the proven code

Gut Intelligence 360™

Functional Health Report

A machine-learning gut microbiome analysis, translated into clear, personalised guidance across digestion, immunity, mood, metabolism and sugar balance.

NAME

REPORT ID
2501307

SAMPLE ID
2501307

AGE / GENDER
Not provided

TEST DATE
Not available

REPORT DATE
29/06/2026

A clear, evidence-based read of your gut, with a practical plan you can act on.

Powered by MicrobioTx Gut Function Technology (GFT) · developed with AIIMS & NISER · CDSCO Form MD-5 (MFG/IVD/2024/000087)

contact@nuveaessentials.com · www.theprovencode.com · WhatsApp 8226984272

CONTENTS

Table of *contents*

Everything in your report, in order. Each section builds on the one before, so reading start to finish gives the clearest picture, but you can also jump straight to a section using the page numbers.

SECTION 1

Your gut *at a glance*

The one-page view of your results. Your **Overall Gut Score** blends the five function scores below, and the summary beside it explains what is shaping them. The rest of the report shows how each number is reached and what to do about it.

Needs Work

OVERALL GUT SCORE

Your strongest area is **Immune Resilience**; the areas with the most room to improve are **Digestive Health** and **Weight & Metabolism**. The common thread across all five is a system-wide dip in beneficial fibre-fermenting bacteria. No single area is failing and none is fully clean, so your plan targets these shared root causes rather than one organ in isolation.

FIVE AREAS OF HEALTH

Immune Resilience

83 /100

GOOD

Digestive Health

76 /100

NEEDS WORK

Mental & Mood Balance

78 /100

NEEDS WORK

Weight & Metabolism

76 /100

NEEDS WORK

Sugar Regulation

80 /100

GOOD

KEY MEASURES

BALANCE / DYSBIOSIS

69/100

Mild imbalance

DIVERSITY (SHANNON)

2.27

Adequate · species variety

EVENNESS

0.45

Needs improvement · how balanced they are

BIGGEST DRIVER

Balanced

no single phylum markedly raised

SECTION 2

About *this report*

Sample collection → Lab analysis → Microbiome mapping → Functional insight → Personal plan

What this test measures

Gut Intelligence 360™ is a complete gut-health test. It is built on MicrobioTx machine-learning technology developed at AIIMS and NISER. It reads your gut microbiome and translates it into clear, personalised guidance across five areas of health: digestion, immunity, mood, metabolism and sugar balance.

What the colour bands mean

Every result is colour-coded by priority, so what matters most stands out:

• **Green** healthy / on track • **Yellow** mild — keep an eye on it • **Orange** needs improvement • **Red** priority — act on this first

Validation & regulatory

Built on MicrobioTx machine-learning technology developed at AIIMS and NISER, validated on over 10,000 microbiomes and in use with 95+ practitioners. Licensed by CDSCO for Class-B diagnostic use.

SECTION 3

What this test *can & can't tell you*

Here is what this test can tell you, and what it can't. Where something needs a different test, we say so plainly.

What this report does cover

- Gut microbial **balance & dysbiosis**
- Diversity, evenness & phylum structure
- **Barrier-support** conditions ("leaky gut" signal)
- Inflammation & **LPS/endotoxin** pressure
- Fibre-fermentation & SCFA/butyrate capacity
- Functional signals for immunity, mood, weight & sugar

What it does not diagnose

- **SIBO**, needs a hydrogen/methane **breath test**
- **Food allergies (IgE)**, a separate blood/skin test
- **Food intolerances**, not reliably read from microbes
- **IBD, coeliac, cancer**, screening signal only, not a diagnosis
- Anything outside the gut microbiome

On SIBO & methane

No methanogen overgrowth was flagged in your sample.

On allergies & intolerances

Allergies and food intolerances are **not** determined by gut-microbiome composition, and we won't claim them. What we can speak to is your **fibre-fermentation capacity**, which informs how to introduce plant foods comfortably, covered in your dietary plan.

SECTION 4

Microbiome *composition*

The big-picture view of your gut: how *varied* your bacteria are, how *evenly balanced*, and which broad **families (phyla)** dominate, together a read on how resilient your gut is.

Diversity (Shannon)

2.27

What it is: *how many different species live in your gut. More variety means a more resilient gut.*
Yours: *2.27, within the healthy range (healthy 1.93–2.41).*

Evenness

0.45

What it is: *whether those species are balanced, or a few crowd out the rest. Higher means steadier.*
Yours: *0.45, below the healthy range (healthy 0.46–0.63).*

F/B ratio

0.8

What it is: *the balance of your two largest families. Very high tracks with metabolic strain; very low with weaker fibre fermenting.*
Yours: *0.8, a balanced ratio.*

Bacterial families (phyla) vs the typical healthy range

FAMILY (PHYLUM)	YOUR LEVEL	YOU	TYPICAL RANGE	STATUS	ROLE IN YOUR GUT
Firmicutes		37%	typical 30–65%	Within range	Broad fibre-fermenters, including most butyrate producers
Bacteroidetes		48%	typical 20–50%	Within range	Fibre & protein processors; the balancing partner to Firmicutes
Actinobacteria		4%	typical 1–10%	Within range	Includes Bifidobacterium; early-life and gut-barrier support
Proteobacteria		8%	typical 1–10%	Within range	Houses inflammatory pathobionts; a source of endotoxin (LPS)
Verrucomicrobia		0%	typical 0–5%	Below typical	The Akkermansia family; builds the protective mucus layer

Typical ranges are guides, not strict pass/fail cut-offs, so a value just outside one is not a concern by itself. What matters is a clear, sustained shift, like the one below.

No single phylum is markedly elevated. Your phylum mix sits broadly within the healthy range, which is a good structural sign.

SECTION 5

Your gut, *by the numbers*

Here are the six headline numbers from your sample, each explained in plain words. The pages that follow go deeper on the ones that need your attention. Think of this as the summary; the detail comes next.

*Colour key: • **green** on track · • **yellow** mild · • **orange** needs improvement · • **red** priority*

MICROBIAL DIVERSITY

2.27 Shannon

Adequate

How many different species you carry. Wider variety means a more resilient gut.[16]

COMMUNITY EVENNESS

0.45 index

Needs improvement

Whether those species are balanced or a few dominate. Higher is steadier.

FIRMICUTES : BACTEROIDETES

0.8 ratio

Balanced

Balance between your two largest bacterial families.

PROTEOBACTERIA LOAD

8% vs typical ≤10%

Within typical range

Inflammatory / LPS-carrying microbes; currently within the typical range.[1,2]

DYSBIOSIS BALANCE

69 / 100

Mild imbalance, early dysbiosis pattern

A single balance score combining the four signals on the next page.

GUT-BARRIER SUPPORT

4.4 / 10

Reduced

How well your microbes help seal the gut lining.[1,15]

Each number is read against the typical range for healthy adults, to show where you stand today. These guide your plan and are not a diagnosis.

SECTION 6

Your *dysbiosis* index

Dysbiosis means your gut bacteria have drifted out of balance: too few of the helpful ones, too many of the unhelpful ones. Your balance score below brings four measured signals into one number.

69/100

Mild imbalance

balance score · higher is better

SIGNAL	WHAT IT REFLECTS	SCORE		WEIGHT
Microbial diversity	How many different species you carry		70	weight 20%
Community evenness	Whether they're balanced or a few dominate		50	weight 25%
Proteobacteria control	Keeping inflammatory/LPS microbes in check		100	weight 30%
Beneficial-producer capacity	Strength of your protective, fibre-fed microbes		48	weight 25%

What's driving your score

No single phylum is markedly elevated, so your imbalance is driven more by evenness and producer levels than by one bloom. Your evenness is in the bottom third, so that needs improvement. Your overall variety sits within a healthy range[16], a reasonable base to build from.

What moves it back toward balance

You shift this score by feeding the helpful, fibre-fed bacteria so they regain ground. A varied plant-fibre diet, fermented foods, and the plan in this report all do that. These changes typically take 8–12 weeks to show as your evenness and producers recover.

SECTION 7

Gut barrier & *"leaky gut"* signal

"Leaky gut" is when the gut lining becomes more porous than it should, letting through things that normally stay out. This test reads the bacteria that keep that lining strong or weak. It does not measure the lining itself.

BARRIER SUPPORT

4.4/10

Reduced

MICROBIAL FACTOR	ROLE IN THE GUT BARRIER	YOUR SAMPLE
● **Akkermansia muciniphila**	Builds & maintains the protective mucus layer	Below measurable levels
● **Butyrate supply**	Fuels the gut-lining cells and seals tight junctions	Reduced (5.1/10)
● **LPS / endotoxin pressure**	High inflammatory phyla load stresses the barrier	Within range

What this means for you

Your gut-barrier signals are mostly weak. **Akkermansia**, the bacteria that builds your protective mucus layer, reads below this panel's measurable level[6,15], which points to very low levels but does not on its own rule out a small remaining population. **Butyrate**, which feeds the lining, is reduced. Inflammatory **LPS pressure** is not notably raised. Together these point to a weaker gut barrier. It is a signal to act on, not a diagnosis.

If you want to confirm it

Barrier health can also be checked directly with a **zonulin** or **lactulose/mannitol** test if you want confirmation. Either way, rebuilding your Akkermansia and butyrate with polyphenols and fibre[7] is the same plan that helps the rest of your results.

SECTION 8

Elevated microbes: *the bug report* (1 of 3)

Every microbe the test flagged **above** its healthy range, with the body functions it affects. These are potentially harmful organisms to bring back down.

MICROBE	STATUS	FUNCTIONS AFFECTED	INTERPRETATION
Bilophila	Elevated	Immune, Digestive, Mood, Weight, Sugar	Elevated above its typical range; adds pressure on immune, digestive, mood, weight, sugar.
Clostridium	Elevated	Immune, Digestive, Mood, Weight, Sugar	Elevated above its typical range; adds pressure on immune, digestive, mood, weight, sugar.
Dialister	Elevated	Immune, Digestive, Mood, Weight, Sugar	Elevated above its typical range; adds pressure on immune, digestive, mood, weight, sugar.
Dorea	Elevated	Immune, Digestive, Mood, Weight, Sugar	Elevated above its typical range; adds pressure on immune, digestive, mood, weight, sugar.
Enterobacter	Elevated	Immune, Digestive, Mood, Weight, Sugar	Elevated above its typical range; adds pressure on immune, digestive, mood, weight, sugar.
Holdemania	Elevated	Immune, Digestive, Mood, Weight, Sugar	Elevated above its typical range; adds pressure on immune, digestive, mood, weight, sugar.
Actinomyces	Elevated	Immune, Mood, Weight, Sugar	Elevated above its typical range; adds pressure on immune, mood, weight, sugar.
Collinsella	Elevated	Immune, Digestive, Weight, Sugar	Elevated above its typical range; adds pressure on immune, digestive, weight, sugar.
Fusobacterium	Elevated	Immune, Digestive, Weight, Sugar	Pro-inflammatory; enriched in obesity & diabetes; GI dysbiosis
Megamonas	Elevated	Digestive, Mood, Weight, Sugar	Elevated above its typical range; adds pressure on digestive, mood, weight, sugar.
Streptococcus	Elevated	Immune, Digestive, Mood, Weight	Elevated above its typical range; adds pressure on immune, digestive, mood, weight.
Acetanaerobacterium	Elevated	Immune, Digestive, Sugar	Elevated above its typical range; adds pressure on immune, digestive, sugar.

SECTION 8

Elevated microbes: *the bug report* (2 of 3)

Every microbe the test flagged **above** its healthy range, with the body functions it affects. These are potentially harmful organisms to bring back down.

MICROBE	STATUS	FUNCTIONS AFFECTED	INTERPRETATION
Aeromonas	Elevated	Immune, Digestive, Sugar	Diarrhoea association; higher in impaired glucose metabolism
Anaerobiospirillum	Elevated	Immune, Digestive, Sugar	Raises LPS; implicated in impaired glucose metabolism & diarrhoea
Campylobacter	Elevated	Immune, Digestive, Mood	GI infection association; increases anxiety-like behaviour in studies
Haemophilus	Elevated	Immune, Digestive, Sugar	Elevated above its typical range; adds pressure on immune, digestive, sugar.
Hafnia	Elevated	Immune, Weight, Sugar	Elevated above its typical range; adds pressure on immune, weight, sugar.
Helicobacter	Elevated	Immune, Digestive, Mood	Pathogen; GI discomfort, increased depression risk via inflammation
Peptoniphilus	Elevated	Immune, Digestive, Mood	High in IBS-associated diarrhoea (immune/GI role)
Porphyromonas	Elevated	Immune, Mood, Sugar	P. gingivalis; insulin resistance, depression association
Terrisporobacter	Elevated	Immune, Digestive, Weight	Elevated above its typical range; adds pressure on immune, digestive, weight.
Actinobacillus	Elevated	Immune, Sugar	Elevated above its typical range; adds pressure on immune, sugar.
Allisonella	Elevated	Digestive, Weight	Elevated above its typical range; adds pressure on digestive, weight.
Finegoldia	Elevated	Immune, Sugar	Elevated above its typical range; adds pressure on immune, sugar.

SECTION 8

Elevated microbes: *the bug report* (3 of 3)

Every microbe the test flagged **above** its healthy range, with the body functions it affects. These are potentially harmful organisms to bring back down.

MICROBE	STATUS	FUNCTIONS AFFECTED	INTERPRETATION
Gemella	Elevated	Digestive, Mood	Elevated above its typical range; adds pressure on digestive, mood.
Paraclostridium	Elevated	Immune, Digestive	Triggers gut-epithelial inflammation; GI symptoms
Paraeggerthella	Elevated	Immune, Digestive	Elevated above its typical range; adds pressure on immune, digestive.
Pyramidobacter	Elevated	Immune, Mood	Induces inflammation, suppresses interferon
Solobacterium	Elevated	Immune, Sugar	Elevated above its typical range; adds pressure on immune, sugar.
Tannerella	Elevated	Immune, Weight	Higher abundance found in obesity & certain infections
Aggregatibacter	Elevated	Immune	Elevated above its typical range; adds pressure on immune.
Kluyvera	Elevated	Immune	Elevated above its typical range; adds pressure on immune.
Mangrovibacter	Elevated	Immune	Higher in infection
Ruminobacter	Elevated	Immune	Correlates with IgG concentration
Soonwooa	Elevated	Weight	Elevated above its typical range; adds pressure on weight.
Tyzzerella	Elevated	Sugar	Positively associated with impaired glucose metabolism

SECTION 9

Depleted beneficial microbes: *the bug report* (1 of 3)

Beneficial microbes the test flagged **below** their healthy range. These are the protective organisms to rebuild, the focus of your plan.

MICROBE	STATUS	FUNCTIONS AFFECTED	INTERPRETATION
Akkermansia	**Low**	Immune, Digestive, Mood, Weight, Sugar	A. muciniphila supports mucus-barrier integrity, glucose tolerance & insulin sensitivity
Alistipes	**Low**	Immune, Digestive, Mood, Weight, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, weight, sugar to rebuild.
Alloprevotella	**Low**	Immune, Digestive, Mood, Weight, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, weight, sugar to rebuild.
Anaerostipes	**Low**	Immune, Digestive, Mood, Weight, Sugar	Well-known SCFA producer; suppresses inflammation, supports glucose metabolism
Bacteroides	**Low**	Immune, Digestive, Mood, Weight, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, weight, sugar to rebuild.
Butyricicoccus	**Low**	Immune, Digestive, Mood, Weight, Sugar	SCFA/butyrate producer; strengthens epithelial barrier, low in metabolic syndrome
Butyricimonas	**Low**	Immune, Digestive, Mood, Weight, Sugar	Butyrate producer; influences metabolic & mood pathways via gut-brain axis
Holdemanella	**Low**	Immune, Digestive, Mood, Weight, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, weight, sugar to rebuild.
Odoribacter	**Low**	Immune, Digestive, Mood, Weight, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, weight, sugar to rebuild.
Roseburia	**Low**	Immune, Digestive, Mood, Weight, Sugar	Major butyrate producer; depletion linked to impaired glucose metabolism & GI inflammation
Barnesiella	**Low**	Immune, Digestive, Mood, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, sugar to rebuild.

SECTION 9

Depleted beneficial microbes: *the bug report* (2 of 3)

Beneficial microbes the test flagged **below** their healthy range. These are the protective organisms to rebuild, the focus of your plan.

MICROBE	STATUS	FUNCTIONS AFFECTED	INTERPRETATION
Gemmiger	Low	Immune, Digestive, Mood, Weight	Below its typical range; a helpful microbe for immune, digestive, mood, weight to rebuild.
Megasphaera	Low	Immune, Digestive, Mood, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, sugar to rebuild.
Monoglobus	Low	Immune, Mood, Weight, Sugar	Decrease linked to systemic inflammation; possible antidepressant-like & weight role
Muribaculaceae	Low	Immune, Digestive, Mood, Weight	Below its typical range; a helpful microbe for immune, digestive, mood, weight to rebuild.
Phascolarctobacterium	Low	Immune, Digestive, Mood, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, sugar to rebuild.
Ruminiclostridium	Low	Immune, Digestive, Mood, Sugar	Correlated with Th1 differentiation; symptom improvement in IBS on probiotics
Subdoligranulum	Low	Immune, Digestive, Mood, Sugar	Below its typical range; a helpful microbe for immune, digestive, mood, sugar to rebuild.
Agathobacter	Low	Digestive, Mood, Sugar	Below its typical range; a helpful microbe for digestive, mood, sugar to rebuild.
Butyrivibrio	Low	Digestive, Weight, Sugar	Butyrate producer enriched in healthy-weight individuals; lower T2D risk
Coprobacter	Low	Immune, Digestive, Mood	Protective for certain GI disorders; lower in depression
Eubacterium	Low	Digestive, Mood, Sugar	Below its typical range; a helpful microbe for digestive, mood, sugar to rebuild.

SECTION 9

Depleted beneficial microbes: *the bug report* (3 of 3)

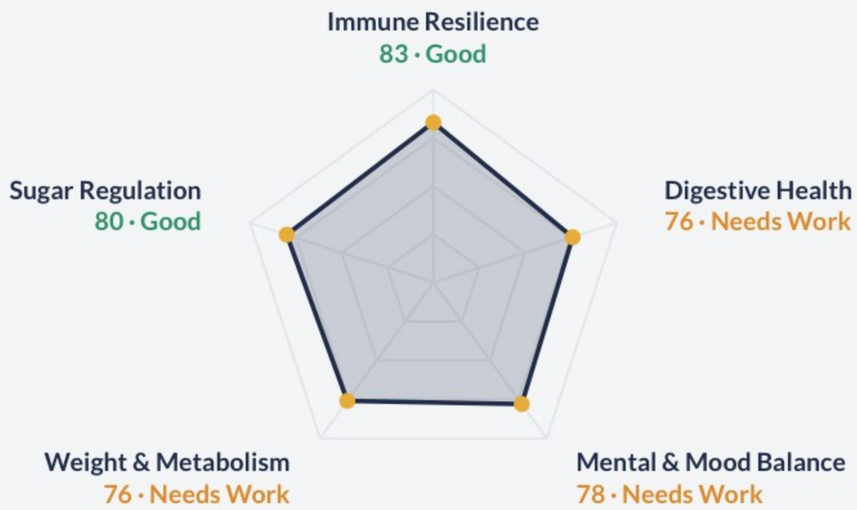
Beneficial microbes the test flagged **below** their healthy range. These are the protective organisms to rebuild, the focus of your plan.

MICROBE	STATUS	FUNCTIONS AFFECTED	INTERPRETATION
Fusicatenibacter	**Low**	Immune, Mood, Weight	Reduction linked to stress/anxiety/depression; associated with weight regulation
Pseudoflavonifractor	**Low**	Mood, Weight, Sugar	Negatively correlated with anxiety; linked to energy metabolism & insulin sensitivity
Romboutsia	**Low**	Mood, Weight, Sugar	Below its typical range; a helpful microbe for mood, weight, sugar to rebuild.
Veillonella	**Low**	Immune, Digestive, Mood	Source report files as deficit in GI/Mental; acetate/propionate associations (low-certainty)
Marvinbryantia	**Low**	Weight, Sugar	Source files as deficit; literature links to high-fat diet & insulin resistance (low-certainty)
Fournierella	**Low**	Digestive	Decreased abundance in IBS
Intestinibacter	**Low**	Mood	Lower abundance linked to cognitive decline
Lachnobacterium	**Low**	Mood	Higher in late-life depression
Olsenella	**Low**	Immune	Below its typical range; a helpful microbe for immune to rebuild.
Pseudobutyrivibrio	**Low**	Immune	Butyrate-pathway organism contributing to immunity
Selenomonas	**Low**	Immune	Below its typical range; a helpful microbe for immune to rebuild.

SECTION 10

Body-function *dashboard*

Your gut's influence on five areas of health, each scored from 0–100 on the share of **beneficial** bacteria there. Higher means more of your microbes are working *for* you.



How to read this

Each area is scored out of 100 from the share of **beneficial** bacteria the test found for that function. Roughly 80 and above reads as Good, and the high-70s as Needs Work. The table below shows what is pushing each score up or down in your sample.

HEALTH AREA	SCORE	STATUS	WHAT'S SHAPING IT IN YOUR SAMPLE	WHAT THIS AREA COVERS
Immune Resilience	83/100	Good	low Akkermansia; high Acetanaerobacterium	how your gut supports immune defence
Digestive Health	76/100	Needs Work	low Agathobacter; high Acetanaerobacterium	day-to-day digestion and bowel comfort
Mental & Mood Balance	78/100	Needs Work	low Agathobacter; high Actinomyces	the gut-brain signals tied to mood, focus and stress
Weight & Metabolism	76/100	Needs Work	low Akkermansia; high Actinomyces	how your gut influences weight and metabolism
Sugar Regulation	80/100	Good	low Agathobacter; high Acetanaerobacterium	how your gut supports steady blood-sugar control

SECTION 11

Functional *pathways*

PATHWAY	FUNCTION IN BODY · KEY PRODUCERS	ESTIMATED LEVEL	READING
SCFA / Butyrate	Gut-lining repair & anti-inflammation ● Faecalibacterium ● Roseburia ● Anaerostipes ● Butyricicoccus ● Butyrivibrio	5.1/10	Reduced
Serotonin (5-HT)	Mood & gut-brain rhythm ● Turicibacter ● Romboutsia	7.5/10 · estimated	Supportive
GABA	Stress regulation & calmness ● Bacteroides ● Bifidobacterium ● Lactobacillus ● Lactococcus	8.0/10	Optimal
Detox / Barrier	Toxin clearance & barrier support ● Akkermansia ● Faecalibacterium ● Bifidobacterium	4.4/10	Reduced

● producer in-range ● producer low ● below measurable level ● not measured

Estimated from the producer bacteria we can see — an estimate of the level, not a direct measurement of these chemicals.

How to read these

SCFA and GABA are made directly by your gut bacteria, so we score them 0–10. **Serotonin** is made mostly by your body and only nudged by your gut, so their 0–10 level is an **estimate** (marked "estimated") from the producers we can see — read it as a direction, not a lab measurement. If we can't see enough producers to estimate at all, we leave that pathway out.

What your results show

Your **butyrate (5.1)** and **barrier (4.4)** are both **reduced**. Some producers like Roseburia, Anaerostipes and Butyricicoccus are low, but your main producer, Faecalibacterium, is still strong, so the capacity is dented rather than lost. Your **GABA (8.0)** is rated optimal, with Bacteroides low. For **serotonin**, where we can read it, we show an estimated level, since it is made mainly by the body and only nudged by your gut.

Evidence basis. SCFA: Koh 2016, Makki 2018 · GABA: Strandwitz 2019 · Serotonin: Yano 2015, Fung 2019 · Barrier: Everard 2013, Depommier 2019. Firmer scores become possible with gene-level data or the full metabolomic panel.

SECTION 12

Symptom & *root-cause mapping*

This is a screening read, so the list below is **predicted** from your gut pattern — the risk factors and early signals most likely to show up for you. Treat them as areas to watch, not confirmed symptoms.

PREDICTED RISK / SYMPTOM TO WATCH	RISK LEVEL	LIKELY GUT DRIVER	FUNCTIONAL INSIGHT
● **Low energy, fatigue, weight-management difficulty**	High	↑Fusobacterium, ↓Akkermansia, ↓Anaerostipes	Endotoxin from inflammatory microbes plus fewer beneficial producers can lower energy and strain metabolism.
● **Digestive upset: loose stools, urgency or discomfort**	High	↑Campylobacter, ↑Fusobacterium, ↑Helicobacter	Inflammatory and pathobiont microbes above range can irritate the gut lining and disturb bowel habits.
● **Sluggish or irregular bowel quality; weaker gut lining**	High	↓Anaerostipes, ↓Butyricicoccus, ↓Roseburia	Butyrate-producing microbes nourish the colon lining and keep stools regular; several are below range here.
● **Low mood, brain fog or stress sensitivity**	Moderate	↑Campylobacter, ↑Helicobacter, ↑Porphyromonas	Gut microbes shape the gut-brain axis; fewer neuro-supportive and more inflammatory microbes can affect mood and focus.

SECTION 13

Dietary & *lifestyle guidance*

	GOAL	ACTION	EXAMPLES
✚	**Restore butyrate producers**	Eat a wide variety of plants each week, plus legumes daily	Dal, beans, mixed vegetables, whole grains — the more kinds, the better
✚	**Rebuild the gut barrier**	Add prebiotic & resistant-starch fibre	Cooked-cooled rice/potato, green banana, oats, onion
✚	**Support mood & diversity**	Daily fermented foods	Curd/dahi, kanji, buttermilk
✚	**Support sugar control**	Protein with meals + a 10-15 min walk after eating	Eggs/paneer/dal; short post-meal walks
✚	**Feed the mucus layer**	Polyphenol-rich foods	Pomegranate, berries, green tea, extra-virgin olive oil
✕	**Protect recovery**	Avoid alcohol & unnecessary antibiotics	Limit during the reset phase

Supportive daily habits

- ◆ Sleep 7–8 h, ideally before 11 pm (gut-lining repair)
- ◆ Brisk walk 30 min/day to support metabolism
- ◆ Yoga or paced breathing to lower stress load

Key

✚ Add · ✕ Avoid · ◆ Supportive habit

Herbs/supplements (e.g. prebiotic inulin/PHGG, berberine where an inflammatory phylum is high) are optional and best checked with a doctor first.

SECTION 14

Your *3R Protocol* · the 90-day plan

Your results turn into a **90-day plan in three phases**, designed to be followed in order. First **Reset** the drivers that are too high, then **Rebuild** the beneficial bacteria that are low, then **Retain** the gains so they last. The next three pages give the day-to-day detail for each phase.

1 **Reset & Repair** — Days 0–30

2 **Rebuild** — Days 30–90

3 **Retain & Sustain** — Beyond 90 days

Phase 1: Reset & Repair

DAYS 0–30

Calm the drivers and protect the gut lining.

Focus: bringing down the microbes that are too high in you, led by Bilophila, Clostridium and Dialister.

Phase 2: Rebuild

DAYS 30–90

Restore the beneficial producers that are low.

Focus: rebuilding the beneficial producers that are low in you: Roseburia, Anaerostipes, Butyricicoccus and Akkermansia.

Phase 3: Retain & Sustain

BEYOND 90 DAYS

Lock in the gains and make them your new normal.

Focus: protecting your gains and keeping your producers and diversity stable.

How to use this plan

Work through the phases in sequence rather than all at once. Each phase builds on the one before, so the early weeks make the later changes work better. The small raised numbers next to each action link to the published evidence in the references section.

SECTION 14

The 3R Protocol · *Reset & Repair*

DAYS 0–30

Phase 1: Reset & Repair

Calm the drivers and protect the gut lining.

Focus: bringing down the microbes that are too high in you, led by Bilophila, Clostridium and Dialister.

YOUR ACTIONS THIS PHASE

CUT BACK

Cut refined sugar, fried and ultra-processed foods 1 2 10

These feed the inflammatory microbes driving your results, so removing them takes pressure off first.

DAILY RHYTHM

Boiled or filtered water only; keep alcohol low 1

Reduces new microbial and chemical load on an already-irritated lining.

ADD TO YOUR PLATE

A fermented food every day (curd/dahi, kanji, buttermilk) 8

Live cultures help good bacteria hold their ground while the gut settles.

ADD TO YOUR PLATE

Polyphenols daily (pomegranate, berries, green tea, extra-virgin olive oil) 7 6

Polyphenols specifically feed Akkermansia, which is below measurable level in you.

What a day looks like

ON WAKING	Warm water; swap any sweetened morning drink for an unsweetened one.
AT MEALS	Half the plate vegetables, nothing fried or ultra-processed, plus a fermented side such as dahi or buttermilk.
THROUGH THE DAY	Filtered or boiled water; keep alcohol to a minimum.
A SMALL EXTRA	A handful of berries or pomegranate, or a cup of green tea, for polyphenols.

What to expect

- **Days 1–7**
  Bloating starts to ease and digestion begins to settle.
- **Days 8–21**
  Sugar cravings soften as the inflammatory load comes down.
- **By day 30**
  A calmer baseline that the next phase can build on.

SECTION 14

The 3R Protocol · *Rebuild*

DAYS 30–90

Phase 2: Rebuild

Restore the beneficial producers that are low.

Focus: rebuilding the beneficial producers that are low in you: Roseburia, Anaerostipes, Butyricicoccus and Akkermansia.

YOUR ACTIONS THIS PHASE

ADD TO YOUR PLATE

Resistant starch ~20–30 g/day (cooked-and-cooled rice or potato, green banana, legumes) 3 5 9

This is the main food for the butyrate producers (Roseburia, Anaerostipes and Butyricicoccus) you need to rebuild.

ADD TO YOUR PLATE

Beta-glucan (oats, barley) plus inulin foods (onion, garlic, leek) 4

Widens the range of fibres your good bacteria ferment, which lifts butyrate.

DAILY RHYTHM

Aim for as many different plants as you can across the week 4 8

Your evenness is 0.45; more plant variety is the most reliable way to raise it.

ADD TO YOUR PLATE

Grape, cranberry and pomegranate polyphenols 7

Targeted support to rebuild Akkermansia and the gut barrier.

DAILY RHYTHM

A 30-minute walk after your largest meal 9

Improves sugar handling and supports the metabolic pattern in your results.

What a day looks like

BREAKFAST	Oats or barley (beta-glucan) with some fruit.
MAIN MEALS	Cooked-and-cooled rice or potato, or legumes, for resistant starch, cooked with onion, garlic or leek.
ACROSS THE WEEK	Reach for as many different plants as you can; variety matters more than amount.
A SMALL EXTRA	Grape, cranberry or pomegranate for the polyphenols that rebuild Akkermansia.
AFTER YOUR LARGEST MEAL	A 30-minute walk to help your body handle sugar.

What to expect

- **Weeks 4–6**
  Stools become more regular as butyrate recovers.
- **Weeks 6–8**
  Energy feels steadier through the day.
- **By day 90**
  A wider, more resilient mix of gut bacteria.

SECTION 14

The 3R Protocol · *Retain & Sustain*

BEYOND 90 DAYS

Phase 3: Retain & Sustain

Lock in the gains and make them your new normal.

Focus: protecting your gains and keeping your producers and diversity stable.

YOUR ACTIONS THIS PHASE

DAILY RHYTHM

Keep plant diversity and resistant starch in regular rotation 4 8

Maintains the producers you rebuilt in Phase 2 so they don't fade.

DAILY RHYTHM

A fermented food every day, as a standing habit 8

Keeps protective cultures topped up with almost no effort.

ADD TO YOUR PLATE

One fibre-rich and one fermented food at most meals 4 8

A simple default that keeps the whole system balanced long term.

DAILY RHYTHM

Hold the line on low-fibre, high-sugar eating 9 1

Microbiome gains reverse within weeks of returning to old patterns, so consistency is what protects them.

What a day looks like

DEFAULT PLATE	One fibre-rich food and one fermented food at most meals.
WEEKLY RHYTHM	Keep a wide variety of plants in rotation, plus resistant starch a few times a week.
GUARDRAIL	Don't drift back to low-fibre, high-sugar eating — the gains fade within weeks.

What to expect

- **Ongoing**
  Steady digestion and more even energy become your normal.
- **If the habits hold**
  The producers you rebuilt in Phase 2 stay put.
- **If they slip**
  The microbiome reverts within weeks, so consistency is the whole game.

SECTION 15

Risk outlook *for the next 6–12 months*

RISK PATTERN	RELATIVE INFLUENCE	INDEX	SIGNAL	MICROBIAL DRIVERS
Metabolic syndrome / weight gain		100	High	Akkermansia, Anaerostipes, Butyrivibrio, Fusicatenibacter
IBS / GI inflammation		84	High	Aeromonas, Campylobacter, Fournierella, Fusobacterium
Low SCFA / gut-barrier weakening		78	High	Anaerostipes, Butyricicoccus, Butyricimonas, Butyrivibrio
Low mood / stress sensitivity		69	Moderate	Butyricimonas, Campylobacter, Coprobacter, Fusicatenibacter
Insulin resistance / impaired sugar control		52	Moderate	Aeromonas, Akkermansia, Anaerobiospirillum, Fusobacterium
Gut-barrier integrity		38	Moderate	Akkermansia, Butyricicoccus

A probabilistic outlook over the next 6–12 months based on microbial drivers. Not a diagnosis, early dietary intervention is the recommended response.

SECTION 16

Clinical validation *& references*

Clinical validation

- ☑ Built on machine-learning technology developed at AIIMS and NISER, validated on over 10,000 microbiomes.
- ☑ Built on MicrobioTx Gut Function Technology (GFT), licensed by CDSCO for Class-B diagnostic use.
- ☑ Accuracy figures describe the underlying MicrobioTx technology, not this individual report.

References

1. Cani PD et al. Metabolic endotoxemia initiates obesity and insulin resistance. Diabetes. 2007.
2. Shin NR et al. Proteobacteria: microbial signature of dysbiosis in gut microbiota. Trends in Biotechnology. 2015.
3. Koh A et al. From dietary fiber to host physiology: short-chain fatty acids as key bacterial metabolites. Cell. 2016.
4. Makki K et al. The impact of dietary fiber on gut microbiota in host health and disease. Cell Host & Microbe. 2018.
5. Baxter NT et al. Dynamics of human gut microbiota and SCFAs in response to fermentable fibers. mBio. 2019.
6. Depommier C et al. Supplementation with Akkermansia muciniphila in overweight/obese humans. Nature Medicine. 2019.
7. Roopchand DE et al. Dietary polyphenols promote Akkermansia muciniphila and attenuate metabolic syndrome. Diabetes. 2015.
8. Wastyk HC et al. Gut-microbiota-targeted diets modulate human immune status. Cell. 2021.
9. Zhao L et al. Gut bacteria selectively promoted by dietary fibers alleviate type 2 diabetes. Science. 2018.
10. Chassaing B et al. Dietary emulsifiers impact the gut microbiota promoting colitis and metabolic syndrome. Nature. 2015.
11. Strandwitz P et al. GABA-modulating bacteria of the human gut microbiota. Nature Microbiology. 2019.
12. Yano JM et al. Indigenous bacteria from the gut microbiota regulate host serotonin biosynthesis. Cell. 2015.
13. Fung TC et al. Intestinal serotonin and fluoxetine exposure modulate bacterial colonization (Turicibacter). Nature Microbiology. 2019.
14. Asano Y et al. Critical role of gut microbiota in the production of biologically active catecholamines. Am J Physiol GI. 2012.
15. Everard A et al. Cross-talk between Akkermansia muciniphila and the intestinal epithelium. PNAS. 2013.
16. Lozupone CA et al. Diversity, stability and resilience of the human gut microbiota. Nature. 2012.
17. Triantafyllou K et al. Methanogens, methane and gastrointestinal motility. J Neurogastroenterol Motil. 2014.

SECTION 17

Your report, *in plain words*

Every term in this report, in plain words, so nothing here needs a dictionary.

Microbiome
The community of trillions of microbes living in your gut.

Dysbiosis
An imbalance in that community, too few helpful microbes, too many unhelpful ones.

Diversity (Shannon)
How many different species you carry. More variety usually means more resilience.

Evenness
Whether species share space evenly, or a few dominate. Low evenness is less stable.

Firmicutes : Bacteroidetes
The ratio of your two largest microbial families; a rough balance marker.

Proteobacteria
A phylum that includes many inflammatory, LPS-carrying microbes. A bloom signals imbalance.

SCFA / Butyrate
Short-chain fatty acids made when microbes ferment fibre; butyrate feeds your gut lining.

Akkermansia
A keystone microbe that builds the protective gut mucus layer.

Leaky gut / permeability
When the gut lining lets through what it normally wouldn't; read here as an indicative signal.

LPS / endotoxin
A molecule on certain microbes that drives inflammation when it crosses the barrier.

SIBO
Small-intestinal bacterial overgrowth, diagnosed by a breath test, not this report.

Probiotic vs prebiotic
Probiotics are helpful microbes; prebiotics are the fibres that feed them.

SECTION 18

Disclaimer *& contact*

Important

This report is for functional health insight only, it is **not a diagnosis or prescription**. It supports your decisions and does not replace personalised medical advice. Detecting or not detecting an organism does not confirm or exclude any disease.

Questions about your report?

We are happy to walk you through any part of it.

contact@nuveaessentials.com
WhatsApp 8226984272 · www.theprovencode.com

Full disclaimer

The information in this report is for educational and informational use and regular screening that should be followed up with medical consultation. It is not intended for self-diagnosis or self-administration of medical protocols. Results are benchmarked against healthy Indian adults and are qualitative; microbiome composition shifts with diet and time, and interpretations may change as the science evolves. Information is reported at genus level and may differ for species within a genus. Microbiome data must be read alongside age, sex, history, lifestyle and a qualified practitioner's judgement. The advice of a professional practitioner holds higher significance than this report.