VIOME

Health Report for Emily

Part 1

Full Body Intelligence™

This sample report is provided for illustrative purposes only. All data and insights shown here are examples and do not represent any real user's personal health information or results.



This sample report reflects the insights available in the Viome app after completing your Full Body Intelligence™ Test.

Ready to test?
Shop now.

Before You Dive In

An Important Reminder

The information in your report is meant to educate and empower you to take steps toward better health. However, it's not intended to diagnose, treat, or prevent any medical condition, nor is it a substitute for professional medical advice.

Always consult with your physician or healthcare provider if you have questions about your health, treatments, or any medical conditions. Your well-being is our priority, and we're here to provide insights that support your health journey in the best way possible.

\´IOME

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Introduction





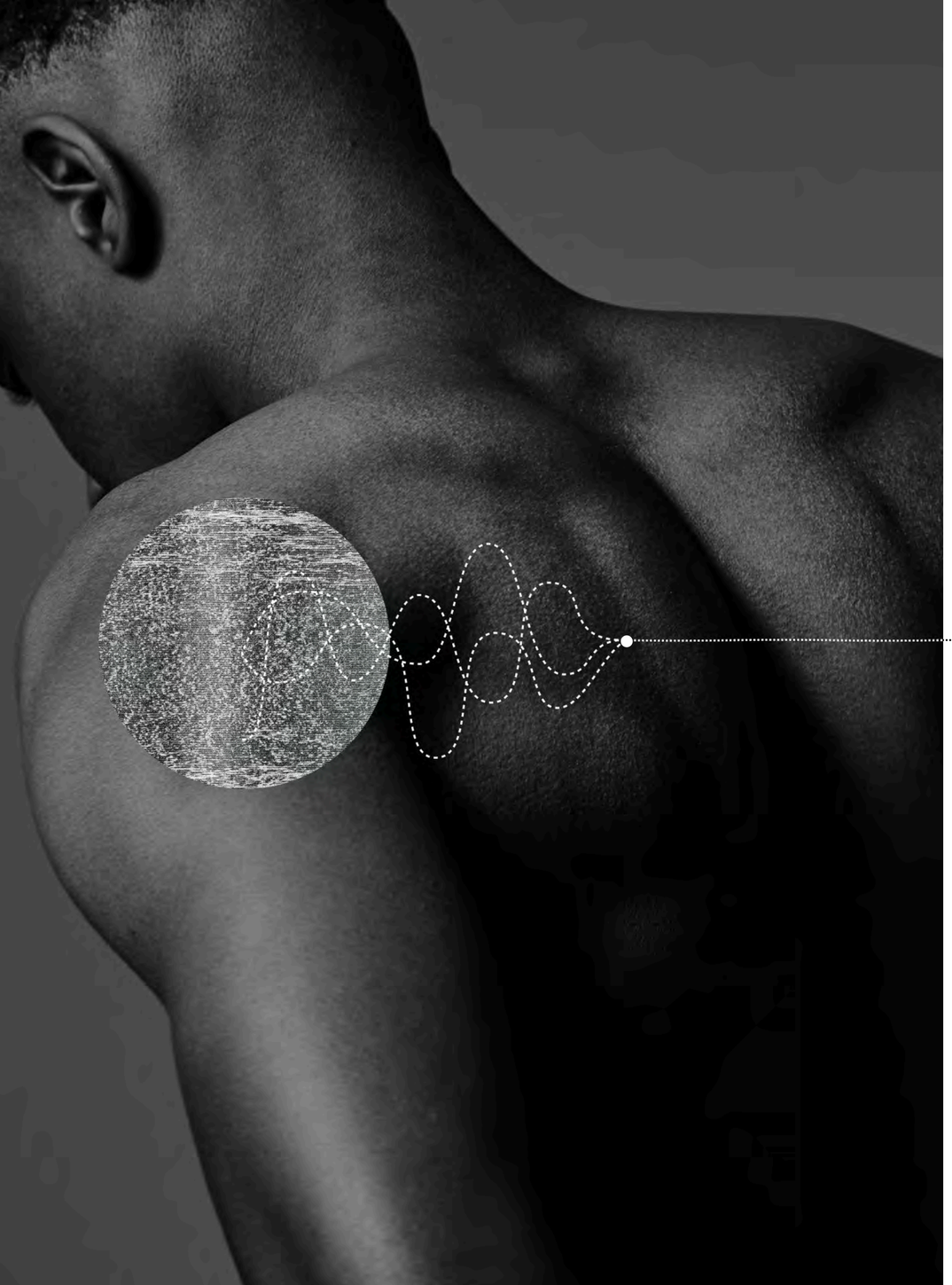
Hi, I’m Dr. Grant Antoine!

As a naturopathic doctor passionate about patient empowerment and education, I've spent countless hours studying how foods and supplements influence the connections between the microbiome and the human body. At Viome, I help design clinical trials and develop personalized nutritional and supplement interventions that directly inform your health insights and recommendations.

I hope your personalized recommendations provide a foundation for your health from which you can thrive and get the most out of life. Because that’s what health is about... living without limitations.

So, thank you for partnering with Viome and letting us support the best version of you. We’ll see you out there.

Grant Antoine, ND
Precision Nutrition, Clinical Lead, Viome



Your body already knows what it needs—we're just here to *translate*.

Your microbiome, and body, are constantly sending signals—symptoms like bloating, fatigue, brain fog, which can be caused by inflammatory activities, are often its way of telling you something is off. These early warning signs, if ignored, can lead to deeper imbalances over time. Viome's approach goes beyond simply addressing symptoms; we decode these signals to identify the root causes and provide precision nutrition to restore balance, reduce inflammation, and help your body heal at a molecular level.

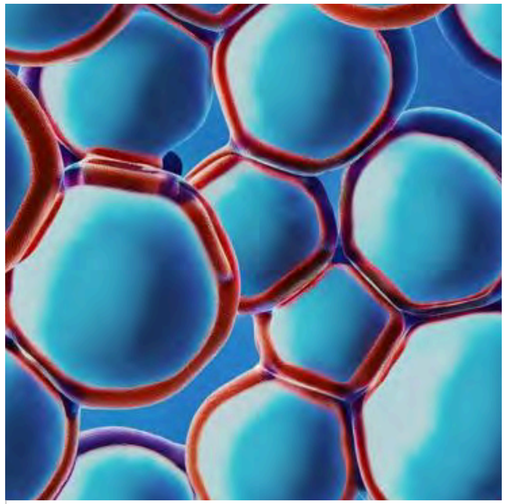
The Power of Viome's Testing

Viome is unique in our ability to analyze RNA, which provides a more accurate and actionable snapshot of your body's health. Unlike most tests that use DNA, which offers a fixed blueprint, RNA shows how your microbiome and cells function daily and respond to your nutrition and lifestyle.



Tracking Health Trends

RNA lets us see which way your health is trending so we can stay ahead of potential issues.



Preventative Action

By identifying harmful microbial activities early, we help mitigate small signals before they become symptoms or long-term health concerns.



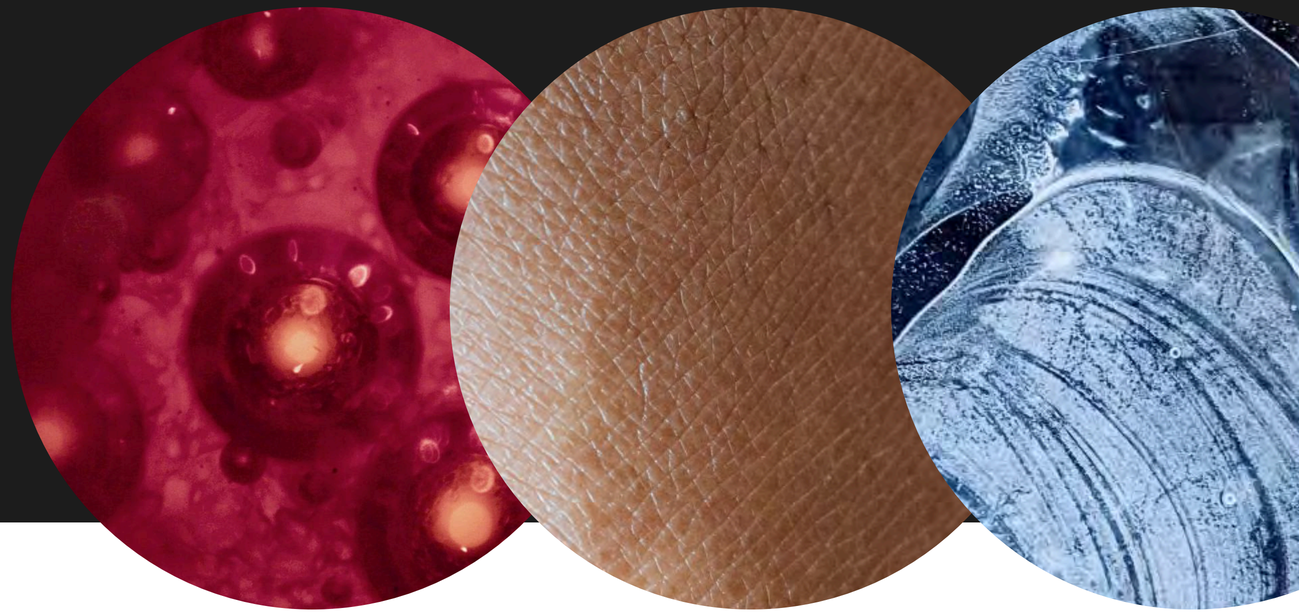
Precision Nutrition

These insights allow us to give you relevant, precise food recommendations and product formulas to match your body's needs, focusing on your problem areas and supporting your personal goals.

VIOME

Your health insights and recommendations are powered by the *latest advancements* in AI, microbiome science, and nutritional science.

Our cutting-edge AI engine, Vie, continues to grow smarter with every microbiome we analyze—over 1 million and counting, ensuring you get the most up-to-date, research-backed guidance for optimal health.



Here's how our AI keeps learning and improving your insights

Continuous Learning

Each new microbiome analyzed contributes to a richer, more comprehensive understanding of the unique factors that shape health.

Incorporating New Global Discoveries

From newly curated microbial genomes to the latest scientific studies, our platform integrates the most up-to-date knowledge to ensure your insights are backed by the best science available.

Advancing Precision

Our AI engine processes vast amounts of data, constantly adapting and refining its algorithms to provide recommendations that ensure maximum precision based on the latest research.

Early Detection

With every data point we collect, our ability to identify early biomarkers of health issues improves. This advancement enhances our platform, enabling us to detect early signs of chronic conditions and contribute to supporting our mission of saving lives.

My Health Overview

We analyzed your samples to uncover what’s happening inside your body. This section provides a high-level overview of the key activities detected in your samples, reflected through your health scores. It also incorporates your self-reported goals to create a comprehensive overview of where we'll focus. Your personalized food recommendations and formula ingredients are tailored to address these areas.



Sample type: Stool
Microbial gene expressions



Sample type: Saliva
Microbial gene expressions



Sample type: Blood
Human gene expressions

What We Detected

Excessive Gas Production

Related to Gut & Digestive Health

Health Impact

Excessive gas production can lead to bloating, discomfort, and digestive disturbances. If left unchecked, it may contribute to more serious gut issues, including inflammation. This could leave you feeling less comfortable and interfere with your body's natural digestive processes.

Track this score and learn more about this activity's impact on your health.

Gas Production	24
Attention	

High Microbial Toxin Production

Related to Gut & Digestive Health

Health Impact

We detected activity in your gut related to the production of excessive toxins which can cause inflammation, put stress on your digestive system, and even enter the bloodstream, leading to systemic inflammation and further health complications.

Track this score and learn more about this activity's impact on your health.

Microbiome-induced Stress	36
Attention	

Increased Gut Lining Permeability

Related to Gut & Digestive Health

Health Impact

Specific microbial activities we detected can compromise your gut lining allow harmful particles like toxins and harmful bacteria to leak into your bloodstream, causing inflammation and disrupting your immune system. This can lead to a range of health issues, from digestive discomfort to more systemic concerns.

Track this score and learn more about this activity's impact on your health.

Gut Lining Health	23
Attention	

High Inflammation Impacting Cognitive Performance

Related to Mood, Memory & Focus

Health Impact

Excess buildup of ammonia and lactic acid in your system can negatively affect your mental clarity, memory, and focus. If left unaddressed, it can make it harder for you to stay sharp and easily perform mental tasks.

Track this score and learn more about this activity's impact on your health.

Cognitive Health	30
Attention	

What We Detected

Suboptimal Cortisol Management

Related to Mood, Memory & Focus

Health Impact

An abundance of activities and pathways related to anxious feelings, poor stress management, and high cortisol levels can impact your overall well-being, leading to fatigue, mental fog, and emotional imbalance. Left unchecked, these stressors can contribute to mood swings, weakened immune function, and increased risk for long-term health issues.

Track this score and learn more about this activity's impact on your health.

Anxiety & Stress Response
Attention
24

Suboptimal Mitochondrial Function

Related to Energy & Performance

Health Impact

Signals of low energy production and efficiency generated by your mitochondria can make you feel tired, slow down your metabolism, and cause damage to your cells. This can speed up aging and affect how your body functions, including your heart, brain, and ability to heal itself.

Track this score and learn more about this activity's impact on your health.

Mitochondrial Health
Attention
31

High Gum Inflammation

Related to Oral Health

Health Impact

A high level of gum inflammation allows for harmful bacteria and toxins to enter the bloodstream, impacting immunity and gum health. Long-term effects can include gum recession, tooth loss, and more severe oral health concerns.

Track this score and learn more about this activity's impact on your health.

Gum Health
Attention
18

Increased Metabolic Stress

Related to Heart & Metabolic Health

Health Impact

Imbalances in microbial activity linked to blood sugar regulation, insulin sensitivity, and metabolic processes can indicate your body could be struggling to handle its normal energy demands or processing. Metabolic stress can negatively impact health, such as impaired blood sugar regulation, weight gain or loss, and fatigue.

Track this score and learn more about this activity's impact on your health.

Metabolic Fitness
Attention
25

Self-Reported Goals

Lose Weight

Your gut microbiome plays a crucial role in regulating metabolism and blood sugar levels, which are key factors in achieving and maintaining a healthy weight. A balanced gut environment helps your body process and absorb nutrients more efficiently, while also supporting stable blood sugar levels. This can lead to improved digestion, reduced sugar cravings, and better fat metabolism, all of which contribute to weight management.

Your gut microbiome also affects how your body burns calories and stores fat. By optimizing the balance of your gut microbes, you can boost metabolism and enhance your body's ability to manage weight more effectively. Your personalized recommendations will focus on restoring balance to your gut microbiome to improve metabolism and support weight loss.

Improve Mood & Mental Clarity

A positive mood and clear thinking are vital for daily function, productivity, and emotional well-being. Your gut microbiome plays a significant role in balancing neurotransmitters, which directly impact mood and mental clarity. By supporting this balance, your mind will be better equipped to handle stress and maintain focus.

Additionally, reducing inflammation and supporting brain health will help protect against cognitive decline, improving memory, concentration, and overall mental sharpness. Your personalized recommendations will work together to help you feel more clear-headed, positive, and focused throughout the day.

Improve Bleeding Gums

Leaky gums can allow harmful bacteria and toxins to enter the bloodstream, negatively impacting the oral microbiome and gum health. Strengthening gum tissue and reducing inflammation are key to improving oral health.

Your recommendations will focus on strengthening gum tissue and reducing inflammation, ensuring a tight seal around your teeth to protect against oral health issues.

My Health Zones

Learn how your microbes influence key health areas impacting short-term and long-term wellness.



Gut & Digestive Health 23

Attention



Heart & Metabolic 50

Improve



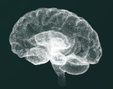
Oral Health 43

Attention



Energy & Performance 74

Maintain



Mood, Memory & Focus 82

Maintain



Immunity 88

Maintain



Gut & Digestive Health

23

Attention

0 100

Commonly Linked Symptoms

Food Absorption | Gas & Bloating | Cravings | Stomach Discomfort | Brain Fog | Occasional Indigestion | Nausea | Occasional Constipation | Occasional Diarrhea | Skin Irritation | Itchy Skin

About This Score

Your gut microbiome is home to trillions of microbes that have a direct influence on everything from how you digest foods to how your immune system responds to infections or allergens. Because the gut microbiome influences how you metabolize nutrients like fats and carbohydrates from food, it also plays a leading role in the prevention and development of chronic diseases. This score assesses things like pathogenic activity, harmful and beneficial microbial activities of the gut, butyrate production, oxalate metabolism, gut lining, and more.

Score Reference
Attention: 0-42, Improve: 43-54, Maintain: 55-100

Clinician's Notes

Your gut is producing elevated levels of uremic toxins, which can enter the bloodstream and increase cardiovascular risk by causing oxidative stress.

Following your recommendations to reduce tryptophan- and tyrosine-rich foods can help manage these toxins and support heart and vascular health.

Your gut is producing elevated levels of ammonia, which can lead to inflammation and affect digestion, cognitive function, and overall health.

Following your recommendations to adjust protein sources and add probiotics can help balance ammonia levels and support a healthier gut environment.

Your gut is producing elevated levels of putrescine, a byproduct of protein fermentation, which could impact your gut lining and harm your gut environment.

Following your recommendations to reduce protein fermentation can help support better digestion and maintain a healthier gut environment.

Continued on the next page.

Continued from the previous page.

Your gut shows limited ability to break down oxalates, which can interfere with mineral absorption and potentially affect kidney health.

Following your recommendations to adjust high-oxalate foods and consume targeted probiotics can help improve oxalate metabolism and support a balanced gut environment.

Your gut is producing higher levels of methane gas, which can slow motility and impact digestion.

By following your recommendations, you can reduce methane production and support balanced digestive health.

You have elevated LPS production, a molecule that can promote inflammation and trigger immune responses if it enters the bloodstream.

Following your recommendations can help reduce LPS activity, supporting a balanced gut environment and overall health.



Heart & Metabolic Health

50

Improve

0 100

Commonly Linked Symptoms

Weight-Gain | Blood Sugar Maintenance | Elevated Blood Pressure | Heart Concerns | Kidney Issues | Cognitive Decline

About This Score

The heart is central to health, delivering essential oxygen and nutrients throughout the body. Beyond managing cholesterol, cardiovascular health relies on several key factors, including oxidative stress, kidney health, and endothelial function—the performance of blood vessel linings that regulate blood flow and clotting. Your "Heart & Metabolic" score integrates insights from microbial activity (such as metabolites that may impact metabolic health) and cellular responses, offering a comprehensive view of how your diet and lifestyle affect your cardiovascular system.

Score Reference
Attention: 0-45, Improve: 46-52, Maintain: 53-100

Clinician's Notes

Your blood vessels could be experiencing damage, dysfunction, or elevated LDL cholesterol levels, increasing the risk of plaque buildup in your arteries, which can impact cardiovascular health.

Following your recommendations to adjust dietary fats and support healthy cholesterol levels can help lower this risk and promote heart health.

Your Vitamin D levels may be insufficient to fully support heart health, immune function, and blood pressure regulation.

Following recommendations to increase your vitamin D intake through food, sunlight, or supplements will help strengthen these vital functions.

Your homocysteine levels may be elevated, which can impact cardiovascular health by increasing blood vessel strain.

Your recommendations will focus on increasing key vitamins to help restore balance and protect your cardiovascular system.

Your blood pressure regulation pathways are disrupted, leading to increased blood pressure.

Following your recommendations for diet and hydration adjustments will help support a balanced renin-angiotensin system and promote healthier blood pressure.



Oral Health

43

Improve

0 100

Commonly Linked Symptoms

Bad Breath | Plaque Formation | Tooth Decay | Tooth Sensitivity | Bleeding Gums | Sore Gums | Gum Sensitivity | Dry Mouth | Sore Throats | Respiratory Issues

About This Score

Your digestive system begins with your mouth and is often your first line of defense against pathogens. Your mouth is home to over 6 billion bacteria which are commonly referred to as the oral microbiome. Your oral microbiome is distinct from the gut microbiome but its influence is just as great. Oral health impacts systems beyond the mouth and is intricately connected to your cardiovascular, immune, bone, and brain health. Your Oral Health score integrates many scores that assess your oral microbiome, providing you with a scorecard of key components of your oral health.

Score Reference
Attention: 0-53, Improve: 54-65, Maintain: 66-100

Clinician's Notes

Your oral microbiome displays elevated levels of bacteria that cause gum inflammation, which, if left unchecked, can lead to gum damage and long-term effects on oral health.

Following your personalized recommendations can help reduce these inflammatory bacteria and protect the health of your gums and teeth.

Your teeth are more susceptible to cavities due to oral microbial activities that produce biofilm and enamel eroding acids; key contributors to tooth decay.

Following your personalized nutrition recommendations can help reduce plaque and decay, and create a better environment for healthier teeth.

Your oral microbiome shows elevated production of LPS, a molecule linked to inflammation that can affect both oral and overall health.

Following your recommendations can help reduce LPS activity and support a healthier, balanced mouth.

Your oral microbiome displays a higher presence of microbes that, if unbalanced, could increase the risk of gum health issues.

Following your nutrition recommendations to balance these microbes with the growth and activity of beneficial microbes can help promote a healthier, more resilient oral cavity.



Energy & Performance

74

Maintain

0 100

Commonly Linked Symptoms

Low Energy | Slow Recovery | Poor Physical Performance | Accelerated Aging

About This Score

Your Energy & Performance score provides insight into how well your cells are producing energy and maintaining overall health. Proper cellular function is essential for fueling the body, repairing damage, and clearing waste, all of which support vitality and resilience. This score reflects the health of your mitochondria—the 'powerhouses' of cells that generate energy—as well as factors like cellular stress, inflammation, and nutrient availability. By assessing cellular function at this level, you gain a clearer picture of how effectively your cells support energy production and overall well-being.

Score Reference
Attention: 0-33, Improve: 34-41, Maintain: 42-100

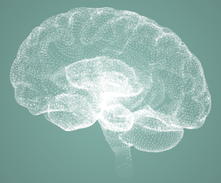
Clinician's Notes

Your cells indicate a need for extra support to efficiently produce ATP, the energy molecule that powers cellular functions.

Following your recommendations for nutrients that enhance mitochondrial activity can help boost energy production and support overall metabolic health.

Your cells need additional support for mitochondrial health, which is essential for energy production and overall metabolic function.

Following your recommendations for nutrients that support mitochondrial activity can help boost cellular energy and promote better health.



Mood, Memory & Focus

82

Maintain

0 100

Commonly Linked Symptoms

Mood Swings | Anxiousness | Sadness | Brain Fog | Trouble Focusing | Poor Sleep | Poor Memory

About This Score

The brain is the master controller of our health, constantly monitoring and adapting to the world around us while coordinating activities between various organ systems. At the same time, it carries all the thoughts, emotions, and memories that make us individuals, making it arguably the most important organ in our body. The gut microbiome aids in the development of our brain and nervous system as well as the management of neurological functions. Many neurotransmitters produced in the gut like serotonin, GABA, and other microbial metabolites, can also strongly influence brain function.

Other important factors that influence our brain and cognitive health come from cellular signals associated with stress management, circadian rhythm, and methylation. Your "Mood, Memory & Focus" score combines insights from microbial and cellular signals to give a comprehensive view of how your diet and lifestyle may be impacting these areas.

Score Reference
Attention: 0-41, Improve: 42-51, Maintain: 52-100

Clinician's Notes

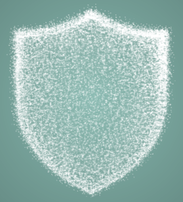
Your body has heightened activity in pathways linked to stress and anxiety, which could be contributing to a higher likelihood of anxious feelings.

Following your personalized recommendations to increase specific herbs, polyphenols, and vitamins can help support a calmer, more balanced response.

Your gut's GABA production may be low, potentially impacting your mood and digestion.

Following your recommendations to include GABA-supportive foods and nutrients can help increase this calming neurotransmitter and support a healthier gut-brain connection.

VIOME



Immunity

88

Maintain

0 100

Commonly Linked Symptoms

- Lowered Immunity
- Joint Discomfort
- Seasonal Irritations
- Environmental Irritations
- Skin Irritations

About This Score

A healthy immune system is essential for fighting off outside invaders like viruses, bacteria, and fungi, neutralizing environmental toxins, and preventing changes within cells that can lead to many chronic diseases. Your Immunity score assesses your immune response based on the inflammatory activities throughout your body as well as inside of your gut. This score considers scores related to your body's ability to clear toxins from the gut, manage oxidative stress, and mitigate pro-inflammatory pathways.

The Immunity score assesses immune system activity related to immune surveillance (innate immunity), immune communication (cytokine and interleukin signaling), and immune response to microbial threats (adaptive immunity) or injury (wound healing).

Score Reference
Attention: 0-43, Improve: 44-54, Maintain: 55-100

Clinician's Notes

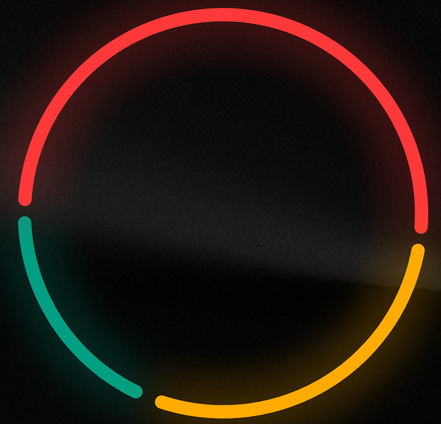
Your gut shows lower butyrate production, a beneficial short-chain fatty acid that plays a key role in gut health, insulin sensitivity, and reducing inflammation.

Following your recommendations to increase fiber and probiotic intake can help support beneficial butyrate production and strengthen your gut.

Elevated lactic acid production and inefficient conversion to beneficial nutrients like butyrate, can lead to buildup of lactic acid and negatively impact gut health.

Following your recommendations to adjust fiber intake and reduce simple sugars can help support better lactic acid balance in the gut.

Contributing Scores



Attention 30 scores

Improve 21 scores

Maintain 8 scores

These underlying scores factor into your Health Zones, reflecting interconnected functions and pathways that impact your overall health and longevity.

Viome's scoring system offers a comprehensive view of your health by layering insights from molecular activity to broader health areas.

This approach helps us view your body as an interconnected system—what we call a *systems biology approach*—to better understand how your microbiome, cells, and biological processes work together.

Level 1

Health Zones

The Big Picture

Health Zones provide an overarching look at key areas of your health, such as Gut & Digestive Health, Oral Health, or Immunity. These scores give you a snapshot of how well your body is performing in these areas, helping you focus on what needs the most attention.

Level 2

Functional Scores

How Things Work Together

Functional Scores dig deeper into the specific processes within each Health Zone. For example, your Gut & Digestive Health Zone includes Functional Scores like Gut Lining Health and Digestive Efficiency. These scores represent how various functions work together to maintain or disrupt balance within each health area.

Level 3

Pathway Scores

The Foundation

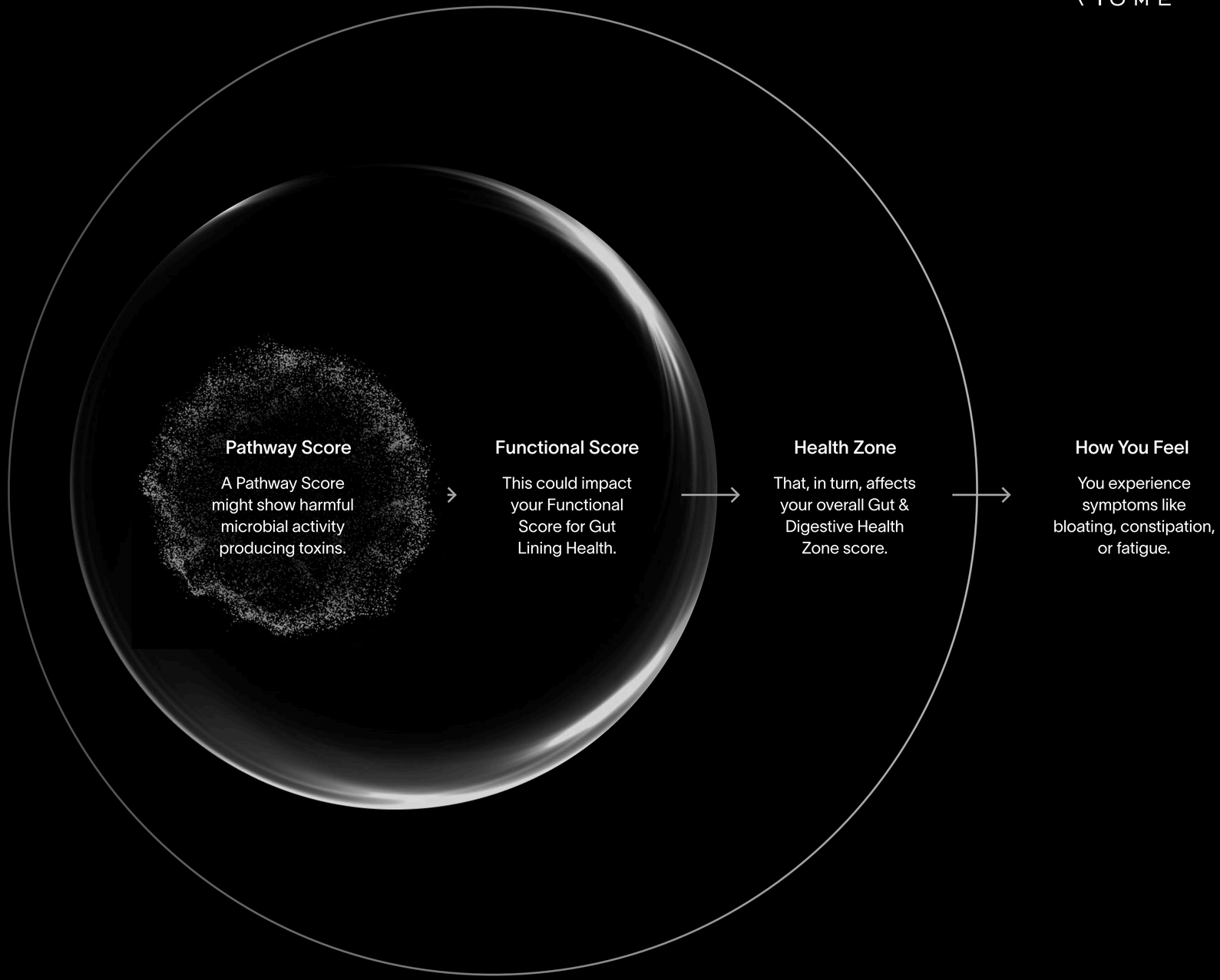
You'll notice that some scores have "Pathways" at the end of their name. Pathway Scores analyze the deep molecular-level activities happening in your body—such as how microbes produce beneficial compounds like butyrate or harmful ones like uremic toxins, or how your cells process energy or repair damage. These scores feed into Functional Scores, giving us detailed insights into what's driving specific functions.

VIOME

How They Work Together

Viome's layered scoring system funnels information up from Pathway Scores to Functional Scores, which then roll up into broader Health Zones. This allows us to view your body as an interconnected system, where every process influences another.

By connecting these dots, Viome's systems biology approach provides a comprehensive understanding of your health and actionable insights to improve it. For example:



Functional Scores

How Things Work Together

Functional Scores dig deeper into the specific processes within each Health Zone. For example, your Gut & Digestive Health Zone includes Functional Scores like Gut Lining Health and Digestive Efficiency. These scores represent how various functions work together to maintain or disrupt balance within each health area.



For deeper insights into your scores, your Viome app has you covered. You'll find detailed descriptions, clinician notes, and personalized recommendations to help you improve them.

Login now

My Functional Scores



Attention 14 scores

Improve 6 scores

Maintain 2 scores

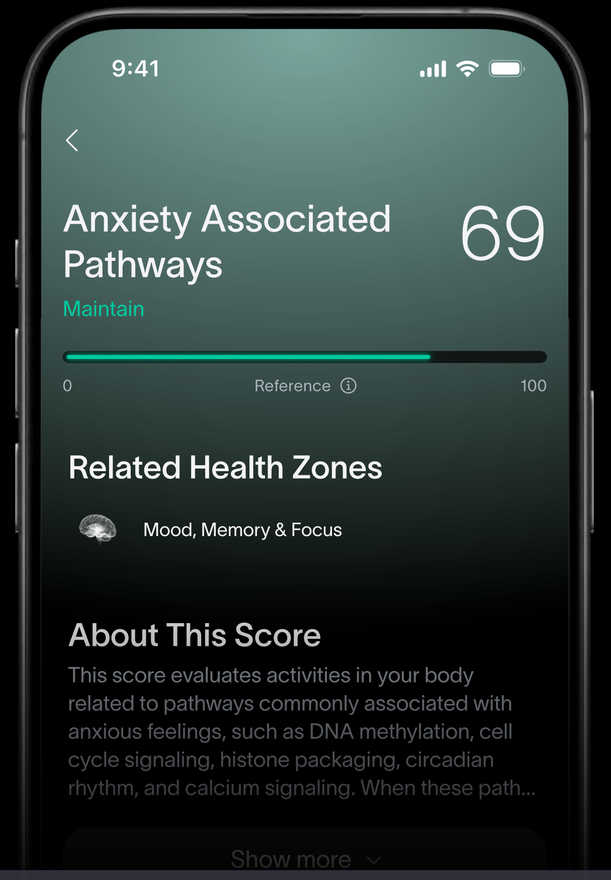
Tap any Functional Score in the Viome app to explore how it maps to your Health Zones and why it plays a key role in shaping your personalized food and supplement formulas.

Anxiety & Stress Response Attention 24	Breath Odor Attention 17	Cellular Senescence Improve 45
Cellular Stress Attention 19	Cognitive Health Attention 30	Dental Health Improve 26
Digestive Efficiency Attention 34	Gas Production Attention 24	Gum Health Attention 18
Gut Lining Health Attention 23	Immune System Activation Attention 16	Immune System Clearing Attention 23
Inflammatory Activity Attention 34	Kidney-Heart Health Improve 63	Metabolic Fitness Attention 25
Microbiome-Heart Health Maintain 64	Microbiome-Induced Stress Improve 36	Mitochondrial Health Attention 31
Neurotransmitter Production Maintain 80	Oral Pathogen Activity Improve 29	Protein Fermentation Attention 21
Vascular Health Improve 33		

Pathway Scores

The Foundation

You'll notice that some scores have "Pathways" at the end of their name. Pathway Scores analyze the deep molecular-level activities happening in your body—such as how microbes produce beneficial compounds like butyrate or harmful ones like uremic toxins, or how your cells process energy or repair damage. These scores feed into Functional Scores, giving us detailed insights into what's driving specific functions.



For deeper insights into your scores, your Viome app has you covered. You'll find detailed descriptions, clinician notes, and personalized recommendations to help you improve them.

Login now

My Pathway Scores



Attention 16 scores

Improve 15 scores

Maintain 6 scores

Tap any Functional Score in the Viome app to explore how it maps to your Health Zones and why it plays a key role in shaping your personalized food and supplement formulas.

Ammonia Production Pathways Attention 19	Anxiety Associated Pathways Maintain 69	Bile Acide Metabolism Pathways Attention 14	Biofilm, Chemotaxis, and Virulence Pathways Attention 24
Butyrate Production Pathways Improve 36	Cavity Promoting Microbes Maintain 74	Cavity Promoting Pathways Attention 28	Cortisol Pathways Improve 55
Energy Production Pathways Improve 45	Flagellar Assembly Pathways Attention 23	GABA Production Pathways Improve 63	Homocysteine Pathways Attention 23
Lactic Acid Pathways Attention 23	LDL Cholesterol Pathways Attention 15	LPS Biosynthesis Pathways Attention 27	Methane Gas Production Pathways Attention 19
Mitochondrial Biogenesis Pathways Improve 53	Oral Ammonia Production Pathways Improve 46	Oral Butyrate Production Pathways Improve 58	Oral Disease Promoting Microbes Attention 33
Oral Flagellar Assembly Production Pathways Improve 57	Oral Inflammatory Pathways Improve 60	Oral LPS Biosynthesis Pathways Improve 68	Oral Mucin Degradation Pathways Maintain 79
Oral Polyamine Production Pathways Improve 36	Oral Sulfide Production Pathways Improve 45	Oral Urease Activity Pathways Maintain 74	Oxalate Metabolism Pathways Maintain 67
Putrescine Production Pathways Improve 17	Renin-Angiotensin Pathways Improve 41	Salt Stress Pathways Attention 27	Serotonin Promoting Microbes Maintain 75
Sulfide Gas Production Pathways Attention 34	TMA Production Pathways Attention 17	Uremic Toxin Production Pathways Attention 34	Uric Acid Production Pathways Attention 18
Vitamin D Pathways Improve 67			

My Longevity

Your microbes and cells are constantly sending signals about your internal state—signals that reveal how well your body is aging, how resilient it is, and how effectively it’s managing stress and repair. Two powerful indicators of this are your BioAge and InflammAging scores, which together provide a window into how you're aging from within and how well your body is managing inflammatory activity.



BioAge

A look into how you're aging from within.

This score reflects how well you are aging within (your biological age) compared to your chronological age (your actual age). To determine your biological age, we analyze the activities of your gut microbiome, oral microbiome, and cellular function (how well your cells perform their duties).

If your BioAge number is significantly higher than your chronological age, it indicates that, at a cellular level, your body is aging faster than others your age. Factors that can worsen your score include high levels of oxidative stress, inflammation, and poor metabolic health, while factors like a balanced diet, healthy microbiome activity, and proper nutrient intake can improve it. Your personalized food and supplement recommendations aim to address these underlying factors, supporting a healthier aging process.



InflammAging

Understand how chronic inflammation and stress impact your health and aging.

Inflammaging is the slow, constant inflammation that builds up as we get older. While short-term (acute) inflammation helps the body recover from injuries or fend off infections, inflammaging behaves more like a constant, slow drizzle—light and unrelenting, but over time it can erode the body's defenses.

As our immune system weakens with age, it struggles to keep inflammation under control. This leads to the buildup of inflammatory molecules in our tissues, creating a harmful cycle: the more inflammation there is, the weaker the immune system becomes, which then speeds up aging and increases the risk of age-related diseases.

The Inflammaging Score evaluates the delicate balance between pro-inflammatory and anti-inflammatory activities within your body. It also assesses your immune system's ability to resolve inflammation efficiently—the process of "turning off" the immune response after healing or defense is no longer needed. A healthy inflammatory response reflects a system that not only protects but also knows when to deactivate itself to prevent damage.

My Microbiome Profile

Get to know the ones who call you home—
your microbes, the architects of your health.

My Gut Microbiome

Gut Richness & Diversity

This score reflects the diversity of active microbes in your gut.



About This Score

This score measures the diversity of your gut microbiome compared to others in the Viome community based on the variety (richness) and balance (evenness) of microbial species detected in your stool sample. A higher score indicates greater microbial diversity.

Richness and balance are essential for a resilient and healthy gut microbiome, supporting functions like digestion, immunity, and healthy inflammatory responses. However, diversity is just one piece of the puzzle. This is why Viome also provides health scores that reveal not just which microbes are present but what they are actually doing and how they impact areas like digestion, mood, immunity, and more. Together, these insights offer a complete picture of your gut and overall health.

Gut Dysbiosis

This score assesses the level of disruption in the microbial balance and activities of your gut microbiome.



About This Score

Your Gut Dysbiosis score evaluates both the microbial composition of your gut and the functional activity of these microbes, including their gene expression. Rather than simply identifying which microbes are present, this assessment focuses on their specific roles within your unique gut microbiome and their impact on your overall health. Dysbiosis is a disruption in the gut's microbial balance and functions, where beneficial microbes may be outcompeted by harmful ones, leading to imbalances in critical activities. Such disruptions can impair essential processes like digestion, immune response, and inflammation regulation, potentially serving as an early indicator of emerging health issues and increasing the risk of more serious concerns.

My Oral Microbiome

Oral Richness & Diversity

This score reflects the diversity of active microbes in your mouth.



About This Score

This score reflects the diversity of active microbes in your mouth, measured by the variety (richness) and balance (evenness) of microbial species detected in your saliva sample. A higher score indicates a more diverse oral microbiome compared to others in the Viome community.

Oral microbial diversity is a general indicator of the health of the oral microbiome. While research is ongoing to determine the ideal level of oral diversity, it's important to understand that diversity alone doesn't tell the whole story. This is why Viome also provides health scores that focus on what your microbes are actively doing and how these activities impact areas like gum, tooth, and breath health and your overall well-being. Together, these scores offer a complete picture of your oral and full body health.

Oral Dysbiosis

This score assesses the level of disruption in the microbial balance and activities of your oral microbiome.



About This Score

Your Oral Dysbiosis Score evaluates both the microbial composition of your mouth and the functional activities of these microbes, offering a comprehensive view of how well your oral microbiome supports healthy teeth and gums. Oral dysbiosis occurs when this balance is disrupted, it allows for harmful microbes to outcompete beneficial ones. This imbalance can drive unhealthy activities, such as increased acid production, biofilm formation, and heightened inflammatory responses, which are strongly associated with conditions like cavities, gum disease, and bad breath.

My Health Connections

Many of your contributing scores are pathway scores, which track how your microbial and human cellular activities influence your health. We highlight any conditions we've linked to suboptimal pathway scores, pointing out areas where your personalized recommendations can help optimize your health.

Each health connection is backed by peer-reviewed scientific research and supporting data. Tap on each connection in your app to go deeper.

Login now

My Health Connections

Weight Gain	6 connections
Heart Disease	4 connections
IBS-Type D	4 connections
Obesity	4 connections
Sleep Apnea	2 connections
Fatty Liver Disease	2 connections
Depression	2 connections
High Blood Pressure	2 connections

The information provided in the Health Connections section is for informational and educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition and should not be considered medical advice. Any references to health risks or associations between your scores and self-reported conditions are derived from data analysis and should not be interpreted as a medical diagnosis or recommendation for treatment.

Self-Reported

Weight Gain

Metabolic Disease

Abdominal weight gain, or the accumulation of visceral belly fat, is a common concern for many individuals and is associated with metabolic syndrome and type 2 diabetes.

6 Connections

We've found connections between the scores below and this condition.

Sulfide Gas Production Pathways

Attention

Hydrogen sulfide (H_2S) produced by certain gut bacteria plays complex roles in gut health. While low levels of H_2S are essential for maintaining gut integrity and function, elevated levels can disrupt the balance of the gut microbiome, leading to microbial dysbiosis and inflammation. This disruption may indirectly affect metabolic health, but a direct link to weight gain has not been conclusively established.

Cellular Stress

Attention

Blood cells, particularly peripheral blood mononuclear cells, exhibit heightened stress and inflammatory responses in individuals with excess abdominal weight. These responses include increased immune signaling, endoplasmic reticulum stress, and oxidative stress, highlighting the active role of circulating blood cells in adipose tissue–related inflammation. Elevated levels of circulating fatty acids and adipokines have been strongly associated with both chronic systemic inflammation and abdominal weight gain, further reinforcing the connection between cellular stress mechanisms and central adiposity.

Cellular Senescence

Attention

The accumulation of abdominal fat contributes to premature cellular aging and widespread systemic inflammation. As individuals age, central adiposity often increases and becomes progressively dysfunctional, leading to metabolic disturbances, chronic inflammation, and damage across multiple organ systems. This impaired adipose tissue exhibits many of the same biological features seen in aging, including persistent low-grade inflammation - a phenomenon we refer to as "inflammaging." The overlapping mechanisms between aging and obesity suggest that central fat is not merely a marker of excess weight but a potent driver of accelerated biological aging and age-related disease.

TMA Production Pathways

Attention

TMA and its metabolite TMAO are implicated in several metabolic and cardiovascular disorders. TMAO has been linked to chronic low-grade inflammation, which plays a role in the development of obesity. Inflammation can disrupt normal metabolic pathways, favoring the storage of fat in the abdominal area. Studies have shown that elevated TMAO production is also associated with insulin resistance, a key factor in the development of central adiposity. Insulin resistance promotes fat accumulation in visceral (abdominal) regions.

Continued on the next page.

Continued from the previous page.

Cortisol Production Pathways

Attention

Cortisol, often referred to as the “stress hormone,” plays a central role in regulating fat distribution, immune responses, and overall metabolic function—particularly in the abdominal region. Prolonged exposure to chronic stress activates the hypothalamic-pituitary-adrenal (HPA) axis, resulting in sustained cortisol elevation. This persistent increase in cortisol is associated with heightened inflammation and adverse metabolic outcomes, including abdominal fat accumulation. One key mechanism involves cortisol-induced polarization of macrophages toward an anti-inflammatory phenotype, which is characterized by increased fatty acid and glutamine metabolism. This metabolic shift can result in individuals with a normal body mass index (BMI) yet carry excess fat in the abdomen.

Cellular Aging Pathways

Attention

The accumulation of abdominal fat contributes to premature cellular aging and widespread systemic inflammation. As individuals age, central adiposity often increases and becomes progressively dysfunctional, leading to metabolic disturbances, chronic inflammation, and damage across multiple organ systems. This impaired adipose tissue exhibits many of the same biological features seen in aging, including persistent low-grade inflammation - a phenomenon termed “inflammaging.” The overlapping mechanisms between aging and obesity suggest that central fat is not merely a marker of excess weight but a potent driver of accelerated biological aging and age-related disease.

Associated Health Risk

Heart Disease

Cardiovascular Disease

Coronary artery disease (CAD) is the most prevalant type of heart disease, characterized by the buildup of plaque in the coronary arteries, which supply blood to the heart muscle. This condition can lead to serious complications, including heart attacks and heart failure.

4 Connections

We've found connections between the scores below and this condition.

Butyrate Production Pathways

Attention

Coronary heart disease (CHD) occurs when cholesterol, lipids, and immune cells accumulate in the arterial wall, forming plaques. These plaques can rupture, leading to blood clots (thrombosis) that block blood flow to the heart, causing a myocardial infarction, commonly known as a heart attack. Diets high in fiber have long been associated with a reduced risk of CHD. Fiber is fermented by gut bacteria into short-chain fatty acids (SCFAs) like butyrate, which provide numerous health benefits. Emerging evidence suggests a link between reduced levels of butyrate-producing bacteria in the gut and the development of atherosclerosis.

Oxalate Metabolism Pathways

Attention

Oxalate has been linked to the progression of atherosclerosis by promoting endothelial dysfunction, oxidative stress, and inflammation. Disruptions in glycine-oxalate metabolism contribute to heightened inflammatory signaling in vascular tissues, accelerating plaque formation and increasing cardiovascular risk. Additionally, calcium oxalate deposits have been identified within atherosclerotic plaques, suggesting a direct role in vascular calcification and arterial stiffness. Studies also indicate that individuals with a history of kidney stones, particularly those composed of calcium oxalate, are at a higher risk for cardiovascular complications. Therefore, oxalate is a potential driver of vascular inflammation and endothelial damage, which supports the development of atherosclerosis.

Homocysteine Pathways

Attention

Elevated plasma homocysteine contributes to vascular inflammation, endothelial dysfunction, arterial stiffness, and oxidative stress - key mechanisms driving the progression of arterial plaques. It is understood, for example, that homocysteine exacerbates the dysregulation of nitric oxide synthase and promotes oxidative damage and pro-inflammatory conditions within the vascular wall. Additionally, homocysteine levels are inversely associated with protective nutrients like antioxidants, folate, and vitamin B12. All of these homocysteine-promoted activities contribute to arterial plaque formation, and they often act in conjunction with other metabolic stressors, further accelerating the onset and progression of cardiovascular disease.

TMA Production Pathways

Attention

Trimethylamine N-oxide (TMAO) has been strongly linked to the development of atherosclerosis through its impact on endothelial dysfunction, lipid metabolism, and inflammation. TMAO reduces nitric oxide (NO) bioavailability, impairing endothelial function. Impaired endothelial function contributes to vascular inflammation, increased permeability, and the initiation of atherosclerotic plaque formation. In addition, TMAO inhibits bile acid synthesis, reducing cholesterol clearance from the liver and promoting its accumulation in the blood and arterial walls. Lastly, TMAO promotes the accumulation of cholesterol in macrophages, leading to the formation of foam cells, which are key components of atherosclerotic plaques.

Continued on the next page.

Associated Health Risk

IBS-Type D

GI Disease

Irritable Bowel Syndrome with Diarrhea (IBS-D), is a subtype of IBS characterized by diarrhea as the predominant bowel symptom. Key features of IBS-D include abdominal paid and discomfort, frequent loose or watery stools, and bloating and gas.

4 Connections

We've found connections between the scores below and this condition.

Butyrate Production Pathways

Attention

Irritable bowel syndrome with diarrhea (IBS-D) is a functional gastrointestinal disorder characterized by frequent, loose stools, abdominal cramping, and urgency. Individuals with IBS-D may also experience bloating and discomfort, often with an altered gut motility pattern. Butyrate is a short-chain fatty acid produced by gut bacteria that plays a key role in maintaining gut health. Studies have shown that butyrate is associated with IBS-D, though its exact relationship with the disorder remains to be fully understood.

Sulfide Gas Production Pathways

Attention

In diarrhea-predominant irritable bowel syndrome (IBS-D), an imbalance in the gut microbiome can lead to excessive production of sulfide gases, such as hydrogen sulfide. Certain gut bacteria, particularly sulfate-reducing bacteria, metabolize sulfur-containing compounds from the diet into sulfide gases. While hydrogen sulfide plays a role in regulating gut health, an overproduction can impair intestinal barrier function, increase gut motility, and disrupt water absorption in the colon, all of which contribute to diarrhea. This dysregulated microbial activity and gas production can exacerbate IBS-D symptoms, highlighting the importance of a balanced gut microbiome.

Bile Acid Metabolism Pathways

Attention

Bile acids may play a significant role in irritable bowel syndrome (IBS), especially in IBS-D. Some people with IBS-D may actually have bile acid malabsorption, where bile acids are not properly absorbed in the small intestine and instead enter the colon. Excessive bile acids in the colon can lead to increased fluid secretion and faster bowel transit time, which are common symptoms of IBS-D.

Oxalate Metabolism Pathways

Attention

Individuals with chronic diarrheal illnesses such as irritable bowel syndrome (diarrhea type; IBS-D) are at an increased risk for developing hyperoxaluria and kidney stones. Some researchers suggest oxalates play a central role in IBS-D because mucosal inflammation increases the absorption of oxalate. Beyond this, the excessive loss of fluids associated with diarrhea may also exacerbate hyperoxaluria and kidney stones, advancing the progress of IBS-D and related comorbidities. Fortunately, microbiomes with oxalate-degrading activities have been associated with reduced oxalate levels, highlighting the potential role of the gut microbiome in mitigating this risk.

Continued on the next page.

Associated Health Risk

Obesity

Metabolic Disease

Obesity is a complex chronic disease characterized by excessive body fat that can impair health. It results from an imbalance between energy intake and expenditure, influenced by multiple factors such as environmental factors, lifestyle choices, and hormonal/metabolic factors.

4 Connections

We've found connections between the scores below and this condition.

Butyrate Production Pathways

Attention

Butyrate, a short-chain fatty acid (SCFA), that is produced by microbes in your gut, is associated with obesity and weight gain. Decreased production of butyrate and butyrate-producing bacteria is correlated with increased weight gain and body mass index (BMI). Conversely, lean individuals tend to have more butyrate production and butyrate-producing bacteria.

Bile Acid Metabolism Pathways

Attention

Bile acids can act as signaling molecules to regulate metabolism. Through their interaction with specific receptors, bile acids can influence glucose, lipid, and energy metabolism.

Oxalate Metabolism Pathways

Attention

Oxalates are organic compounds present in the diet and can also be produced endogenously before being excreted through urine and stool. When oxalates bind to calcium, they can form crystals that contribute to kidney stone formation. The gut microbiome plays a crucial role in degrading oxalates, potentially reducing their excretion in urine and lowering the risk of kidney stones. Changes in gut microbiome composition have been associated with weight gain, and individuals who are overweight or obese face a higher risk of developing kidney stones.

Renin-Angiotensin Pathways

Attention

The renin-angiotensin system (RAS) influences weight gain through its effects on metabolism and fat tissue. When activated, RAS promotes fat cell growth and fat storage while reducing fat breakdown. It also increases inflammation in fat tissue and affects appetite regulation in the brain.

Continued on the next page.

Associated Health Risk

Fatty Liver Disease

Sleep Disorder

Fatty liver disease, also known as hepatic steatosis, is a condition characterized by the accumulation of excess fat in the liver. It can be categorized into two main types: nonalcoholic fatty liver disease (NAFLD) and alcoholic fatty liver disease (AFLD).

2 Connections

We've found connections between the scores below and this condition.

Bile Acid Metabolism Pathways

Attention

Bile acids are signaling molecules that may play a role in the development of non-alcoholic fatty liver disease (NAFLD). Through their interaction with specific receptors, such as the farnesoid X receptor (FXR) and the G protein-coupled bile acid receptor 1 (GPBAR1 or TGR5), bile acids can influence glucose, lipid, and energy metabolism.

Oxalate Metabolism Pathways

Attention

Oxalate metabolism appears to be a significant but often overlooked factor in the progression and complications of non-alcoholic fatty liver disease (NAFLD). Impaired hepatic function in NAFLD disrupts glyoxylate detoxification pathways, leading to excessive oxalate production and increased urinary excretion. This metabolic imbalance contributes to kidney stone formation and chronic kidney disease, which are both more prevalent in individuals with NAFLD. These findings highlight increased oxalate as a possible contributor to the systemic complications of NAFLD.

Continued on the next page.

Associated Health Risk

Sleep Apnea

Sleep Disorder

Obesity is a complex chronic disease characterized by excessive body fat that can impair health. It results from an imbalance between energy intake and expenditure, influenced by multiple factors such as environmental factors, lifestyle choices, and hormonal/metabolic factors.

2 Connections

We've found connections between the scores below and this condition.

Butyrate Production Pathways

Attention

Sleep apnea, or obstructive sleep apnea, is associated with intermittent hypoxia, which can lead to inflammation, oxidative stress, and the onset of hypertension in humans. Butyrate is a metabolite produced by the gut microbiome, which is thought to be anti-inflammatory. Sleep apnea is associated with decreased production of butyrate and butyrate-producing bacteria in the gut.

Bile Acid Metabolism Pathways

Attention

Bile acids can act as signaling molecules to regulate metabolism. Through their interaction with specific receptors, bile acids can influence glucose, lipid, and energy metabolism.

Continued on the next page.

Associated Health Risk

Depression

NeuroCognitive Disease

Depression is a serious mental health disorder characterized by persistent feelings of sadness, hopelessness, and loss of interest in activities. It affects how a person thinks, feels, and behaves, often interfering with daily functioning.

2 Connections

We've found connections between the scores below and this condition.

Butyrate Production Pathways

Attention

The gut-brain axis represents a bidirectional exchange of signals between the brain, central nervous system, and gut microbiota. Emerging evidence links metabolites produced by the gut microbiome to the pathnogenesis of mental health conditions, including depression. Several studies have shown a reduction in butyrate-producing bacteria in individuals with depression.

Anxiety Associated Pathways

Attention

One of the most well-documented, anxiety-associated features connected to depression is DNA methylation. DNA methylation influences gene expression, causing genes to either be upregulated or downregulated. Stress and depression are consistently linked to methylation changes in genes critical for the stress response such as glucocorticoid receptor gene NR3C1 which helps control cortisol levels. In depression, hypermethylation can downregulate these genes, leading to uncontrolled stress hormone levels and feelings of being overwhelmed. In addition, genes like BDNF (brain-derived neurotrophic factor) help with neuroplasticity and are necessary for growth and adaptation. These genes can be suppressed due to methylation, making it harder for the brain to recover from stress or build new neural connections, which can contribute to depressive symptoms.

Continued on the next page.

Associated Health Risk

High Blood Pressure

Cardiovascular Disease

Hypertension, or high blood pressure, is a commin condition where the force of blood against artery walls is consistently too high. It's often called the "silent killer" because it typically has no symptoms but can lead to serious health complications.

2 Connections

We've found connections between the scores below and this condition.

Uric Acid Production Pathways

Attention

Uric acid is the final product of purine metabolism in the human body and has been implicated in elevated blood pressure. Various studies confirm a strong association between elevated serum uric acid levels and hypertension, where uric acid-lowering therapies can reduce blood pressure. Dietary contributors such as high sugar, purine, and salt intake may also elevate intracellular uric acid levels, further linking lifestyle factors to hypertension risk.

Renin-Angiotensin Pathways

Attention

The renin-angiotensin system (RAS) plays a critical role in regulating blood pressure and fluid balance, and its dysregulation is a key contributor to hypertension. When blood pressure or sodium levels drop, the kidneys release renin, an enzyme that converts angiotensinogen (produced by the liver) into angiotensin I. Angiotensin I is further converted into angiotensin II by the enzyme angiotensin-converting enzyme (ACE). Angiotensin II is a potent vasoconstrictor that narrows blood vessels, increasing vascular resistance and blood pressure. Additionally, it stimulates the release of aldosterone from the adrenal glands, which promotes sodium and water retention, further raising blood pressure. Overactivation of the RAS can lead to persistent vasoconstriction and fluid retention, resulting in chronic hypertension and increased cardiovascular risk.

Continued on the next page.

Disclaimer

Viome's tests, products, and recommendations are not substitutes for professional medical advice, diagnosis, or treatment. Always seek guidance from your physician or a qualified healthcare provider for any questions or concerns related to your health, medical conditions, or treatments.

This test was developed and its performance characteristics determined by Viome Inc. It has not been cleared or approved by the U.S. Food and Drug Administration (FDA). The FDA has determined that such clearance or approval is not necessary.

This laboratory is registered under CLIA (50D2224932) to perform high-complexity testing.
Contact Viome for further questions.

VIOME

VIOME

Nutrition Recommendations for Emily

Part 2

Full Body Intelligence™

This sample report is provided for illustrative purposes only. All data and insights shown here are examples and do not represent any real user's personal health information or results.



This sample report reflects the insights available in the Viome app after completing your Full Body Intelligence™ Test.

Ready to test?
Shop now.

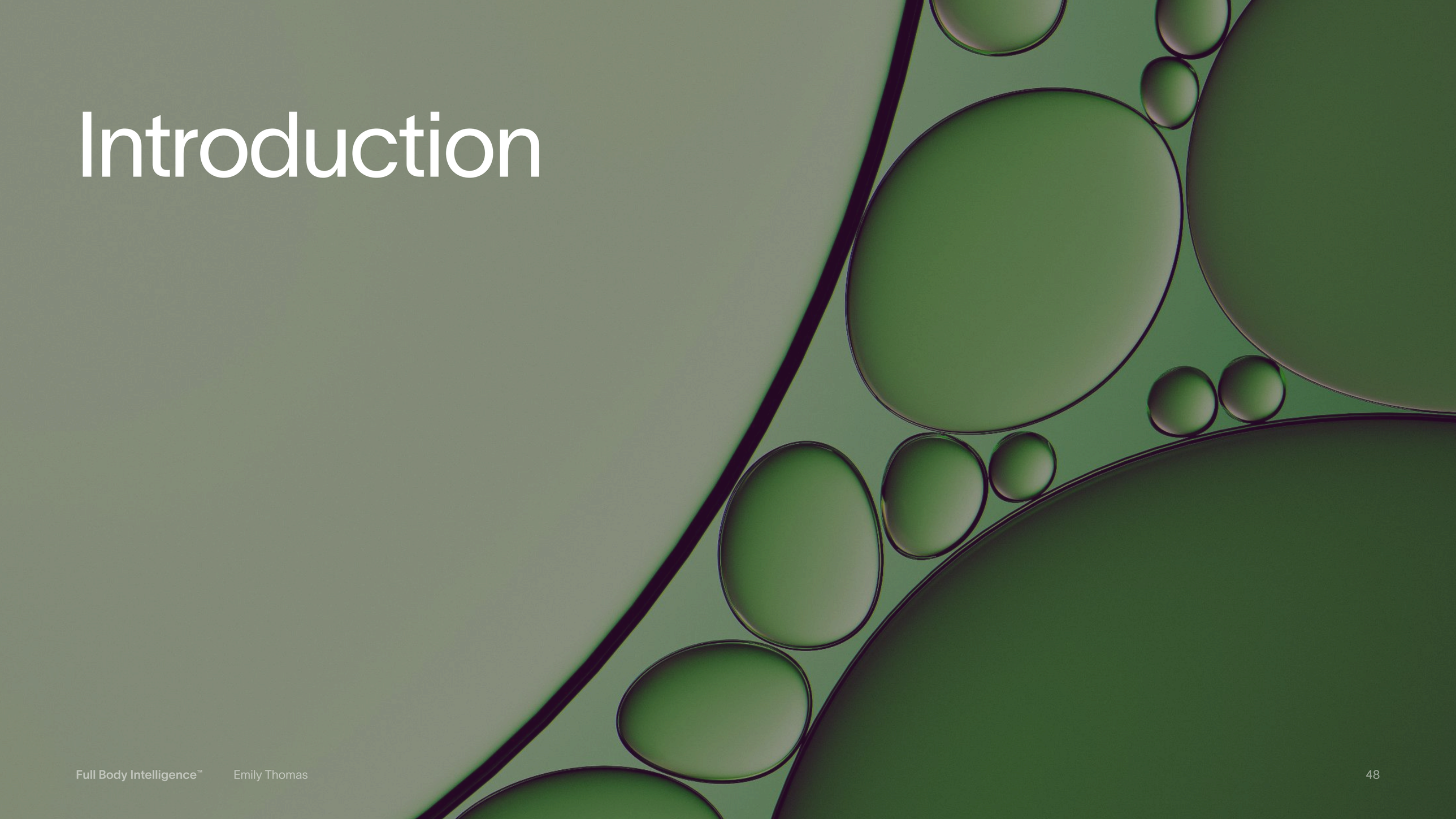
What We'll Cover

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Introduction







Hello, I'm Janelle!

I'm a Precision Nutrition Registered Dietitian at Viome, and I help shape the AI recommendation engine that delivers your personalized food insights.

As a dietitian, I stay at the forefront of nutritional science, ensuring that the latest research informs your unique food recommendations. From my studies, I've learned that food is information to our body that drives a series of reactions. This means that we have the power to change how our body functions and feels simply through the foods we eat!

No two bodies are the same—your nutrition should be as unique as you are. I'm excited to share your results and empower you with knowledge to make the best choices for your health.

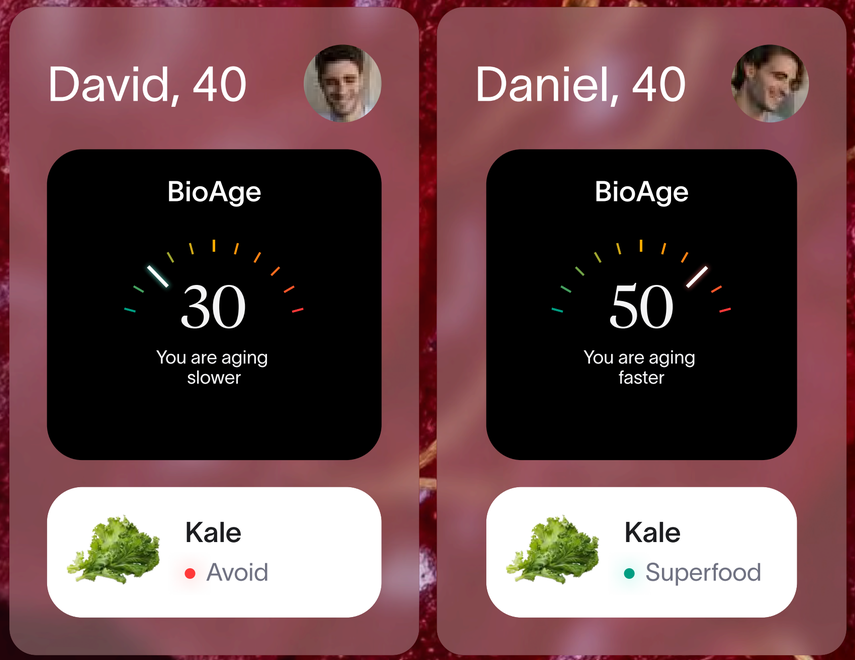
Janelle Connell, RDN
Precision Nutrition Registered Dietitian, Viome

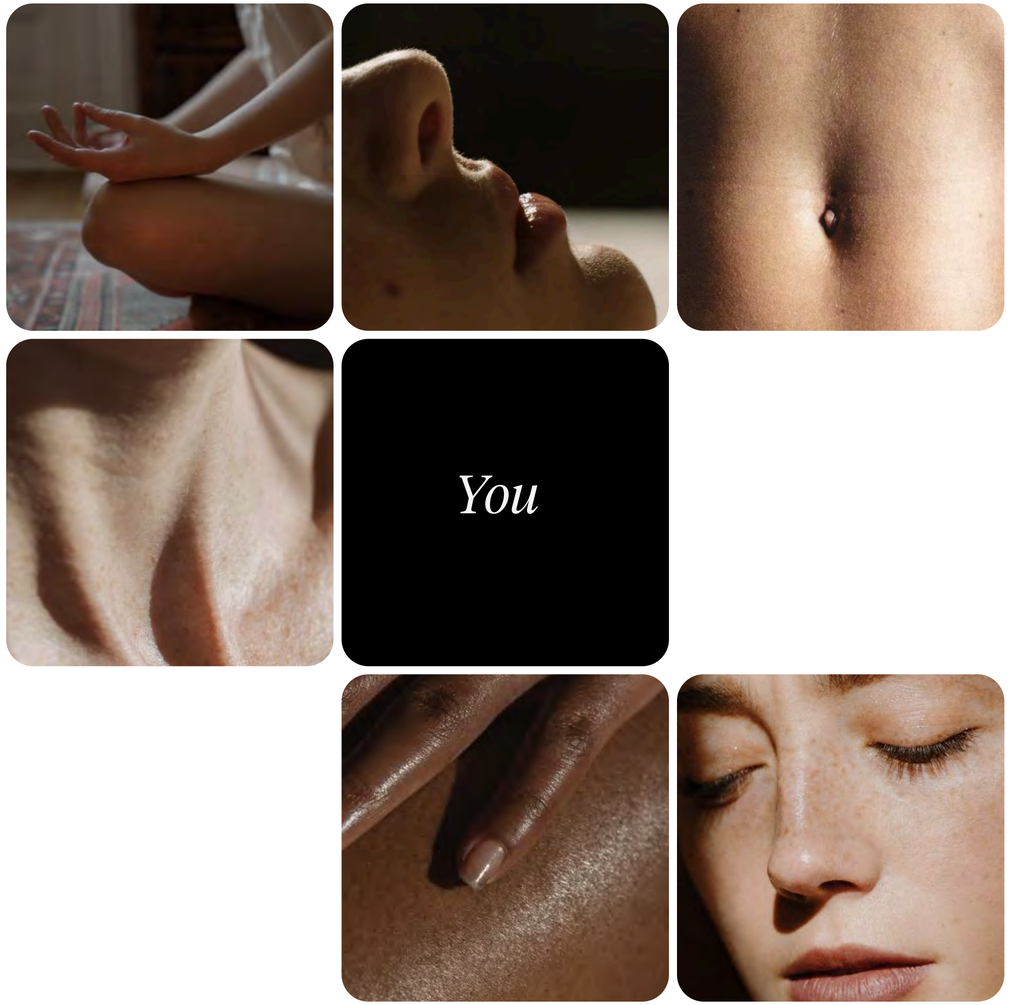
No Universally Healthy Food

No two people respond to food the same way—and even your own response can change over time. That's because your body is always changing on the inside, with measurable signals that affect things like digestion, energy, inflammation, and how you feel overall.

Viome reads these signals (pathways) to find out how your body is reacting to what you eat—so you can learn which foods are helping and which might be causing harm, even if they're considered "healthy." These patterns can be early signs of future health issues, so understanding them now means you can take action before problems start.

Twin Brothers (shared DNA)





We set a new standard for data-driven *personalization*.

Your personalized nutrition plan is built on cutting-edge science and designed to evolve with your health, ensuring you get exactly what you need at the right time in your journey. Unlike generic nutrition recommendations, Viome's recommendations integrate food, supplements, and biotics that work synergistically together to restore balance, reduce inflammation, and support your body's long-term resilience.

How Viome Creates Your Personalized Nutrition Plan

Analyzing Your Biological Pathways

We uncover which biological pathways in your body are active or out of balance, beneficial or harmful.

TMA Production Pathways Attention 19	Vitamin D Pathways Attention 29
Cortisol Pathways Attention 23	Oxalata Metabolism Pathways Improve 15
Cavity Promoting Pathways Improve 21	LDL Cholesterol Pathways Maintain 34

+35 more

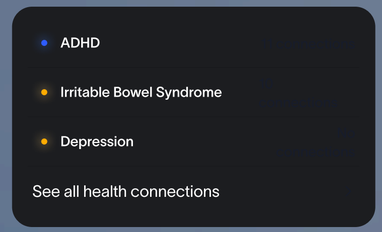
1 Health Scores

We turn these pathways into high-level health scores you can track. These scores represent key health areas that support both short-term and long-term wellness.



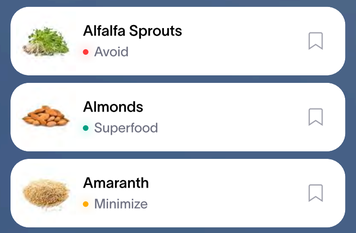
2 Health Connections

We also assess your pathway linkages to over 20 health conditions based on independent research and our own data.



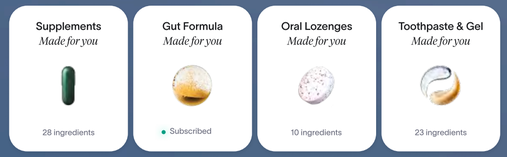
3 Food Recommendations

From here, we determine which foods may be triggering the pathways that bring about inflammation and imbalance and which ones can help you.



4 Precision Formulas

To accelerate improvement, we go beyond food, adding personalized supplements, gut biotics, and oral biotics that deliver concentrated support for specific biological pathways.



You Are In Control

The foods you eat and how you live can influence which biological pathways are turned on in your body. Certain choices can activate helpful pathways, like those that reduce inflammation or support metabolism, while others can trigger harmful ones linked to health symptoms.

Barley



Leaky Gut Trigger

Apple



Gut Cleanser

L.acidophilus NCFM



Digestive Soother

Amla Fruit Extract



Inflammation Fighter

Here's how it works

 **Broccoli** → Impact Sulfide Gas Production Pathways → Irritable Bowel Syndrome

Avoid Food:

Broccoli

• Avoid

Rich in sulfur compounds



Pathway Impacted:

Sulfide Gas Production Pathways
Attention Gut & Digestive Health
23

For you, broccoli might increase hydrogen sulfide in the gut. In excess, this disrupts your microbiome and may contribute to inflammation, gut disruption, and metabolic imbalance.

Associated Health Risk:

Associated Health Risk

Irritable Bowel Syndrome - Diarrhea (IBS D)

In diarrhea-predominant irritable bowel syndrome (IBS-D), an imbalance in the gut microbiome can lead to excessive production of sulfide gases, such as hydrogen sulfide. Certain gut bacteria, particularly sulfate-reducing bacteria, metabolize sulfur-containing compounds from the diet into sulfide gases. While hydrogen sulfide plays a role in regulating gut health, an overproduction can impair intestinal barrier function, increase gut motility, and disrupt water absorption in the colon, all of which contribute to diarrhea. This dysregulated microbial activity and gas production can exacerbate IBS-D symptoms, highlighting the importance of a balanced gut microbiome.

Viome Action:

Broccoli may be flagged as “Avoid” or “Minimize”

Extra Boost to Improve Sulfide Gas Production Pathways

 **L. rhamnosus GG**
Gut probiotic

Lactobacillus rhamnosus GG is one of the most widely studied probiotic strains, known for its resilience and powerful support for gut health. Found naturally in fermented foods, this strain helps rebalance the microbiome, soothe digestive discomfort, and reduce inflammation. Clinical research shows that L. rhamnosus GG reduces overall gas production.

Here's another example



Beef → Impact TMA Production Pathways → Heart Disease

Avoid Food:

Beef

• Avoid

Rich in carnitine and choline



Pathway Impacted:

High TMA Production Pathways
Attention Heart & Metabolic Health 27

TMAO is a substance made by your body that, when too high, can be harmful to your heart and blood vessels. It affects how well your blood vessels work, makes it easier for cholesterol to build up, and leads to inflammation.

Associated Health Risk:

Associated Health Risk

Heart Disease

Trimethylamine N-oxide (TMAO) has been strongly linked to the development of atherosclerosis through its impact on endothelial dysfunction, lipid metabolism, and inflammation. TMAO reduces nitric oxide (NO) bioavailability, impairing endothelial function. Impaired endothelial function contributes to vascular inflammation, increased permeability, and the initiation of atherosclerotic plaque formation. In addition, TMAO inhibits bile acid synthesis, reducing cholesterol clearance from the liver and promoting its accumulation in the blood and arterial walls. Lastly, TMAO promotes the accumulation of cholesterol in macrophages, leading to the formation of foam cells, which are key components of atherosclerotic plaques.

Viome Action:

Beef may show up as “Avoid” or “Minimize”

Extra boost to Improve TMA Production Pathways

Ginger
Food Extract & Herb

Studies suggest ginger may help suppress TMA (trimethylamine) production by modulating the activity of gut microbes involved in converting nutrients like choline and carnitine into TMA. By reducing TMA production, ginger may help lower TMAO levels—a compound linked to heart disease, vascular inflammation, and cholesterol buildup.

A little more about our scientific approach...

Your Full Body Intelligence recommendations go beyond just a list of foods and supplements—they are fully personalized to you and designed to work together with precision. Rooted in a comprehensive, full-body approach, your recommendations target key functions in your body to address the underlying causes of imbalances and inflammation. Using your health scores and test results, your foods and formula ingredients focus on five critical areas essential to restoring balance, addressing inflammation, and optimizing long-term well-being.



1 Reducing Harmful Microbial Activity

Your Viome recommendations are designed to help lower inflammation, decrease the abundance and activity of microbes producing harmful byproducts, enhance the communication between your microbes and cells, and allow your beneficial microbes to focus on protecting you. This approach supports your body's natural defenses, maintains gut integrity, and prevents the proliferation of harmful bacteria.

2 Boosting Beneficial Microbial Activity

By boosting the activities of beneficial microbes, personalized nutrition enhances your body's ability to handle stressors and improves your glycemic response. It also aids in better nutrient absorption, increases metabolic efficiency, and strengthens your immune system, contributing to overall vitality and well-being.

3 Supporting Cellular and Immune Health

A balanced microbiome acts as a gatekeeper, protecting your body from harmful substances entering the bloodstream. This reduces stress on your cells and prevents immune overreactions, supporting key systems like heart and brain health. When your microbes function optimally, your cells are free to perform their regular duties, enhancing your overall health.

4 Optimizing Glycemic Response

Your microbiome plays a key role in how your body processes sugar. Viome identifies specific microbial patterns that influence your glycemic control and provides personalized dietary guidance to optimize blood sugar levels. This helps prevent spikes and crashes, supporting metabolic health and reducing the risk of long-term issues like diabetes.

5 Slow Biological Aging

A resilient microbiome, healthy cells, and balanced immune function are essential for slowing the effects of aging. Viome's approach reduces inflammation and supports your body's natural repair processes, helping to maintain equilibrium and extend vitality. By addressing the root causes of imbalance, you can enhance your day-to-day energy and set the stage for a longer, healthier life.

Your Viome Journey

Phase 1: Learn

Health Overview
Meet your microbes and uncover the activities detected in your sample that may impact your health.

Health Scores
Track these activities through your Viome scores and see how your microbiome and cellular activity influence key health functions you care about.

Health Connections
Explore potential connections between your scores and Associated Health Risks or Self-Reported Conditions to gain deeper insight into your health and where your foods and formulas will focus.

Phase 2: Take Action

Food Recommendations
Build a strong foundation with your personalized food list to help you make informed choices easier in your daily routine.

Formula Ingredients
Get familiar with your personalized supplements and biotics in the precise dosages you need to address your health scores and support your goals.

Personalized Boosters & Blockers
Meet the foods and ingredients that will help you get closer to your health goals, and the foods that get in your way.

Phase 3: Amplify Benefits Daily

Formulas *Made-for-you*
Incorporating your personalized formulas into your daily routine trains your cells and microbes to work in your favor, boosting your health faster and more efficiently.

Take Note of Changes Pay attention to how you feel over time some. Some improvements can be felt within a few weeks, while others can take more time as meaningful changes are happening below the surface.

To order your Made-for-you formulas, simply log in to your account and order through your Shop page.

Phase 4: Make Health a Habit

Follow your recommendations consistently for six months.

Retest to measure changes in your microbiome and biology, and receive updated recommendations and formulas tailored to your latest results.

“What Changes Can I Expect?”

Everyone starts their health journey from a different place. Remember, you are your own best baseline; listening to your body is the best way to measure progress. Subtle changes can tell you a lot, so pay attention to how you feel as you follow your personalized recommendations. Our research shows that it takes about 90 days to see meaningful changes in your microbiome from a new diet, but many people feel results even sooner.

Early Improvements (2–3 Weeks)

Many users notice positive changes soon after starting their plan. These may include:

- More stable blood sugar levels
- Reduced cravings
- Increased energy
- Fewer digestive symptoms
- Clearer skin
- Fresher breath
- Improved mouth cleanliness and comfort

In 3-4 Months

As your microbiome balances and inflammation reduces, you may notice more significant changes, such as:

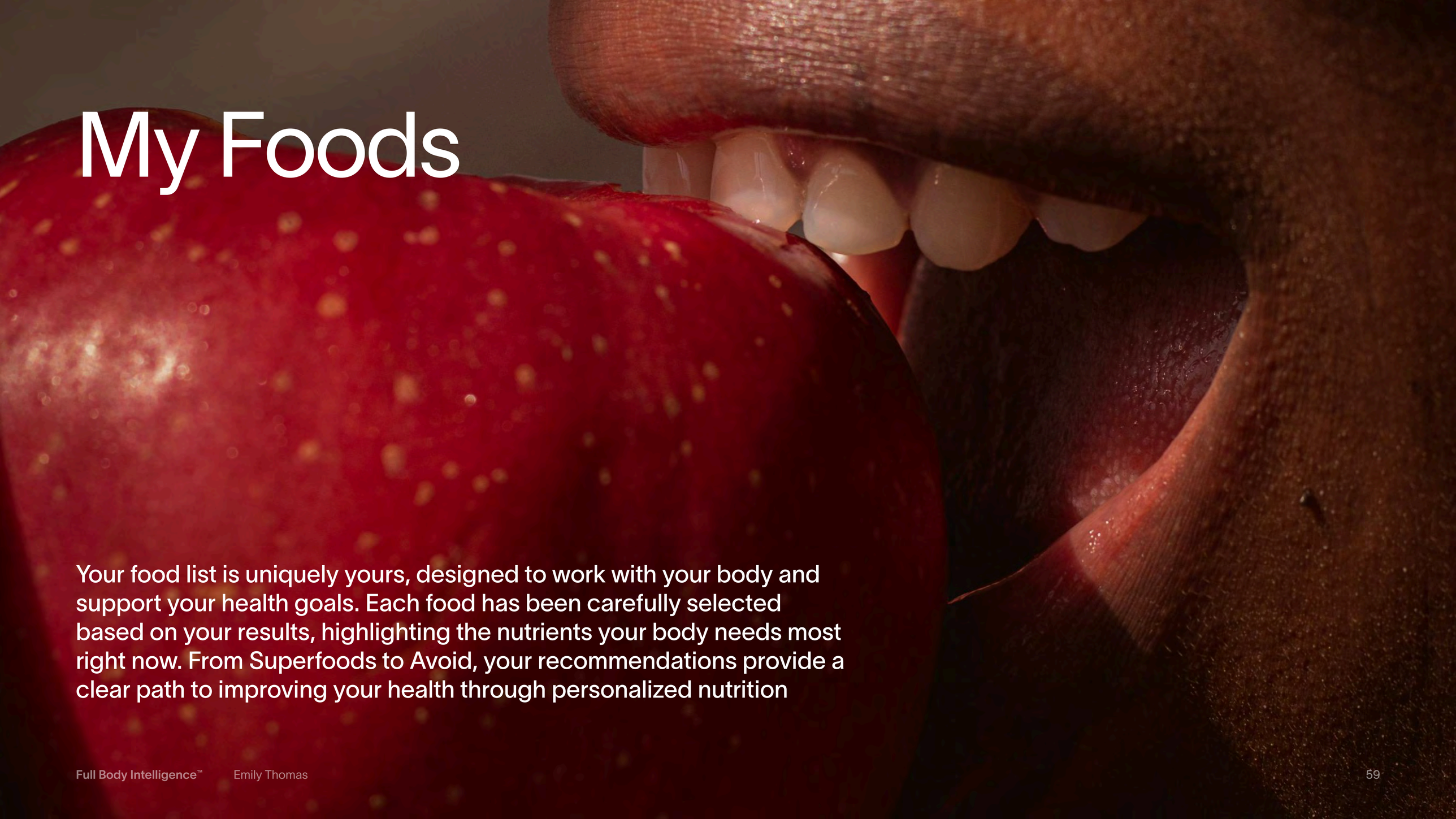
- Reduced aches and pains
- Natural weight loss
- Improved response to stress
- Improved focus and emotional well-being
- Improved hormonal balance
- Healthier gums
- Stronger, plaque-resistant teeth
- Reduced tooth sensitivity

Lasting Benefits Over Time

A healthy, resilient microbiome has long-term health benefits such as:

- Higher resilience to infections of bacteria and viruses
- Improved digestion
- Improved weight management
- Increased energy and better performance, even as you age
- Youthful appearance
- Reverse progression of damage caused by stress and inflammation
- Lowered risk of chronic health concerns

My Foods



Your food list is uniquely yours, designed to work with your body and support your health goals. Each food has been carefully selected based on your results, highlighting the nutrients your body needs most right now. From Superfoods to Avoid, your recommendations provide a clear path to improving your health through personalized nutrition

Personalized Food List

Superfood

Prioritize these foods to boost your health daily

Viome recommends that Superfoods be included regularly in the diet, ideally having at least one Superfood at every meal. Superfoods should be rotated in the diet to ensure regular consumption of all Superfoods on your list.

Viome combines insights from your test results and the information you shared with us to determine areas of your health that need the most support. Foods that contain nutrients (macronutrients, vitamins, minerals, polyphenols, fatty acids, and other compounds) that are known to support those areas of health are selected for Superfood.

Enjoy

Diversify your diet with these daily

Enjoy foods should be eaten regularly and used to provide diversity to the diet.

Foods are recommended to Enjoy if they contain nutrients that will be beneficial to your sub-optimal scores. Foods indicated by our Glycemic Response Model to not cause an abnormal elevation in blood sugar are also on this list.

Minimize

Limit to one food per day, single serving

Minimize foods can be eaten occasionally. When eating them, we suggest rotating your intake of various foods on your Minimize list and avoiding eating the same Minimize food daily.

Foods are recommended to be minimized if they contain nutrients that will be harmful to you right now, negatively impact your sub-optimal scores, or if you report a food sensitivity to the food. If a food is predicted by our Glycemic Response Model to cause an abnormal elevation in blood sugar, that food is designated as a Minimize food.

Avoid

Avoid completely for the next 6 months

We recommend that you avoid these foods in all forms for at least six months or until your next test.

Avoid foods containing the highest amount of nutrients or compounds known to be detrimental to your health right now and could negatively impact your sub-optimal scores or self-reported conditions. Your Avoid foods also include any self-reported food allergies.

Apple ● Superfood

Cell Protector · Aging Ally

Why it's a Superfood for me

Learn more about how this food influences your health.

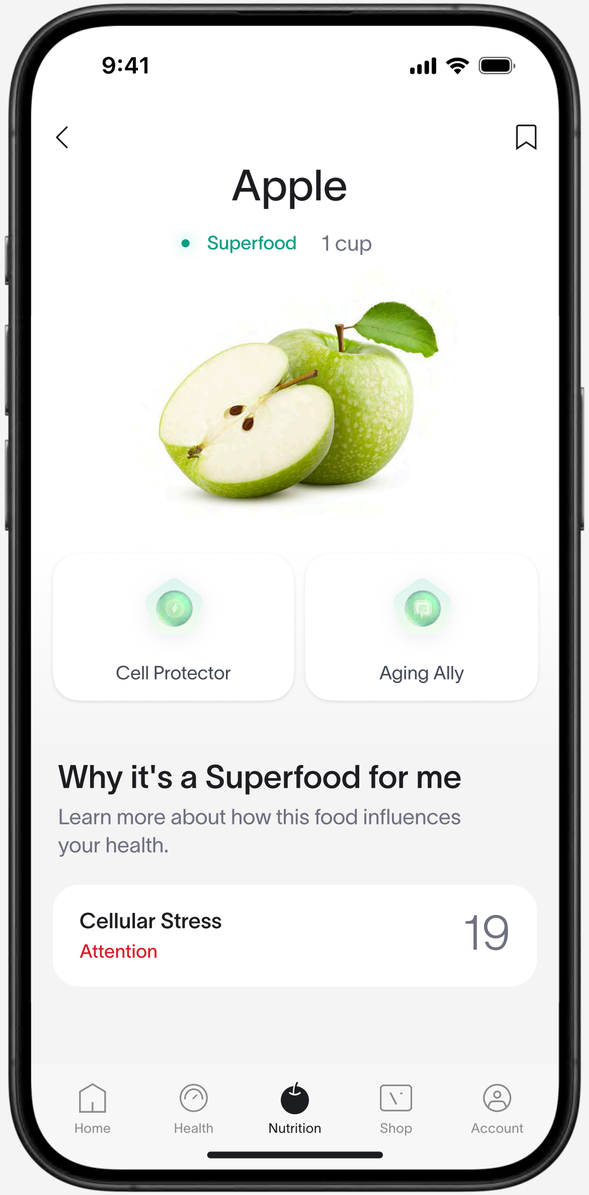
Cellular Stress	19
Attention	

Eating apples increases glutathione peroxidase and superoxidase dismutase (SOD), enzymes that are found in cells that help break down harmful reactive oxygen species. This action helps prevent oxidative damage to cells.

Good Blood Sugar Response

Each person has a unique blood sugar response to foods rich in carbohydrates (and natural sugar). Your results suggest that you are unlikely to have an increased blood sugar response to this food.

Supporting Research >



In the app, you can tap on each food to explore its health benefits and review the scientific research that supports your personalized recommendations.

Login now

- Abalone Superfood
- Acai Berry Enjoy
- Adzuki Beans Minimize
- Alfalfa Sprouts Avoid
- Allspice Superfood
- Allulose Enjoy
- Almond Milk (Unsweetened) Minimize
- Almonds Avoid
- Aloe Vera Juice Superfood
- Amaranth Enjoy
- Anchovies Minimize
- Apple Superfood
- Apple Cider Vinegar Superfood
- Apricot Enjoy
- Artichoke Minimize
- Arugula Avoid
- Asparagus Superfood
- Avocado Enjoy
- Avocado Oil Minimize
- Balsamic Vinegar Avoid
- Bamboo Shoots Superfood
- Banana Enjoy
- Barley Minimize
- Basil Enjoy
- Bay Leaf Minimize
- Bee Pollen Avoid
- Beech Mushroom Superfood
- Beef (Fatty, Grass-fed) Enjoy
- Beef (Lean, Grass-fed) Minimize
- Beet Greens Avoid
- Black Soybeans Superfood
- Beet Sprouts Enjoy
- Beets Minimize
- Bell pepper Avoid
- Bilberry Superfood
- Black Beans Enjoy
- Black Beluga Lentil Minimize
- Black Eyed Peas Avoid
- Black Pepper Superfood
- Black Tea Enjoy
- Blackberry Minimize
- Blue cheese Avoid
- Blueberry Superfood
- Bok Choy Enjoy
- Bone Broth (Fish) Minimize
- Bone Broth (Mammal) Superfood
- Bone Broth (Poultry) Minimize
- Boysenberry Avoid
- Brazil Nuts Superfood
- Breadfruit Enjoy
- Broccoli Minimize
- Broccoli Sprouts Avoid
- Brown Lentils Superfood
- Brown Rice Enjoy
- Brussels Sprouts Minimize
- Buckwheat Avoid
- Buffalo Superfood
- Bulgur Enjoy
- Burdock Root Minimize
- Butter (Cow Milk) Avoid
- Cabbage Superfood
- Cane Sugar Enjoy
- Cantaloupe Minimize
- Capers Avoid
- Caraway Seed Superfood
- Cardamom Enjoy
- Cardoon Minimize
- Carob Superfood
- Carp Enjoy
- Carrot Avoid
- Cashew Milk Superfood
- Cashews Enjoy
- Cassava Minimize
- Catfish Avoid
- Cauliflower Superfood
- Caviar or Roe Enjoy
- Cayenne Pepper Minimize
- Celeriac Avoid
- Celery Superfood
- Chinese Cabbage Enjoy
- Chinese Chive Minimize
- Chinese Noodle Avoid
- Chinese Yam Superfood
- Celery Seed Enjoy
- Chamomile Tea Minimize
- Chanterelle Mushrooms Avoid
- Chard Superfood
- Chayote Squash Enjoy
- Cheese (Cow Milk) Minimize
- Cherry Superfood
- Chervil Enjoy
- Chestnuts Minimize

Chia Seeds ● Superfood
Chicken (Dark Meat) ● Enjoy
Chicken (White Meat) ● Minimize
Chickpeas ● Avoid
Chicory Root ● Superfood
Chili Powder ● Enjoy
Country Style Bread ● Minimize
Cilantro ● Avoid
Cinnamon ● Superfood
Clams ● Enjoy
Cloves ● Minimize
Crowndaisy ● Avoid
Cocoa (Unsweetened) ● Superfood
Coconut Meat ● Superfood
Coconut Milk (Unsweetened) ● Minimize
Coconut Oil ● Avoid
Coconut Sugar ● Superfood
Coconut Water ● Enjoy
Cod (Alaskan) ● Minimize
Coffee ● Avoid
East Indian Lotus Root ● Superfood
Collard Greens ● Enjoy
Coriander ● Minimize
Corn ● Enjoy
Cornish Game Hen ● Minimize
Cotija Cheese ● Avoid
Couscous ● Superfood
Crab (Pacific) ● Enjoy
Cranberry ● Minimize
Crayfish ● Avoid
Cucumber ● Superfood
Cumin ● Enjoy
Currant ● Minimize
Daikon ● Avoid
Dandelion Greens ● Superfood
Dandelion Tea ● Enjoy
Dates ● Minimize
Dill (Fresh) ● Avoid
Dragon Fruit ● Superfood
Duck ● Enjoy
Eel ● Minimize
Egg (Chicken or Duck) ● Avoid
Egg Whites (Chicken or Duck) ● Superfood
Egg Yolk (Chicken or Duck) ● Enjoy
Eggplant ● Minimize
Elderberry (Boiled) ● Superfood
Emu ● Minimize
Endive ● Avoid
Enoki Mushrooms ● Superfood
Escarole ● Enjoy
Farro ● Minimize
Fava Beans ● Avoid
Fennel Bulb ● Superfood
Green Laver ● Enjoy
Fennel Seed ● Minimize
Fenugreek Seed ● Avoid
Fig ● Superfood
Flax Oil ● Enjoy
Flax Seeds ● Minimize
Freekeh ● Avoid
Garlic ● Superfood
Ghee ● Enjoy
Ginger ● Minimize
Goat ● Avoid
Hijiki ● Superfood
Goat Cheese ● Enjoy
Goat Milk ● Minimize
Horse Mackerel ● Superfood
Goji Berry ● Enjoy
Goose ● Avoid
Gooseberry ● Superfood
Ikura ● Enjoy
Gorgonzola cheese ● Minimize
Japanese Pear ● Avoid
Japanese Plum ● Superfood
Japanese Yam ● Enjoy
Gourd ● Minimize
Grape Leaves ● Avoid
Grape Seed Oil ● Superfood
Grapefruit ● Enjoy
Katsuo-bushi Dashi ● Minimize
Grapes ● Avoid
Green Beans ● Superfood
Green Lentils ● Enjoy
Green onions ● Minimize
Green Tea ● Avoid
Kombu ● Superfood
Guava ● Enjoy
Konjac ● Minimize
Haddock ● Superfood
Halibut, Pacific ● Enjoy
Hazelnuts ● Minimize

Heavy Cream (Cow Milk) Superfood
Hemp Hearts Enjoy
Lentils Minimize
Hemp Milk Avoid
Hemp Protein Powder Superfood
Herbal Tea Enjoy
Herring Minimize
Hickory Nuts Avoid
Honey Superfood
Honeydew Melon Enjoy
Horseradish Minimize
Hot Pepper Avoid
Huckleberry Superfood
Jackfruit Enjoy
Jackfruit Seeds Minimize
Mandarin Orange Avoid
Jerusalem Artichoke Superfood
Jicama Enjoy
Kale Minimize
Kamut Avoid
Kefir (Cow Milk) Superfood
Kidney Beans Enjoy
Kimchi Minimize
Kiwi Enjoy
Mizuna Minimize
Kohlrabi Avoid
Moringa Superfood
Mozuku Enjoy
Kombucha Minimize
Kumquat Avoid
Lamb Superfood
Lavender Tea Enjoy
Lean Pork Minimize
Nameko Avoid
Leek Superfood
Lemon Enjoy
Lemon Balm Tea Minimize
Nukamiso-zuke Cucumber Avoid
Nukamiso-zuke Daikon Superfood
Lettuce Enjoy
Lima Beans Minimize
Okara Avoid
Lime Superfood
Lion's Mane Mushroom Enjoy
Lobster Minimize
Loganberries Superfood
Lotus Seeds Minimize
Lychee Avoid
Macadamia Nuts Superfood
Maccha Enjoy
Mace Minimize
Mackerel Avoid
Pacific Saury Superfood
Mahi Mahi Enjoy
Maitake Mushrooms Minimize
Mango Avoid
Mangosteen Superfood
Maple Syrup Enjoy
Pasta Minimize
Marionberry Avoid
Marjoram Superfood
MCT Oil Enjoy
Millet Minimize
Miso Avoid
Molasses Superfood
Morel Mushrooms Enjoy
Mulberries Minimize
Mung Bean Sprouts Superfood
Mussels Enjoy
Mustard Greens Avoid
Mustard Seed Superfood
Natto Enjoy
Navy Beans Minimize
Nectarine Avoid
Nettle Leaf Tea Superfood
Nutmeg Enjoy
Nutritional Yeast Minimize
Oat Milk Avoid
Oats Superfood
Okra Enjoy
Olive Oil Minimize
Olives Avoid
Onion Superfood
Oolong Tea Enjoy
Orange Minimize
Oregano Avoid
Ostrich Superfood
Oyster Mushrooms Enjoy
Oysters Minimize
Paneer Superfood
Red, Green or Romaine Lettuce Enjoy
Papaya Minimize

Paprika Superfood
Parmesan cheese Enjoy
Parsley Minimize
Parsnip Avoid
Passionfruit Superfood
Pea Protein Powder Enjoy
Peach Minimize
Peanuts Avoid
Pear Superfood
Peas Enjoy
Pecans Minimize
Pepino Melon Avoid
Peppermint (Fresh) Superfood
Perch Enjoy
Sea Bream Minimize
Persimmon Avoid
Pheasant Superfood
Pickle (Unsweetened) Enjoy
Pine Nuts Minimize
Pineapple Avoid
Pinto Beans Superfood
Pistachios Enjoy
Shishito Minimize
Shiso Enjoy
Plantain Minimize
Skipjack Tuna Avoid
Plum Superfood
Somen Enjoy
Poblano peppers Minimize
Pomegranate Avoid
Poppy Seed Superfood
Portabella Mushrooms Enjoy
Potato Minimize
Prunes Avoid
Pummelo Superfood
Pumpkin Enjoy
Pumpkin Seeds Minimize
Purple Kale Avoid
Star Anise Superfood
Puy Lentils Enjoy
Quail Minimize
Quinoa Avoid
Radicchio Superfood
Radish Enjoy
Radish Sprouts Minimize
Raspberry Superfood
Raspberry Leaf Tea Minimize
Red/Yellow Lentils Avoid
Rhubarb Superfood
Rice Milk (Unsweetened) Enjoy
Rice Noodles Minimize
Rice Protein Powder Avoid
Ricotta or Cottage Cheese (cow, 2% fat) Superfood
Rosemary (Fresh) Enjoy
Rutabaga Minimize
Sacha Inchi Seeds Avoid
Saffron Superfood
Sage Enjoy
Udon Minimize
Umeboshi or Pickled and Dried Plum Avoid
Vanilla Extract Superfood
Salmon (Wild-caught) Enjoy
Salmonberry Minimize
Salt (Sea, Himalayan, Celtic or Bonaire) Avoid
Sardines Superfood
Wasabi Enjoy
Sauerkraut Minimize
Savoury Superfood
Scallops Enjoy
Sea Bass Avoid
Whelk Superfood
White Green Onion or Japanese Leek Enjoy
Seaweed (Fresh) Minimize
Sesame Oil Avoid
Sesame Seeds Superfood
Shallot Enjoy
Sheep Cheese Minimize
Sheep Milk Avoid
Shiitake Mushrooms Superfood
Yellowtail Enjoy
Shrimp (Domestic) Minimize
Snap Peas Avoid
Snapper Superfood
Sour Cherries Enjoy
Soy Milk (Unsweetened) Minimize
Soy Protein Powder Avoid
Soy Sauce Superfood
Soybeans (non-GMO) Enjoy
Spearmint (Fresh) Minimize
Spinach (organic) Superfood
Spirulina Enjoy
Sprouted Rye Bread Minimize

Sprouted Wheat Bread ● Superfood
Squid ● Enjoy
Star Fruit ● Minimize
Stevia ● Avoid
Strawberry ● Superfood
Sunflower Seeds ● Enjoy
Sweet Potato or Yam ● Minimize
Swordfish ● Avoid
Tangerine ● Superfood
Tapioca ● Enjoy
Taro ● Minimize
Tarragon ● Avoid
Tempeh ● Superfood
Thyme ● Enjoy
Tofu ● Minimize
Tomatillo ● Avoid
Tomato ● Superfood
Triticale ● Enjoy
Trout (Cold Water) ● Minimize
Tuna (Wild, Pole Caught) ● Avoid
Turbot ● Superfood
Matcha ● Enjoy
Turkey (Dark Meat) ● Minimize
Turkey (White Meat) ● Enjoy
Turmeric ● Minimize
Turnip ● Avoid
Veal ● Superfood
Venison or Elk ● Enjoy
Vinegar (Unsweetened) ● Minimize
Walnut Oil ● Avoid
Walnuts ● Superfood
Water Chestnuts ● Enjoy
Watercress ● Minimize
Watermelon ● Avoid
Wheatgrass ● Superfood
Whey Protein Powder ● Enjoy
White Mulberry Leaf Tea ● Minimize
White Mushroom ● Avoid
White Rice ● Superfood
White Tea ● Enjoy
Whole Milk (Cow Milk) ● Minimize
Wild Rice ● Avoid
Winter Squash ● Superfood
Yellow Squash ● Enjoy
Yogurt (Coconut, Plain) ● Minimize
Yogurt (Cow Milk, Plain) ● Superfood
Yogurt (Soy, Plain) ● Minimize
Zucchini ● Avoid

Blood Sugar Response

Your blood sugar response, or glycemic response, refers to how quickly and how much your blood sugar levels rise after eating.

My High-Glycemic Foods

Breadfruit	Triticale	Jackfruit	Lychee	Tapioca	White Rice
Minimize	Minimize	Minimize	Minimize	Minimize	Minimize

How We Predict Your Unique Glycemic Response

A healthy blood sugar response helps maintain steady energy, stabilizes mood, curbs cravings, and lowers the risk of insulin resistance—reducing the chances of developing type 2 diabetes, weight gain, and obesity.
Viome's "Glycemic Response Model" is designed to help predict how your body responds to different foods based on the activity of your gut microbiome. Research has shown that the gut microbiome plays a significant role in individual blood sugar responses after meals, alongside factors like body measurements and food nutrients. Viome employs models that accurately predict how blood sugar may rise after eating specific foods by analyzing microbiome activity and meal data from approximately one thousand people.

Using advanced data from the gut microbiome, Viome's models consider unique patterns in microbial activity, along with personal and nutritional factors, to offer personalized insights into how different foods may affect your blood sugar. This approach helps reduce post-meal blood sugar spikes, which supports better metabolic health and helps lower the risk of chronic conditions related to blood sugar levels



Plant Viruses

Plant Viruses Detected

Pepino mosaic	Pepper mild mottle	Cucumber mosaic	Tomato mottle	Tomato brown rugose fruit
Virus	Virus	Virus	Virus	Virus

Related Foods

Bell Pepper	Carrot	Cucumber	Pepino Melon	Pickle	Melon
Avoid	Avoid	Avoid	Avoid	Avoid	Avoid

About Plant Viruses

You may be surprised to know that plant viruses can also pass through our digestive systems, entering our microbiome through the foods we eat. Thanks to Viome's advanced RNA sequencing technology, we can identify plant viruses in your gut. For instance, foods like chili peppers often carry the **Pepper Mild Mottle Virus (PMMV)**, which has been found in over half of all products containing chili peppers. These plant viruses can survive processes like cooking, drying, and even sterilization, making them common in foods. While they are not considered harmful to humans, PMMV has been shown to trigger an immune response, and some studies have linked it to symptoms like abdominal discomfort and itchiness in certain individuals.

Viome's research has found that the presence of these plant RNA viruses in your microbiome can vary over time and may change based on your diet. This means that certain plant viruses might show up more consistently if you frequently eat specific foods, while others may come and go. If you notice any symptoms related to these viruses, you might consider temporarily avoiding foods associated with them, such as chili peppers. After a few weeks, you can reintroduce these foods, one at a time, and watch for any symptoms to see if there's a connection.

My Formulas



Precision Supplements™

28 ingredients



My·Biotics™ Gut Formula

16 ingredients



My·Biotics™ Oral Lozenges

10 ingredients



My·Biotics™ Toothpaste & Gel

23 ingredients



Made-For-You Formulas

While eating a diverse, nutrient-rich diet is essential, it's no longer enough to fully support optimal health. The reality is that modern food sources, agricultural practices, and lifestyle factors have created significant nutritional gaps—gaps that can't always be filled by diet alone. But nutrition isn't just about what you eat; it's about what your body can absorb and utilize.

That's where Viome's personalized supplement and biotic formulas come in. By analyzing your unique biological signals—including microbial activity, cellular function, metabolic pathways, and so much more—your precision-formulated supplements address your body's specific needs.

The Importance of Personalized Dosages

The standard dosage of supplements and biotics available in stores is typically based on general guidelines established by entities like the Food and Nutrition Board (FNB) of the National Academies of Sciences, Engineering, and Medicine (NASEM) in the U.S., or similar regulatory bodies internationally. These guidelines are designed to prevent deficiencies in the general population, but they don't account for an individual's unique biological needs.

At Viome, we personalize your nutrition recommendations and supplement dosages based on:



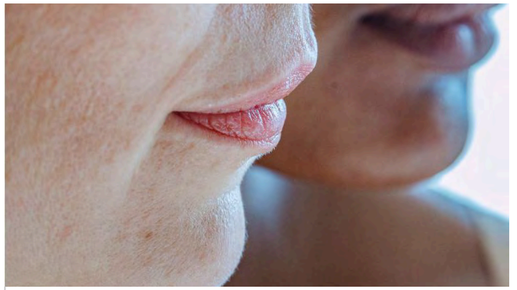
Clinical Evidence

We use dosages demonstrated effective in clinical trials to ensure maximum efficacy.



Your Health Scores

We tailor nutrient levels based on the severity of your suboptimal Viome health scores, targeting precisely where your body needs support.



Your Stage of Life

Your nutrient needs evolve from young adulthood to aging, and we adjust your plan accordingly.

Pomegranate Extract

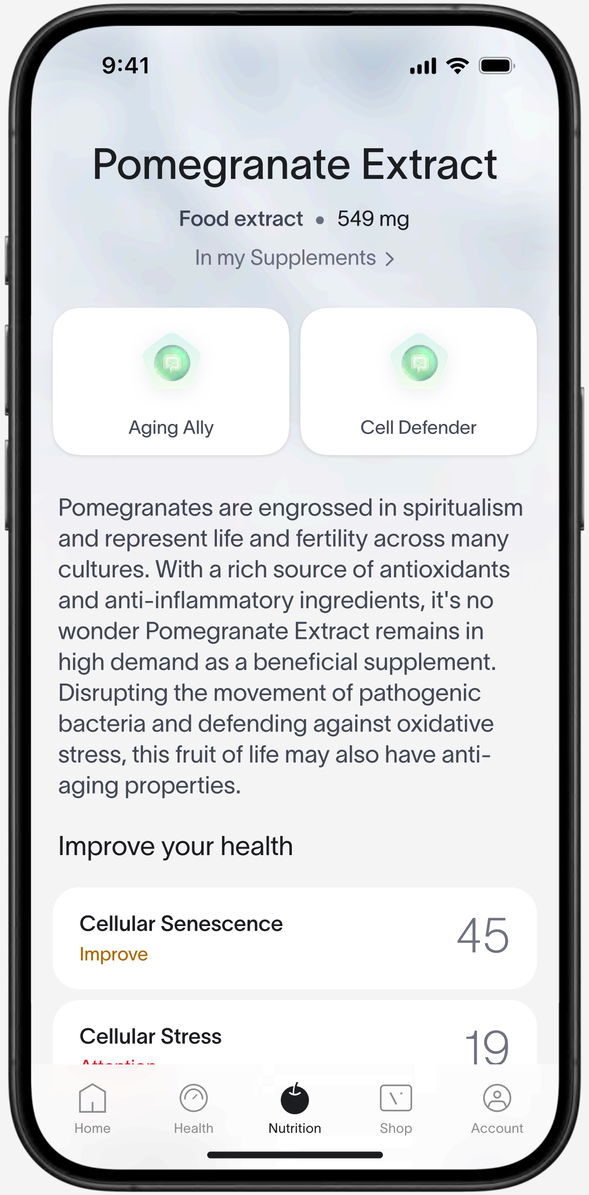
Aging Ally | Cell Defender

Improve your health

Cellular Senescence Improve	45
Cellular Stress Attention	19

Your cells may be struggling with oxidative damage, inflammation, or impaired detoxification. Pomegranate is rich in polyphenols like punicalagins and ellagic acid, which have been shown to neutralize free radicals, lower inflammatory signaling, and promote mitochondrial health. These actions can help reduce the harmful byproducts that contribute to fatigue, brain fog, and cellular aging.

Additionally, pomegranate compounds support autophagy and DNA repair processes, both of which are essential in preventing the accumulation of senescent cells and maintaining youthful cellular function. By integrating this powerful extract into your routine, you're actively helping your body restore balance, clear cellular waste, and enhance resilience from the inside out.



In the app, you can tap on each ingredient to explore its health benefits and review the scientific research that supports your personalized recommendations.

Login now



Precision Supplements™

28 ingredients
(8 capsules daily)

Your Precision Supplement formula is comprehensive, data-driven, fully customized to your biochemistry and rooted in science-based precision. Each ingredient is selected just for you and intended to work synergistically with your personalized food recommendations to target your Viome health scores with clinically supported dosages. As your body changes, so does your formula, ensuring you always get the support you need, when you need it.

Aloe Vera Leaf Extract 69 mg / day	**Astragalus Root Extract** 122 mg / day	**Blueberry Extract** 199 mg / day	**Cranberry Extract** 399 mg / day
Fenugreek Seed Extract 349 mg / day	**Ginger** 83 mg / day	**Ginkgo Biloba Leaf Extract** 95 mg / day	**Grape Seed Extract** 239 mg / day
Green Tea Extract 319 mg / day	**Marshmallow Root** 209 mg / day	**Milk Thistle Fruit Extract** 3 mg / day	**N-Acetyl-D-Glucosamine (NAG)** 4 mg / day
Nettle Extract 114 mg / day	**Pomegranate Extract** 299 mg / day	**Quercetin Dihydrate** 213 mg / day	**Raspberry Fruit** 1 mg / day
Resveratrol 122 mg / day	**Slippery Elm Bark** 69 mg / day	**Strawberry Fruit** 82 mg / day	**Tinospora Cordifolia Extract** 228 mg / day
Triphala 188 mg / day	**Vitamin A (Beta-Carotene)** 1 mg / day	**Vitamin B12 (Methylcobalamin)** 250 mcg / day	**Vitamin C (Ascorbic Acid)** 191 mg / day
Vitamin D3 (Cholecalciferol) 25 mcg / day	**Vitamin E (Alpha-Tocopherol)** 112 mg / day	**Vitamin K2 (MK-7)** 50 mcg / day	**Wormwood Extract** 104 mg / day

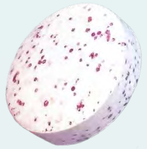


My·Biotics™ Gut Formula

16 ingredients
(1 Stick Pack Daily)

Unlike generic probiotics that rely on trial and error, your Gut Formula is precision-matched to your gut microbiome. We select your combination of clinically studied probiotic strains and prebiotic fibers based on your unique microbial activity—targeting imbalances that may be contributing to bloating, inflammation, or poor digestion. Each formula is designed to help beneficial activities thrive while reducing the impact of harmful ones, supporting a more resilient gut.

Bacillus clausii CSI08 0.3 B CFU	**Bacillus subtilis DE111** 1.5 B CFU	**B. animalis ssp lactis B420** 0.5 B CFU	**B. animalis ssp lactis VK2** 2.2 B CFU
B. bifidum Bb-06 0.3 B CFU	**B. breve Bb-03** 1.2 B CFU	**Inulin** 39 mg	**Lactobacillus acidophilus La-14** 0.5 B CFU
L. delbrueckii ssp bulgaricus Lb-87 0.3 B CFU	**L. gasseri Lg-36** 0.3 B CFU	**L. plantarum LM** 0.5 B CFU	**L. plantarum Lp-115** 12.9 B CFU
L. reuteri UALre-16 0.3 B CFU	**L. rhamnosus LB3** 0.3 B CFU	**Psyllium Husk Fiber** 5 mg	**Streptococcus thermophilus St-21** 0.3 B CFU



My·Biotics™

Oral Lozenges

10 ingredients
(1 Lozenge Daily)

Your personalized Oral Biotic Lozenges deliver 30 billion cells of beneficial bacteria directly to your mouth, where they go to work restoring balance in your oral microbiome. Formulated using your unique Oral Health Scores, each lozenge dissolves to deliver a targeted blend of prebiotics, probiotics, and postbiotics that help reduce gum inflammation, neutralize bad breath, and support long-term oral and systemic health.

Lycopene
8 mg / day

Streptococcus salivarius K12
20 mg mg / day

Dicalcium Phosphate
N/A

Inulin
N/A

L-Leucine
N/A

Bifidobacterium bifidum
8 mg / day

Lacticaseibacillus casei
69 mg / day

Lacticaseibacillus paracasei
8 mg / day

Ligilactobacillus salivarius
8 mg / day

Xylitol
< 1 g mg / day



My·Biotics™

Toothpaste & Gel

23 ingredients
(1 AM + 1 PM Pack Daily)

Your personalized Toothpaste & Gel formula is designed not just to clean your teeth, but to support the health of your entire oral microbiome. Your AM gel gently lifts plaque—up to 250% more effectively than leading brands—while shielding teeth from microbial buildup and stains. Your PM paste, personalized with targeted prebiotics, postbiotics, and antioxidants, works overnight to repair and strengthen enamel while neutralizing bad breath at its source.

Sunrise Cleanse & Restore Gel

- Sodium Tripolyphosphate (STPP)
- Methylsulfonylmethane (MSM)
- Sodium Cocoyl Isethionate
- Sodium Cocoyl Isethionate
- Natural Peppermint
- Sunflower Lecithin
- Carageenan Gum
- Xanthan Gum
- Stevia

Nightly Nourish & Protect Toothpaste

Nourish Oral Biotic + Blend

- Blueberry Extract
- Coconut Oil
- Fructooligosaccharides (FOS)
- Green Tea Extract
- L. paracasei GMNL-33 (Heat-killed)
- Resveratrol
- Turmeric Extract
- Glycerin
- Hydrated Silica
- Natural Peppermint
- Natural Spearmint
- Sodium Bicarbonate
- Vitamin E
- Stevia

Why *Retesting* Is Key

For best results, we have discovered **retesting every 4-6 months is ideal.** Many of our customers choose to retest around every three months.

Retesting allows us to:

- See how your microbiome and health scores have improved.
- Detect new microbial activities that may need attention.
- Fine-tune your nutrition recommendations and formulas to keep you on the right track.

Along with checking in around every 4-6 months, here are some unique instances when you should **consider another test with Viome:**

- [ ] You've recently completed a round of antibiotics
- [ ] You're planning to become pregnant
- [ ] You've traveled outside of the country
- [ ] You're under an unusual amount of stress
- [ ] You've undergone a major medical procedure
- [ ] Your health changed drastically (either from good to bad or bad to good), or you have been diagnosed with a health condition

Why No Diet Works *Forever*



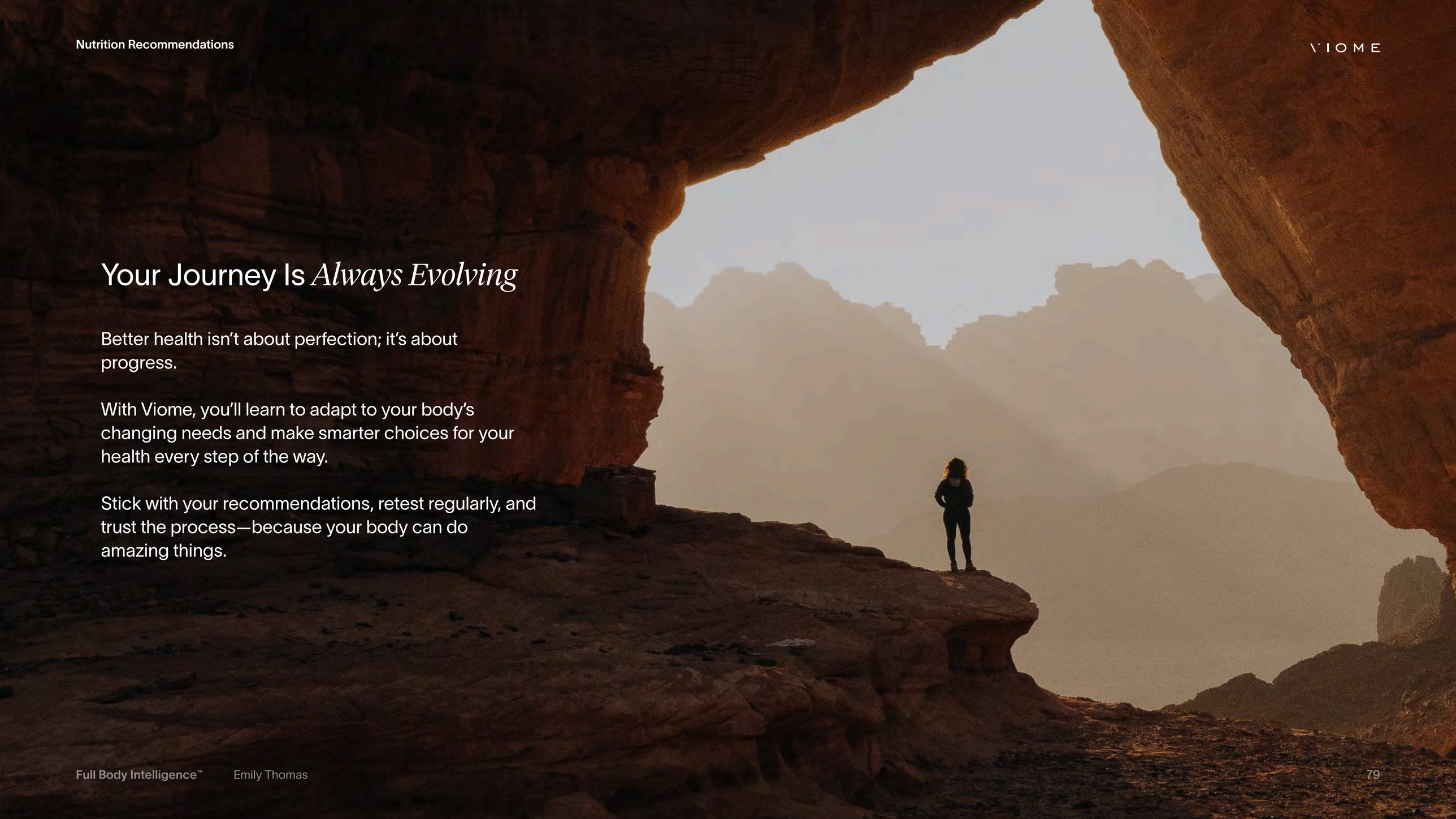
Here's the truth

No single diet or set of foods is optimal for your entire life. Your body is not the same as it was six months ago, and it will continue to change.

Contributors to a change in your body's needs can include:

- Changes in your microbiome
- Illness
- Aging
- Shifts in metabolism
- Stress
- Environmental infleunces
- Changing health conditions

For example, antibiotics can disrupt your gut microbiome, making it harder to digest high-fiber foods you once tolerated well. What worked last year might not work today, and that's okay. Adjusting your nutrition plan is part of staying in tune with your health.



Your Journey Is *Always Evolving*

Better health isn't about perfection; it's about progress.

With Viome, you'll learn to adapt to your body's changing needs and make smarter choices for your health every step of the way.

Stick with your recommendations, retest regularly, and trust the process—because your body can do amazing things.