

5 reasons to do the test

- 1 Know and improve the status of your microbiome.
- 2 Learn how diet influences the bacteria of your intestine.
- 3 Optimise the synthesis of vitamins produced by microbes.
- 4 Receive customised dietary recommendations.
- 5 Obtain information on the health of the probiotics.

What you need to expect from the test result

CUSTOMISED DIETARY ADVICE

Through the advice of a nutritionist, you will receive customised dietary recommendations to improve the health of your microbiome.

BACTERIAL COMPOSITION

List of bacteria found in your intestinal microbiome (%) and what enterotype they belong to.

PROBIOTICS AND SUPPLEMENTS

The calculation of the presence of beneficial organisms (probiotics) allows you to evaluate a possible customised supplement.

© 2021 Personal Genomics Srl
The data and images are indicative and can be changed at any time without notice

Your solution provider
in the world of genomics



PERSONAL MICROBIOME IN HARMONY WITH YOUR INTESTINE

GENETIC TEST OF THE INTESTINAL
MICROBIOME

Your solution provider in the world of genomics



✉ customer care@personalgenomics.it



Personal Genomics Srl
Via Roveggia, 43b
37136 Verona (VR) Italy
t +39 045 8202351
info@personalgenomics.it
www.personalgenomics.it

Biotechnology Division



SOLGROUP
a breath of life

 **Personal Microbioma**
Next Generation Testing





Your intestinal bacteria are unique. Take care of them and they will take care of you!

The intestinal microbiome plays a fundamental role in the digestion and metabolism of food, as well as protecting the body from pathogenic microbes. Knowing your bacteria will help you better manage your health, nutrition and physical activity.



How to perform the test

- 1** Purchase the microbiome kit at the authorised centres, sending an email to customercare@personalgenomics.it or by calling the toll-free number **800 589 057**.
- 2** Record your test by following the instructions included in the kit.
- 3** Collect the stool sample in a few simple steps.
- 4** Book the collection of the kit by sending an e-mail to customercare@personalgenomics.it or by calling the toll-free number **800 589 057**.
- 5** Send the kit to the laboratory of **Personal Genomics**.
- 6** Analysis of your microbiome with the technique of **Next Generation Sequencing**.
- 7** Your results will be available within 5 weeks of the arrival of the biological sample at the laboratory.
- 8** You will be able to download the results from the dedicated portal.