

GUT IQ COMPLETE GI MICROBIOME PANEL

DESCRIPTION

The health of your gastrointestinal (GI) system plays a central role in your overall wellness. Most of your body's immune system originates in your gut and poor gut health has been linked to diseases and disorders in all parts of the human body. However, millions of people in the United States are affected by GI issues. Some are infections caused by pathogens, such as bacteria, viruses, and parasites. Symptoms of a GI infection include diarrhea, vomiting, nausea, fever, abdominal pain, appetite changes, and more.

The **Gut IQ Complete GI Microbiome Panel** uses the latest technology to provide the most comprehensive analysis of your GI microbiome, examining more than 200 markers in 16 GI categories. This report will provide personalized information about:

- Disease-causing organisms
- Gut microbiome diversity
- Functional gut health
- Risks for certain diseases

The report will also make recommendations regarding diet and exercise based on your individual GutIQ profile.

Please note that for this test, you will be asked to collect your stool sample at home and bring it back to your Any Lab Test Now store on that same day for processing. Please contact your local Any Lab Test Now for additional specimen collection information.

Test Details:

This profile provides information in the following categories:

- Macroscopy
- Short Chain Fatty Acids
- GIT Functional Markers
- Parasites and Worms
- Blastocystis Subtypes
- Bacterial Pathogens
- H. pylori Resistance Genes
- Viral Pathogens
- Mycology
- Dominant Microbial Phyla
- Gut Microbial Diversity
- Probiotics, Pathogens, and more

WHO SHOULD GET THIS TEST?

The **Gut IQ Complete GI Microbiome Panel** may be right for consumers experiencing digestive issues or who feel they may have a gastrointestinal infection.

This test is also ideal for consumers who are interested in a total picture of their current gut health in order to make informed changes that may improve their future wellness.

WHY IS THIS TEST IMPORTANT?

Gastrointestinal issues can negatively impact your daily life. Stool testing is an easy and effective way to understand the possible causes of the symptoms you are experiencing. The information from this test may allow you to seek treatment from a trusted healthcare provider or to make other changes that may improve your future health.

AM I REQUIRED TO FAST?

No, fasting is not necessary prior to this test.

WHAT DO I NEED TO DO TO PREPARE?

No special preparation is required. For best results, it may be advisable to stop taking antibiotics, antifungal drugs, antimicrobial herbs, and NSAIDS for a period of time before collecting a specimen. Always consult your healthcare provider before making any changes to a medication regimen. Contact your local Any Lab Test Now for additional information about the suggested preparation steps for this test.

WHAT KIND OF SAMPLE IS REQUIRED?

A stool sample is required for this test. You will be asked to collect your stool sample at home and bring it back to your Any Lab Test Now store location for processing.

IS A DOCTOR'S ORDER REQUIRED?

We can provide a doctor's order for this test at no additional cost. We can also accept your physician's order.

DO I NEED TO MAKE AN APPOINTMENT?

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

HOW LONG WILL IT TAKE TO GET MY RESULTS?

Results are typically available within 16 business days.

IF I HAVE QUESTIONS ABOUT MY RESULTS, WHO SHOULD I CONTACT?

We recommend that you share your results with your healthcare provider.

Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.