological Health:

Berberine, 5-HTP

Probiotic Health:

Inulin, Fructooligosaccharides

Keystone Health:

Resistant starch

Consider these supplements in relation to medical history and symptoms. Not all recommended supplements are appropriate in all individual cases. Consult a knowledgeable healthcare provider before taking any supplemental nutrients or probiotics.

Gut Pathogens

Parasites - Protozoans	Current	Previous	Reference
Blastocystis hominis	11.6e3		≤1.5e3

Blastocystis hominis: Blastocystis hominis is a protozoan parasite. Exposure to this organism occurs through contaminated water or food. Symptoms associated with its infection may include diarrhea, abdominal discomfort, and bloating in some individuals.

Fungi	Current	Previous	Reference	Fungi	Current	Previous	Reference
Candida spp.	11e3		≤1e2	Candida albicans	11.2e3		≤2.5e2

Candida spp.: Candida spp. are yeast-like fungi causing a range of infections, including candidiasis. Exposure to these fungi occurs through overgrowth of the normal flora or contact with infected surfaces. Symptoms associated with their infection may include mucosal irritation, genital discomfort, and systemic infections in severe cases.

Candida albicans: Candida albicans is a fungal pathogen causing candidiasis, particularly in immunocompromised individuals. Exposure to this fungus occurs through normal flora overgrowth or contact with contaminated surfaces. Symptoms associated with its infection may include oral thrush, genital infections, and systemic candidiasis in severe cases.

Gut Pathogens

Supplement Suggestions

SUPPLEMENTS

Candida spp.: Milk thistle, Saccharomyces boulardii

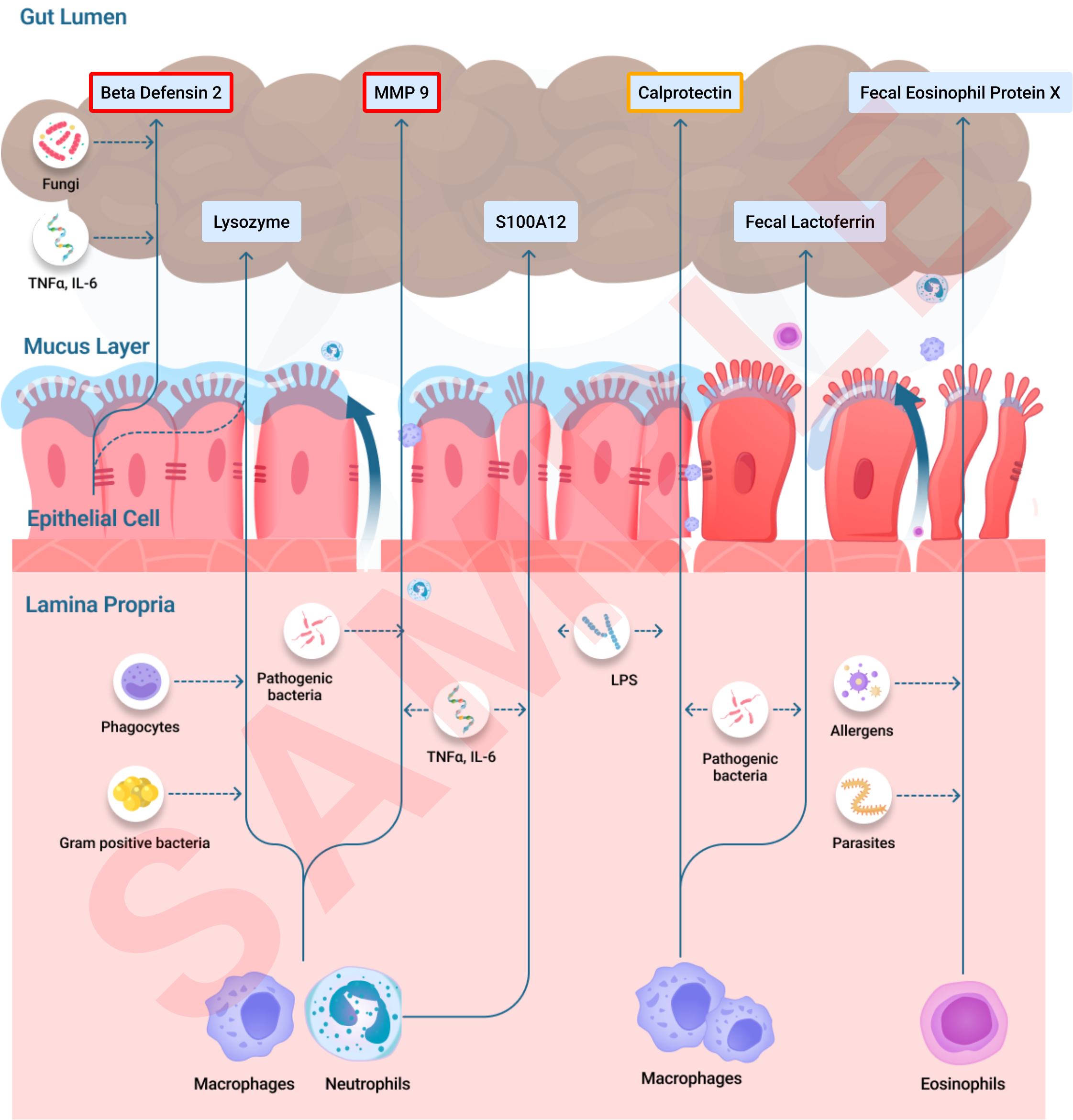
Candida albicans: Milk thistle

SUPPORTIVE SUPPLEMENTS

Blastocystis hominis: Garlic, Papaya seeds, Zinc, Vitamin D, Vitamin C

Consider these supplements in relation to medical history and symptoms. Not all recommended supplements are appropriate in all individual cases. Consult a knowledgeable healthcare provider before taking any supplemental nutrients or probiotics.

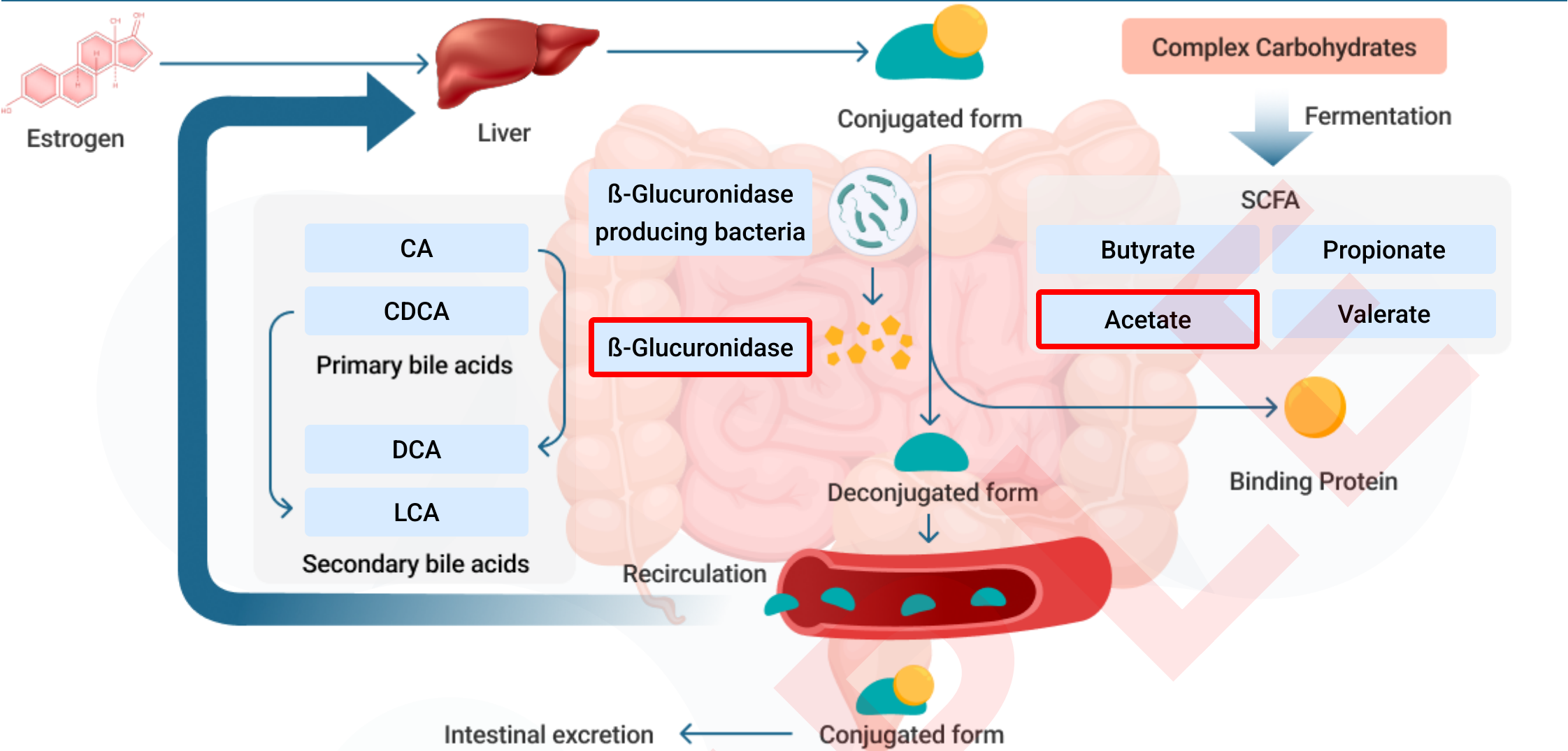
Gut Inflammation



Gut Inflammation				
Test Name	Current	Previous	Result	Reference
Beta Defensin 2 (ng/mL)	40.0		034.9	≤34.9
Lysozyme (ng/mL)	150.0		0575	≤575.0
MMP 9 (ng/mL)	0.3		00.2	≤0.2
S100A12 (mcg/ml)	20.0		050	≤50.0
Calprotectin (mcg/g)	85.0		050119	≤50.0
Fecal Lactoferrin (mcg/ml)	6.0		06.4	≤6.4
Fecal Eosinophil Protein X (mcg/g)	3.0		04.8	≤4.8
Fecal Immunochemical Test (FIT) (mcg/g)	6.0		010	≤10.0
Gut Permeability And Antibodies				
GUT PERMEABILITY	Current	Previous	Result	Reference
Fecal Zonulin (ng/mL)	350.0		025160	25.1-160.8
MUCOSAL IMMUNITY	Current	Previous	Result	Reference
sIgA (mcg/g)	425.0		04251450	426.0-1450.0
GUT ANTIBODIES	Current	Previous	Result	Reference
Lipopolysaccharide Antibody (IgG+IgA)	12.0		0.11020	≤10.0
Anti-Saccharomyces Cerevisiae Antibody (IgG+IgA)	4.9		0.11020	≤10.0
Tissue Transglutaminase (IgG+IgA)	18.0		0.11020	≤10.0
Deamidated Gliadin Peptide (IgG+IgA)	22.0		0.11020	≤10.0
Fecal Anti Gliadin (IgG+IgA)	4.9		0.11020	≤10.0
Actin Antibody (IgG+IgA)	5.7		0.11020	≤10.0

Digestion And Malabsorption							
DIGESTION		Current	Previous	Result	Reference		
pH		7.4		067.8	6.1-7.8		
	Pancreatic Elastase 1 (mcg/g)	185.0		0100199	≥200.0		
DIETARY FIBER		Current	Previous	DIETARY FIBER		Current	Previous
	Meat Fiber	DETECTED			Vegetable Fiber	DETECTED	
FAT MALABSORPTION		Current	Previous	Result	Reference		
Total Fecal Fat (mg/g)		12.0		02.837.5	2.9-37.5		
	Total Fecal Triglycerides (mg/g)	4.0		00.22.5	0.3-2.5		
Long Chain Fatty Acids (mg/g)		14.0		00.828.1	0.9-28.1		
Total Cholesterol (mg/g)		3.0		00.45.3	0.5-5.3		
Total Phospholipids (mg/g)		2.0		00.26.4	0.3-6.4		

Gut Metabolites



CHOLIC ACID (CA)

- Fat malabsorption (greasy stools) from dysregulated bile synthesis and affected cholesterol metabolism.
- Digestive discomfort due to gut dysbiosis.



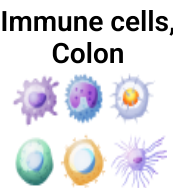
CHENODEOXYCHOLIC ACID (CDCA)

- Affected bowel movements from gut inflammation and impaired motility.
- Insulin resistance and poor blood sugar regulation due to disrupted GLP-1 sensitivity.



DEOXYCHOLIC ACID (DCA)

- Elevated gut inflammation via NF- κ B.
- Bowel discomfort due to low stool water content affecting gut motility and bowel movement.



LITHOCHOLIC ACID (LCA)

- Toxin build-up due to poor detoxification
- Frequent gut infections from reduced immunity via VDR.
- Bloating and irregular stools from gut dysbiosis.



β -GLUCURONIDASE

- Increased toxin reabsorption due to impaired glucuronidation.
- Hormonal imbalances leading to estrogen dominance.
- Elevated risk of inflammation.



ACETATE

- Dysregulated cholesterol levels due to altered lipid metabolism.
- Mood swings from affected neuronal signaling.
- Increased inflammation.



PROPIONATE

- Potential weight regulation issues due to altered energy homeostasis.
- Impaired satiety leading to overeating due to affected GLP-1 secretion.



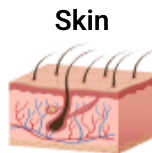
BUTYRATE

- Gastric discomfort from weakened intestinal lining.
- Poor blood sugar control due to disrupted glucose regulation via GLP-1.
- Brain fog from impaired neurogenesis.



VALERATE

- Affected skin barrier function leading to dry, irritated, and itchy skin



β -GLUCURONIDASE PRODUCING BACTERIA

- Increased toxin reabsorption due to glucuronide cleavage (release of toxins or hormones).
- Hormonal disruptions, including estrogen dominance.
- Gut microbiota imbalance leading to inflammation.



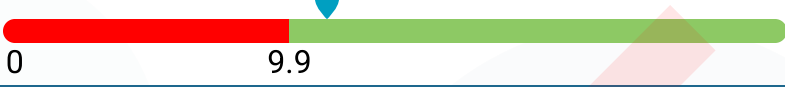
Gut Metabolites				
BILE ACID METABOLITES				
	Current	Previous	Result	Reference
Cholic Acid (CA) (%)	0.30		00.36	≤0.36
Chenodeoxycholic Acid (CDCA) (%)	0.70		01.25	≤1.25
Deoxycholic Acid (DCA) (%)	26.00		024.275.8	24.25-75.84
Lithocholic Acid (LCA) (%)	52.00		024.175.7	24.16-75.75
LCA/DCA Ratio	2.00		00.313.38	0.32-3.38
SHORT CHAIN FATTY ACIDS				
	Current	Previous	Result	Reference
Acetate (%)	32.0		060.172.7	60.2-72.7
Propionate (%)	19.0		015.330.3	15.4-30.3
Butyrate (%)	8.0		0512.4	5.1-12.4
Valerate (%)	1.0		00.73.5	0.8-3.5
Total Short Chain Fatty Acids (micromol/g)	52.0		045.3210	45.4-210.1
ESTROGEN METABOLISM				
	Current	Previous	Result	Reference
β-Glucuronidase (U/mL)	2600.0		02300	≤2300.0

Gut Commensals - Gut Microbiome				
Test Name	Current	Previous	Result	Reference
Acinetobacter ⁻	7.5			≤20.0
Actinomyces	4.1			≤20.0
Akkermansia muciniphila ⁻	4.2			≥10.0
Alistipes	6.3			≤20.0
Alloprevotella ⁻	10.5			≥10.0
Atopobium	12.3			≤20.0
Atopobium parvulum	5.4			≤20.0
Bacillus subtilis	9.2			≥10.0
Bacteroidales ⁻	10.1			10.0-20.0
Bacteroides ⁻	18.7			10.0-20.0
Bacteroides caccae ⁻	7.9			≤20.0
Bacteroides vulgatus ⁻	9.6			≥10.0
Bifidobacterium	14.9			≥10.0
Bifidobacterium adolescentis	8.5			10.0-20.0
Bifidobacterium animalis	11.5			≥10.0
Bifidobacterium animalis subspecies lactis	12.7			≥10.0
Bifidobacterium catenulatum	5.2			≥10.0
Blautia	9.8			10.0-20.0
Blautia hydrogenotrophica	4.4			10.0-20.0
Bradyrhizobiaceae ⁻	5.9			≤20.0
Butyricimonas ⁻	9.1			≥10.0
Butyrivibrio	4.3			≥10.0
Catenibacterium	11.8			≥10.0

Service Date: Local 2026-03-29 17:00

Gut Commensals - Gut Microbiome				
Test Name	Current	Previous	Result	Reference
Eubacterium	9.8			≥10.0
Eubacterium rectale	6.6			10.0-20.0
Faecalibacterium prausnitzii	4.9			10.0-20.0
Fusobacterium ⁻	3.1			10.0-20.0
Haemophilus ⁻	3.0			≥10.0
Hafnia	2.2			≥10.0
Holdemania	3.8			≤20.0
Lachnospiraceae	12.7			10.0-20.0
Lactobacillaceae	10.1			≤20.0
Lactobacillus	9.4			≥10.0
Lactobacillus animalis	9.7			≥10.0
Lactobacillus ruminis	8.3			≤20.0
Lactobacillus sakei	9.9			≥10.0
Lactococcus	8.2			≤20.0
Leuconostoc	4.6			≥10.0
Marvinbryantia	3.5			≤20.0
Methanobrevibacter smithii	10.8			10.0-20.0
Mycoplana ⁻	4.0			≤20.0
Oscillospira ⁻	15.9			≥10.0
Parabacteroides	7.3			≥10.0
Pediococcus	8.4			≥10.0
Peptostreptococcus	5.8			≥10.0
Phascolarctobacterium ⁻	8.1			≥10.0

Gut Commensals - Gut Microbiome				
Test Name	Current	Previous	Result	Reference
Porphyromonas gingivalis ⁻	3.8			≤20.0
Prevotella ⁻	8.6			10.0-20.0
Prevotella copri ⁻	8.0			≤20.0
Propionibacterium freudenreichii	7.5			≥10.0
Proteus mirabilis ⁻	4.3			≤20.0
Pseudobutyrvibrio ⁻	11.6			≥10.0
Pseudomonas ⁻	5.9			≤20.0
Roseburia	7.6			≥10.0
Roseburia intestinalis	6.5			10.0-20.0
Ruminococcaceae	9.1			10.0-20.0
Ruminococcus	11.3			10.0-20.0
Ruminococcus bromii	12.1			≥10.0
Ruminococcus gnavus	6.0			10.0-20.0
Ruminococcus obeum	8.2			≤20.0
Solobacterium moorei	3.3			≤20.0
β-Galactosidase producing bacteria	10.8			≤20.0
β-Glucuronidase producing bacteria	14.0			≤20.0
Staphylococcaceae	16.3			≤20.0
Staphylococcus epidermidis	8.7			≤20.0
Staphylococcus pasteurii	8.3			≤20.0
Staphylococcus species	14.9			≤20.0
Tyzzarella	10.6			≤20.0
Tyzzarella 4	6.8			≤20.0

Gut Commensals - Gut Microbiome				
Test Name	Current	Previous	Result	Reference
 Veillonella ⁻	6.2			10.0-20.0
Veillonellaceae ⁻	11.4			≥10.0

Gut Commensals - Probiotic Organisms				
Test Name	Current	Previous	Result	Reference
Bacillus coagulans	8.8			≥10.0
Bifidobacterium bifidum	10.0			≥10.0
Bifidobacterium breve	9.8			≥10.0
Bifidobacterium dentium	8.2			≥10.0
Bifidobacterium infantis	6.7			≥10.0
Bifidobacterium longum	10.3			≥10.0
Escherichia coli Nissle [™]	7.8			≥10.0
Lactobacillus acidophilus	9.8			≥10.0
Lactobacillus brevis	8.1			≥10.0
Lactobacillus bulgaricus	9.2			≥10.0
Lactobacillus casei	10.3			≥10.0
Lactobacillus fermentum	9.9			≥10.0
Lactobacillus paracasei	7.4			≥10.0
Lactobacillus plantarum	10.5			≥10.0
Lactobacillus reuteri	8.5			≥10.0
Lactobacillus rhamnosus	9.6			≥10.0
Lactobacillus rhamnosus GG	8.7			≥10.0
Lactobacillus salivarius	7.5			≥10.0
Saccharomyces boulardii	7.9			≥10.0
Streptococcus	9.5			10.0-20.0
Streptococcus thermophilus	9.5			10.0-20.0

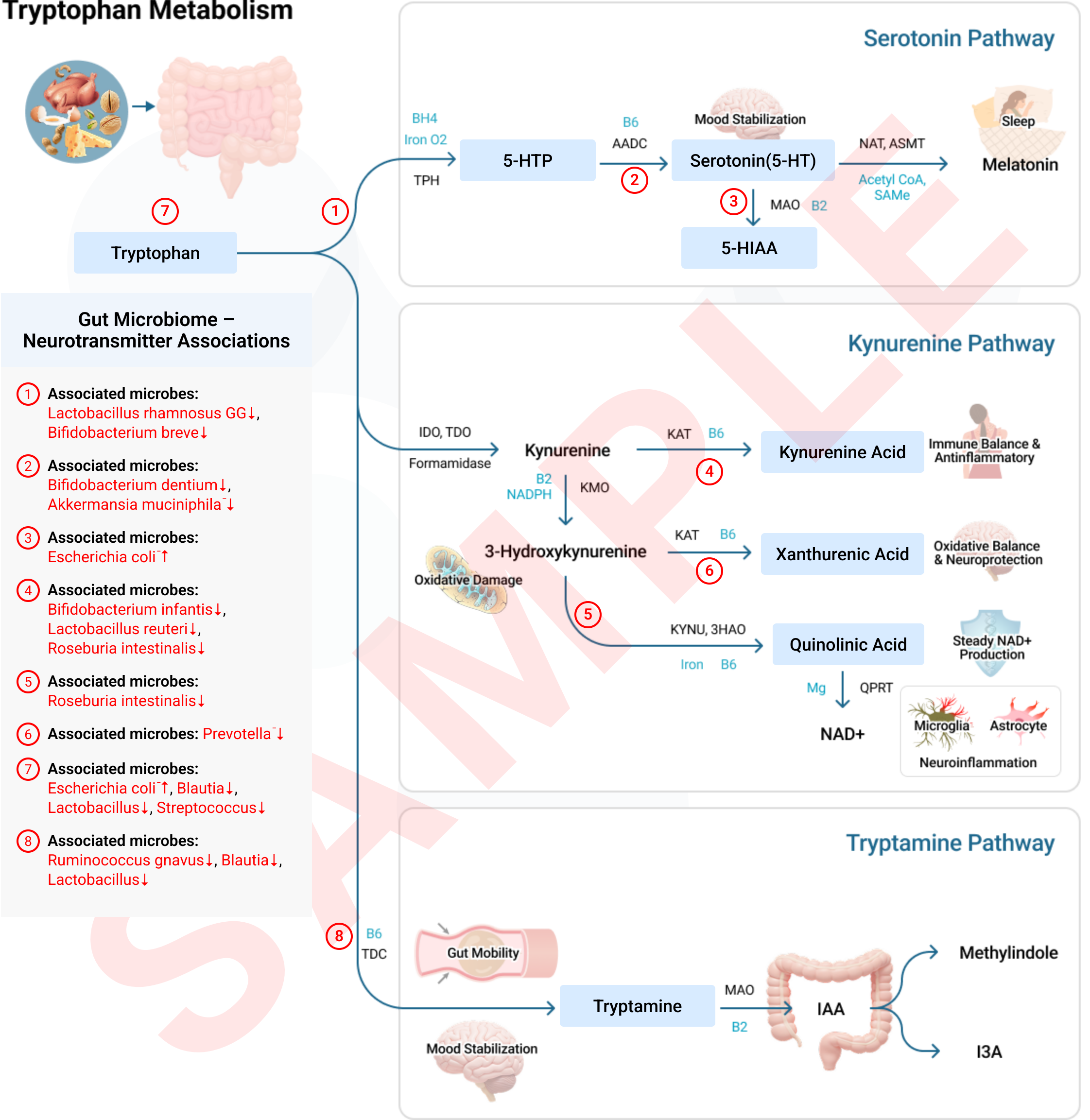
Gut Pathogens							
Bacteria	Current	Previous	Reference	Bacteria	Current	Previous	Reference
Clostridium difficile	<1e1		≤5e2	Clostridium difficile Toxin A	<1e2		≤5.8e2
Clostridium difficile Toxin B	<1e2		≤5.8e2	Clostridium perfringens	<1e2		≤1e2
Campylobacter spp.	<1e1		≤4.8e2	Campylobacter coli	<1e1		≤5e2
Campylobacter jejuni	<1e1		≤5e2	Campylobacter upsaliensis	<1e1		≤5e2
Vibrio (vulnificus)	<1e2		≤5e2	Vibrio (parahaemolyticus)	<1e2		≤7e2
Vibrio (cholerae)	<1e2		≤5e2	Enteropathogenic E.coli (EPEC)	<1e2		≤5e2
Enteroaggregative E.coli (EAEC)	<1e2		≤6.5e2	Enterotoxigenic E.coli (ETEC) Lt/St	<1e2		≤3e2
Shiga-Like Toxin Producing E.coli (STEC) Stx1/Stx2	<1e2		≤3e2	E.coli O157	<1e2		≤3e2
Shigella/EIEC	<1e2		≤8e2	Helicobacter pylori	<1e2		≤3e3
Non-pylori Helicobacter spp.	<1e2		≤1e3	Listeria	<1e3		≤1.5e3
Klebsiella pneumoniae	<1e2		≤1e3	Yersinia enterocolitica	<1e2		≤5e2
Salmonella	<1e2		≤9e2	Plesiomonas shigelloides	<1e2		≤8e2
Edwardsiella tarda	<1e3		≤2e3	Aeromonas spp.	<1e2		≤1e3
Staphylococcus aureus	<1e3		≤1e3	Bacillus cereus	<1e1		≤5e2
Parasites - Protozoans	Current	Previous	Reference	Parasites - Protozoans	Current	Previous	Reference
Cryptosporidium	<1e3		≤2.5e3	Giardia lamblia	<1e2		≤3e3
Chilomastix mesnili	<1e2		≤5e2	Dientamoeba fragilis	<1e2		≤5e2
Entamoeba coli	<1e3		≤3e3	Blastocystis hominis	11.6e3		≤1.5e3
Isospora belli	<1e3		≤1e3	Pentatrichomonas hominis	<1e2		≤5e2
Entamoeba histolytica	<1e2		≤2.5e3	Cyclospora cayetanensis	<1e3		≤5e3
Cyclospora spp.	<1e3		≤5e3	Endolimax nana	<1e3		≤1.5e3
Trichomonas hominis	<1e2		≤5e2	Balantidium coli	<1e2		≤4.6e2

Gut Pathogens									
Parasites - Helminths				Parasites - Helminths					
		Current	Previous			Current	Previous		
Larval Nematode		NOT DETECTED		Taenia solium		NOT DETECTED			
Fasciola/Fasciolopsis		NOT DETECTED		Dipylidium caninum		NOT DETECTED			
Enterobius vermicularis		NOT DETECTED		Ancylostoma duodenale		NOT DETECTED			
Necator americanus		NOT DETECTED		Taenia spp.		NOT DETECTED			
Strongyloides stercoralis		NOT DETECTED		Schistosoma		NOT DETECTED			
Hymenolepis		NOT DETECTED		Diphyllobothrium latum		NOT DETECTED			
Mansonella		NOT DETECTED		Ascaris lumbricoides		NOT DETECTED			
Trichuris trichiura		NOT DETECTED							
Virus		Current	Previous	Reference	Virus		Current	Previous	Reference
Adenovirus F40/41		<1e2		≤5e2	Astrovirus		<1e2		≤5e2
Norovirus GI		<1e1		≤5e2	Norovirus GII		<1e1		≤5e2
Sapovirus I		<1e2		≤5e2	Sapovirus II		<1e2		≤5e2
Sapovirus IV		<1e2		≤5e2	Sapovirus V		<1e2		≤5e2
Enterovirus		<1e2		≤1e2	Epstein Barr virus		<1e2		≤1e3
Rotavirus A		<1e2		≤5e2	Cytomegalovirus		<1e2		≤1e3
Human bocavirus		<1e1		≤1e2					
Fungi		Current	Previous	Reference	Fungi		Current	Previous	Reference
Candida spp.		11e3		≤1e2	Candida albicans		11.2e3		≤2.5e2
Candida glabrata		<1e2		≤7.6e2	Rodotorula spp.		<1e2		≤1e3
Geotrichum spp.		<1e3		≤2e3	Microsporidium spp.		<1e3		≤1.2e3
Antibiotic Resistance Genes		Current	Previous		Antibiotic Resistance Genes		Current	Previous	
Helicobacter - Clarithromycin		NOT DETECTED			Helicobacter - Fluoroquinolones		NOT DETECTED		
Fluoroquinolones		NOT DETECTED			Vancomycin		NOT DETECTED		

Gut Pathogens					
Antibiotic Resistance Genes			Antibiotic Resistance Genes		
	Current	Previous		Current	Previous
b-lactamase	NOT DETECTED		Macrolides	NOT DETECTED	
Tetracycline	NOT DETECTED		Aminoglycoside	NOT DETECTED	
Bactrim	NOT DETECTED		Carbapenem	NOT DETECTED	
Rifampin	NOT DETECTED		Polymyxins	NOT DETECTED	

Urinary Neurotransmitters

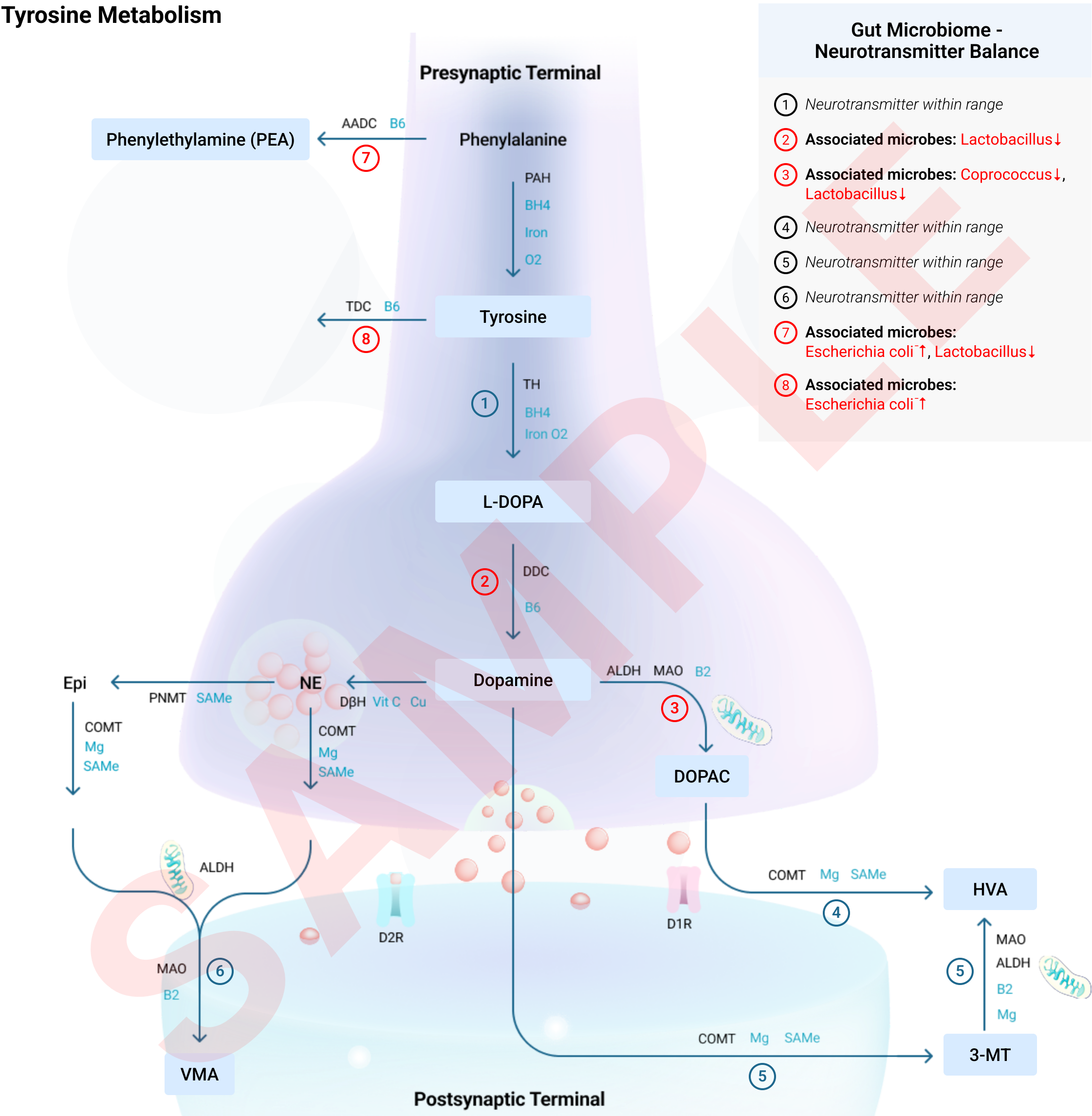
Tryptophan Metabolism



ABBREVIATION KEY					
TPH	Tryptophan hydroxylase	AADC	Aromatic L-amino acid decarboxylase	NAT	N-acetyltransferase
ASMT	Acetylserotonin O-methyltransferase	MAO	Monoamine oxidase	IDO	Indoleamine 2,3-dioxygenase
TDO	Tryptophan 2,3-dioxygenase	KMO	Kynurenine 3-monooxygenase	KAT	Kynurenine aminotransferase
KYNU	Kynureninase	3HAO	3-hydroxyanthranilate 3,4-dioxygenase	QRPT	Quinolate phosphoribosyltransferase
NAD+	Nicotinamide adenine dinucleotide	I3A	Indole-3-aldehyde	TDC	Tryptophan Decarboxylase

Urinary Neurotransmitters

Tyrosine Metabolism



ABBREVIATION KEY					
NE	Norepinephrine	Epi	Epinephrine	VMA	Vanillylmandelic acid
HVA	Homovanillic acid	COMT	Catechol-O-methyltransferase	MAO	Monoamine oxidase
DOPAC	3, 4-Dihydroxyphenylacetic acid	3-MT	3-Methoxytyramine	ALDH	Aldehyde Dehydrogenase
PAH	Phenylalanine hydroxylase	TH	Tyrosine hydroxylase	TDC	Tyrosine decarboxylase
DDC	Dopa decarboxylase	L-DOPA	L-3,4-dihydroxyphenylalanine	PNMT	Phenylethanolamine N-methyltransferase
DBH	Dopamine β-hydroxylase	D1R	Dopamine receptor D1	D2R	Dopamine receptor D2

Urinary Neurotransmitters				
Serotonergic Pathway	Current	Previous	Result	Reference
Tryptophan (mg/g)	5.94		04.1415.9	4.15-15.9
5-HTP (mcg/g)	39.67		011.3185	11.4-185.6
Serotonin (mcg/g)	71.24		051.1127	51.2-127.9
5-HIAA (mcg/g)	4682.50		017109788	1711-9788
Kynurenine Pathway	Current	Previous	Result	Reference
Kynurenic acid (mcg/g)	534.78		0125991	125.6-991.3
Quinolinic acid (mcg/g)	2132.87		06102432	610.3-2432.9
Xanthurenic acid (mg/g)	1.32		00.091.6	0.1-1.6
Quinolinic Acid / 5-HIAA Ratio	0.46		00.311.1	0.32-1.1
Tryptamine Pathway	Current	Previous	Result	Reference
Tryptamine (mcg/g)	59.76		015.7115	15.8-115.7
Dopaminergic Pathway	Current	Previous	Result	Reference
PEA (Phenylethylamine) (mcg/g)	5.80		04.0922.4	4.1-22.4
Tyrosine (mcg/g)	9242.00		050101266	5011-12668
Tyramine (mcg/g)	423.00		0200457	200.1-457.2
L-DOPA (mcg/g)	0.12		00.09855	0.1-855.8
Dopamine (mcg/g)	134.00		0125254	125.2-254.7
3-MT (3-Methoxytyramine) (mcg/g)	18.00		013.535.2	13.6-35.2
DOPAC (mcg/g)	1200.00		05771655	577.3-1655.5
HVA (mcg/g)	3990.00		035348455	3535-8455
Metanephrine (mcg/g)	83.20		040.5127	40.6-127.8
Normetanephrine (mcg/g)	25.70		014.936.7	15-36.7
VMA (mcg/g)	4020.00		024115047	2411.2-5047.8

Urinary Neurotransmitters				
Dopaminergic Pathway	Current	Previous	Result	Reference
HVA/VMA Ratio	0.99		00.731.88	0.74-1.88
HVA /DOPAC Ratio	3.33		02.598.3	2.6-8.3
GABAergic Pathway	Current	Previous	Result	Reference
Glutamate (mcg/g)	3460.00		014793566	1479.8-3566.9
GABA (mcg/g)	182.90		0170375	170.1-375.8
Histaminergic Pathway	Current	Previous	Result	Reference
Histamine (mcg/g)	20.10		04.7921.7	4.8-21.7
Other Pathways	Current	Previous	Result	Reference
Acetylcholine (mcg/g)	3.45		01.695.9	1.7-5.9
Aspartate (mcg/g)	2986.70		09003178	900.5-3178.7
Glycine (mg/g)	60.34		054.7175	54.8-175.3
Taurine (mg/g)	32.67		027.2122	27.3-122.5
Serine (mg/g)	18.69		013.640.9	13.7-40.9
Oxytocin (mcg/g)	267.80		0250705	250.1-705

Suggestions

Prebiotics

Prebiotics are non-digestible fiber compounds designed to selectively nourish beneficial gut bacteria and promote healthy microbiome composition and function. These agents work by serving as food sources for beneficial microbes, stimulating their growth and metabolic activity, or creating an environment that supports optimal gut barrier function. Based on your health assessments, this report provides recommendations for appropriate prebiotic supplementation tailored to the specific requirements identified. These recommendations serve as guidance and must be reviewed with a qualified healthcare provider to ensure proper selection, dosage, and gradual introduction protocol. Responsible use of prebiotics is essential to optimize gut flora balance while minimizing potential digestive discomfort during microbiome adaptation.



SUPPLEMENTS	Inulin	50 mg/day	Fructooligosaccharides	10-20 g/day	Galactooligosaccharides	5.5 g/day
	Resistant starch	20-40 g/day	Xylo-oligosaccharides	1.4 g/day	Lactulose	15 ml/day
	Xylooligosaccharide	1.4 g/day	Inulin-propionate ester	10 g/day	Prebiotics	5-15 g/day

FOOD SOURCES

 **Fruits**
Bananas, Green Bananas, Apples

 **Vegetables**
Onions, Garlic, Leeks, Asparagus, Chicory Root, Cooked And Cooled Potatoes, Bamboo Shoots, Artichokes

 **Dairy**
Milk, Yogurt, Cheese, Butter, Kefir

 **Fiber**
Chicory Root, Legumes, Corn Husks, Oats, Barley

Probiotics

Probiotics are beneficial live microorganisms designed to restore and maintain healthy gut microbiome balance and support digestive and immune function. These agents work by colonizing the intestinal tract, competing with harmful bacteria, producing beneficial metabolites, or modulating immune responses. Based on individual microbiome assessments, this report provides recommendations for appropriate probiotic strains tailored to the specific imbalances or digestive concerns identified. These recommendations serve as guidance and must be reviewed with a qualified healthcare provider to ensure proper selection, colony count, and duration of supplementation. Responsible use of probiotics is essential to optimize gut health benefits and minimize potential digestive discomfort during initial colonization.



SUPPLEMENTS	Lactobacillus acidophilus	10 billion CFU/day	Butyrate	300 mg/day	Lactobacillus rhamnosus GG	10 billion CFU/day
	Saccharomyces boulardii	10 billion CFU/day	Bifidobacterium bifidum	10 billion CFU/day	Bifidobacterium longum	
	Lactobacillus casei	10 billion CFU/day	Lactobacillus plantarum	10 billion CFU/day	Lactobacillus rhamnosus	10 billion CFU/day
	Bifidobacterium	10 billion CFU/day				

Suggestions

FOOD SOURCES	 Fruits Green Bananas
	 Dairy Yogurt, Kefir, Butter, Ghee, Cow Milk, Goat Milk, Sheep Milk, Parmesan Cheese, Hard Cheeses, Cream
	 Fiber Natto

Nutrients

Nutrients are a diverse group of essential vitamins, minerals, and compounds designed to support fundamental cellular processes, energy production, and overall physiological function throughout the body. These agents work by serving as cofactors in enzymatic reactions, supporting cellular repair mechanisms, or providing building blocks for optimal metabolic function. Based on individual health assessments, this report provides recommendations for appropriate nutrient supplementation tailored to the specific deficiencies or requirements identified. These recommendations serve as guidance and must be reviewed with a qualified healthcare provider to ensure proper selection, dosage, and duration of supplementation. Responsible use of nutrients is essential to optimize absorption and utilization while preventing potential imbalances or toxicity.



SUPPLEMENTS	Omega-3 fatty acids	950 mg/day	Vitamin D	600 IU/day	Curcumin	500-2000 mg/day
	Vitamin A	2333 IU/day	Coenzyme Q10	300 mg/day	Quercetin	500-2000 mg/day
	Vitamin C	500-1000mg/day	Vitamin E	15-200 IU/day	Folate	400 mcg/day
	Zinc	9 mg/day				

FOOD SOURCES	 Fruits Citrus Fruits, Mango, Papaya
	 Vegetables Spinach, Soybeans, Carrots, Sweet Potatoes, Kale, Leafy Greens, Legumes
	 Dairy Milk, Cheese, Yogurt, Butter
	 Fiber Whole Grains, Nuts, Seeds, Legumes
	 Animal Protein Fatty Fish, Salmon, Mackerel, Sardines, Herring, Anchovies, Tuna, Trout, Cod Liver, Oysters, Eggs, Egg Yolk, Organ Meats (heart, Liver), Meat, Shellfish

Suggestions

Botanicals

Botanicals are plant-derived compounds designed to support health and wellness through natural bioactive substances found in herbs, roots, leaves, and other plant materials. These agents work by providing phytochemicals that can modulate various physiological processes to promote optimal function, reduce inflammation, or support immune health. Based on individual health assessments, this report provides recommendations for appropriate botanical supplements tailored to the specific health concerns identified. These recommendations serve as guidance and must be reviewed with a qualified healthcare provider to ensure proper selection, dosage, and duration of use. Responsible use of botanicals is essential to optimize health benefits and minimize potential interactions or adverse effects.



SUPPLEMENTS	Curcumin	500-1000 mg/day	Milk thistle	450 mg/day	Berberine	500 mg/day
	Cocoa	5 g/day	Garlic	1.2 g/day	Pomegranate juice	125 ml/day
	Red wine polyphenols	200 ml/day	Kiwifruit powder	600 mg/day	Fenugreek	1 g/day
	Cinnamon	2 g/day				
FOOD SOURCES	 Fruits					
	Barberries, Pomegranate, Red Grapes, Kiwifruit					
	 Vegetables					
	Garlic Bulb (allium Sativum)					
	 Herbs & Spices					
	Turmeric Root, Turmeric Powder, Curry Powder, Golden Milk, Turmeric Tea, Turmeric-containing Spice Blends, Milk Thistle, Goldenseal, Oregon Grape, Chinese Goldenthread, Cocoa, Fenugreek, Cinnamon					

Risk and Limitations

Test results reflect biological and analytical findings at the time of specimen collection and may vary between individuals. Reference ranges for most of laboratory-developed tests (LDT) were established using a healthy adult population and may not be representative of other specific populations (e.g. pediatric, pregnant, individuals with chronic conditions or from all ethnic backgrounds). They do not provide absolute levels at which the symptoms may occur and hence clinical correlation by the provider is recommended.

Results may be affected by pre-analytical variables related to specimen collection, handling, transport, storage, and inherent biological variability. Specimens including urine, saliva, stool, and blood-based samples (serum, plasma, EDTA whole blood, TES, and dried blood spots) may be impacted by improper collection technique, contamination, insufficient sample volume, delayed shipment or processing, temperature excursions, or improper storage conditions. Additional factors such as hemolysis; anticoagulant effects; clotting, centrifugation, or mixing parameters; incomplete mixing with transport media; and variability in dried blood spot application or saturation may further affect analyte stability or result accuracy. Specimen-specific factors, including urine dilution or concentration, variability in saliva composition or flow rate, and intermittent microbial shedding in stool, may also contribute to result variability. These factors may impact result accuracy and, in some cases, lead to a Test Not Performed (TNP). When clinically appropriate, repeat testing may be recommended; however, repeat testing may still fail to produce a reportable result if the underlying limitations persist.

All laboratory testing methodologies are subject to inherent analytical limitations related to instrument performance, assay design, methodological variability, and the specifications of FDA-approved and laboratory-developed analytes included in a test panel. As with all clinical laboratory testing, there is a small possibility of incorrect results due to technical errors, sample misidentification, contamination, rare genetic variants, or software-related issues.

Genetic testing is helpful in analyzing risks to various diseases. However, it is important to note that genetic risk determinants are neither necessary nor sufficient for the development of disease. Environmental and lifestyle risk factors could also affect the risk of disease development. Genetic risk does not indicate how common a health condition or variant is within the population; a risk-associated variant may be common or uncommon. Interpretation of genetic results should consider individual health context, as population-based reference frameworks may not fully represent all age groups, ethnic backgrounds, or health profiles. Genetic testing evaluates only the genotypes indicated and does not assess other genetic abnormalities found elsewhere in the genome. Different laboratories may test different variants when evaluating genetic risk for a given condition; therefore, genetic risk results may not be directly comparable between laboratories.

Some individuals may experience anxiety related to their genetic test results. Vibrant encourages any concerned individual to consult with a qualified healthcare professional prior to sample collection for a genetic test. Users of the test are encouraged to discuss their test results with a genetic counselor, board-certified clinical molecular geneticist, or equivalent health care professional. In some cases, the identification of risk-associated genetic variants may prompt discussion with a healthcare provider about additional testing or follow-up.

The reported analytes, SNPs, and associated informational content are informed by scientific knowledge at the time of reporting, including peer-reviewed scientific publications, publicly available research, and guidance from recognized scientific and public health organizations. Interpretive content may be updated as scientific knowledge continues to evolve. The informational content included in this report is derived from publicly available scientific literature and is provided for educational and informational purposes only. This content does not replace medical advice from a qualified healthcare professional. Any wellness, nutritional, or dietary recommendations, diagnoses of medical conditions, or treatment decisions based on these results are made at the discretion and responsibility of the ordering healthcare professional.

Vibrant does not diagnose, treat, or cure medical conditions and does not replace the care of a licensed medical practitioner or counselor, nor does Vibrant recommend self-diagnosis or self-medication. Depending on the nature of testing, individuals who receive moderate- or high-risk results may be advised to pursue confirmatory testing and appropriate medical follow-up. Vibrant assumes no liability for any loss, injury, or damages arising from the procurement, compilation, interpretation, delivery, or reporting of information contained in this report, nor from any decisions made or actions taken based on these results.

The supplement recommendations and dosage guidelines provided are intended for general informational purposes only and should not replace professional medical advice; final dosage decisions must be made in consultation with your healthcare provider. Vibrant disclaims any liability for adverse effects, outcomes, or consequences arising from the use of these suggestions.