GENOVA DIAGNOSTICS
63 Zillicoa Street
Asheville, NC 28801

GI effects®

Patient: **ARWA BAGER**
DOB: March 31, 1981
Sex: F
MRN: 0002244586

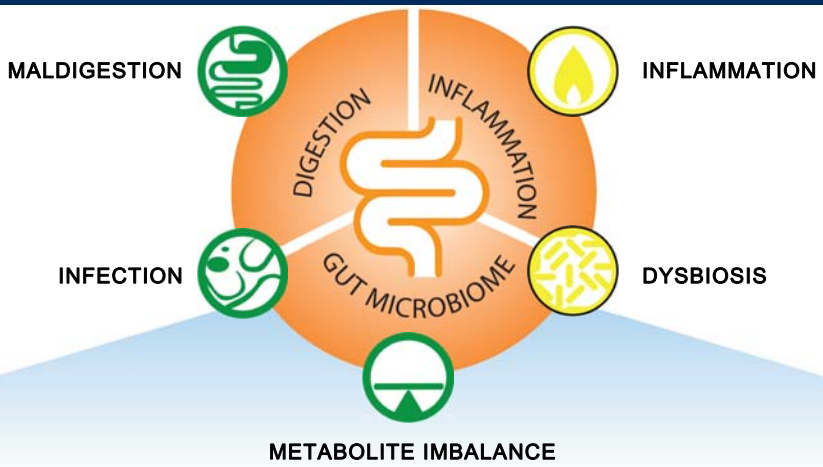
Order Number: U3140108
Reported: March 26, 2025
Received: March 14, 2025
Collected: March 12, 2025

Parsley Health
Nayo Wills
8550 Santa Monica Blvd
2nd Floor
West Hollywood, CA 90069-4496

2200 GI Effects® Comprehensive Profile - Stool

Powered by ***Genova AI***

Results Overview



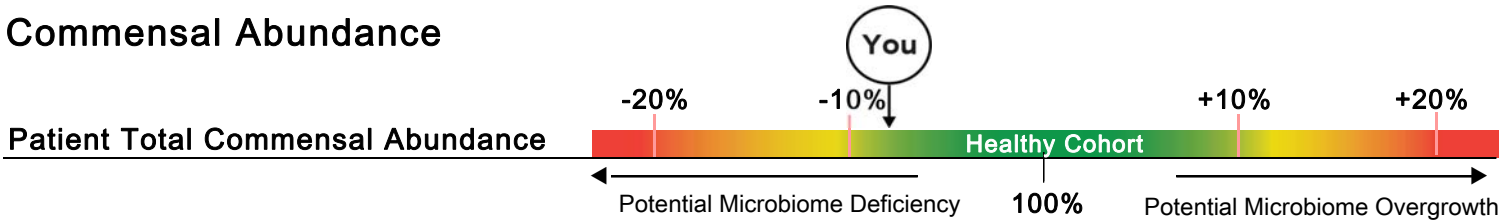
Functional Imbalance Scores

Key (< 2) : Low Need for Support (2-3) : Optional Need for Support (4-6) : Moderate Need for Support (7-10) : High Need for Support

	Need for Digestive Support	Need for Inflammation Modulation	Need for Microbiome Support	Need for Prebiotic Support	Need for Antimicrobial Support
	MALDIGESTION	INFLAMMATION	DYSBIOSIS	METABOLIC IMBALANCE	INFECTION
	0	4	4	0	0
Biomarkers	Pancreatic Elastase ● Products of Protein Breakdown ● Fecal Fats ●	Eosinophil Protein X △ Secretory IgA △ Calprotectin ● Occult Blood ●	Reference Variance △ IAD/Methane Score ● PP Bacteria/Yeast ● Total Abundance ●	SCFA (%) ▽ Beta-glucuronidase ▽ Total SCFA's ● n-Butyrate Conc. ●	Parasitic Infection ● Pathogenic Bacteria ● PP Bacteria/Yeast ● Total Abundance ●
Therapeutic Support Options	• Digestive Enzymes • Betaine HCl • Bile Salts • Apple Cider Vinegar • Mindful Eating Habits • Digestive Bitters	• Elimination Diet/ Food Sensitivity Testing • Mucosa Support: Slippery Elm, Althea, Aloe, DGL, etc. • Zinc Carnosine • L-Glutamine • Quercetin • Turmeric • Omega-3's • GI Referral (If Calpro is Elevated)	• Pre-/Probiotics • Increase Dietary Fiber Intake • Consider SIBO Testing • Increase Resistant Starches • Increase Fermented Foods • Meal Timing	• Pre-/Probiotics • Increased Dietary Fiber Intake • Increase Resistant Starches • Increase Fermented Foods • Calcium D-Glucarate (for high beta-glucuronidase)	• Antibiotics (if warranted) • Antimicrobial Herbal Therapy • Antiparasitic Herbal Therapy (if warranted) • *Saccharomyces boulardii*

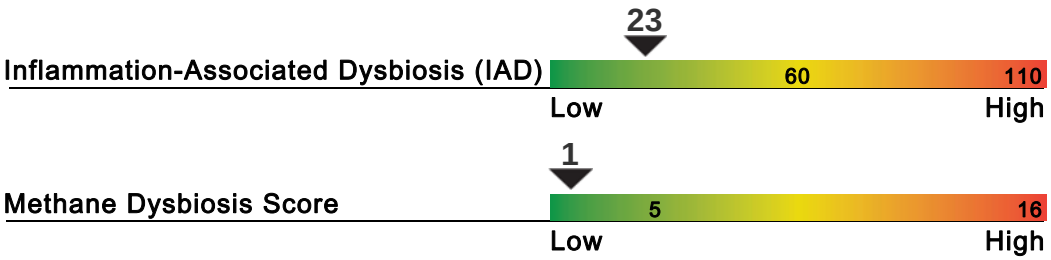
Commensal Microbiome Analysis

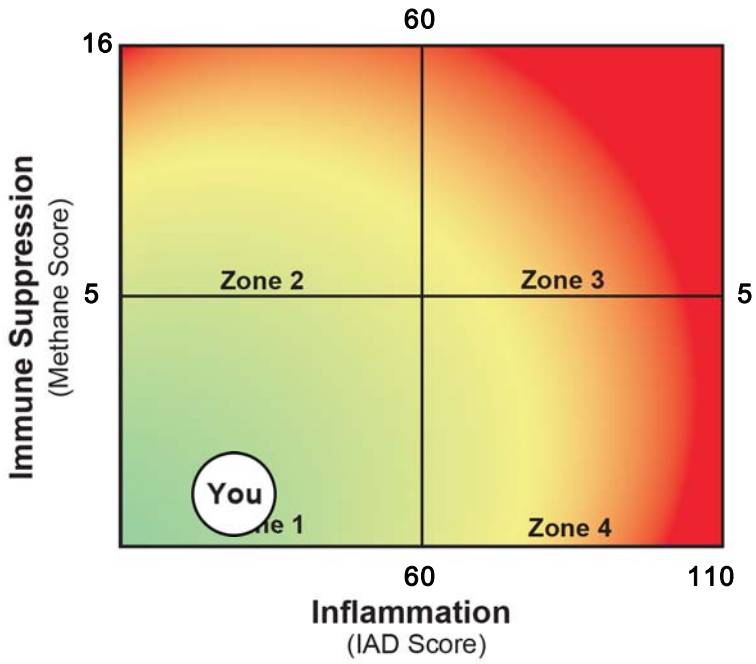
Commensal Abundance



Total Commensal Abundance: The total commensal abundance is a sum-total of the reported commensal bacteria compared to a healthy cohort. Low levels of commensal bacteria are often observed after antimicrobial therapy, or in diets lacking fiber and/or prebiotic-rich foods and may indicate the need for microbiome support. Conversely, higher total commensal abundance may indicate potential bacteria overgrowth or probiotic supplementation.

Dysbiosis Patterns





Dysbiosis Patterns: Genova's data analysis has led to the development of unique dysbiosis patterns, related to key physiologic disruptions, such as immunosuppression and inflammation. These patterns may represent dysbiotic changes that could pose clinical significance. Please see Genova's published literature for more details: https://rdcu.be/bRhzv

Zone 1: The commensal profile in this zone does not align with profiles associated with intestinal inflammation or immunosuppression. If inflammatory biomarkers are present, other causes need to be excluded, such as infection, food allergy, or more serious pathology.

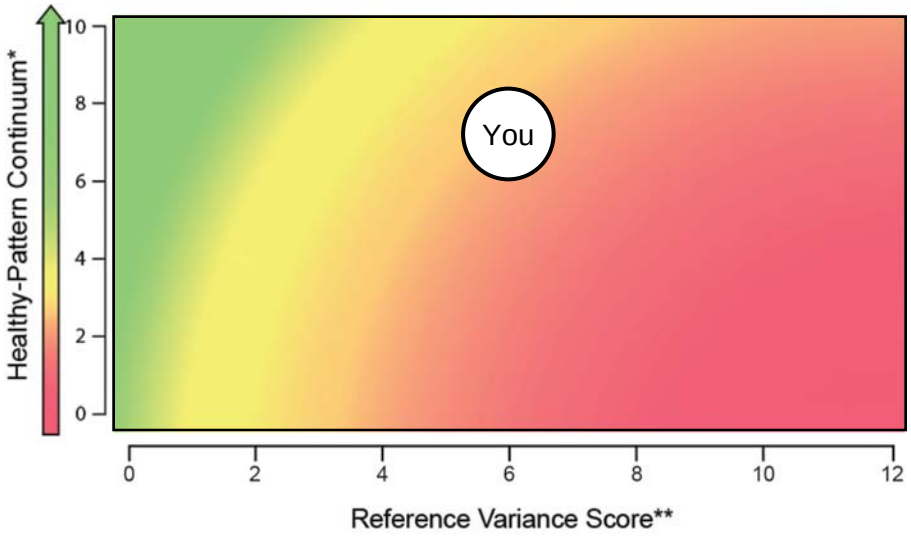
Zone 2: This pattern of bacteria is associated with impaired intestinal barrier function (low fecal sIgA and EPX). Patients in this zone have higher rates of opportunistic infections (e.g. *Blastocystis spp.* & *Dientamoeba fragilis*) as well as fecal fat malabsorption. Commensal abundance is higher in this group suggesting potential bacterial overgrowth.

Zone 3: Patients in this zone may have more inflammation compared to those in zone 4. However, commensal abundance is usually higher making use of antimicrobial therapy relatively safer. Patients in this zone may have higher rates of pathogenic infections.

Zone 4: This commensal profile is associated with increased intestinal inflammation. IBD patients are more likely to have this pattern of bacteria. Commensal abundance is lower in this zone; therefore, antibiotic use for GI potential pathogens should be used with caution. In addition to standard treatment for intestinal inflammation, modulation of the commensal gut profile is encouraged.

Commensal Microbiome Analysis

Commensal Balance

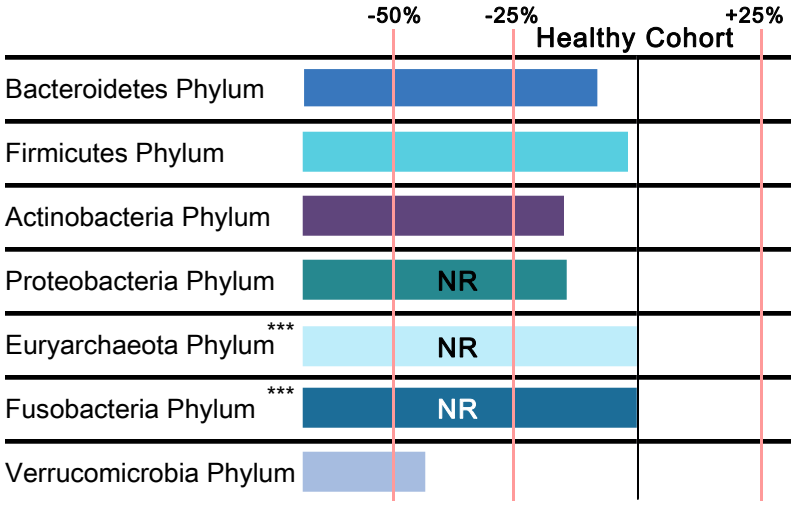


Balanced	Represents 95% of healthy individuals
Borderline	Represents 5% of healthy individuals
Imbalanced	Represents 60% of unhealthy individuals

*A progressive ranking scale based on a Genova proprietary algorithm that differentiates healthy and unhealthy commensal patterns.

**The total number of commensal bacteria (qPCR) that are out of balance for this individual on a scale of 0 to >12.

Relative Commensal Abundance



Increase in *Bacteroides* spp. and *Odoribacter* spp. seen in animal-based diets; *Prevotella* increased with plant-based diet

Contains many butyrate-producers; most species responsive to plant-based diets; *Faecalibacterium* spp. is anti-inflammatory

Bifidobacterium is increased with plant-based diets; *Collinsella* may be proinflammatory, and is elevated with a Western-diet

Some species may be proinflammatory; *E. coli* consumes simple sugars and is lower in individuals on plant-based diets

Methanobrevibacter smithii is associated with methane production and with diets high in carbohydrates

Certain *Fusobacterium* spp. may be proinflammatory and increased on low fiber, high fat diets

Akkermansia spp. is involved in gut membrane integrity and may be increased with polyphenols and prebiotics

Relative Abundance: The relative abundance compares the quantity of each of 7 major bacterial phyla to a healthy cohort. This can indicate broader variances in the patient's gut microbiome profile. Certain interventions may promote or limit individual phyla when clinically appropriate. Please refer to Genova's Stool Testing Support Guide for more information on modulation of commensal bacteria through diet & nutrient interventions. ***Approximately 70% of the healthy cohort had below detectable levels of *Methanobrevibacter smithii.* Approximately 90% of the healthy cohort had below detectable levels of *Fusobacterium spp.*

Physician Notes/Recommendations

2200 GI Effects® Comprehensive Profile - Stool

Methodologies: GC-FID, Automated Chemistry, EIA, Immunoturbidimetric	Result	QUINTILE DISTRIBUTION (1st 2nd 3rd 4th 5th)	Reference Range
Digestion and Absorption			
Pancreatic Elastase 1 †	>500	100 200	>200 mcg/g
Products of Protein Breakdown (Total*) (Valerate, Isobutyrate, Isovalerate)	3.6		1.8-9.9 micromol/g
Fecal Fat (Total*)	12.3		3.2-38.6 mg/g
Triglycerides	0.8		0.3-2.8 mg/g
Long-Chain Fatty Acids	7.1		1.2-29.1 mg/g
Cholesterol	4.1		0.4-4.8 mg/g
Phospholipids	0.3		0.2-6.9 mg/g
Inflammation and Immunology			
Calprotectin † ◆	22	50 100	<50 mcg/g
Eosinophil Protein X (EPX) †	0.8	0.5 2.7	<=2.7 mcg/g
Fecal secretory IgA	2,005	680 2040	<=2,040 mcg/mL
Gut Microbiome Metabolites			
Metabolic			
Short-Chain Fatty Acids (SCFA) (Total*) (Acetate, n-Butyrate, Propionate)	55.8		>=23.3 micromol/g
n-Butyrate Concentration	8.6		>=3.6 micromol/g
n-Butyrate %	15.4		11.8-33.3 %
Acetate %	63.2		48.1-69.2 %
Propionate %	21.4		<=29.3 %
Beta-glucuronidase	527		368-6,266 U/g

**Total value is equal to the sum of all measurable parts.*
†These results are not represented by quintile values.
Tests were developed and their performance characteristics determined by Genova Diagnostics. Unless otherwise noted with ◆, the assays have not been cleared by the U.S. Food and Drug Administration.

Methodology: DNA by qPCR

Gastrointestinal Microbiome (PCR)

Commensal Bacteria (PCR)	Result CFU/g stool	QUINTILE DISTRIBUTION 1st 2nd 3rd 4th 5th	Reference Range CFU/g stool
Bacteroidetes Phylum			
Bacteroides uniformis	6.3**E8**		<=9.5**E8**
Phocaeicola vulgatus	<DL		<=8.3**E8**
Barnesiella spp.	1.6**E8**		3.0**E6** -2.9**E8**
Odoribacter spp.	<DL		<=9.5**E7**
Prevotella spp.	6.1**E8**		6.6**E7** -3.8**E9**
Firmicutes Phylum			
Anaerotruncus colihominis/massiliensis	4.9**E4**		<=2.0**E7**
Butyrivibrio crossotus	<DL		<=3.3**E7**
Clostridium spp.	4.2**E4**		<=1.5**E7**
Coprococcus eutactus	<DL		<=1.2**E8**
Faecalibacterium prausnitzii	4.9**E6**		1.1**E6** -1.1**E9**
Lactobacillus spp.	1.1**E5**		<=1.6**E6**
Pseudoflavonifractor spp.	<DL L		1.3**E4** -2.9**E7**
Roseburia spp.	5.3**E5**		3.6**E5** -4.6**E8**
Ruminococcus bromii	<DL		<=1.5**E9**
Veillonella spp.	6.5**E4**		<=4.1**E6**
Actinobacteria Phylum			
Bifidobacterium spp.	3.8**E7**		4.6**E5** -2.6**E8**
Bifidobacterium longum subsp. longum	<DL		<=1.3**E8**
Collinsella aerofaciens	<DL		<=1.3**E8**
Proteobacteria Phylum			
Desulfovibrio piger	<DL		<=5.4**E7**
Escherichia coli	<DL		<=7.5**E6**
Oxalobacter formigenes	<DL		<=1.1**E7**
Euryarchaeota Phylum			
Methanobrevibacter smithii	<DL		<=2.0**E7**
Fusobacteria Phylum			
Fusobacterium spp.	<DL		<=1.8**E5**
Verrucomicrobia Phylum			
Akkermansia muciniphila	5.3**E3** L		>=8.5**E3**

The gray-shaded portion of a quintile reporting bar represents the proportion of the reference population with results below detection limit.

Commensal results and reference range values are displayed in a computer version of scientific notation, where the capital letter “E” indicates the exponent value (e.g., 7.3E6 equates to 7.3 x 10^6 or 7,300,000).

The methodology for the PCR Commensal Bacteria has been updated to qPCR. The reference ranges have been updated accordingly.

The names of some of the bacteria have been updated as a result of taxonomy changes and method improvements.

Methodology: Culture/MALDI-TOF MS, Automated and Manual Biochemical Methods, Vitek® 2 System Microbial identification and Antibiotic susceptibility

Gastrointestinal Microbiome (Culture)

Human microflora is influenced by environmental factors and the competitive ecosystem of the organisms in the GI tract. Pathogenic significance should be based upon clinical symptoms.

Microbiology Legend

NG	NP	PP	P
No Growth	Non-Pathogen	Potential Pathogen	Pathogen

Bacteriology (Culture)

Lactobacillus spp.		NG
Escherichia coli	4+	NP
Bifidobacterium (Anaerobic Culture)		NG

Additional Bacteria

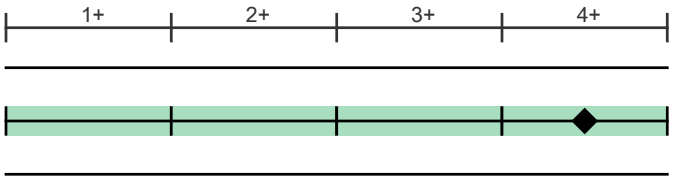
Salmonella spp.		NG
Shigella spp.		NG

Mycology (Culture)

NG

Additional Bacteria

Non-Pathogen: Organisms that fall under this category are those that constitute normal, commensal flora, or have not been recognized as etiological agents of disease.
Potential Pathogen: Organisms that fall under this category are considered potential or opportunistic pathogens when present in heavy growth.
Pathogen: The organisms that fall under this category have a well-recognized mechanism of pathogenicity in clinical literature and are considered significant regardless of the quantity that appears in the culture.



Parasitology

Microscopic O&P Results

Microscopic O&P is capable of detecting all described gastrointestinal parasites. The organisms listed in the box represent those commonly found in microscopic stool analysis. Should an organism be detected that is not included in the list below, it will be reported in the Additional Results section. These results were obtained using wet preparation(s) and trichrome stained smear. For an extensive reference of all potentially detectable organisms, please visit www.gdx.net/product/gi-effects-comprehensive-stool-test

Genus/species	Result
Nematodes - roundworms	
Ancylostoma/Necator (Hookworm)	Not Detected
Ascaris lumbricoides	Not Detected
Capillaria philippinensis	Not Detected
Enterobius vermicularis	Not Detected
Strongyloides stercoralis	Not Detected
Trichuris trichiura	Not Detected
Cestodes - tapeworms	
Diphyllobothrium latum	Not Detected
Dipylidium caninum	Not Detected
Hymenolepis diminuta	Not Detected
Hymenolepis nana	Not Detected
Taenia spp.	Not Detected
Trematodes - flukes	
Clonorchis/Opisthorchis spp.	Not Detected
Fasciola spp./ *Fasciolopsis buski*	Not Detected
Heterophyes/Metagonimus	Not Detected
Paragonimus spp.	Not Detected
Schistosoma spp.	Not Detected
Protozoa	
Balantidium coli	Not Detected
Blastocystis spp.	Not Detected
Chilomastix mesnili	Not Detected
Cryptosporidium spp.	Not Detected
Cyclospora cayetanensis	Not Detected
Dientamoeba fragilis	Not Detected
Entamoeba coli	Not Detected
Entamoeba histolytica/dispar	Not Detected
Entamoeba hartmanii	Not Detected
Entamoeba polecki	Not Detected
Endolimax nana	Not Detected
Giardia	Not Detected
Iodamoeba buetschlii	Not Detected
Cystoisospora spp.	Not Detected
Trichomonads (e.g. *Pentatrichomonas*)	Not Detected
Additional Findings	
White Blood Cells	Not Detected
Charcot-Leyden Crystals	Not Detected
Other Infectious Findings	

Parasitology

PCR Parasitology - Protozoa

Methodologies: DNA by PCR

Organism	Quantity	Units	Result	Expected Result
Blastocystis spp.	<2.14e2	femtograms/microliter C&S stool	Not Detected	Not Detected
Cryptosporidium parvum/hominis	<1.76e2	genome copies/microliter C&S stool	Not Detected	Not Detected
Cyclospora cayetanensis	<2.65e2	genome copies/microliter C&S stool	Not Detected	Not Detected
Dientamoeba fragilis	<1.84e2	genome copies/microliter C&S stool	Not Detected	Not Detected
Entamoeba histolytica	<9.64e1	genome copies/microliter C&S stool	Not Detected	Not Detected
Giardia	<1.36e1	genome copies/microliter C&S stool	Not Detected	Not Detected

Additional Results

Methodology: Fecal Immunochemical Testing (FIT)

	Result	Expected Value
Fecal Occult Blood◆	Negative	Negative
Color††	Brown	
Consistency††	Loose	

††Results provided from patient input.

Tests were developed and their performance characteristics determined by Genova Diagnostics. Unless otherwise noted with ◆, the assays have not been cleared by the U.S. Food and Drug Administration.

Commentary

Please note the reference range for Calprotectin has changed.

A modified version of the assay cleared by the US Food and Drug Administration is used to measure PE1. Performance characteristics were confirmed or determined by Genova Diagnostics, Inc. in a manner consistent with CLIA requirements.

Commentary is provided to the practitioner for educational purposes and should not be interpreted as diagnostic or as treatment recommendations. Diagnosis and treatment decisions are the practitioner's responsibility.

For more information regarding GI Effects clinical interpretation, please refer to the GI Effects Support Guide at **www.gdx.net/gieffectsguide.**