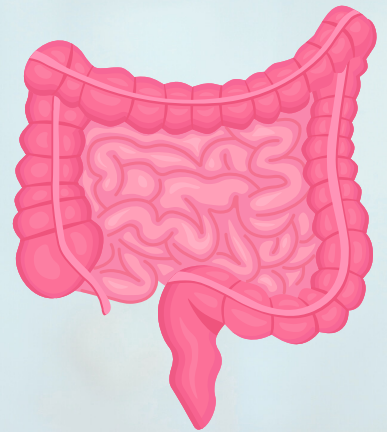
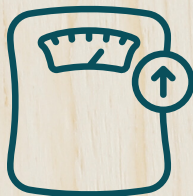


GUT MICROBIOME TEST

Good Bacteria's can
build better Health. Bad
Bacteria can destroy a
Healthy Gut.
Which one's you have?



GET STARTED

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5 FACTS ABOUT THE GUT MICROBIOME

There are 10x the number of microbial cells in the human gut than in the whole human body.

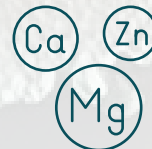
Gut bacteria are involved in harvesting energy from food, balancing the good versus bad bacterial composition and metabolic functions

Diet Plays a Role! The gut microbiome of Urban populations is less diverse than that of people from rural, less developed populations.

Fibers - including food-based resistant starch, are some of the key nutrients for promoting fermentation and ensuring a diverse microbiome.



10X



Intestinal health: living more consciously and healthier
Around 100 trillion bacteria live in the intestine. According to scientific findings, this intestinal flora has an influence on the immune system. You could also say that healthy gut flora is a key to overall health. However, for a number of reasons, the composition of the gut flora can get out of balance which can lead to various symptoms and even diseases.



10 IMPORTANT GUT MICROBIOME BACTERIAS

GOOD BACTERIAS



BACTEROIDES

Increasing benefits: Improved digestion, stronger immune system, reduced risk of chronic diseases

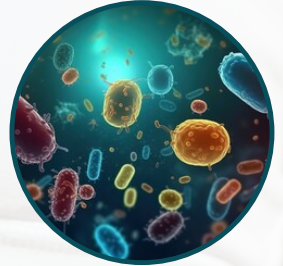
Decreasing drawbacks: Digestive problems, weakened immune system, increased risk of chronic diseases



CHRISTENSENELLA

Increasing benefits: Reduced inflammation, reduced risk of colon cancer

Decreasing drawbacks: Increased inflammation, increased risk of colon cancer



AKKERMANSIA

Increasing benefits: Healthy weight management, Improves digestion, and strengthens gut lining
Decreasing drawbacks: Obesity, Chronic diseases like Type 2 Diabetes



BIFIDOBACTERIUM

Increasing benefits: Improved digestion, stronger immune system, reduced risk of allergies and asthma

Decreasing drawbacks: Digestive problems, weakened immune system, increased risk of allergies and asthma



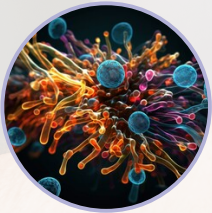
EUBACTERIUM

Increasing benefits: Reduced inflammation, reduced risk of colon cancer, improved gut barrier function, improved digestion
Decreasing drawbacks: Increased inflammation, increased risk of colon cancer, impaired gut barrier function, digestive problems



10 IMPORTANT GUT MICROBIOME BACTERIAS

GOOD BACTERIA



FAECALIBACTERIUM

Increasing benefits: Reduced inflammation, reduced risk of colon cancer

Decreasing drawbacks: Increased inflammation, increased risk of colon cancer



LACTOBACILLUS

Increasing benefits: Improved digestion, stronger immune system, reduced risk of diarrhoea and constipation

Decreasing drawbacks: Digestive problems, weakened immune system, increased risk of diarrhoea and constipation

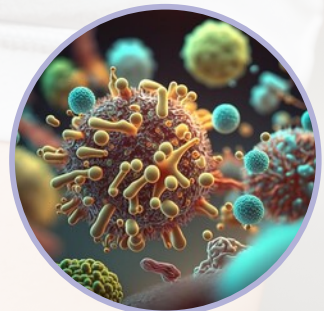


RUMINOCOCCUS

Increasing benefits: Improved digestion, reduced risk of nutrient deficiencies

Decreasing drawbacks: Digestive problems, increased risk of nutrient deficiencies

BAD BACTERIA



ENTEROCOCCUS

Increasing drawbacks: Enterococcal infections, such as endocarditis, urinary tract infections, and bacteraemia

Decreasing benefits: Improved digestion, stronger immune system, reduced risk of diarrhoea and constipation



ENTEROBACTERIACEAE

Increasing drawbacks: Can cause diarrhoea and produce toxins that damage the intestine, cause intestinal complaints, and affect well-being

Decreasing benefits: Improved digestion, stronger immune system, reduced risk of food poisoning



PROCEDURE FOR GUT HEALTH TEST

1

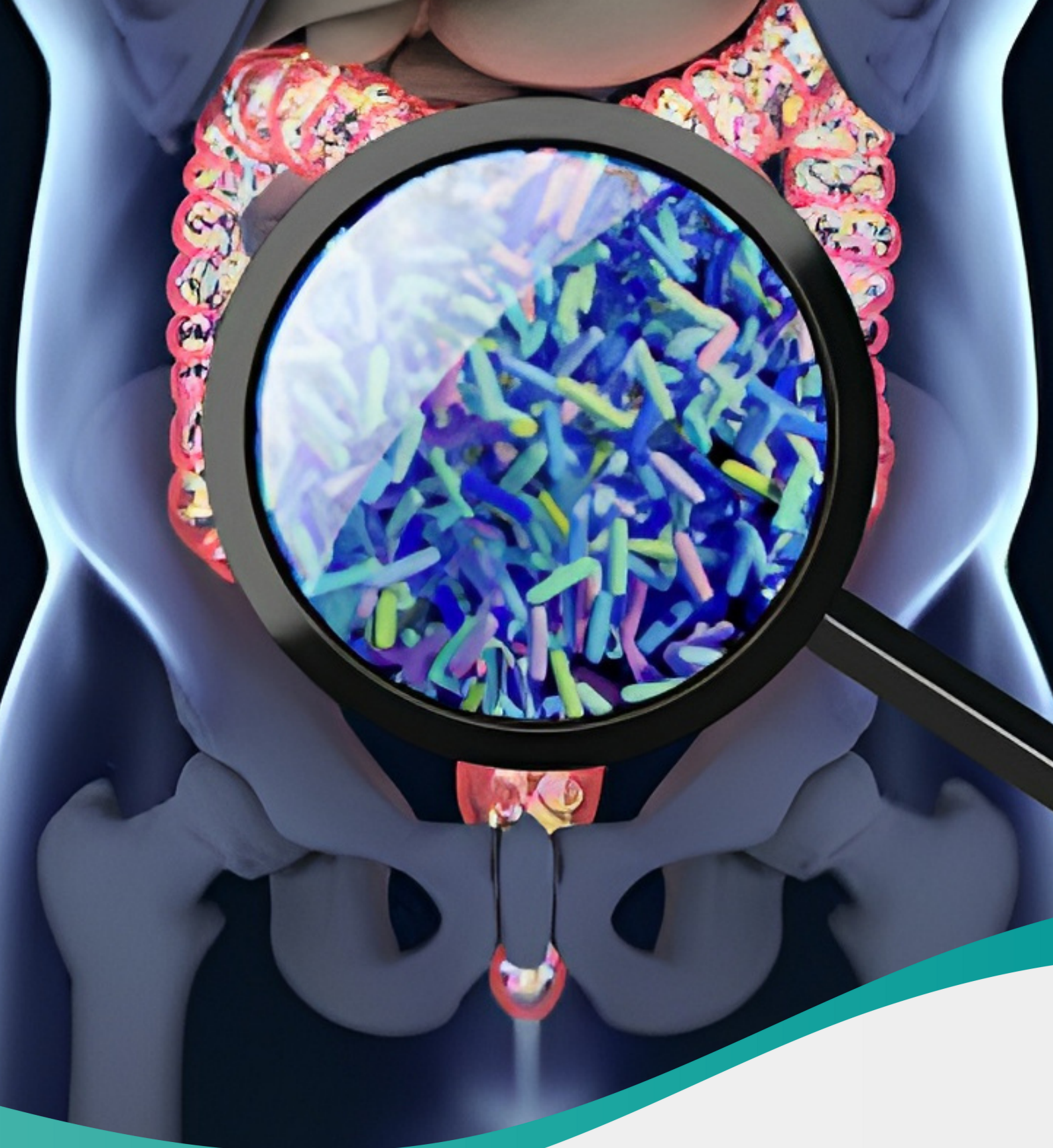
The Sample is collected in a specialised Kit received from Germany

2

The Sample Pickup is done from your House and Further sent to Germany for Testing.

3

The reports arrives in 3 weeks and further a detailed counselling is Done.



Contact Us

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