

PATIENT INFO:

PATIENT: [REDACTED]

COLLECTED: 10/8/2023

DOB: [REDACTED]

ACCESSION: [REDACTED]

RECEIVED: 10/11/2023

COMPLETED: 10/21/2023

PROVIDER INFO:

Designs for Health Spotlight

Grey Matters Brain Training Studio

Introduction - Gastrointestinal Analysis

Designs for Health is pleased to present the GI spotlight analysis, providing an in-depth look into the state of GI function and microbiome.

The human gastrointestinal tract contains an ecosystem with over 4 trillion microbes, living in a symbiotic relationship with their host. These microbes, when in a healthy state and balance, are responsible for performing duties essential to your health such as supporting normal digestion, hormonal balance, immune modulation, and neurotransmitter function.

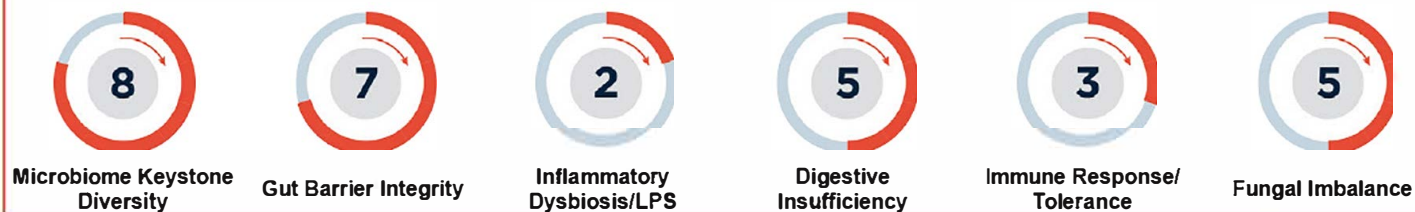
This report contains a unique, in-depth assessment into many of the key microbes essential for human health. The microbes are measured using the most precise molecular analysis known as qPCR (quantitative PCR), useful for assessing absolute values – *versus only relative abundance found using sequencing methods* – and determining the accurate number of microbes, as provided on the report. This report contains many of the most well researched microbes, keystone species, and those with the greatest known correlation to functional categories listed in the report.

This is not a test constructed or intended for medical diagnosis. These results are intended to be used by your healthcare provider to personalize supplementation, diet and lifestyle recommendations based on your unique GI microbiome and functional status.

Note: Microbial results are reported as genome equivalents per gram of stool, which is a standard method for reporting the number of microbes measured per gram of stool, based on qPCR analysis of DNA samples. Results are expressed in standard scientific notation. For example, a reported result of 3.5e7 is equivalent to 3.5×10^7 microbes per gram, which equals 35,000,000 (35 million) microbes per gram of stool. <dl represents results below detectable limit.

Your SPOTLIGHT Test Scores

Scale of 0-10, Higher Score = More Need for Support, Details on Following Pages.



Lifestyle and Supplement Recommendations:

The lifestyle and supplement recommendations included in this report are generalized and made for adults. Not all recommendations are appropriate or applicable for every individual. A knowledgeable and qualified healthcare practitioner should review all recommendations and adjust them as needed, based on the individual's age, personal health history, pregnancy or breastfeeding status, potential drug or nutrient interactions, contraindications, current supplement use, diet, lifestyle, and other relevant factors.

SPOTLIGHT 1

KEY: < DL = Results below detection limit.

Microbiome Keystone Diversity

Category	Analytes Tested		Result	Reference Range
Microbiome Keystone Diversity	<i>Bifidobacterium</i> spp.		3.07e9	> 6.7e7 org/g
	<i>Enterococcus</i> spp.		1.27e7	1.9e5 - 2.0e8 org/g
	<i>Escherichia</i> spp.	High	1.38e10	3.7e6 - 3.8e9 org/g
	<i>Lactobacillus</i> spp.		4.22e7	8.6e5 - 6.2e8 org/g
	<i>Akkermansia muciniphila</i>	Low	<dl	1.0e1 - 8.2e6 org/g
	<i>Faecalibacterium prausnitzii</i>	Low	1.48e1	1.0e3 - 5.0e8 org/g
	<i>Roseburia</i> spp.		6.90e9	5.0e7 - 2.0e10 org/g
	<i>Bacteroidetes</i>	High	5.60e12	8.6e11 - 3.3e12
	<i>Firmicutes</i>	High	3.12e11	5.7e10 - 3.0e11
	<i>Firmicutes:Bacteroidetes Ratio</i>		0.06	< 1.0
	Secretory IgA	Low	403	510 - 2010 ug/g

SPOTLIGHT Score

General Support Recommendations



SPOTLIGHT Score Key:

Scale 0-10. Higher score indicates more need for support.

Lifestyle and Supplement Tools for Microbiome Keystone Diversity

The use of a broad-spectrum probiotics, prebiotics, and polyphenols, in addition to a whole food diet rich in vegetables and fruits, can promote greater diversity and richness of the GI microbiota.

Designs for Health Product Considerations

Supplement recommendations may include **ProbioMed™ 50**, **FloraMyces™**, **PaleoFiber® RS**, **IgGI Shield™**, **Tegriceal® Colostrum**, **Tri-Butyrin Supreme™**.

SPOTLIGHT 2

KEY: < DL = Results below detection limit.

Gut Barrier Integrity

Category	Analytes Tested		Result	Reference Range
Gut Barrier Integrity	<i>Bifidobacterium</i> spp.		3.07e9	> 6.7e7 org/g
	<i>Enterococcus</i> spp.		1.27e7	1.9e5 - 2.0e8 org/g
	<i>Escherichia</i> spp.	High	1.38e10	3.7e6 - 3.8e9 org/g
	<i>Lactobacillus</i> spp.		4.22e7	8.6e5 - 6.2e8 org/g
	<i>Enterobacter</i> spp.		2.08e7	1.0e6 - 5.0e7
	<i>Akkermansia muciniphila</i>	Low	<dl	1.0e1 - 8.2e6 org/g
	<i>Faecalibacterium prausnitzii</i>	Low	1.48e1	1.0e3 - 5.0e8 org/g
	<i>Roseburia</i> spp.		6.90e9	5.0e7 - 2.0e10 org/g
	<i>Firmicutes</i>	High	3.12e11	5.7e10 - 3.0e11
	<i>Candida albicans</i>		<dl	< 5.00e2 org/g
	Anti-gliadin IgA		60	< 175 U/L
	Zonulin	High	476.3	< 175 ng/g

SPOTLIGHT Score

General Support Recommendations



SPOTLIGHT Score Key:

Scale 0-10. Higher score indicates more need for support.

Lifestyle and Supplement Tools for Gut Barrier Integrity

Consume of a wide variety of plant-based foods. Consider a gluten-free diet, and avoid processed foods, refined sugar, and excess alcohol. Engage in appropriate stress-management and sleep hygiene and avoid environmental toxins.

Designs for Health Product Considerations

Supplement recommendations may include **GI Revive™**, **ProBioMed™ 50**, **Tri-Butyrin Supreme™**, **IgGI Shield™**.

SPOTLIGHT 3

KEY: < DL = Results below detection limit.

Inflammatory Dysbiosis/LPS

Category	Analytes Tested		Result	Reference Range
Inflammatory Dysbiosis/LPS	<i>Escherichia</i> spp.	High	1.38e10	3.7e6 - 3.8e9 org/g
	<i>Enterobacter</i> spp.		2.08e7	1.0e6 - 5.0e7
	<i>Morganella</i> spp.		<dl	< 1.00e3 CFU/g
	<i>Pseudomonas</i> spp.		<dl	< 1.00e4 CFU/g
	<i>Pseudomonas aeruginosa</i>		<dl	< 5.00e2 CFU/g
	<i>Citrobacter</i> spp.		<dl	< 5.00e6
	<i>Citrobacter freundii</i>		<dl	< 5.00e5 CFU/g
	<i>Klebsiella</i> spp.		<dl	< 5.00e3
	<i>Klebsiella pneumoniae</i>		<dl	< 5.00e4 CFU/g
	<i>Proteus</i> spp.		<dl	< 5.00e4 CFU/g
	<i>Proteus mirabilis</i>		<dl	< 1.00e3 CFU/g
	<i>Fusobacterium</i> spp.		3.07e6	< 1.00e8 org/g
	<i>Prevotella</i> spp.		4.65e7	< 1.00e8 org/g

SPOTLIGHT Score

General Support Recommendations



SPOTLIGHT Score Key:

Scale 0-10. Higher score indicates more need for support.

Lifestyle and Supplement Tools for Inflammatory Dysbiosis/LPS

Consumption of a whole food, anti-inflammatory diet/ elimination diet. Avoid excessive protein intake until more optimal digestive function is restored.

Designs for Health Product Considerations

Supplement recommendations may include **GI Microb-X™**, **Oil of Oregano**, **ProbioMed™ 50**, **GI Revive™**, **IgGI Shield™**.

SPOTLIGHT 4

KEY: < DL = Results below detection limit.

Digestive Insufficiency

Category	Analytes Tested		Result	Reference Range
Digestive Insufficiency	<i>Enterococcus</i> spp.		1.27e7	1.9e5 - 2.0e8 org/g
	<i>Lactobacillus</i> spp.		4.22e7	8.6e5 - 6.2e8 org/g
	<i>Akkermansia muciniphila</i>	Low	<dl	1.0e1 - 8.2e6 org/g
	<i>Bacteroidetes</i>	High	5.60e12	8.6e11 - 3.3e12
	<i>Firmicutes</i>	High	3.12e11	5.7e10 - 3.0e11
	<i>Bacillus</i> spp.		1.11e4	< 1.76e6
	<i>Enterococcus faecalis</i>		<dl	< 1.00e4
	<i>Enterococcus faecium</i>		<dl	< 1.00e4
	<i>Staphylococcus</i> spp.		<dl	< 1.00e4 CFU/g
	<i>Staphylococcus aureus</i>		<dl	< 5.00e2
	<i>Streptococcus</i> spp.	High	6.22e3	< 1.00e3 CFU/g
	<i>Methanobacteriaceae</i> (family)		6.47e7	< 3.38e8 org/g
	<i>Fusobacterium</i> spp.		3.07e6	< 1.00e8 org/g
	Steatocrit		<dl	< 15 %
	Elastase-1		>750	> 200 ug/g

SPOTLIGHT Score

General Support Recommendations



SPOTLIGHT Score Key:

Scale 0-10. Higher score indicates more need for support.

Lifestyle and Supplement Tools for Digestive Insufficiency

Lifestyle practices to support digestion include adequate chewing, lemon water, and apple cider vinegar with meals. Consume a diversity of plant-based fibers. Engage in sleep hygiene and stress-management practices. Dietary approaches may include low FODMAP, Specific Carbohydrate Diet (SCD), and Gluten-Free (GF).

Designs for Health Product Considerations

Supplement recommendations might include **Digestzymes™**, **LV-GB Complex™**.

SPOTLIGHT 5

KEY: < DL = Results below detection limit.

Immune Response/Tolerance				
Category	Analytes Tested		Result	Reference Range
High Histamine/ MAST Cell Pattern	<i>Morganella</i> spp.		<dl	< 1.00e3 CFU/g
	<i>Pseudomonas</i> spp.		<dl	< 1.00e4 CFU/g
	<i>Pseudomonas aeruginosa</i>		<dl	< 5.00e2 CFU/g
	<i>Citrobacter freundii</i>		<dl	< 5.00e5 CFU/g
	<i>Klebsiella</i> spp.		<dl	< 5.00e3
	<i>Klebsiella pneumoniae</i>		<dl	< 5.00e4 CFU/g
	<i>Proteus</i> spp.		<dl	< 5.00e4 CFU/g
Food Intolerance or Allergy Suspected	<i>Lactobacillus</i> spp.		4.22e7	8.6e5 - 6.2e8 org/g
	<i>Pseudomonas aeruginosa</i>		<dl	< 5.00e2 CFU/g
	<i>Staphylococcus aureus</i>		<dl	< 5.00e2
	<i>Proteus mirabilis</i>		<dl	< 1.00e3 CFU/g
	Secretory IgA	Low	403	510 - 2010 ug/g
	Anti-gliadin IgA		60	< 175 U/L

SPOTLIGHT Score **General Support Recommendations**



SPOTLIGHT Score Key:

Scale 0-10. Higher score indicates more need for support.

Lifestyle and Supplement Tools for Immune Response/Tolerance

Lifestyle practices to improve tolerance: consider low histamine diet, histamine degrading DAO enzyme supplementation with meals, and/or gluten free diet. Consider antibody or cellular response testing for food sensitivities or food allergies.

Designs for Health Product Considerations

Supplement recommendations may include **HistaGest-DAO™**, **AllerGzyme™**.

SPOTLIGHT 6

KEY: < DL = Results below detection limit.

Fungal Imbalance				
Category	Analytes Tested		Result	Reference Range
Fungal Imbalance	<i>Candida</i> spp.		1.31e3	< 5.00e3 org/g
	<i>Candida albicans</i>		<dl	< 5.00e2 org/g
	<i>Geotrichum</i> spp.		<dl	< 3.00e2
	<i>Microsporidium</i> spp.		<dl	< 5.00e3
	<i>Rhodotorula</i> spp.		<dl	< 1.00e3

SPOTLIGHT Score	General Support Recommendations
 <p>SPOTLIGHT Score Key: Scale 0-10. Higher score indicates more need for support.</p>	<p>Lifestyle and Supplement Tools for Fungal Imbalance</p> <p>Lifestyle practices to support fungal balance include limited refined sugars and processed foods, consider a carbohydrate-controlled diet, and avoid alcohol. Dietary approaches may include the Candida Diet or Specific Carbohydrate Diet (SCD).</p> <hr/> <p>Designs for Health Product Considerations</p> <p>Supplement recommendations may include GI Microb-X™, Oil of Oregano, ProbioMed™ 50, GI Revive™, IgGI Shield™, Allicillin™.</p>

Summary and Recommendations:

Below are your supplement recommendations, as determined by the algorithmic assessment of your test results. Your healthcare practitioner should review all recommendations and adjust them as needed, based on your age, personal health history, pregnancy or breastfeeding status, potential drug or nutrient interactions, contraindications, current supplement use, diet, lifestyle, and other relevant factors.

Designs for Health Product Recommendations

Name	How to Take
Allicillin™	1 softgel per day
Dysbiosis Protocol	See the last page for protocol instructions
FloraMyces™	2 caps per day with food
Gut Barrier Protocol	See the last page for protocol instructions
PhytoBiome™	3 caps per day
Tegricel® Colostrum	2 caps per day with food

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

The Designs for Health Spotlight tests are not diagnostic and are not eligible for coverage under Medicare, Medicaid, or medical insurance.

Designs for Health GI Spotlight, Designs for Health Spotlight, ProBioMed™50, Allicillin™, GI Revive®, FloraMyces™, PhytoBiome™, PaleoFiber® RS, IgGI Shield™, Tri-Butyrin Supreme™, AllerGzyme™, GI Microb-X™, Digestzymes™, and LV-GB Complex™ are trademarks of Designs for Health Inc.

Tegricel® is a registered trademark of Sterling Technology, Inc.

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Microbiome Keystone Diversity



Gut Barrier Integrity



Inflammatory Dysbiosis/LPS



Digestive Insufficiency



Immune Response/Tolerance



Fungal Imbalance

Designs for Health Product Recommendations

Name	How to Take
Allicillin™	1 softgel per day
Dysbiosis Protocol	See the last page for protocol instructions
FloraMyces™	2 caps per day with food
Gut Barrier Protocol	See the last page for protocol instructions
PhytoBiome™	3 caps per day
Tegricel® Colostrum	2 caps per day with food

Practitioner Recommendations:

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The assays were developed and/or the performance characteristics determined by Diagnostic Solutions Laboratory. The results are for research and not for diagnostic purposes.



If you have any of the following in your Designs for Health Product Recommendations:

See below for the description, dosing, and/or dietary protocol information and location

DFH Dysbiosis Protocol:

- GI-Microb-X™: 2 caps three times daily away from food for 3-weeks
- Oil of Oregano: 2 softgels three times daily away from food for 3-weeks
- ProbioMed™ 50: 1 cap twice daily with food for 6-weeks, minimum
- GI Revive™ Powder: 1 scoop per day for 6-weeks, minimum
- IgGI Shield™: 1 scoop per day for 6-weeks minimum

DFH Gut Barrier Protocol:

- GI Revive™ Powder: 1 scoop per day
- Tri-Butyrin Supreme™: 1 cap per day
- ProbioMed™ 50: 1-2 caps per day

DFH Dietary Protocols and Outlines:

All dietary outlines/protocols for "FODMAPS, Anti-Histamine, AIP, Gluten Free, Specific Carbohydrate, Anti-Candida Diets" can be found in

Teachable Platform under course titled " Diet Outlines ."

In your web browser, navigate to: https://spotlight.designsforhealth.com/sign_in