

PATIENT INFO:

PATIENT: Anonymous
COLLECTED: 10/3/2023
DOB: 1/24/1988

ACCESSION: 20231006-XXXX
RECEIVED: 10/6/2023
COMPLETED: 1/10/2024

PROVIDER INFO:

Designs for Health

Introduction - Gastrointestinal Analysis

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

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

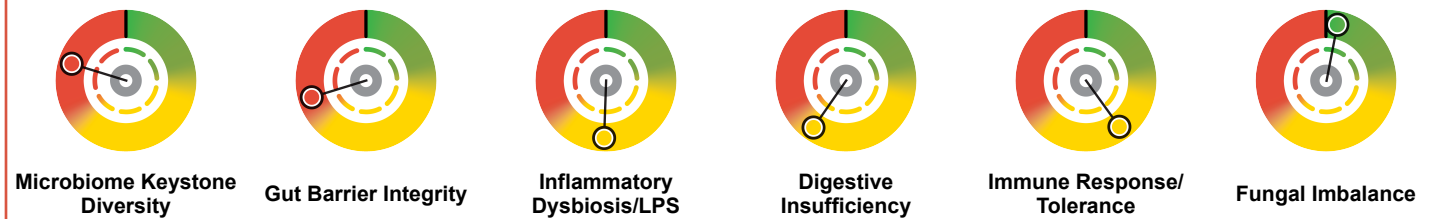
This report contains a unique, in-depth assessment into many of the key microbes essential for human health. The microbes are measured using the most precise molecular analysis known as qPCR (quantitative PCR), useful for assessing absolute values – *versus only relative abundance found using sequencing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

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

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

Your SPOTLIGHT Test Scores

🔴 = High Support 🟡 = Medium Support 🟢 = Low Support



Lifestyle and Supplement Recommendations:

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

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

SPOTLIGHT 1

KEY: < DL = Results below detection limit.

Microbiome Keystone Diversity

Category	Analytes Tested		Result	Reference Range
Microbiome Keystone Diversity	<i>Bifidobacterium</i> spp.		1.04e9	> 6.7e7 org/g
	<i>Enterococcus</i> spp.		1.97e8	1.9e5 - 2.0e8 org/g
	<i>Escherichia</i> spp.	Low	8.67e4	3.7e6 - 3.8e9 org/g
	<i>Lactobacillus</i> spp.		2.83e6	8.6e5 - 6.2e8 org/g
	<i>Akkermansia muciniphila</i>	Low	<dl	1.0e1 - 8.2e6 org/g
	<i>Faecalibacterium prausnitzii</i>	Low	<1.00e2	1.0e3 - 5.0e8 org/g
	<i>Roseburia</i> spp.	Low	2.35e7	5.0e7 - 2.0e10 org/g
	<i>Bacteroidetes</i>	Low	5.65e11	8.6e11 - 3.3e12
	<i>Firmicutes</i>	Low	3.88e10	5.7e10 - 3.0e11
	<i>Firmicutes:Bacteroidetes Ratio</i>		0.07	< 1.0
	Secretory IgA		763	510 - 2010 ug/g

SPOTLIGHT Score

General Support Recommendations



SPOTLIGHT Score Key:

- = High Support
- = Medium Support
- = Low Support

Lifestyle and Supplement Tools for Microbiome Keystone Diversity

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

Clinician Notes

SPOTLIGHT 2

KEY: < DL = Results below detection limit.

Gut Barrier Integrity

Category	Analytes Tested		Result	Reference Range
Gut Barrier Integrity	<i>Bifidobacterium</i> spp.		1.04e9	> 6.7e7 org/g
	<i>Enterococcus</i> spp.		1.97e8	1.9e5 - 2.0e8 org/g
	<i>Escherichia</i> spp.	Low	8.67e4	3.7e6 - 3.8e9 org/g
	<i>Lactobacillus</i> spp.		2.83e6	8.6e5 - 6.2e8 org/g
	<i>Enterobacter</i> spp.		1.42e6	1.0e6 - 5.0e7
	<i>Akkermansia muciniphila</i>	Low	<dl	1.0e1 - 8.2e6 org/g
	<i>Faecalibacterium prausnitzii</i>	Low	<1.00e2	1.0e3 - 5.0e8 org/g
	<i>Roseburia</i> spp.	Low	2.35e7	5.0e7 - 2.0e10 org/g
	<i>Firmicutes</i>	Low	3.88e10	5.7e10 - 3.0e11
	<i>Candida albicans</i>		<dl	< 5.00e2 org/g
	Anti-gliadin IgA		114	< 175 U/L
	Zonulin	High	337.8	< 175 ng/g

SPOTLIGHT Score

General Support Recommendations



SPOTLIGHT Score Key:

- = High Support
- = Medium Support
- = Low Support

Lifestyle and Supplement Tools for Gut Barrier Integrity

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

Clinician Notes

SPOTLIGHT 3

KEY: < DL = Results below detection limit.

Inflammatory Dysbiosis/LPS

Category	Analytes Tested		Result	Reference Range
Inflammatory Dysbiosis/LPS	<i>Escherichia</i> spp.	Low	8.67e4	3.7e6 - 3.8e9 org/g
	<i>Enterobacter</i> spp.		1.42e6	1.0e6 - 5.0e7
	<i>Morganella</i> spp.	High	1.01e4	< 1.00e3 CFU/g
	<i>Pseudomonas</i> spp.		7.02e2	< 1.00e4 CFU/g
	<i>Pseudomonas aeruginosa</i>		<dl	< 5.00e2 CFU/g
	<i>Citrobacter</i> spp.		<dl	< 5.00e6
	<i>Citrobacter freundii</i>		<dl	< 5.00e5 CFU/g
	<i>Klebsiella</i> spp.	High	8.01e3	< 5.00e3
	<i>Klebsiella pneumoniae</i>		3.23e3	< 5.00e4 CFU/g
	<i>Proteus</i> spp.		<dl	< 5.00e4 CFU/g
	<i>Proteus mirabilis</i>		<dl	< 1.00e3 CFU/g
	<i>Fusobacterium</i> spp.		1.00e5	< 1.00e8 org/g
	<i>Prevotella</i> spp.		7.96e5	< 1.00e8 org/g

SPOTLIGHT Score

General Support Recommendations



SPOTLIGHT Score Key:

- = High Support
- = Medium Support
- = Low Support

Lifestyle and Supplement Tools for Inflammatory Dysbiosis/LPS

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

Clinician Notes

SPOTLIGHT 4


KEY: < DL = Results below detection limit.

Digestive Insufficiency				
Category	Analytes Tested		Result	Reference Range
Digestive Insufficiency	<i>Enterococcus</i> spp.		1.97e8	1.9e5 - 2.0e8 org/g
	<i>Lactobacillus</i> spp.		2.83e6	8.6e5 - 6.2e8 org/g
	<i>Akkermansia muciniphila</i>	Low	<dl	1.0e1 - 8.2e6 org/g
	<i>Bacteroidetes</i>	Low	5.65e11	8.6e11 - 3.3e12
	<i>Firmicutes</i>	Low	3.88e10	5.7e10 - 3.0e11
	<i>Bacillus</i> spp.	High	6.12e6	< 1.7e6
	<i>Enterococcus faecalis</i>	High	3.96e4	< 1.00e4
	<i>Enterococcus faecium</i>		4.63e3	< 1.00e4
	<i>Staphylococcus</i> spp.		4.72e1	< 1.00e4 CFU/g
	<i>Staphylococcus aureus</i>		<dl	< 5.00e2
	<i>Streptococcus</i> spp.		<dl	< 1.00e3 CFU/g
	<i>Methanobacteriaceae</i> (family)		2.87e6	< 3.38e8 org/g
	<i>Fusobacterium</i> spp.		1.00e5	< 1.00e8 org/g
	Steatocrit		<dl	< 15 %
	Elastase-1		690	> 200 ug/g

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SPOTLIGHT 4

Digestive Insufficiency

SPOTLIGHT Score	General Support Recommendations
 <p>SPOTLIGHT Score Key:</p> <ul style="list-style-type: none"> ● = High Support ● = Medium Support ● = Low Support 	<p>Lifestyle and Supplement Tools for Digestive Insufficiency</p> <p>Lifestyle practices to support digestion include adequate chewing, lemon water, and apple cider vinegar with meals. Consume a diversity of plant-based fibers. Engage in sleep hygiene and stress-management practices. Dietary approaches may include low FODMAP, Specific Carbohydrate Diet (SCD), and Gluten-Free (GF).</p> <p>Clinician Notes</p>

SPOTLIGHT 5

KEY: < DL = Results below detection limit.

Immune Response/Tolerance

Category	Analytes Tested		Result	Reference Range
High Histamine/ MAST Cell Pattern	<i>Morganella</i> spp.	High	1.01e4	< 1.00e3 CFU/g
	<i>Pseudomonas</i> spp.		7.02e2	< 1.00e4 CFU/g
	<i>Pseudomonas aeruginosa</i>		<dl	< 5.00e2 CFU/g
	<i>Citrobacter freundii</i>		<dl	< 5.00e5 CFU/g
	<i>Klebsiella</i> spp.	High	8.01e3	< 5.00e3
	<i>Klebsiella pneumoniae</i>		3.23e3	< 5.00e4 CFU/g
	<i>Proteus</i> spp.		<dl	< 5.00e4 CFU/g
Food Intolerance or Allergy Suspected	<i>Lactobacillus</i> spp.		2.83e6	8.6e5 - 6.2e8 org/g
	<i>Pseudomonas aeruginosa</i>		<dl	< 5.00e2 CFU/g
	<i>Staphylococcus aureus</i>		<dl	< 5.00e2
	<i>Proteus mirabilis</i>		<dl	< 1.00e3 CFU/g
	Secretory IgA		763	510 - 2010 ug/g
	Anti-gliadin IgA		114	< 175 U/L

SPOTLIGHT Score

General Support Recommendations



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- = High Support
- = Medium Support
- = Low Support

Lifestyle and Supplement Tools for Immune Response/Tolerance

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

Clinician Notes

SPOTLIGHT 6

KEY: < DL = Results below detection limit.

Fungal Imbalance

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

SPOTLIGHT Score

General Support Recommendations



SPOTLIGHT Score Key:

- = High Support
- = Medium Support
- = Low Support

Lifestyle and Supplement Tools for Fungal Imbalance

Lifestyle practices to support fungal balance include limited refined sugars and processed foods, consider a carbohydrate-controlled diet, and avoid alcohol. Dietary approaches may include the Candida Diet or Specific Carbohydrate Diet (SCD).

Clinician Notes

Summary and Recommendations:

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

Designs for Health Product Recommendations

Name	How to Take
Dysbiosis Protocol	See the last page for protocol instructions
Gut Barrier Protocol	See the last page for protocol instructions
HistaGest-DAO™	1-2 caps with each meal
Histamine Free Diet	See the last page for diet suggestions
PaleoFiber® RS	1 scoop per day
PhytoBiome™	3 caps per day

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

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

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

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

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**Microbiome Keystone
 Diversity**



Gut Barrier Integrity



**Inflammatory
 Dysbiosis/LPS**



Digestive Insufficiency



**Immune Response/
 Tolerance**



Fungal Imbalance

Designs for Health Product Recommendations

Name	How to Take
Dysbiosis Protocol	See the last page for protocol instructions
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HistaGest-DAO™	1-2 caps with each meal
Histamine Free Diet	See the last page for diet suggestions
PaleoFiber® RS	1 scoop per day
PhytoBiome™	3 caps per day

Practitioner Recommendations:

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

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

DFH Dysbiosis Protocol:

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

DFH Gut Barrier Protocol:

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

DFH Dietary Protocols and Outlines:

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

Teachable Platform under course titled " **Diet Outlines** ."

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

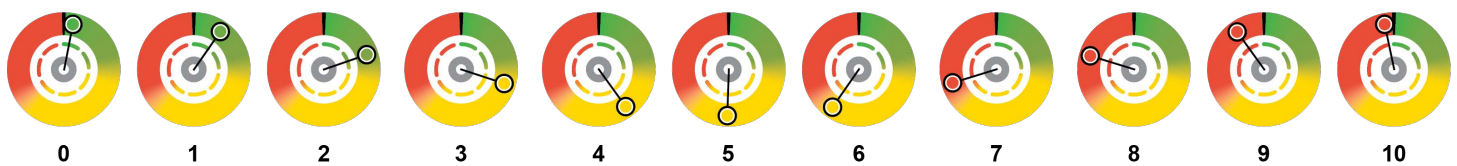
Numerical Spotlight Indicator:

While we've transitioned away from a numerical scale for our results, we understand the value some find in having a quantitative indicator. To accommodate this preference, please consult the graphic below which illustrates how our color-coded results align with a numeric scale for easy reference.

0-2 - Low Support Needed - Optimal Health

3-6 - Medium Support Needed - Progression Towards Compromised Health

7-10 - High Support Needed - Compromised Health



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