



MICROBIOME ANALYSIS REPORT **PERSONALIZED NUTRITION GUIDE**

Dear Enbiosis user,

We will open the doors of microbiome world to you with this report. We determine to manage your nutrition and and boost your health by exploring your microbiome.

But you should note that this is not a clinical diagnosis / diagnostic report. We analyze your inner world using microbiome science and artificial intelligence technology, we support you to improve your quality of life with the nutritional advice that we present to you.

Specialist microbiologists who have conducted studies at respected institutes around the world, bioinformatics and artificial intelligence engineers created this report for you.

Discover your microbiome, manage your nutrition, rule your health!

Dr. Aycan Gundogdu



Microbiome Analysis Report

Your microbiome develops, differentiates and ages with you starting from birth. So much so that, your microbial community is affected by a variety of environmental factors primarily such as the way you were born, whether you were breastfed or not, the time you switched to supplements, the medication you took, your illnesses, eating habits, living in rural / urban areas. The diversity of many factors, especially the environmental conditions affects the balance of the microbiome and hence overwhelm your health.

And a healthy microbiome:

-  Plays an important role in maintaining the ideal weight
-  Maintains a strong immune system
-  Protects against digestive system diseases
-  Promotes in skin health
-  Plays a role in mental health
-  It is important for sleep quality





ENBIOSIS

Microbiome Analysis Report

WELCOME TO YOUR MICROBIOME WORLD

Let's meet your microbiome world, see your gut scores and manage them.
Remember, we offer you a nutrition guide to renew your microbiome and make it healthy, now it is in your hands to make it healthier.

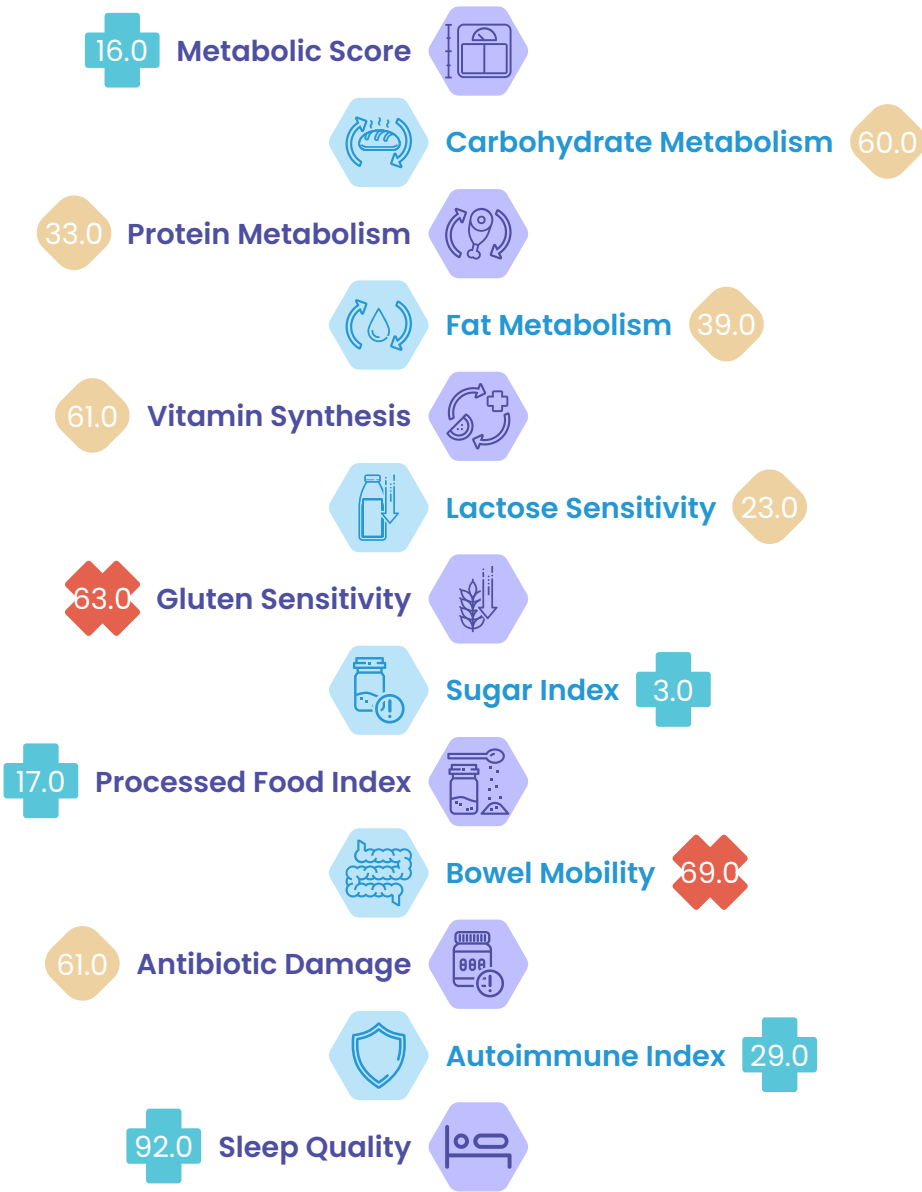
Your Microbiome Age

25

4.1

Your Microbiome Diversity

Gut Scores



Your Microbiome Age



Your microbiome is younger than you! To keep you young, your personalized nutrition guide will be your best friend.

Your gut microbiome is a dynamic structure constructed up of living microorganisms.

So, the amount of these creatures, their varieties, the genes they carry are also capable of changing or aging with your age, your life conditions, the things that you eat and your illnesses.

If the microbiome age is less than the chronological age or closer to the chronological age, it indicates that you have a younger metabolism, while the more than the chronological age it indicates the opposite.

We can't change our age, but what about our microbiome's age? That might be possible with lifestyle and nutrition habits.

Your Microbiome Diversity



Be careful, but do not worry Enbiosis is on your side!

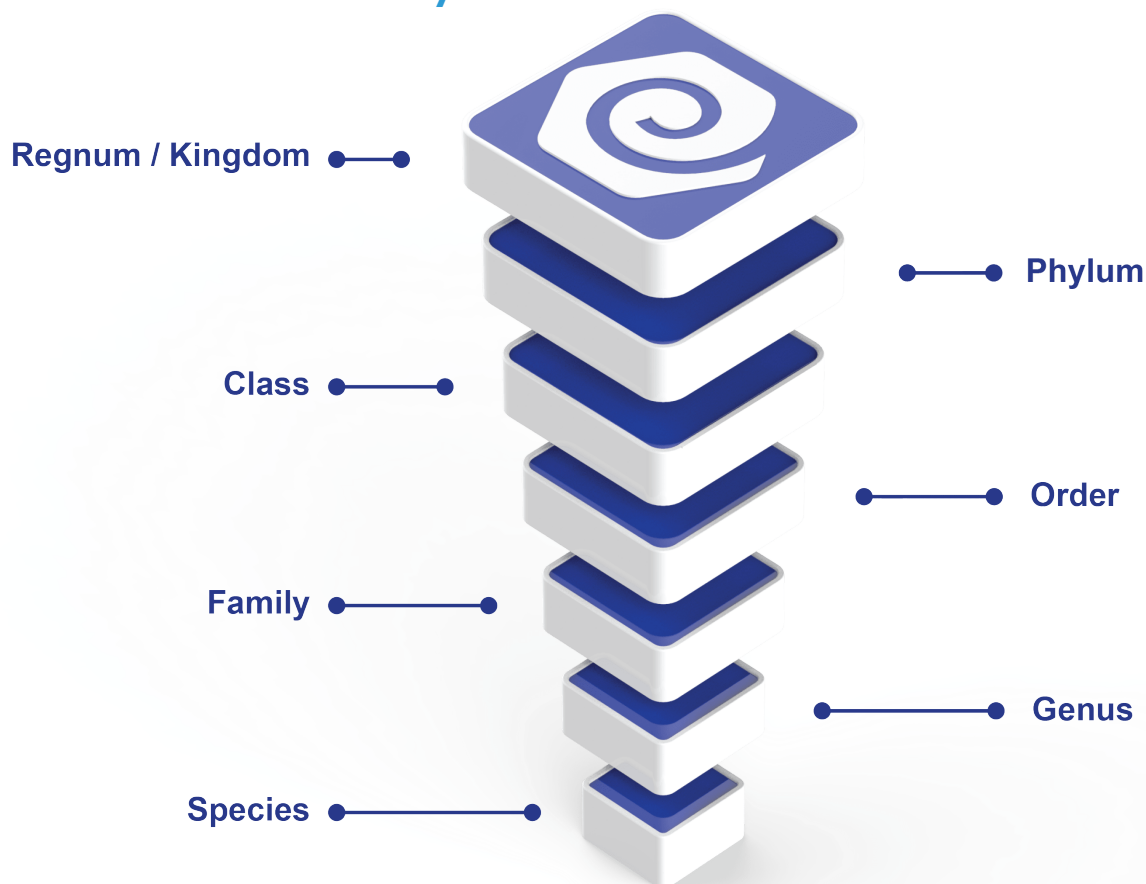
The microbiome diversity score is an important indicator of general health that shows the number of bacterial species present in the intestines and how evenly distributed each species is.

The scores in the range of 0-5 color-coded red indicate the insufficient number and uneven distribution of the bacterial species in the gut, while the scores in the range of 5-8 color-coded yellow indicate an average diversity and distribution.

The scores in the range of 8-10 color-coded blue indicate that the individual has a good/very good diversity and a well-balanced distribution. The higher the microbiome diversity score, the less it takes to adjust the intestinal scores and improve the existing symptoms.

This score is likely to be low in individuals that have a long history of medication use, suffer from various diseases (especially inflammatory bowel diseases), have high-stress levels, live in urban rather than rural areas, have uniform dietary habits and/or malnutrition. A high microbiome diversity will be your biggest support on the way to a healthy life.

Your Taxonomic Analysis



Taxonomic analysis denotes level ratios at the stage of the genus, family and branch of bacteria that exist in your microbiome.

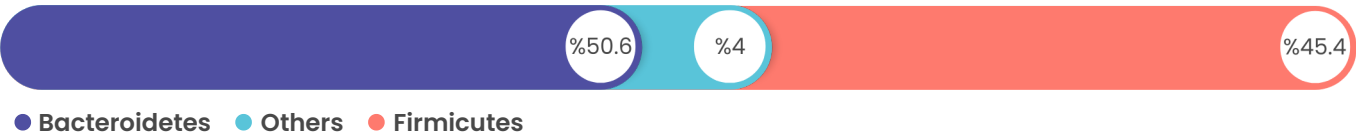
"Taxonomy" is the science in which every living thing is classified and named by scientists according to their common character within a given system. Every living thing in nature has a taxonomic classification. For example, the domestic cats living among us are classified "house cat and its close relatives" as a genus, "felines" as a family, "Carnies" as an order, "Chordals" as a phylum, as "Animals" as the regnum. Each group here is called "taxa" and bacteria are likewise grouped in different taxa according to their common character.

Your Taxonomic Analysis

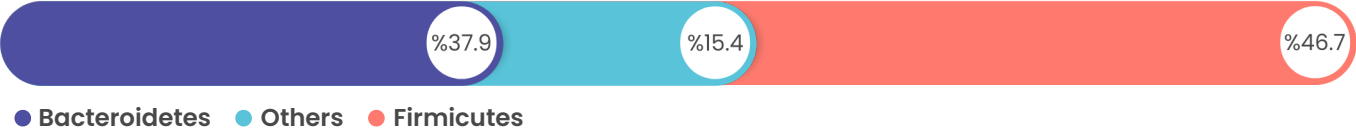
Phylum Level

Bacteria found in the gut microbiome and their relative abundances are profiled at the phylum level. You can compare your own profile with the profiles of people around the world.

Your Profile



World Average

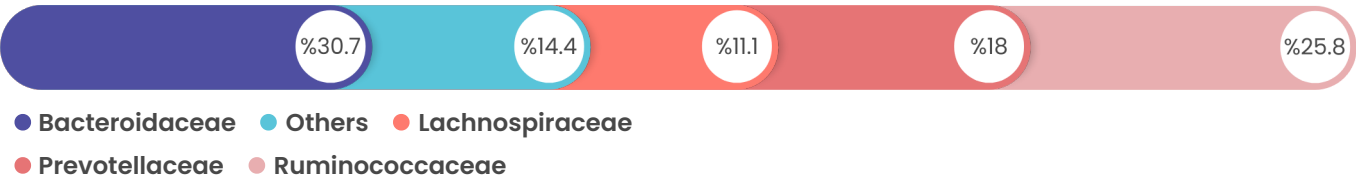


Your Taxonomic Analysis

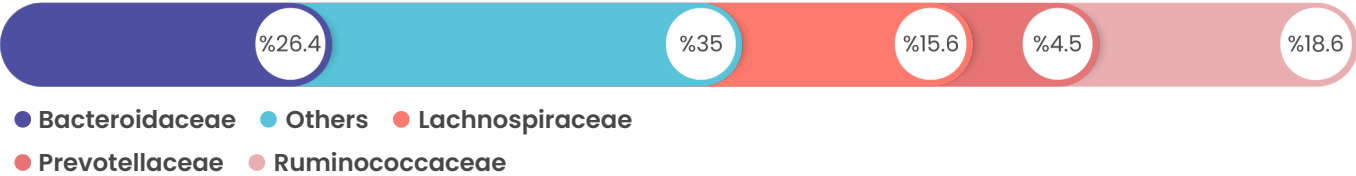
Family Level

Bacteria found in the gut microbiome and their relative abundances are profiled at the family level. You can compare your own profile with the profiles of people around the world.

Your Profile



World Average



Your Taxonomic Analysis

Genus Level

The proportions of bacteria found in the gut microbiome are profiled at the genus level. You can compare your own profile with the profiles of people around the world.

Your Profile



World Average



Your Close Profiles

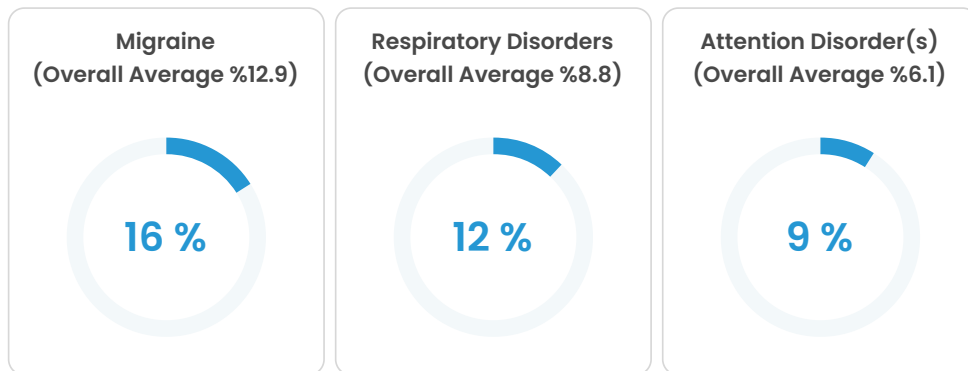
Studies have shown that 90% of chronic diseases are linked to gut microbiome imbalance. As a result of these studies, it has also been observed that individuals with similar microbiome profiles have similar disorders.

Enbiosis AI algorithms analyze microbiome profiles similar to yours, along with the lifestyle and health data from those profiles. The shown results indicate those diseases that people with a similar to your microbiome profile have.

These data provide individuals with an opportunity to assess potential health risks and are not meant to be used for diagnostic purposes.

The personalized nutrition guide we have prepared for you will help you reduce the risks of developing the disease you are predisposed to.

The people within our database who have a similar microbiome profile with you presented with the following:



Gut Scores

Our artificial intelligence algorithm has generated gut scores for 13 different parameters based on the type and number of bacteria in your gut.

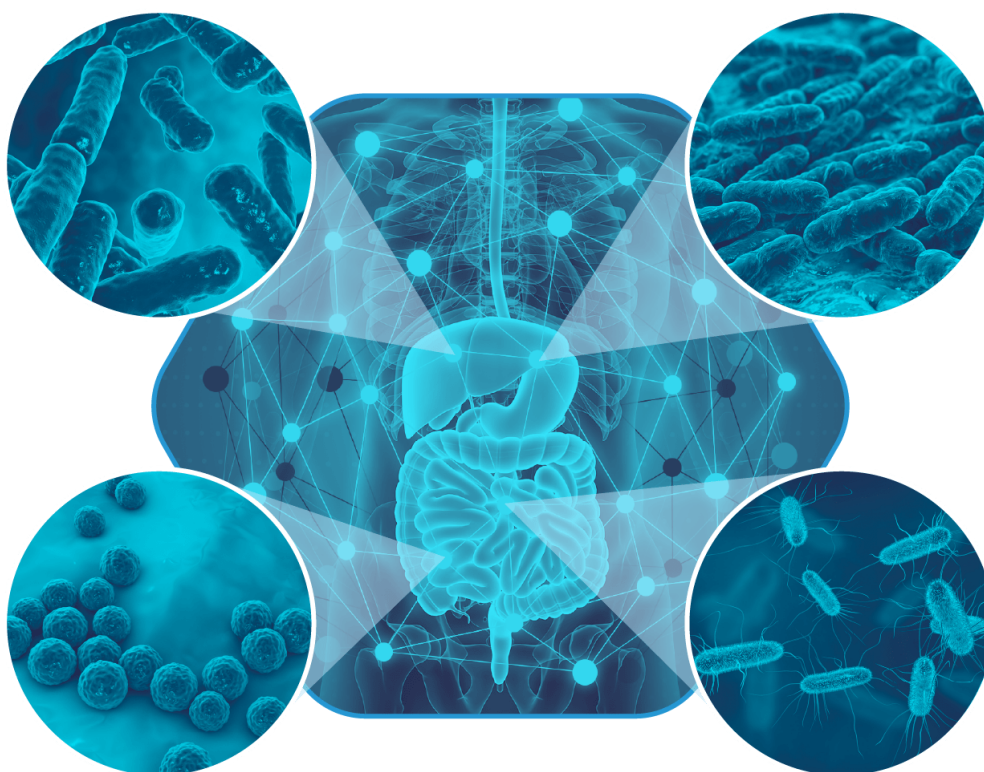
Do not interpret this report based on your current weight, health status, or how you are currently feeling. Here we are offering you a glimpse into what is happening in your inner world and possible predispositions.

Each parameter is scored on a scale from 0 to 100. The red section of the line indicates that the score is far below the determined reference value and should be adjusted. The yellow section indicates that the score is within the average range and should be improved. Finally, the blue section indicates that the score is within the healthy limits and should be maintained.

The community score indicates the average value of all our data with that score.

We want each score to be at least close to the community average. Our ultimate goal is to move all scores to the blue section!

Your personal nutrition guide will help you sustain your good scores and improve the poor ones.





Gut Scores Metabolic Score

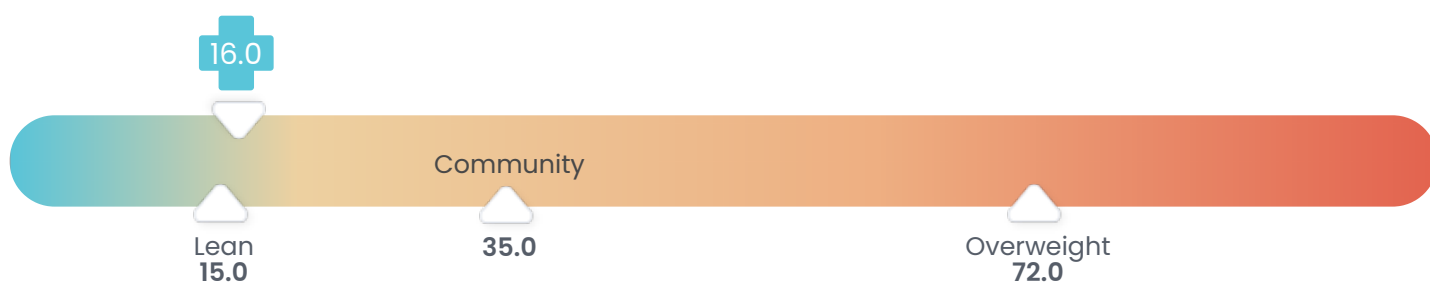
The types and quantities of bacteria in the microbiome (microbiome composition) are closely related to your body weight.

As a result of scientific studies, your metabolic score and microbiome relationship score were created using our algorithm 48 different types of bacteria associated with weight.

A high score indicates that you have a microbiome that is prone to weight gain, while a low one indicates that you are prone to maintain leanness or staying fit.

You can evaluate your own score by comparing it to that of ideal weight, the overweight and the general population.

Your Profile:





Gut Scores

Carbohydrate Metabolism

Carbohydrates are the main source of energy. However, it is not possible to digest some complex carbohydrates on our own.

Studies have shown that certain bacteria in the gut microbiome digest complex carbohydrates instead and synthesize metabolites that are very, very important to us.

Here, we created your carbohydrate metabolism score using our artificial intelligence-based algorithm based on the key microorganisms involved in carbohydrate metabolism.

The high score indicates health due to the large number of bacteria that can digest complex carbohydrates in the gut microbiome.

You can evaluate your own score by comparing it to the overall score of the community.

Your Profile:





Gut Scores

Protein Metabolism

Proteins are complex organic compounds that form the basic structures of cells in the body.

Primarily they help the formation and repair of body tissues, they are used as a source of heat and energy, they strengthen the immune system, synthesize nitrogenous substances, and they have various important duties such as playing a role in the regulation of other metabolic and structural events.

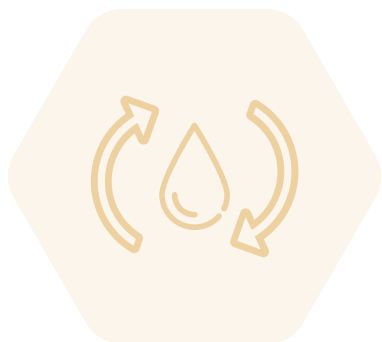
Here, we created the score for metabolizing proteins using our algorithm over key microorganisms involved in protein metabolism.

A high score indicates large variety of bacteria that can digest/use proteins in the gut microbiome.

You can evaluate your own score by comparing it to the overall score of the community.

Your Profile:





Gut Scores
Fat Metabolism

Fats, which have many functions in the body, are one of the most important parts of healthy eating.

In addition to helping to digest fats, certain bacteria in the microbiome also participate in metabolism with the short-chain fatty acids they produce.

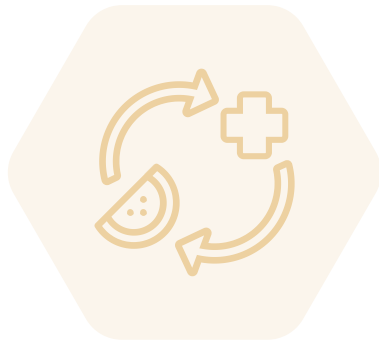
Here we have created a score for metabolizing your fat our algorithm based on key microorganisms involved in fat metabolism.

A high score indicates the capacity of the microbiome to metabolize fat.

You can evaluate your own score by comparing it to the overall score of the community.

Your Profile:





Gut Scores Vitamin Synthesis

Vitamins are organic substances that we need for the growth and development of our body cells, hormones and collagen production, wound healing and bone formation.

While most vitamins are found naturally in foods, some are synthesized by the bacteria in our gut. An unbalanced diet and a lack of vitamin-synthesizing bacteria in our microbiome can lead to vitamin deficiency.

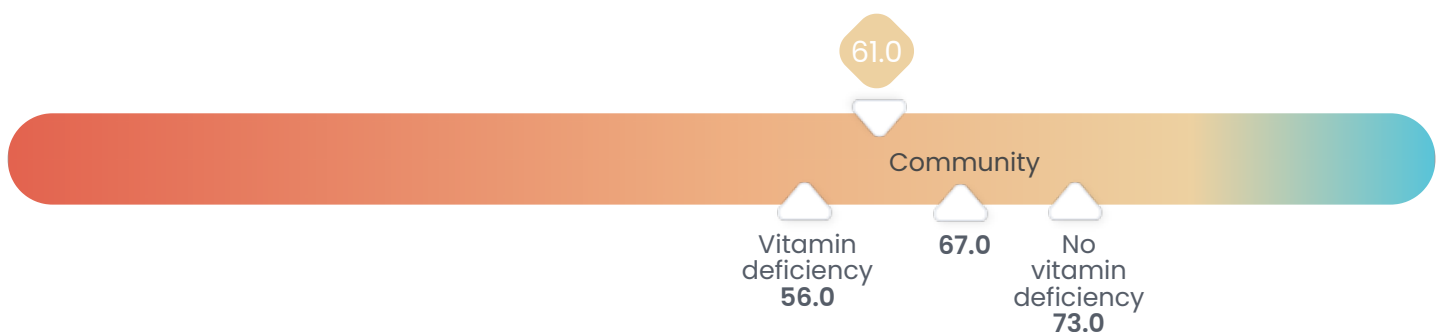
Here, we have created your own Vitamin Synthesis score using our artificial intelligence-based algorithm on 8 different bacterial species associated with vitamin synthesis.

A low score indicates that your microbiome profile is similar to the profile of individuals with vitamin deficiency, and a high score indicates that your microbiome profile is similar to the profile of individuals without vitamin deficiency.

This score does not indicate vitamin deficiency in your blood. However, the vitamins synthesized in your gut affect the vitamin values in the blood. This score is only related to vitamins B and K synthesized in the intestine.

You can evaluate your own score by comparing it with the general population average score and the score of individuals with or without vitamin deficiency.

Your Profile:





Gut Scores Lactose Sensitivity

Lactose is the naturally occurring sugar in milk and dairy. It is composed of galactose and glucose. An enzyme in our small intestine called lactase is responsible for breaking lactose down into glucose and galactose.

Lactose sensitivity is a digestive disorder that occurs as a result of insufficient synthesis of the lactase enzyme.

Recent advances in microbiome research revealed that our gut microbiome composition plays an important role in the development of lactose sensitivity.

31 different bacterial species associated with lactose sensitivity were identified and analyzed by our artificial intelligence algorithm to calculate your lactose sensitivity score.

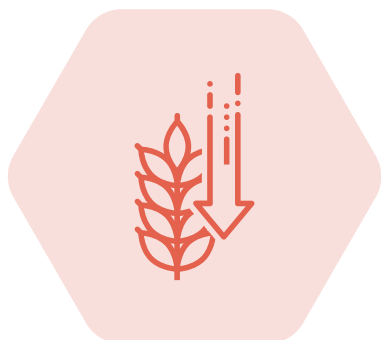
This score does not indicate the presence or absence of lactose sensitivity. It evaluates the risk of developing lactose sensitivity by comparing your microbiome profile against the profiles of those with and without lactose sensitivity. However, this score is not meant to be used for diagnostic purposes.

A high score indicates a higher risk of developing lactose sensitivity, while a low and average scores indicate a lower risk.

You can compare your own score with those of the general population average, lactose-sensitive individuals, and healthy individuals.

Your Profile:





Gut Scores Gluten Sensitivity

Gluten is a protein found in many grains, including wheat, barley, and rye. It acts like glue, binding food together and giving it an elastic texture.

While most people tolerate gluten just fine, some individuals may be sensitive to gluten.

Research confirms that our gut microbiome composition plays an important role in the development of gluten intolerance.

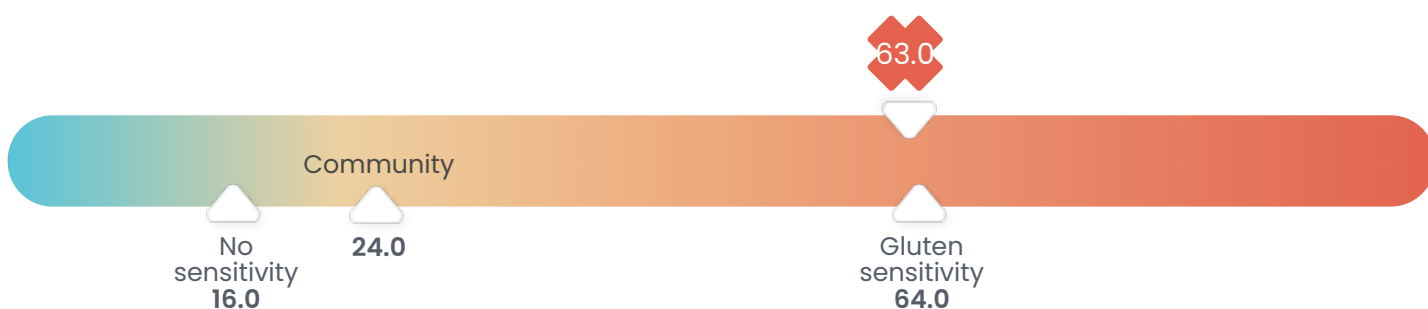
101 different bacterial species associated with gluten intolerance were identified and analyzed by our algorithm to calculate your Gluten Sensitivity Score.

This score does not indicate the presence or absence of gluten sensitivity. It evaluates the risk of developing gluten sensitivity by comparing your microbiome profile against the profiles of those with and without gluten sensitivity. However, this score is not meant to be used for diagnostic purposes.

A high score indicates a higher risk of developing gluten sensitivity, while a low and average scores indicate a lower risk.

You can compare your own score with those of the general population average, gluten-sensitive individuals, and healthy individuals.

Your Profile:





Gut Scores Sugar Index

Sugar is one of the most easily accessible nutrients in the modern world, contained in with many foods.

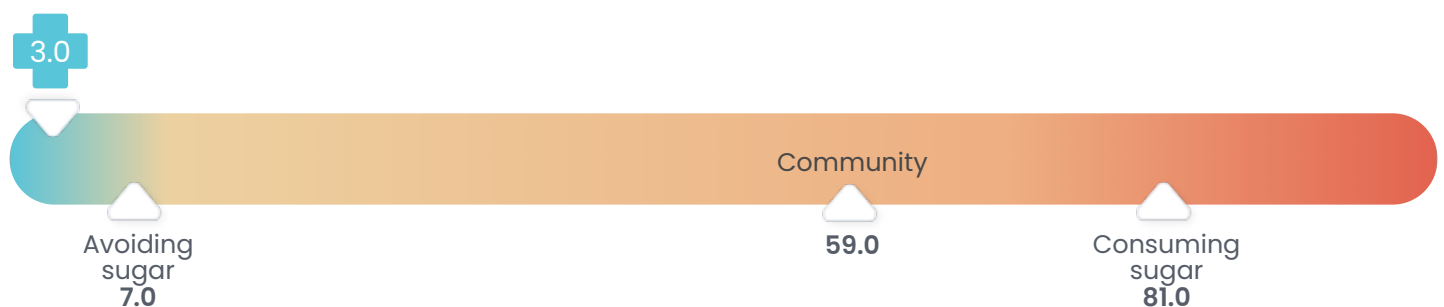
Excessive sugar consumption plays a role in the emergence of many diseases along with inflammation.

Scientific studies conducted in different countries of the world have shown that excessive sugar consumption negatively affects the composition of the gut microbiome.

Here, we have created your Sugar Index score using our algorithm over 62 different strains of bacteria associated with sugar consumption.

You can compare your own score with those of individuals who consume high amounts of sugar and those who do not consume sugar.

Your Profile:





Gut Scores
Processed Food Index

Exposure to processed foods can adversely affect the gut microbiome, altering the proportion of microorganisms in the gut.

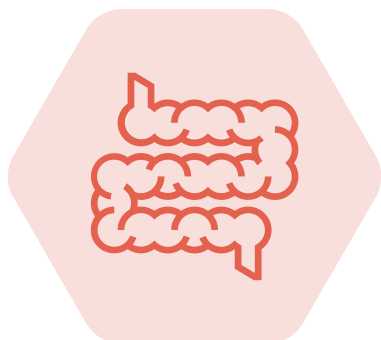
It has been demonstrated that the disruption of the microbiome balance as a result of this exposure may play a role in the formation of disorders such as metabolic syndrome.

The effect of the processed foods you consumed on 16 different strains of bacteria in your microbiome sample was analyzed by our algorithm system to generate the score.

You can evaluate your own score by comparing it with the average of individuals who consume/do not consume processed foods throughout society and the general population.

Your Profile:





Gut Scores Bowel Mobility

Having bowel mobility within normal limits improves quality of life.

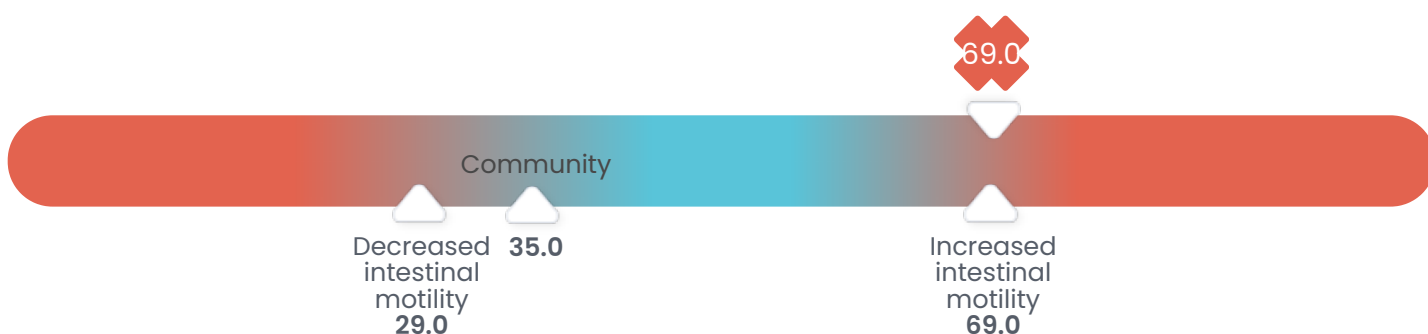
Bowel movement slower than it should be may lead to constipation, while the opposite may result in diarrhea.

Here, we created the gut mobility score using our artificial intelligence-based algorithm over 30 different strains of bacteria that are associated with gut mobility.

The fact that this score is too high or too low may indicate intestinal mobility problems caused by your microbiome.

You can evaluate your own score by comparing it with the general population average score and the score of individuals with decreased/increased intestinal motility.

Your Profile:





Gut Scores Antibiotic Damage

Antibiotics are the most effective drugs recommended in the fight against infectious diseases. However, after antibiotic treatment, some bacterial species in the microbiome decrease, some disappear, and some increase in number to fill this gap.

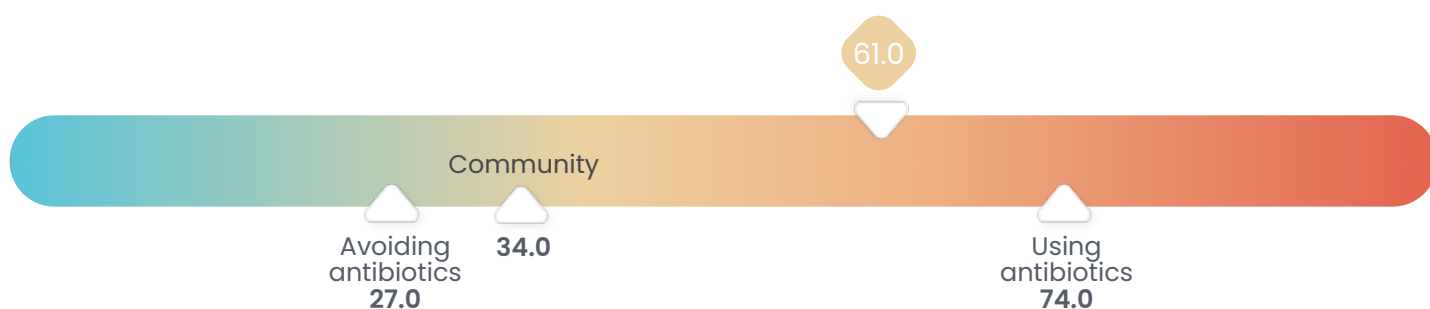
This condition, which means damage to the microbiome composition, manifests itself from time to time with diarrhea or constipation.

Here, we've created your antibiotic damage score, which was created using using our algorithm, based on 71 different strains of bacteria that have been found to be affected by antibiotic use.

The elevation of this score indicates antibiotic damage to the microbiome that has occurred recently or has not been improved, although it has occurred before.

You can compare your score with the scores of individuals who have not used antibiotics in the last year and individuals who have used antibiotics regularly in the last 2 months.

Your Profile:





Gut Scores Autoimmune Index

The immune system is a defense system that protects us against all kinds of pathogens and foreign substances.

Although the immune system recognizes our own tissues and cells, it sometimes detects some structures in our tissues as foreign and begins to fight them, in which case autoimmune diseases can occur.

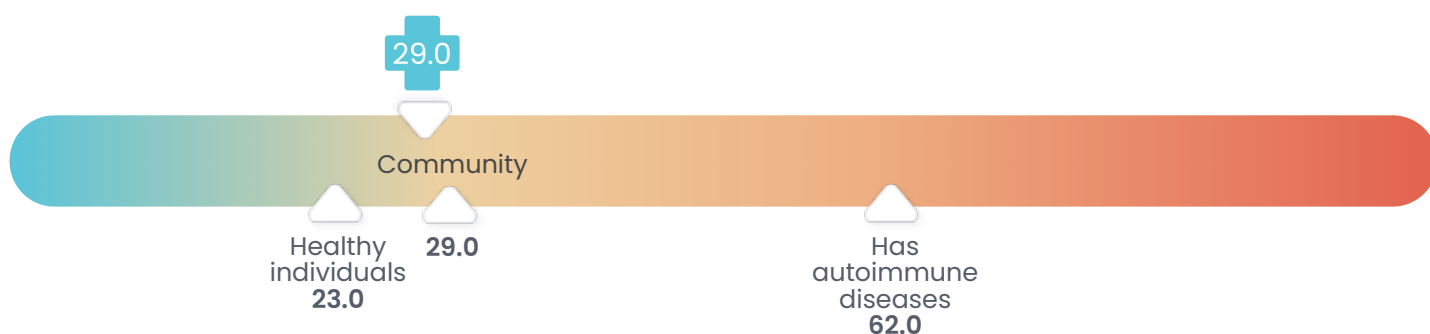
It has been shown by numerous scientific studies that there are differentiation in microbiome composition in the presence of autoimmune disease.

We created the autoimmune score using our algorithm over 64 bacterial genera that were found to play a key role in these differentiation.

A high score could indicate an autoimmune disorder.

You can compare your own score with those of healthy individuals and the individuals diagnosed with autoimmune diseases.

Your Profile:





Gut Scores Sleep Quality

There is a close relationship between sleep quality and metabolites synthesized by or indirectly synthesized by gut bacteria.

Scientific studies have shown that the presence and quantity of certain bacteria in the microbiome can be important for high quality sleep.

Here, we created the Sleep Quality Score using our artificial intelligence-based algorithm over 10 different strains of bacteria that have been associated with sleep quality and insomnia problems in studies.

Although it should be considered that different factors in sleep quality will be important, the elevation of this score may indicate that your microbiome has potential/tendency to promote quality sleep.

You can compare your own score with those of individuals with high quality sleep and those suffering from sleep disorders.

Your Profile:





ENBIOSIS

Nutrient Scores Report

Manage Your Nutrition!

Your microbiome is the world inside you that reflects you.

The nutritional scores we offer you are special for you to homogeneously diversify and balance your microbiome!

Now we will score the nutrients in a way that will suit you best and present our recommendations.

Eat less **nutrients scored between 0-3**.

Consume **nutrients that are scored between 4-7** to be balanced and varied

We'll ask you to enrich the **nutrients that are scored between 8 and 10** in the nutrient suggestions.

While doing this;

While shaping your diet, discover the foods you have not tried before and create alternative options instead of eating the same food every day with the scores we offer you.

You shouldn't forget,

Create different meals from each of the foods that enrich the nutrition guide and adjust the amount to enjoy the nutritional scores!

ENBIOSIS is not a food intolerance test. Foods with high scores may be the most suitable foods for the microbiome or the foods that the microbiome needs because they have not consumed for a long time. For this reason, you can also see the foods with allergies and / or intolerance in the recommended food scores.

Here's Your Food!

Dried Mulberry	10	Black Mulberry	10	White Mulberry	10
Red Currant	9	Tart Cherry	9	Black Carrot	9

Foods That Fit With You!

Spirulina	7	Avocado	7	Beef	7
Sesame	7	Bergamot	7	Cacao Nibs	7

Foods To Avoid!

Parmesan Cheese	3	White Cheese (Full Fat)	3	Dill	3
Lettuce	3	Spinach	3	Kumquat	3

Nutrient Scores



















Milk and Dairy Products

	Fat Free Yogurt	8		Cream	8
	Dry Cottage Cheese	7		Ice Cream	7
	Clotting Cream	7		Kefir	7
	Coffee Cream	7		Buttermilk	7
	Ripened Cheese	6		Sheep Cheese	6
	Cream Cheese	6		Herbed Cheese	6
	Mozarella	5		Pasteurized Milk	5
	Gruyère	5		Cheddar	5
	Ricotta Cheese	5		Roquefort	5



















Milk and Dairy Products

	Aged Kasseri Cheese	5
	Milk Powder	5
	Ezine Cheese	5
	Tulum Cheese	5
	Buffalo Milk	5
	Goat Cheese	5
	Yogurt (Full Fat)	5
	White Cheese (Low Fat)	4
	Curd Cheese	4
	Sheep Milk	4
	Goat Milk	4
	Parmesan Cheese	3
	White Cheese (Full Fat)	3

Meat and Meat Products

	Lamb	8		Caviar	8
	Sausage	8		Offal (intestine)	8
	Red Porgy	8		Shrimp	7
	Goat Meat	7		Mutton	7
	Beef	7		Offal (tongue)	7
	Lobster	6		Offal (brain)	6
	Crab Meat	6		Anchovy	6
	Mussel	6		Herring	6
	Bass	6		Turkey Meat	6
















Meat and Meat Products

	Hake	6		Cod	5
	Offal (heart)	5		Flounder	5
	Offal (kidney)	5		Tuna	5
	Gilthead Seabream	5		Egg	5
	Mackerel	5		Chicken Meat	5
	Sardine	5		Bonito	5
	Bluefish	5		Swordfish	5
	Trout	4		Veal	3
	Salmon	3		Offal (liver)	3













Bread and Cereal Group

	Cornstarch	9		Rice	9
	Chestnut	8		Corn	8
	Cornmeal	8		Gluten-Free Bread	8
	Rice Bran	8		Amaranth	7
	Rice Flour	7		Oat Flour	7
	Brown Rice	6		Buckwheat	6
	Quinoa	6		Soy Flour	6
	White Bread	0		Whole Wheat Flour	0
	Whole Grain Flakes	0		Wheat Bran	0

Bread and Cereal Group

	Whole Grain Flour	0		Oat Bread	0
	Rye Bread	0		Oat Bran	0
	Whole Grain Bread	0		Corn Flake	0
	White Flour	0		Pasta	0
	Lavash	0		Wheat Bran Pasta	0
	Wheat Bran Bread	0		Wheat Germ	0
	Wheat	0		Bulgur Wheat	0
	Whole Wheat Bread	0			



















Legume and Legume-Based Products

	Fermented Soybean	9		Kidney Bean	8
	Broad Bean	7		Shell Bean	7
	Red Lentil	7		Chickpea	6
	Tofu	6		Soy Meat	6
	White Bean	5		Green Lentil	5
	Soybean	5		Soy Milk	3










Vegetables

	Arugula	9		Red Pepper	9
	Black Carrot	9		Mallow	9
	Cress	9		Turnip	9
	Kale	9		Eggplant	9
	Red Beet	9		Parsley	8
	Nori	8		Purslane	8
	Radish	8		Shallot	8
	Green Bean	8		Purple Sweet Potato	8
	Jerusalem Artichoke	8		Vine Leaf	8



















Vegetables

	Sweet Potato	8		Onion	8
	Brussel Sprout	8		Potato	8
	Asparagus	8		Cauliflower	8
	Collard	8		Carrot	8
	Artichoke	8		Cowpea	8
	Purple Cabbage	8		Pumpkin	7
	Broccoli	7		Tomato	7
	Celery	7		Mushroom	7
	Garlic	7		Soybean Sprout	7











Vegetables

	Pea	6		Cucumber	5
	Cubanelle Pepper	5		Dill	3
	Lettuce	3		Spinach	3
	Bell Pepper	2		Leek	2
	Okra	1			






Fruits

	White Mulberry	10		Dried Mulberry	10
	Black Mulberry	10		Raspberry	9
	Raisin	9		Green Banana	9
	Tamarind	9		Peach	9
	Strawberry	9		Tart Cherry	9
	Pineapple	9		Red Currant	9
	Kiwi	9		Plum	9
	Blackberry	9		Pear	9
	Dates	8		Mango	8

Fruits

	Nectarine	8		Papaya	8
	Melon	8		Blueberry	8
	Apple	8		Black Grape	8
	Black Elderberry	8		Cornelian Cherry	8
	Coconut	7		Dried Apricot	7
	Lemon	7		Tangerine	7
	Banana	7		Bergamot	7
	Grapefruit	6		Orange	6
	Loquat	6		Quince	5










Fruits

	Dried Plum	5
	Dried Apple	4
	Rosehip	4
	Kumquat	3
	Cherry	1

Fats

	Olive	9		Olive Paste	9
	Black Olive	9		Chia Seed	8
	Flaxseed	8		Almond Butter	8
	Cocoa Powder	8		Avocado	7
	Sunflower Seed	7		Hazelnut Oil	7
	Pumpkin Seed	7		Pine Nut	7
	Cacao Nibs	7		Safflower Oil	7
	Corn Oil	7		Sesame	7
	Cottonseed Oil	6		Peanut	6




Fats

	Sunflower Oil	6
	Olive Oil	6
	Canola Oil	6
	Butter	6
	Soy Oil	6
	Cashew	6
	Hazelnut	5
	Pistachio	4
	Walnut	2
	Almond	2
	Tahini	2



Drinks

	Pear Juice	9		Apricot Juice	9
	Pomegranate Juice	9		Tart Cherry Juice	9
	Grape Juice	9		Apple Juice	9
	Mineral Water	8		Tangerine Juice	8
	Oolong Tea	8		Sahlep	8
	Black Tea	8		Tomato Juice	8
	Gree Tea	8		Sage Tea	7
	Coffee	7		Rose Wine	7
	Orange Juice	7		Lemon Juice	7












Drinks

	Grapefruit Juice	7
	Red Wine	6
	Beer	0






Spices

	Thyme			Mint	
	Salt			Turmeric	

Others

	Fenugreek	9
	Liquorice	9
	Grape Seed	8
	Grape Molasses	8
	Milk Chocolate	8
	Mustard	8
	White Sugar	7
	Dark Chocolate	7
	Vinegar	7
	Instant Yeast	7
	Honey	1

Supplements

	Fish Oil Supplement	8
	Krill Oil Supplement	8
	Psyllium	8
	Whey Protein Supplement	7
	Spirulina	7



ENBIOSIS

Probiotic Report

Dear Enbiosis user,

By producing health promoting molecules, regulating our metabolism and talking to our organs, probiotic organisms can have significantly beneficial impact on human health and modulate our immune system. However not every probiotic supplement works for everyone.











Their mode of action is through a synergetic microbiome interaction via diverse pathways in unique ways. It had been difficult and unpredictable to determine if a certain probiotic supplement would be effective on an individual, since every individual's microbiome needs are unique.

Enbiosis microbiome analysis captures the needs of a person's microbiome by analyzing the whole genomic content of the microbiome at high resolution. By revealing the functional properties of your microbiome at genetic level, we detect which enzymes are your gut microbes capable of producing, which health promoting pathways are missing in your microbiome, and which bacteria would fill in this gap and act as a beneficial partner. Through an intensive evaluation of how they would act synergistically by introducing new molecules, closing gapped metabolic/signaling pathways in the ecosystem, and promote the circles of other beneficial organisms by cross-feeding, the algorithms propose and rate the fittest probiotics for you.











Ph.D.Ufuk Nalbantoğlu













Probiotic Scores

	Dr. Formulated Once Daily Garden of Life	10
	UltraFlora Women's Metagenics	10
	Ther-Biotic Women's Formula Klaire Labs	10
	Flora 20-14 Ultra Strength Innate Response	10
	Ther-Biotic Detox Support Klaire Labs	9
	Probiotic G.I. Pure Encapsulations	9
	Bio-Kult Multi-Strain Probiotic Bio-Kult	9
	Ortho Spore IG Ortho Molecular	9
	Proflora4R Restorative Probiotic Biocidin Botanicals	8
	Theralac Master Supplements Inc.	7






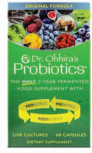
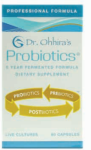



Probiotic Scores

	Probiotic-Pro BB536 Bioclinic Naturals	7
	ProBiota HistaminX Seeking Health	7
	Pro-5 Klaire Labs	7
	Enterogenic Intensive 100 Integrative Therapeutics	6
	ABx Support Klaire Labs	6
	Probiotic Synergy Designs for Health	6
	ProbioMed Kids Chewable Designs for Health	6
	FloraMend Prime Probiotic Thorne	6
	Ther-Biotic Kids Chewable Klaire Labs	6
	Pro Biome 50B Integrative Therapeutics	6

Probiotic Scores

	Ultimate FloraMax 50 billion Advanced Naturals	5
	Flora 50-14 Clinical Strength Innate Response	5
	UltraFlora Immune Booster Metagenics	5
	Dr Formulated Once Daily Wom Garden of Life	5
	Ther-Biotic Complete Klaire Labs	5
	Probiotic-5 Pure Encapsulations	5
	LactoPrime Plus Klaire Labs	4
	Flora 5-14 Complete Care Innate Response	4
	UltraFlora Spectrum Metagenics	4
	Ortho Biotic Ortho Molecular	4

Probiotic Scores

	MegaSporeBiotic Microbiome Labs	3
	Probiotic Capsules 100 Billion Amy Myers MD	3
	UltraFlora Control Metagenics	3
	Ideal Bowel Support Jarrow Formulas	3
	BioSpore Klaire Labs	3
	Dr. Ohhira's Probiotics Original Essential Formulas	3
	Dr Ohhira's Probiotic Plus/Prof Essential Formulas	3
	Probiotic 100B Ayush Herbs	3
	Essential-Biotic Complete Allergy Research Group	2
	GI Flora Dairy Free Allergy Research Group	2

Probiotic Scores



HMF Intensive
Genestra



Vital-10
Klaire Labs



UltraFlora BiomePro Multistrain
Metagenics



Flora 300-14 7-Day Intensive
Innate Response



Complete Probiotics 70 Bill CFU
Dr. Mercola



ProbioSpore
Designs for Health



Ther-Biotic Complete Powder
Klaire Labs



Ther-Biotic Factor 4
Klaire Labs



UltraFlora Balance
Metagenics



Multi Probiotic 40 Billion
Douglas Laboratories





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