



PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

XXXXXXXXXXXXXXXXXXXXXX

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

TEST NAME: [Child Gut Health] Tiny Health Sample Report

# tinyhealth

## Gut Health Test Report

The attached results are from the Gut Health microbiome test. This test uses shotgun metagenomic sequencing to identify all microbes (i.e., bacteria, viruses, fungi, archaea) present during sampling.

This microbiome report is intended to be used exclusively for wellness purposes and to educate you about the microbes in your body. This test is not intended to diagnose or treat disease, nor is it a substitute for a physician's consultation. The microbes referenced in your report and their associations are based on emerging scientific research. These insights were determined by evaluating current research and may change over time to reflect the most up-to-date research available.

### About Tiny Health

Tiny Health provides at-home gut microbiome testing for all ages and vaginal microbiome testing for ages 18 and older, with specific insights tailored for each phase of life: infants, toddlers, children, and adults. We also have specific insights for those who are pregnant or trying to conceive.

Tiny Health metrics are based on tens of thousands of samples reflecting both publicly available reference samples and proprietary Tiny Health customer data.

### About our technology

This test uses shotgun metagenomic sequencing, the gold standard in microbiome research. Our report produces a comprehensive, high resolution picture of the microbiome compared to more traditional PCR tests, which are limited to a subset of microbes, or 16S methods, which have limited resolution.

All our tests are processed in a CLIA-certified lab using customized, proprietary technology. With strain-level precision, our test can detect over 120,000 microbes (i.e., bacteria, viruses, fungi, archaea, and many parasites) commonly found in gut and vaginal microbiomes.

### For practitioners

We're building a community of practitioners who want to help patients understand the root cause of symptoms and conditions and be supported by the latest evidence-based microbiome research.

If you want to access our practitioner resources or have any questions for our scientific and clinical team, please contact us at [practitioners@tinyhealth.com](mailto:practitioners@tinyhealth.com).

[www.tinyhealth.com](http://www.tinyhealth.com)

[www.poweredbytiny.com](http://www.poweredbytiny.com)



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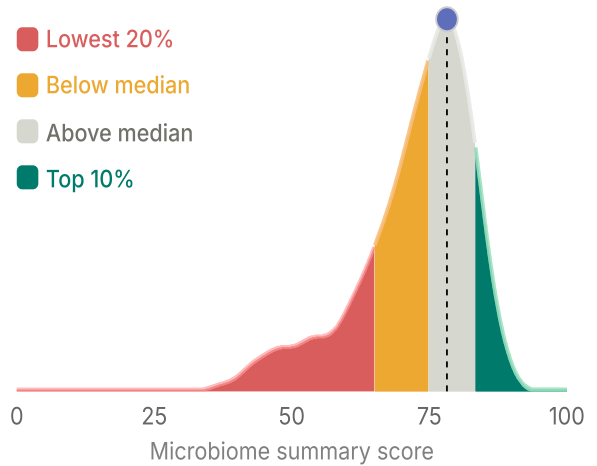
# Microbiome Summary Score

## 78.2 Microbiome summary score

Your gut microbiome score evaluates all the relevant metrics for your age range into a single number, giving you a clear picture of how your microbiome stacks up. The score ranges from 0 to 100. A score closer to 100 suggests your microbiome is in excellent shape compared to the reference population. Conversely, a score closer to 0 indicates more areas for improvement.

We calculate this score by looking at various factors in your gut/vaginal microbiome, such as the balance of beneficial bacteria versus opportunistic pathogens. We then compare these factors to a wide range of individuals. Our dataset includes publicly available reference samples and proprietary data from Tiny Health customers.

To determine your percentile, we compare your Microbiome Summary Score to others in the same age range to help you understand what is typical and where your sample falls. For example, if you are in the 41st percentile, 41% of comparable samples have a lower Microbiome Summary Score and 59% have a higher score.



### Sample at a glance ⚠️ 1 Needs support ⚠️ 9 Needs improvement

#### Metabolic Health

⚠️ Akkermansia ..... 0.034%

#### Opportunistic Pathogens

⚠️ Haemophilus parainfluenzae ..... 0.043%

⚠️ Enterococcus faecium ..... 0.109%

⚠️ Clostridioides difficile ..... 0.005%

#### Butyrate Capacity

⚠️ Butyrate ..... 887 rpkm

#### Vitamin Production Capacity

⚠️ Vitamin B7 ..... 310 rpkm

⚠️ Vitamin B12 ..... 1417 rpkm

#### Common Microbiome Members

⚠️ Ruminococcus ..... 4.157%

#### Microbial GABA Capacity

⚠️ GABA production ..... 0 rpkm

#### Modified Bile Acid Production Capacity

⚠️ Secondary bile acids ..... 28 rpkm



Tiny Health Lab Director: Carlos J Ruiz, MD • CLIA ID: 21D2062464

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#### Nordic Laboratories Aps

Nygade 6, 3.sal • 1164 Copenhagen K • Denmark  
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## Results Summary

	Metrics	Clinical indication examples
<b>Beneficial microbes</b>	<ul style="list-style-type: none"> <li>✔ Beneficial Bifidobacterium</li> <li>⚠ Metabolic Health</li> <li>✔ Anti-inflammatory Markers</li> <li>✔ Common Probiotic Species</li> </ul>	<ul style="list-style-type: none"> <li>• Prebiotics / probiotics support</li> <li>• Review Akkermansia promoting supplements</li> <li>• Track and diversify fiber intake</li> <li>• Increase fermented foods</li> <li>• Move and stay physically active</li> </ul>
<b>Disruptive microbes</b>	<ul style="list-style-type: none"> <li>✔ Antibiotic Resistance Signature</li> <li>⚠ Opportunistic Pathogens</li> <li>✔ Potential Stomach Inflammation</li> <li>✔ Parasites and Infection</li> <li>✔ Potential Fungal Overgrowth</li> <li>✔ Methane Production</li> </ul>	<ul style="list-style-type: none"> <li>• Potential anti-microbial support (e.g., herbs)</li> <li>• Prebiotics / probiotics support</li> <li>• Close monitoring post-antibiotics to track recovery</li> <li>• Nutritional support and therapeutic diet (e.g., AIP, candida diet, etc)</li> <li>• Review symptoms/conditions</li> <li>• Consider additional testing (e.g., SIBO, OAT, nutritional labs etc)</li> </ul>
<b>Gut inflammation markers</b>	<ul style="list-style-type: none"> <li>✔ Hexa-LPS index</li> <li>✔ Mucus degradation index</li> <li>✔ Hydrogen sulfide index</li> <li>✔ Host DNA</li> </ul>	<ul style="list-style-type: none"> <li>• Modulate stress levels</li> <li>• Lifestyle changes (e.g., exercise, sleep)</li> <li>• Nutritional support and therapeutic diet (e.g., AIP, candida diet, etc)</li> <li>• Support GI motility (e.g., hydration, psyllium, acacia, pectin, HMOs etc)</li> <li>• GI barrier support (e.g., tumeric, quercetin, L-glutamine)</li> <li>• Soothe mucosal lining (i.e. SBI/ colostrum, marshmallow)</li> <li>• Consider additional testing (e.g., SIBO, OAT, nutritional labs etc)</li> </ul>
<b>Short-chain fatty acids</b>	<ul style="list-style-type: none"> <li>⚠ Butyrate Capacity</li> <li>✔ Propionate Capacity</li> <li>✔ Acetate Capacity</li> </ul>	<ul style="list-style-type: none"> <li>• Track and diversify fiber intake</li> <li>• Prebiotics / probiotics / postbiotics support</li> <li>• Increase fermented foods</li> <li>• Supportive nutraceuticals (butyrate supplements, spore-based probiotics)</li> <li>• Detoxification supports (calcium d-glucarate, broccoli sprouts, DIM)</li> </ul>
<b>Digestion &amp; absorption markers</b>	<ul style="list-style-type: none"> <li>✔ Fiber Digestion Capacity</li> <li>✔ Complex Sugar Digestion Capacity</li> <li>✔ Protein Breakdown Capacity</li> <li>⚠ Vitamin Production Capacity</li> </ul>	<ul style="list-style-type: none"> <li>• Consider balanced, nutrient-dense whole foods diet</li> <li>• Track and diversify fiber intake</li> <li>• Gastric acid optimization (e.g., Betaine HCL, Apple Cider Vinegar)</li> <li>• Digestive enhancement (e.g., digestive bitters, digestive enzymes, bile salts)</li> <li>• Mindful eating habits (e.g., chew well, timing of meals, etc)</li> <li>• Support GI motility (e.g., hydration, psyllium, acacia, pectin, HMOs etc)</li> </ul>
<b>Balance and robustness</b>	<ul style="list-style-type: none"> <li>✔ Microbiome Diversity</li> <li>✔ Major Bacterial Phyla</li> <li>⚠ Common Microbiome Members</li> <li>✔ Gut Ratio</li> </ul>	<ul style="list-style-type: none"> <li>• Track and diversify fiber intake</li> <li>• Increase fermented foods</li> <li>• Use non-toxic cleaners / reduce antimicrobials</li> </ul>

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Tiny Health Lab Director: Carlos J Ruiz, MD • CLIA ID: 21D2062464

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Microbial enzymes & metabolites

- ✔ Histamine-producing Species
- ✔ Complex Compound Breakdown
- ⚠ Microbial GABA Capacity
- ⚠ Modified Bile Acid Production Capacity

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TEST NAME: [Child Gut Health] Tiny Health Sample Report

### Detailed Gut Health Test Results

Legend: (p) Phylum (f) Family (g) Genus (sp) Species

#### Beneficial microbes

##### Beneficial Bifidobacterium

<input checked="" type="checkbox"/> Bifidobacterium (g)	2.500%	
Bifidobacterium adolescentis (sp)	0.558%	
Bifidobacterium kashiwanohense (sp)	0.107%	
Bifidobacterium longum (sp)	0.422%	
Bifidobacterium pseudocatenulatum (sp)	1.285%	

##### Metabolic Health

<input type="checkbox"/> Akkermansia (g)	0.034%	
--	--------	--

##### Anti-inflammatory Markers

<input checked="" type="checkbox"/> Faecalibacterium (g)	11.355%	
Faecalibacterium prausnitzii (sp)	2.416%	
Faecalibacterium prausnitzii_A (sp)	0.279%	
Faecalibacterium prausnitzii_C (sp)	1.014%	
Faecalibacterium prausnitzii_D (sp)	1.445%	
Faecalibacterium prausnitzii_E (sp)	0.262%	
Faecalibacterium prausnitzii_F (sp)	1.557%	
Faecalibacterium prausnitzii_G (sp)	0.776%	
Faecalibacterium prausnitzii_H (sp)	0.061%	
Faecalibacterium prausnitzii_I (sp)	0.552%	
Faecalibacterium prausnitzii_J (sp)	1.529%	
Faecalibacterium sp003449675 (sp)	0.057%	



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TEST NAME: [Child Gut Health] Tiny Health Sample Report

Beneficial microbes

Faecalibacterium sp900539885 (sp)	0.876%
Faecalibacterium sp900539945 (sp)	0.067%
Faecalibacterium sp900758465 (sp)	0.348%
Faecalibacterium sp900765705 (sp)	0.063%
Faecalibacterium sp900772565 (sp)	0.053%

Common Probiotic Species

✓ Bifidobacterium (g)	2.500%
✓ Lactobacillaceae (f)	0.017%
✓ Lactocaseibacillus rhamnosus (sp)	0.005%
✓ Bifidobacterium infantis (sp)	0.025%
✓ Bifidobacterium longum (sp)	0.422%
✓ Bifidobacterium breve (sp)	0.011%
✓ Bifidobacterium adolescentis (sp)	0.558%

Disruptive microbes

Antibiotic Resistance Signature

✓ Abundance index	0.01	
✓ Richness index	0.07	

Opportunistic Pathogens

✓ Enterobacteriaceae (f)	0.128%	
Escherichia coli_C (sp)	0.058%	
✓ Klebsiella (g)	0.000%	
✓ Klebsiella pneumoniae (sp)	0.000%	
✓ Klebsiella oxytoca (sp)	0.000%	
✓ Salmonella enterica (sp)	0.000%	
✓ Escherichia coli (sp)	0.058%	



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Disruptive microbes

Escherichia coli_C (sp)	0.058%	
✓ Escherichia flexneri (sp)	0.033%	
✓ Escherichia dysenteriae (sp)	0.000%	
✓ Streptococcus (g)	0.275%	
Streptococcus salivarius (sp)	0.124%	
Streptococcus sp001556435 (sp)	0.091%	
✓ Staphylococcus (g)	0.000%	
✓ Pseudomonas aeruginosa (sp)	0.000%	
✓ Haemophilus influenzae (sp)	0.000%	
⚠ Haemophilus parainfluenzae (sp)	0.043%	
⚠ Enterococcus faecium (sp)	0.109%	
✓ Enterococcus faecalis (sp)	0.000%	
⚠ Clostridioides difficile (sp)	0.005%	
✓ Clostridium perfringens (sp)	0.000%	
✓ Acinetobacter baumannii (sp)	0.000%	
✓ Campylobacter (g)	0.000%	
<b>Potential Stomach Inflammation</b>		
✓ Helicobacter pylori (sp)	0.000%	
<b>Parasites and Infection</b>		
✓ Blastocystis (g)	0.000%	
✓ Cryptosporidium (g)	0.000%	
✓ Entamoeba histolytica (sp)	0.000%	
✓ Entamoeba dispar (sp)	0.000%	
✓ Giardia (g)	0.000%	
✓ Yersinia enterocolitica (sp)	0.000%	



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Disruptive microbes

<input checked="" type="checkbox"/> Vibrio (g)	0.000%	
<input checked="" type="checkbox"/> Vibrio cholerae (sp)	0.000%	
<input checked="" type="checkbox"/> Cyclospora cayetanensis (sp)	0.000%	
<b>Potential Fungal Overgrowth</b>		
<input checked="" type="checkbox"/> Aspergillus (g)	0.000%	
<input checked="" type="checkbox"/> Cryptococcus (g)	0.000%	
<input checked="" type="checkbox"/> Saccharomyces (g)	0.000%	
<input checked="" type="checkbox"/> Rhodotorula (g)	0.000%	
<input checked="" type="checkbox"/> Saprochaete (g)	0.000%	
<input checked="" type="checkbox"/> Malassezia (g)	0.000%	
<input checked="" type="checkbox"/> Microsporum (g)	0.000%	
<input checked="" type="checkbox"/> Trichophyton (g)	0.000%	
<input checked="" type="checkbox"/> Candida (g)	0.000%	
<b>Methane Production</b>		
<input checked="" type="checkbox"/> Methanobrevibacter smithii (sp)	0.000%	
<input checked="" type="checkbox"/> Methane production capacity	0.00 rpkM	

Gut inflammation markers

<b>Hexa-LPS index</b>		
<input checked="" type="checkbox"/> Hexa-LPS index	9.66	
<b>Mucus degradation index</b>		
<input checked="" type="checkbox"/> Mucus degradation index	7.93	
<b>Hydrogen sulfide index</b>		
<input checked="" type="checkbox"/> Hydrogen sulfide index	9.93	
<b>Host DNA</b>		
<input checked="" type="checkbox"/> Host DNA	0.103%	

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Short-chain fatty acids

Butyrate Capacity



Propionate Capacity



Acetate Capacity



Digestion & absorption markers

Fiber Digestion Capacity



Complex Sugar Digestion Capacity



Protein Breakdown Capacity



Vitamin Production Capacity



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Digestion & absorption markers

<input checked="" type="checkbox"/> Vitamin B9	356.11 rpkM	
<input type="checkbox"/> Vitamin B12	1417.47 rpkM	
<input checked="" type="checkbox"/> Vitamin K	234.50 rpkM	

Balance and robustness

<b>Microbiome Diversity</b>		
<input checked="" type="checkbox"/> Shannon diversity	6.12	
<input checked="" type="checkbox"/> Species richness	399.00 species	
<b>Major Bacterial Phyla</b>		
<input checked="" type="checkbox"/> Bacteroidota (p)	26.124%	
<input checked="" type="checkbox"/> Firmicutes (p)	68.254%	
<input checked="" type="checkbox"/> Actinobacteriota (p)	3.571%	
<input checked="" type="checkbox"/> Proteobacteria (p)	1.081%	
<input checked="" type="checkbox"/> Fusobacteriota (p)	0.000%	
<b>Common Microbiome Members</b>		
<input checked="" type="checkbox"/> Bacteroides (g)	2.415%	
<input checked="" type="checkbox"/> Bacteroides fragilis (sp)	0.193%	
<input checked="" type="checkbox"/> Prevotella (g)	19.625%	
<input type="checkbox"/> Ruminococcus (g)	4.157%	
<input checked="" type="checkbox"/> Ruminococcus gnavus (sp)	0.167%	
<input checked="" type="checkbox"/> Blautia (g)	10.648%	
<input checked="" type="checkbox"/> Roseburia (g)	1.895%	
<input checked="" type="checkbox"/> Phocaeicola dorei (sp)	1.594%	
<b>Gut Ratio</b>		
<input checked="" type="checkbox"/> Firmicutes / Bacteroidota ratio	2.61	
<input checked="" type="checkbox"/> Proteobacteria / Actinobacteriota ratio	0.30	



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Balance and robustness



Microbial enzymes & metabolites

Histamine-producing Species



Complex Compound Breakdown



Microbial GABA Capacity



Modified Bile Acid Production Capacity



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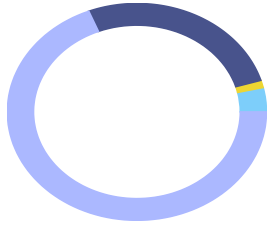
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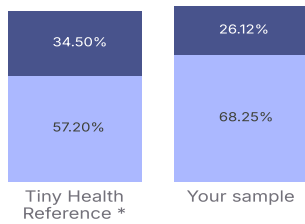
### Major Microbial Members & Ratios

#### Common Bacterial Phyla



Actinobacteriota	3.57%	2%
Proteobacteria	1.08%	1.5%
Bacteroidota	26.12%	
Fusobacteriota	0.00%	
Firmicutes	68.25%	1%

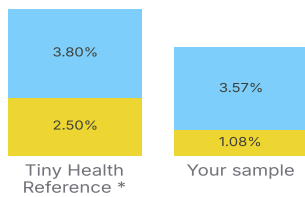
#### Gut Ratio



**Firmicutes:Bacteroidota Ratio** 2.61 (Ideally <30)

Firmicutes and Bacteroidota are the two largest phyla that make up the gut microbiome in humans. Historically and primarily in 16S studies, the ratio of Firmicutes/Bacteroidota has been associated with a number of conditions in adults, including obesity, Type 2 Diabetes, and inflammation. However, the use of these markers is now considered dated by current microbiome researchers, and the validity of these associations has been called into question.

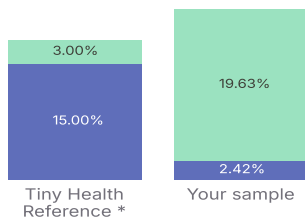
Legend: Firmicutes (light blue), Bacteroidota (dark blue)



**Proteobacteria:Actinobacteriota Ratio** 0.30 (Ideally <14)

Aside from Firmicutes and Bacteroidota, Proteobacteria and Actinobacteriota are two common phyla in the gut microbiome in humans. Proteobacteria are widely associated with pathogens, while Actinobacteriota are associated with commensal species. Historically in primarily 16S studies, the ratio of Proteobacteria:Actinobacteriota has been associated with gut inflammation. However, the use of these markers is now considered dated by current microbiome researchers, and the validity of these associations has been called into question.

Legend: Proteobacteria (yellow), Actinobacteriota (light blue)



**Prevotella:Bacteroides Ratio** 0.00 (Ideally >4)

Prevotella and Bacteroides are two common genera in the gut microbiome in humans. One or the other often dominates the gut microbiome, and can define the Gut Type. Prevotella are widely associated with a high fiber diet, while Bacteroides are associated with a diet high in fat and protein. Historically in primarily 16S studies, the ratio of Prevotella:Bacteroides has been associated with body weight, fat loss, and diet success. However, the use of these markers is now considered dated by current microbiome researchers, and the validity of these associations has been called into question.

Legend: Bacteroides (dark blue), Prevotella (green)

\*Tiny Health Reference: This represents a cohort that is free of any acute or chronic conditions, so they may be considered a "healthy" cohort

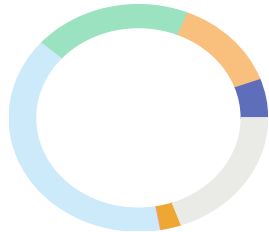


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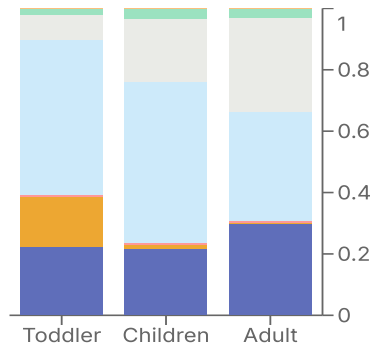
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**TEST NAME: [Child Gut Health] Tiny Health Sample Report**

**Gut Type**



<span style="color: #4F81BD;">■</span> Bacteroides	5.66%
<span style="color: #FFA500;">■</span> Ruminococcaceae	13.26%
<span style="color: #90EE90;">■</span> Prevotella	19.64%
<span style="color: #ADD8E6;">■</span> Lachnospiraceae	39.18%
<span style="color: #FF6347;">■</span> Enterobacteriaceae	0.12%
<span style="color: #FFD700;">■</span> Bifidobacterium	2.50%
<span style="color: #D3D3D3;">■</span> Other	19.57%



These bars represent the proportion of the different gut types in our database for different age ranges. The gut type of a sample is determined by the dominant type of microbe in that sample.

**Type Lachnospiraceae**

The *Lachnospiraceae* gut type is often dominated by species like *Anaerostipes*, *Blautia*, and *Roseburia*. These bacteria are good at digesting fibers such as:

- Starch
- Inulin
- Pectin

And from these, *Lachnospiraceae* produce beneficial short-chain fatty acids (SCFAs) like butyrate.

That said, the ability to digest fiber and produce SCFAs varies depending on the species. To get a more specific assessment of how good your gut microbiome may be at this, check the SCFA production section and the fiber digestion section in Key Insights.



PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

XXXXXXXXXXXXXXXXXXXXXX

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

## TEST NAME: [Child Gut Health] Tiny Health Sample Report

### Microbiome Breakdown

- Beneficial:** These support microbiome health and overall health.
- Unfriendly:** Low levels of these microbes are expected. Higher levels for extended periods of time can cause issues. This should make up a minority of the microbiome, kept in check by beneficial and variable microbes. Any unfriendly microbes out of range will be flagged in the "Detailed Gut Health Test Results" section above.
- Variable:** These can be beneficial or unfriendly depending on their levels and what other microbes are around them. Lower levels are usually ok, and higher levels can cause issues.
- Unknown:** These are lesser known microbes. Not enough is known to classify them as beneficial, unfriendly or variable at this time.

#### Your breakdown



#### Top 20 species

Metric	Result	Description
● Variable <b>Prevotella copri</b>	9.176%	<p><i>P. copri</i> is one of the most common species in the gut. Its role in health is not quite clear.</p> <p>Some studies have associated <i>P. copri</i> with better blood sugar metabolism and protection from food allergy. However, high numbers of this bug in babies may contribute to development of respiratory allergies later in life.</p> <p>Other research indicates that high amounts of <i>P. copri</i> are linked to rheumatoid arthritis, insulin resistance, and diabetes.</p>
● Beneficial <b>Prevotella sp900546535</b>	7.679%	<p>This is a newly detected species of <i>Prevotella</i> so we don't know much about it. Like all <i>Prevotella</i>, it probably thrives on plant-based foods high in fiber and complex carbohydrates.</p>
● Beneficial <b>Fusicatenibacter saccharivorans</b>	5.757%	<p><i>F. saccharivorans</i> is a beneficial bacterium that produces short-chain fatty acids and promotes the production of anti-inflammatory molecules.</p> <p>People with active ulcerative colitis or rheumatoid arthritis have low levels of <i>F. saccharivorans</i>.</p>
● Beneficial <b>Blautia_A massiliensis</b>	2.973%	<p><i>B. massiliensis</i> was first isolated from human feces in 2017. Although most <i>Blautia</i> species are known to contribute to a healthy gut this one may have a different role.</p> <p>One study showed that a plant-based diet increased the levels of <i>Blautia obeum</i> and <i>Blautia faecis</i>. Instead, the levels of <i>B. massiliensis</i> decreased. Therefore, it may be that <i>B. massiliensis</i> is not as fond of fiber as other <i>Blautia</i> species.</p>
● Beneficial <b>Mediterraneibacter faecis</b>	2.955%	<p><i>M. faecis</i> are beneficial gut bacteria that produce short-chain fatty acids. Animal and human studies suggest they may protect against liver damage.</p>



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PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

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AGE: XX

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## TEST NAME: [Child Gut Health] Tiny Health Sample Report

● Ruminococcus_E bromii_B	2.557%	<p><i>Ruminococcus bromii</i> are beneficial bacteria that can be present in high levels in healthy humans. They are more prevalent in the adult gut [3] but can also be present in children and babies.</p> <p>Helpful in small numbers, these bugs break down starches and fiber from your food that you can't digest on your own. This gives you and other bacteria in your gut the energy you need. Also, this species may be protective against allergies.</p> <p>Luckily, it's easy to keep your <i>R. bromii</i> happy. Focus on eating plenty of fiber from plant-based foods.</p>
● Faecalibacterium prausnitzii	2.416%	<p>Common in many healthy microbiomes, <i>F. prausnitzii</i> is a beneficial species. These bugs are known for curbing inflammation, keeping your gut healthy, and protecting you from disease.</p> <p>These bacteria produce a special molecule called butyrate. It plays a role in supporting immune system function and the structural integrity of your gut.</p> <p>Low <i>F. prausnitzii</i> counts are linked to type 2 diabetes, obesity and a handful of gut-related conditions. All the more reason to show these friendly partners some love.</p>
● Blautia_A wexlerae	2.121%	<p><i>B. wexlerae</i> is one of the most abundant <i>Blautia</i> species in humans. Along with a healthy diet high in fiber, it may contribute to healthy metabolism.</p> <p>High levels of <i>B. wexlerae</i> may protect against obesity, insulin resistance, eczema and inflammation.</p>
● Agathobacter faecis	1.936%	<p><i>A. faecis</i> digests the fiber you eat and produces butyrate, a beneficial short-chain fatty acid (SCFA). SCFAs keep your gut lining healthy and help reduce inflammation.</p> <p>A good way to boost your levels of <i>A. faecis</i> is to follow a Mediterranean diet.</p>
● Anaerostipes hadrus	1.797%	<p><i>A. hadrus</i> is a beneficial bacterium in your gut that produces butyrate. It has been associated with a healthy weight and with high cholesterol levels, but of the good one (HDL).</p> <p>You can increase <i>A. hadrus</i> levels by eating inulin. However, if you have an inflammatory bowel disease, you may want to keep its levels on the low side.</p>
● Catenibacterium sp000437715	1.707%	<p>This is a newly detected species of <i>Catenibacterium</i> so we don't know much about it. Maybe you haven't heard of <i>Catenibacterium</i>, but they are permanent residents in your gut. There is only one known species for these bacteria and it is called <i>Catenibacterium mitsuokai</i>.</p> <p>Based on what we know about that species, we can tell you that these are variable bacteria. This means they can either disrupt your health or benefit it.</p> <p>Members of <i>Catenibacterium</i> help you process dietary sugars including glucose, fructose, and lactose. This produces butyrate, a short-chain fatty acid that fights inflammation and helps to your gut health.</p> <p>However, high numbers of <i>Catenibacterium</i> have been associated with the high-fat, high-sugar "western diet" that can lead to obesity. To help <i>Catenibacterium</i> maintain your gut health, avoid consuming a high-fat, high-sugar diet.</p> <p>Instead, eat a balanced diet that includes all dietary groups, including proteins, fruits, and vegetables along with a moderate exercise routine. A recent study showed that consuming inulin (a prebiotic fiber produced by some plant roots) in addition to moderate exercise can help achieve a healthy weight.</p>

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PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

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AGE: XX

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## TEST NAME: [Child Gut Health] Tiny Health Sample Report

● <b>Phocaeicola dorei</b>	1.594%	<p><i>P. dorei</i> are very common in the gut of adults and babies. Some studies have found that in children with a family history of type 1 diabetes (T1D), high levels of <i>P. dorei</i> may be associated with T1D development.</p> <p>In babies, it's been found that the risk of developing T1D increases when <i>P. dorei</i> levels are high, <i>Bifidobacterium</i> are low, and <i>Enterobacteriaceae</i> are absent to train the baby's immune system. When present at levels higher than ideal, this will be flagged in the Balance and Robustness category of your results.</p>
● <b>Faecalibacterium prausnitzii_F</b>	1.557%	<p>Common in many healthy microbiomes, <i>F. prausnitzii</i> is a beneficial species. These bugs are known for curbing inflammation, keeping your gut healthy, and protecting you from disease.</p> <p>These bacteria produce a special molecule called butyrate. It plays a role in supporting immune system function and the structural integrity of your gut.</p> <p>Low <i>F. prausnitzii</i> counts are linked to type 2 diabetes, obesity and a handful of gut-related conditions. All the more reason to show these friendly partners some love.</p>
● <b>Lachnospira eligens_A</b>	1.555%	<p><i>L. eligens</i> are beneficial bacteria that live in the gut. They can digest flavonoids and pectin, two compounds that are found in fruits and veggies. So it's no surprise that people who eat a healthy plant-based diet have high levels of these bacteria.</p> <p><i>L. eligens</i> may also help curb inflammation. In children, this bug may protect against allergies. In pregnant women, low levels of this species have been associated with gestational diabetes.</p>
● <b>Faecalibacterium prausnitzii_J</b>	1.529%	<p>Common in many healthy microbiomes, <i>F. prausnitzii</i> is a beneficial species. These bugs are known for curbing inflammation, keeping your gut healthy, and protecting you from disease.</p> <p>These bacteria produce a special molecule called butyrate. It plays a role in supporting immune system function and the structural integrity of your gut.</p> <p>Low <i>F. prausnitzii</i> counts are linked to type 2 diabetes, obesity and a handful of gut-related conditions. All the more reason to show these friendly partners some love.</p>
● <b>Acetatifactor sp900066565</b>	1.451%	<p>We don't know much about this new <i>Acetatifactor</i> species. Its closest relative is <i>Acetatifactor muris</i>, which was isolated from a mouse.</p> <p><i>Acetatifactor</i> strains produce lithocholic acid. This is a crucial component of bile that helps with the digestion and absorption of fats. <i>Acetatifactor</i> bacteria belong to the <i>Lachnospiraceae</i> family. They're known for their ability to ferment carbohydrates in the human gut and produce short-chain fatty acids which protect against inflammation.</p> <p>We will keep updating our information as research advances.</p>
● <b>Faecalibacterium prausnitzii_D</b>	1.445%	<p>Common in many healthy microbiomes, <i>F. prausnitzii</i> is a beneficial species. These bugs are known for curbing inflammation, keeping your gut healthy, and protecting you from disease.</p> <p>These bacteria produce a special molecule called butyrate. It plays a role in supporting immune system function and the structural integrity of your gut.</p> <p>Low <i>F. prausnitzii</i> counts are linked to type 2 diabetes, obesity and a handful of gut-related conditions. All the more reason to show these friendly partners some love.</p>

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PATIENT: XXXXXXXXXXXXXXXXXXXX

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GENDER: XXXXX

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TEST NAME: [Child Gut Health] Tiny Health Sample Report

Roseburia intestinalis 1.294%

R. intestinalis are beneficial bacteria that contribute to gut health by:

- Producing tons of butyrate
Driving immune cells towards an anti-inflammatory response
Promoting a healthy gut barrier

Compared with healthy people, those with Crohn's disease tend to have lower levels of R. intestinalis.

If you want to increase this species, you could try adding more whole grains into your diet.

Bifidobacterium pseudocatenulatum 1.285%

B. pseudocatenulatum can be passed from mom to baby through vaginal birth or breastfeeding.

It has been detected in the human gut at all ages, but it is more common in adults.

One of the benefits of having B. pseudocatenulatum is its production of beneficial compounds from food. Feed it with fruits, nuts, or seeds and it will reward you with antioxidants and healthy fats. In pregnant women, lower numbers of this bug have been associated with gestational diabetes.

When used as a probiotic, it has been shown to modulate the intestinal microbiota and reduce inflammation. However, in high numbers, it may contribute to Type 1 diabetes.

Anaerostipes sp900066705 1.268%

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PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

XXXXXXXXXXXXXXXXXXXXXX

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

TEST NAME: [Child Gut Health] Tiny Health Sample Report

All species

Table with 2 columns: Species Name and Percentage. Lists various bacterial species and their relative abundance, such as KLE1615 sp900066985 (1.092%) and Faecalibacterium prausnitzii\_C (1.014%).



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GENDER: XXXXX

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AGE: XX

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TEST NAME: [Child Gut Health] Tiny Health Sample Report

● CAG-41 sp900066215	0.261%	● Paraprevotella xylaniphila	0.260%
● Romboutsia timonensis	0.251%	● Zag1 sp001765415	0.249%
● Intestinibacter sp900553485	0.235%	● Eisenbergiella sp900066775	0.234%
● Prevotella hominis	0.229%	● Lachnospira sp003537285	0.227%
● Blautia_A sp900120195	0.217%	● Bacteroides ovatus	0.215%
● Barnesiella intestinihominis	0.203%	● Bacteroides fragilis	0.179%
● Phocaeicola plebeius_A	0.178%	● Clostridium_Q sp003024715	0.174%
● Bacteroides caccae	0.172%	● Holdemanella sp003436425	0.171%
● Ruminococcus_B gnavus	0.167%	● Acetatifactor sp003447295	0.164%
● Eubacterium_G ventriosum	0.156%	● Acetatifactor sp900066365	0.154%
● Faecalibacillus intestinalis	0.153%	● Roseburia sp900552665	0.152%
● Ruminococcus_C sp000433635	0.152%	● Coprococcus sp900066115	0.142%
● Lachnospira sp000437735	0.138%	● GCA-900066135 sp900543575	0.129%
● Mediterraneibacter torques	0.129%	● Amedibacterium intestinale	0.128%
● CAG-81 sp900066785	0.127%	● Eubacterium_G sp900556905	0.127%
● Phascolarctobacterium_A succinatutens_A	0.125%	● Streptococcus salivarius	0.124%
● Catenibacterium mitsuokai	0.122%	● UBA11524 sp000437595	0.122%
● Parabacteroides merdae	0.120%	● Eubacterium_G sp000435815	0.117%
● Collinsella sp900549355	0.116%	● Slackia_A isoflavoniconvertens	0.113%
● Clostridium sp001916075	0.111%	● Bacteroides stercoris	0.109%
● Enterococcus_B faecium	0.109%	● Bifidobacterium kashiwanohense	0.107%
● Ruminococcus_C callidus	0.106%	● Faecalimonas phoceensis	0.105%
● Holdemanella biformis	0.105%	● Phocaeicola massiliensis	0.103%
● Prevotella sp900554835	0.102%	● Blautia_A sp003471165	0.100%
● Lachnospira sp003451515	0.098%	● UBA9502 sp003478505	0.095%
● Enterocloster sp000431375	0.094%	● Bacteroides finegoldii	0.093%
● Streptococcus sp001556435	0.091%	● UBA3402 sp003478355	0.091%
● Bacteroides salyersiae	0.088%	● Holdemanella sp900551285	0.088%
● Eubacterium_F sp003491505	0.085%	● Phocaeicola sp900554435	0.084%
● CAG-492 sp000434335	0.082%	● CAG-245 sp000435175	0.076%
● Anaerobutyricum soehngenii	0.075%	● Dialister sp900541485	0.073%

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PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

XXXXXXXXXXXXXXXXXXXXXX

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

TEST NAME: [Child Gut Health] Tiny Health Sample Report

● CAG-269 sp001916035	0.072%	● Clostridium sp900539375	0.070%
● Pseudoruminococcus massiliensis	0.070%	● Alistipes onderdonkii	0.069%
● Butyrivibrio_A sp900543865	0.067%	● Collinsella aerofaciens_F	0.067%
● Faecalibacterium sp900539945	0.067%	● Blautia_A sp900066335	0.066%
● Anaerostipes hadrus_A	0.063%	● CAG-81 sp900066055	0.063%
● Faecalibacterium sp900765705	0.063%	● Catenibacterium sp900540665	0.062%
● Faecalibacterium prausnitzii_H	0.061%	● Roseburia sp003470905	0.059%
● Escherichia coli_C	0.058%	● Prevotella sp900544825	0.058%
● Prevotella sp900551275	0.058%	● Faecalibacterium sp003449675	0.057%
● Prevotella sp900551985	0.055%	● Blautia_A wexlerae_B	0.053%
● Faecalibacterium sp900772565	0.053%	● Phascolarctobacterium_A sp900753045	0.053%
● Adlercreutzia celatus_A	0.052%	● Enterococcus_B lactis	0.050%
● Collinsella sp002232035	0.049%	● Enterocloster clostridioformis	0.049%
● Prevotella sp900557035	0.049%	● Eggerthella lenta	0.048%
● Lawsonibacter sp014287875	0.048%	● UBA9502 sp003480315	0.048%
● Bacteroides sp900556215	0.047%	● Bifidobacterium catenulatum	0.047%
● NK3B98 sp900758315	0.047%	● Bifidobacterium sp002742445	0.046%
● Blautia_A schinkii	0.046%	● Blautia_A sp900066205	0.045%
● CAG-110 sp003525905	0.045%	● Clostridium sp000435835	0.044%
● UMGS1071 sp900541905	0.042%	● Phascolarctobacterium_A sp900770955	0.041%
● Erysipelatoclostridium ramosum	0.040%	● Odoribacter splanchnicus	0.040%
● SFFH01 sp900542445	0.039%	● Alistipes shahii	0.037%
● Butyricimonas faecalis	0.037%	● CAG-196 sp002102975	0.037%
● CAG-83 sp000431575	0.037%	● Prevotella sp900767615	0.037%
● Prevotella sp900313215	0.036%	● Butyrivibrio_A crossotus	0.035%
● Alistipes finegoldii	0.033%	● Escherichia flexneri	0.033%
● Streptococcus agalactiae	0.033%	● Butyricimonas faecihominis	0.031%
● Collinsella sp003466125	0.031%	● Collinsella sp900758375	0.031%
● Agathobacter sp900546625	0.030%	● ER4 sp900317525	0.030%
● Parabacteroides goldsteinii	0.030%	● Dysosmobacter welbionis	0.029%
● Flavonifractor plautii	0.029%	● UBA7182 sp003481535	0.029%

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PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

XXXXXXXXXXXXXXXXXXXXXX

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

TEST NAME: [Child Gut Health] Tiny Health Sample Report

● Anaerobutyricum sp900554965	0.028%	● Lachnospira sp900316325	0.028%
● Ruminococcus_E sp003526955	0.028%	● Clostridium saudiense	0.027%
● Evtopia gabavorous	0.027%	● Catenibacterium sp900764725	0.026%
● Enterocloster sp900541315	0.026%	● Prevotella sp003447235	0.026%
● Prevotella sp900548535	0.026%	● Bifidobacterium infantis	0.025%
● CAG-353 sp900066885	0.025%	● Dysosmobacter sp900550685	0.025%
● Prevotella lascolaii	0.025%	● Anaerosacchariphilus sp900553635	0.024%
● Longicatena caecimuris	0.024%	● CAG-103 sp900317855	0.023%
● Akkermansia muciniphila	0.022%	● Collinsella sp003436275	0.022%
● Ruthenibacterium lactatiformans	0.022%	● Flavonifractor sp000508885	0.021%
● Gemmiger sp900540775	0.021%	● Paraprevotella clara	0.021%
● Agathobacter sp900550845	0.020%	● GCA-900066135 sp900066135	0.020%
● Adlercreutzia equolifaciens	0.019%	● Bacteroides clarus	0.019%
● Clostridium_AQ innocuum	0.019%	● Collinsella sp003469205	0.019%
● Collinsella sp900542155	0.019%	● Megamonas funiformis	0.019%
● Phocaecicola sp900553715	0.019%	● Bacteroides sp900765805	0.018%
● CAG-127 sp900319515	0.018%	● Coprococcus eutactus_A	0.018%
● Holdemanela sp003458715	0.018%	● NSJ-61 sp003433845	0.018%
● Prevotella sp900547005	0.018%	● Ruminococcus_C sp000980705	0.018%
● Schaedlerella sp900066545	0.018%	● UBA9502 sp003506385	0.018%
● Agathobacter sp900317585	0.017%	● CAG-317 sp000433215	0.017%
● Catenibacterium sp900764565	0.017%	● Faecalimonas umbilicata	0.017%
● Massilioclostridium coli	0.017%	● Ruminococcus_A faecicola	0.017%
● CAG-103 sp900757655	0.016%	● Roseburia hominis	0.016%
● Blautia_A sp000285855	0.015%	● Faecalibacterium prausnitzii_M	0.015%
● Gemmiger variabilis_B	0.015%	● Haemophilus_D parainfluenzae	0.015%
● Prevotella sp002251295	0.015%	● Bacteroides fragilis_A	0.014%
● Collinsella sp003439125	0.014%	● Enterobacter roggkampii	0.014%
● Eubacterium_G sp900552275	0.014%	● Roseburia sp900542495	0.014%
● Bacteroides cellulosilyticus	0.013%	● Bacteroides sp003463205	0.013%
● Clostridium_Q symbiosum	0.013%	● Collinsella sp003458415	0.013%

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PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

XXXXXXXXXXXXXXXXXXXXXX

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

TEST NAME: [Child Gut Health] Tiny Health Sample Report

● Collinsella sp003459245	0.013%	● Collinsella sp900541645	0.013%
● Ruminococcus_E bromii	0.013%	● Zag111 sp002102825	0.013%
● Bacteroides intestinalis	0.012%	● Bilophila sp902373525	0.012%
● Collinsella sp900547805	0.012%	● Collinsella sp900553215	0.012%
● Dysosmobacter sp001916835	0.012%	● Haemophilus_D sp001679485	0.012%
● Lachnospira sp000436475	0.012%	● Phocaeicola plebeius	0.012%
● Prevotella sp000436035	0.012%	● Turicibacter sanguinis	0.012%
● UBA11774 sp003507655	0.012%	● Bifidobacterium breve	0.011%
● CAG-1427 sp000435475	0.011%	● CAG-194 sp000432915	0.011%
● Collinsella sp003487125	0.011%	● Collinsella sp900540945	0.011%
● Coprobacillus cateniformis	0.011%	● Enterocloster bolteae	0.011%
● Klenkia sp009296285	0.011%	● Prevotella sp900290275	0.011%
● Anaerotruncus colihominis	0.010%	● Blautia_A sp003474435	0.010%
● Blautia_A sp900548245	0.010%	● Collinsella aerofaciens_J	0.010%
● Eubacterium_I ramulus	0.010%	● Holdemanella sp900547815	0.010%
● Terrisporobacter othiniensis	0.010%	● UMGS1375 sp900066615	0.010%

Our high confidence detection limit is 0.01% abundance. Very low abundance organisms can be important members of the microbiome but also very difficult to accurately detect. Detections below 0.01% abundance have an increased risk of being false positives. However, in our testing, we have observed that most false positive identifications are closely related to a detected species.

● Agathobacter sp900550545	0.009%	● Butyricimonas virosa	0.009%
● CAG-180 sp000432435	0.009%	● CAG-180 sp004556705	0.009%
● CAG-411 sp000437275	0.009%	● Collinsella sp900541475	0.009%
● Faecalimonas sp900550975	0.009%	● Haemophilus_D parainfluenzae_K	0.009%
● Lawsonibacter sp900754605	0.009%	● Mailhella sp003150275	0.009%
● Megasphaera sp000417505	0.009%	● Phocaeicola sp900557085	0.009%
● Prevotella sp002314055	0.009%	● Ruminococcus_A sp002361775	0.009%
● Sutterella sp900764215	0.009%	● UBA6398 sp003150315	0.009%
● UMGS1071 sp900542375	0.009%	● Blautia sp001304935	0.008%
● Butyricimonas paravirosa	0.008%	● Collinsella aerofaciens_I	0.008%
● Collinsella sp900762355	0.008%	● Faecalibacterium sp900551435	0.008%
● Intestinimonas butyriciproducens	0.008%	● Lachnospira eligens	0.008%

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PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

XXXXXXXXXXXXXXXXXXXXXX

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

TEST NAME: [Child Gut Health] Tiny Health Sample Report

● Veillonella rogosae	0.008%	● Agathobacter sp002474415	0.007%
● Agathobacter sp900552085	0.007%	● Anaerosacchariphilus sp900066385	0.007%
● Bariatricus comes_A	0.007%	● Blautia stercoris	0.007%
● CAG-603 sp900066105	0.007%	● Collinsella sp900543515	0.007%
● Collinsella sp900554585	0.007%	● Collinsella sp900758475	0.007%
● Faecalibacterium prausnitzii_L	0.007%	● Gemmiger sp900540595	0.007%
● Gemmiger sp900554145	0.007%	● Gordonibacter pamelaee	0.007%
● Haemophilus_A paraphrohaemolyticus	0.007%	● Hungatella effluvii	0.007%
● Ligilactobacillus ruminis	0.007%	● Prevotella pectinovora	0.007%
● Prevotella sp002451555	0.007%	● Prevotella sp900552965	0.007%
● Romboutsia ilealis	0.007%	● Roseburia sp003483745	0.007%
● RUG115 sp900315735	0.007%	● UBA4334 sp900316975	0.007%
● Alistipes_A ihumii	0.006%	● Anaerostipes sp900756035	0.006%
● Bacteroides eggerthii	0.006%	● Bacteroides sp900066265	0.006%
● Bacteroides stercorisoris	0.006%	● Blautia sp900539145	0.006%
● Blautia_A sp900066505	0.006%	● Butyricicoccus_A sp002395695	0.006%
● CAG-103 sp000432375	0.006%	● Collinsella sp900541885	0.006%
● Collinsella sp900544115	0.006%	● Collinsella sp900546115	0.006%
● Collinsella sp900552705	0.006%	● Collinsella sp900754275	0.006%
● Enterocloster sp900549235	0.006%	● Haemophilus_D parainfluenzae_M	0.006%
● Holdemanina filiformis	0.006%	● Lachnospira sp900552795	0.006%
● Parabacteroides sp003480915	0.006%	● Parasutterella excrementihominis	0.006%
● Phocaeicola sartorii	0.006%	● Prevotella seregens	0.006%
● Turicibacter sp001543345	0.006%	● Veillonella parvula_A	0.006%

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PATIENT: XXXXXXXXXXXXXXXXXXXX		TEST REF: TST-NL-XXXXX
TEST NUMBER: T-NL-XXXXXX	COLLECTED: 2025-XX-XX	PRACTITIONER: XXXXXXXXXXXXXXXXXXXXXX
GENDER: XXXXX		XXXXXXXXXXXXXXXXXXXXXX
AGE: XX		

## TEST NAME: [Child Gut Health] Tiny Health Sample Report

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