



P: 1300 688 522
E: info@nutripath.com.au
A: PO Box 442 Ashburton VIC 3142

Date of Birth : 11-Sep-1986
Sex : F
Collected : 4/Jan/2022
Received: 06/Jan/2022
85 CASTLE CIRCUIT
SEAFORTH NSW 2092
Lab id : **3789672** UR#: 6595223

6 EDWARDS BAY ROAD
MOSMAN NSW 2088

Vaginal Microbiome Profile

Vaginal pH.

3.5

3.5 - 4.5



Opportunistic Bacteria	Result	Range	Units	
Enterococcus faecalis:	0.02	< 1.0	x10 ⁵ CFU/ml	
Escherichia coli:	<DL	< 1.00	x10 ⁵ CFU/g	
Klebsiella pneumoniae:	<DL	< 1.00	x10 ⁵ CFU/ml	
Proteus mirabilis:	<DL	< 1.00	x10 ⁵ CFU/ml	
Pseudomonas aeruginosa:	<DL	< 1.00	x10 ⁵ CFU/ml	
Streptococcus agalactiae:	<DL	< 1.00	x10 ⁵ CFU/ml	
Staphylococcus aureus:	<DL	< 1.00	x10 ⁵ CFU/ml	
Gardnerella vaginalis:	0.01	< 1.00	x10 ⁵ CFU/ml	
Atopobium vaginae:	<DL	< 1.00	x10 ⁵ CFU/ml	
Prevotella species:	<DL	< 1.00	x10 ⁵ CFU/ml	
Megasphaera species:	<DL	< 1.00	x10 ⁵ CFU/ml	
Ureaplasma species	0.67	< 1.00	x10 ⁶ CFU/ml	
Mycoplasma species	<DL	< 1.00	x10 ⁶ CFU/ml	

Sexually Transmitted Infections

Trichomonas vaginalis:	Not Detected
Chlamydia trachomatis:	Not Detected
Neisseria gonorrhoeae:	Not Detected
Herpes Simplex Virus-1:	Not Detected
Herpes Simplex Virus-2:	Not Detected

COMMENT:

Not Detected results indicate the absence of detectable DNA in this sample. A negative result does not completely exclude infection.

Opportunistic Fungal pathogens

Candida albicans:	<DL	< 1.00	x10 ⁵ CFU/ml	
Candida glabrata:	<DL	< 1.00	x10 ⁵ CFU/ml	
Candida krusei:	<DL	< 1.00	x10 ⁵ CFU/ml	
Candida parapsilosis:	<DL	< 1.00	x10 ⁵ CFU/ml	
Candida tropicalis:	<DL	< 1.00	x10 ⁵ CFU/ml	

Beneficial Bacteria:

Total Lactobacillus:	0.07 *L	> 1.00	x10 ⁶ CFU/ml	
Lactobacillus crispatus:	0.05 *L	> 1.00	x10 ⁶ CFU/ml	
Lactobacillus gasseri:	0.02 *L	> 1.00	x10 ⁶ CFU/ml	
Lactobacillus iners:	<DL *L	> 1.00	x10 ⁶ CFU/ml	
Lactobacillus jensenii:	<DL *L	> 1.00	x10 ⁶ CFU/ml	
Lactobacillus salivarius:	<DL *L	> 1.00	x10 ⁶ CFU/ml	
Lactobacillus vaginalis:	<DL *L	> 1.00	x10 ⁶ CFU/ml	

Bacterial Vaginosis:

Bacterial vaginosis Negative





P: 1300 688 522
E: info@nutripath.com.au
A: PO Box 442 Ashburton VIC 3142

Date of Birth : 11-Sep-1986
Sex : F
Collected : 4/Jan/2022
Received: 06/Jan/2022
85 CASTLE CIRCUIT
SEAFORTH NSW 2092
Lab id : **3789672** UR#: 6595223

6 EDWARDS BAY ROAD
MOSMAN NSW 2088

Vaginal Microbiome Comments

VAGINAL pH NORMAL:

The typical vaginal pH is 3.5-4.5. Prepubertal and postmenopausal pH levels are normally >5 pH. With the increase of the oestrogen levels around puberty, the genital mucosa thickens and becomes colonized with Lactobacillus species which produce lactic acid and hydrogen peroxide to lower the pH below 4.5.

LACTOBACILLUS:

Lactobacillus is the predominant genus in a healthy vaginal microbiota, and functions to inhibit the adhesion and proliferation of opportunistic and primary pathogens.

The presence of different Lactobacillus species is a major factor in the stability of the vaginal microbiome. Women with L. iners-dominant microbiomes are more likely to harbor Candida than women with L. crispatus-dominant microbiomes (due to higher production of lactic acid by L. crispatus compared to L. iners), leading to better anti-Candida activity (impeding Candida colonization) than L. iners through a greater production of lactic acid. Furthermore, L. iners dominance has been associated with other negative health outcomes such as increased risks of Chlamydia trachomatis infection, incident Bacterial Vaginosis and defects in vaginal mucus that compromise antiviral barrier function.

TOTAL LACTOBACILLUS LEVELS LOW:

Total Lactobacillus quantification should be $>1 \times 10^6$ CFU/ml in a healthy Vaginal Microbiome. Production of H₂O₂ by Lactobacillus species is essential in inhibiting the overgrowth of pathogens. In cases where total Lactobacillus levels are low, presence of pathogenic bacteria should be reviewed and probiotic therapy should be considered. Microorganisms not belonging to the Lactobacillus genus with the population equal to or greater than 1×10^5 CFU/ml is considered to be disturbing the vaginal ecosystem equilibrium.

References:

Pacha-Herrera et. al., 2020, Frontiers in Cellular and Infection Microbiology, 10:303.
Oerlemans et. al., 2020, Europe PMC, 10(11).
Tomusiak et. al., 2013, Polish Society of Gynaecologists, 84:352-358.

Sex. Transmitted Infection Comments

TRICHOMONAS VAGINALIS – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

CHLAMYDIA TRACHOMATIS – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

NEISSERIA GONORRHOEAE – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

HERPES SIMPLEX VIRUS Type 1 – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

HERPES SIMPLEX VIRUS Type 2 – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.