



Prepared for: Sample Report Gut
Date of Birth: 11/17/1975

Reported On: 4/10/2026

Gut Health

Parameters	Your Results (4/10/2026)	Reference Range
Stool Culture for Yeast	Wickerhamiella pararugosa - heavy growth	Scant = +1 Light = +2 Moderate = +3 Heavy = +4
Ova & Parasites x2	Yeast - many; No Ova or Parasites detected	Expected Findings: - No Ova or Parasites detected - No RBCs or WBCs - Yeast: none, rare or few
Bacterial Stool Culture: Mixed gram negative rods/flora	2	Expected Findings: - Moderate to heavy growth Scant = 1 Light = 2 Moderate = 3 Heavy = 4
Bacterial Stool Culture: Mixed gram positive rods/flora	4	Expected Findings: - Moderate to heavy growth Scant = 1 Light = 2 Moderate = 3 Heavy = 4
Bacterial Stool Culture: Mixed Flora consists predominately of:	Alkalihalobacillus clausii - heavy growth; Bacillus subtilis - heavy growth; Enterococcus casseliflavus - heavy growth	No pathogens should be detected
Campylobacter antigen (stool)	Negative	Normal: Negative
Shiga toxin (stool)	Negative	Normal: Negative
Clostridium difficile: toxins A and B (stool)	Negative	Normal: Negative
Giardia lamblia antigen (stool)	Negative	N/A
Cryptosporidium antigen (stool)	Negative	Normal: Negative

The information provided in this report is intended for informational purposes only. The information is not intended to replace a relationship with your physician or other healthcare professional. You should not rely on this information as professional medical advice. Always seek the advice of your physician or other qualified healthcare provider before starting, stopping or modifying any dietary supplement or before modifying or stopping any physician-prescribed treatment. In the case of a health emergency, seek immediate assistance from emergency personnel. Never delay obtaining medical advice or disregard medical advice because of something you have or have not read on this site.



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Entamoeba histolytica Ab, IgA (saliva)	Not detected	Normal: Not detected
Helicobacter pylori Ab, (saliva) (U/mL)	3-5.5	Negative: < 3 Borderline: 3-5.5 Positive: >5.5
Total Intestinal sIgA (stool) (mg/100g dry wt)	63	Borderline Low: 10-19 Normal: 20-160 Borderline High: 161-250
Alpha 1-antichymotrypsin (stool) (mg/100g dry wt)	100	Normal: <60 Borderline Elevated: 60-100 Elevated: >100
Lysozyme (stool) (mg/100g dry wt)	<0.5	Normal: <6 Borderline Elevated: 6-8 Elevated: >8
Chymotrypsin (stool) (U/10g)	<3	Normal: 10-30 Borderline Low: 4-9 Low: <4
Fecal pH (stool)	8.0	Normal: 5-8.5
Gluten (Gliadin) Ab, sIgA (saliva) (U/mL)	27	Borderline: 13-15 Positive: >15 Negative: <13
Occult Blood	Negative	Normal: Negative



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Suggested Protocol


Supplement	Morning Dosage	Lunchtime Dosage	Afternoon Dosage	Dinner Dosage	Before Bed Dosage
*M² GlutenPro					
Daily	1 capsule(s)	1 capsule(s)		1 capsule(s)	
Biocidin Botanicals Biocidin Liquid					
Daily for Week 1	2 drop(s)			2 drop(s)	
Daily for Week 2	4 drop(s)			4 drop(s)	
Daily for Week 3	6 drop(s)			6 drop(s)	
Daily for Week 4 and After	8 drop(s)			8 drop(s)	
Biocidin Botanicals GI Detox					
Daily					2 capsule(s)
Microbiome Labs Mega IgG2000 Capsules					
Daily	2 capsule(s)			2 capsule(s)	
Microbiome Labs MegaSporeBiotic					
Daily				1 capsule(s)	


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Microbiome Labs PyloGuard					
Daily	1 capsule(s)				

Clinical Notes

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Alkalihalobacillus clausii (formerly Bacillus clausii) is a Gram-positive, spore-forming bacterium widely used as a probiotic to manage diarrhea and restore gut flora, often sold under brand names like Enterogermina or Erceflora. While generally safe, this bacterium can, in rare cases, behave as an opportunistic pathogen and cause infections, primarily bacteraemia (bloodstream infection), particularly in vulnerable, immunocompromised, or hospitalized individuals.
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Excess alpha anti-chymotrypsin levels are common when the gastrointestinal tract is inflamed, in particular the small intestine. High stool levels of this protein are typically associated with inflammatory bowel diseases, but it can also be elevated in acute intestinal inflammation secondary to other causes.
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Bacillus subtilis is considered a normal gut commensal organism. B. subtilis is only known to cause disease in severely immunocompromised patients. It has been used as a probiotic in healthy individuals and as a bacterial food culture in fermented bean products such as natto. The EPA evaluated the safety of Bacillus subtilis and considers it to have a low degree of virulence; it is not considered to be pathogenic or toxigenic.
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Bacteria: PLEASE NOTE: Case reports and research that a bacterium causes disease beyond the digestive tract (i.e. sepsis, meningitis, lung infections, etc.) does not mean that the same bacterium will cause problems when present only in the gastrointestinal tract as found on stool culture. In addition, strain differences in bacterial species can lead to significant differences in pathogenicity. Even with studies showing evidence that a specific bacterium may cause gastrointestinal disease, variations can exist among bacteria such that not all members of the same genus and species will cause the same gastrointestinal problems.

Clinical Notes

-  Bacteria: *Enterococcus casseliflavus* appears to be commensal, commonly used in the production of cheese. It is known to cause infections outside the gastrointestinal tract. *Enterococcus casseliflavus* is a species of gram-positive, motile, yellow-pigmented bacteria that typically exists as a commensal organism in the human gastrointestinal and female genital tracts. While it is rarely isolated in clinical settings (accounting for <1.3% of clinical samples), it acts as an opportunistic pathogen capable of causing serious, invasive infections, particularly in immunocompromised or severely ill patients. It is commonly associated with UTI's.
-  Bacteria: No growth, scant, or light growth of the total Gram negative bacteria or total Gram positive bacteria (good bacteria) can have a number of causes: Recent antimicrobial use, including herbal antimicrobials, loose or watery stools that dilute the specimen, dysbiosis, where the normal flora have been displaced, and very low fiber or other extreme diets. Insufficient levels of beneficial bacteria may increase the risk for leaky gut, increased inflammation and lower levels of sIgA.
-  The human intestinal tract contains up to 100 trillion microbial cells, most of which are found in the large intestine. These microorganisms are crucial for proper digestive function. Intestinal microorganisms also play a role in synthesizing vitamins such as vitamins B and K, as well as metabolizing bile acids, sterols, and other compounds. Resident microflora also help protect the human host from disease by out-competing small numbers of more virulent organisms. Without the resident commensal microflora, the GI tract would be much more prone to disease.
-  The results of your Gut Health panel indicates that your immune system may be responding to a potential overgrowth of *H. Pylori* which could be contributing to your GI distress. *H. Pylori* is a bacteria that infects the stomach and is associated with the development of peptic ulcers overtime. Please note that if you have been treated for *H. Pylori* in the past it is not uncommon to see a borderline to elevated immune response to this bacteria.
-  Normal Gut Flora: About 40 percent of the dry matter in stool is composed of bacteria, many of which are still alive. As such, we expect to see moderate to heavy growth of both Gram negative and Gram positive bacteria in a healthy, normal specimen. There is a common misconception that any bacteria present and reported upon testing must be eliminated. This is not correct. A healthy stool sample will contain living bacteria, and we need a healthy microbial balance present throughout the intestinal tract. Please note that stool culture results do not reflect the balance of flora that may be present in the small intestine. They also do not identify all bacterial species present; for example *Lactobacillus* does not grow well from stool on standard culture plates.



Clinical Notes



Probiotics: The balance of bacteria in the gastrointestinal (GI) tract is often disrupted by stress, excessive alcohol intake, exposure to toxins, diets high in processed foods and low in fiber, antibiotic therapy or certain medications which can lead to symptoms such as gas and bloating. Colonizing a healthy layer of beneficial bacteria in the gastrointestinal tract with probiotics can strengthen the immune system, improve digestion, promote bowel regularity, facilitate mineral absorption, help your body make vitamins (B and K) and properly metabolize cholesterol. To get your good probiotic bugs to stick around, eat daily servings of prebiotic- and probiotic-rich foods such as kefir, yogurt (dairy or nondairy), sauerkraut, kimchi, tempeh, and kombucha.



A retest is recommended in 3 months to gauge your progress. A re-test is completed 2 weeks after the 3 full months of treatment is completed.



Wickerhamiella pararugosa (formerly *Candida pararugosa*) is a rare yeast species, originally isolated from human feces in 1978, that can act as an opportunistic pathogen. It is associated with uncommon, severe, catheter-related bloodstream infections (CRBSI), often in immunocompromised patients or those with serious underlying conditions.



Yeast: Undigested yeast may appear in the ova & parasites section of this report. These findings are typically associated with poor digestion and do not represent an invasive or infective state of the yeast organism observed, but rather that the yeast is from the diet.

Lifestyle Notes



Diet: Get 3-4 servings of protein each day from sources such as wild fish, grass-fed beef, bison, organic chicken, turkey, beans, legumes, quinoa, tempeh, nuts and seeds. Adequate protein is needed to make neurotransmitters, hormones, enzymes, as well as to build healthy bone, muscle, skin, and hair. Protein is also vital for proper growth and development.



Diet: To support the gut microbiome reduce your intake of refined carbohydrates, sugar, and processed or fast foods, in addition to refined, industrial seed oils (soybean, canola, and corn oil), and hydrogenated oils (trans fats). Consume 3-4 servings of fresh vegetables and aim to get 25-30 grams of fiber per day. Focus on shopping the perimeter of the grocery store, where the fresh, whole foods are located. Buy organic (local) produce when possible and lean, hormone free meats. Beef should be grass fed or grass finished (not grain fed).



Lifestyle Notes



The human body is composed of two-thirds water. Water is required for every cell, organ and tissue to transport oxygen and nutrients around the body, and to regulate temperature. It is vital for joint lubrication, detoxification, energy production, and healthy hair, skin and nails. Aim to get half your body weight in ounces of water daily. Add lemon, cucumber, mint or berries for flavor. If you exercise or spend time outdoors in a hot climate, more water is needed.



Lab Descriptions



Stool Culture for Yeast

This test checks for the presence of yeast in stools. If yeast is present in the stool there may be a systemic infection.



Ova & Parasites x2

No Red Blood Cells (RBC's), White Blood Cells (WBC's), Ova, or Parasites should be detected. If yeast is present in this parameter, it is an indication of growth after the sample was collected (due to dietary supplements, transport conditions, etc.), and not an indicator of yeast overgrowth in the GI tract.



Bacterial Stool Culture: Mixed gram negative rods/flora

To maintain a healthy balance of beneficial bacteria in the gut, we expect to find moderate to heavy growth of mixed gram negative bacteria in the gut. Having a healthy diversity of gram negative bacteria helps us break down our foods and achieve optimal nutrient absorption.



Bacterial Stool Culture: Mixed gram positive rods/flora

To maintain a healthy balance of beneficial bacteria in the gut, we expect to find moderate to heavy growth of mixed gram positive bacteria in the gut. Having a healthy diversity of gram positive bacteria helps us break down our foods and achieve optimal nutrient absorption.



Bacterial Stool Culture: Mixed Flora consists predominately of:

Bacterial Stool Culture tests the diversity of bacteria living in the gastrointestinal (GI) tract. No pathogens (a disease causing micro-organism) should be present.



Campylobacter antigen (stool)

Campylobacter infection occurs in the small intestine from a bacteria called Campylobacter jejuni. It is a type of food poisoning and traveler's diarrhea. People most often get infected by eating or drinking food or water that contains the bacteria. The most commonly contaminated foods are raw poultry, fresh produce, and unpasteurized milk.



Shiga toxin (stool)

is a toxin produced by certain strains of bacteria that are pathogenic such as Escherichia coli. The presence of this toxin in the stool may indicate an infection in the digestive tract.



Lab Descriptions



Clostridium difficile: toxins A and B (stool)

Clostridium difficile (also known as C.diff) is a bacterial infection of the colon typically as a consequence of antibiotic use. When Clostridium difficile is present, it produces certain toxins that are detected by this testing (toxins A & B). C.diff infections are associated with chronic diarrhea and colitis.



Giardia lamblia antigen (stool)

Giardia Lamblia is a parasite that inhabits the small intestine in infected individuals. It is contracted by consuming contaminated food or water.



Cryptosporidium antigen (stool)

Cryptosporidium is a microscopic parasite that causes severe diarrhea in humans. It is usually contracted by drinking contaminated water. Cryptosporidium is the leading cause of waterborne diseases in the United States.



Entamoeba histolytica Ab, SIgA (saliva)

Entamoeba histolytica is a pathogenic parasite thought to infect about 50 million people worldwide.



Helicobacter pylori Ab, (saliva) (U/mL)

Helicobacter pylori (H. pylori) is a type of bacteria. H. pylori infection is common in the United States: About 20 percent of people under 40 years old and half of those over 60 years have it. Most people do not show any symptoms of H.pylori, but over time it can lead to many digestive problems such as ulcers and even stomach cancer.



Total Intestinal sIgA (stool) (mg/100g dry wt)

Intestinal secretory Immunoglobulin A (or sIgA) is a marker of the immune system in the mucosal lining of the digestive tract. It is used to monitor for intestinal inflammation and mucosal immune response in the gastrointestinal tract. sIgA production is driven by exposure to antigens (pathogens or foods particles). This is our first-line defense against gut pathogens like bacteria, food proteins, parasites, fungi, toxins and viruses. A high or low value for SIgA is an indication of a stressed immune system.



Lab Descriptions



Alpha 1-antichymotrypsin (stool) (mg/100g dry wt)

a protein produced primarily during the acute phases of inflammation. It serves to prevent tissue damage that can result from enzymes that are released by the immune system during an inflammatory response. Stool alpha anti-chymotrypsin levels increase at times of GI inflammation, particularly of the small intestine. High stool levels of this protein are typically associated with inflammatory bowel diseases, especially Crohns disease (likely due to its tendency to affect the small intestine), but it can also be elevated in acute intestinal inflammation secondary to other causes.



Lysozyme (stool) (mg/100g dry wt)

is an enzyme that catalyzes the destruction of the cell wall of gram-positive bacteria. It also serves as an antibacterial defense in the gastrointestinal (GI) tract. Lysozyme found in a stool sample can be an indication of an infection and/or inflammation in the gut.



Chymotrypsin (stool) (U/10g)

is one of many secretions of the pancreas. Chymotrypsin is an enzyme that serves to break down proteins in the small intestine, thereby enabling their absorption. In cases of poor pancreatic function, chymotrypsin secretion declines, resulting in low levels of chymotrypsin in the stool. Stool chymotrypsin a convenient marker of overall pancreatic output and digestive capacity.



Fecal pH (stool)

measures the acidity or alkalinity of a sample. Human fecal specimens should be alkaline so if the pH is acidic, it may indicate a digestive issue such as lactose intolerance, or a GI infection.



Gluten (Gliadin) Ab, sIgA (saliva) (U/mL)

Gliadins are proteins found in wheat, rye, barley and other grains, which may trigger an immune reaction in some individuals. A negative SIgA response to gliadin does not rule out all adverse reactions to gluten. A positive SIgA response to gliadin may warrant further diagnostic workup and/or dietary elimination trial in some individuals. Lab results should be used in context with entire clinical picture. NOTE: Clients on a gluten-free diet who have not been exposed to gluten for 3 months or more should have a negative SIgA response to gliadin.



Lab Descriptions



Occult Blood

Aims to detect subtle blood loss in the gastrointestinal tract, anywhere from the mouth to the colon. Positive tests may result from either upper or lower gastrointestinal bleeding and warrant further investigation.

Product Descriptions



Avoidance of wheat products may not be enough to maintain a gluten-free diet. For example, did you know that gluten is used as a food additive and stabilizing agent in salad dressings, ice cream, and even ketchup? Our unique GlutenPro formula was created to complement those seeking a gluten-free lifestyle by encouraging more complete digestion and absorption of grains. *Polysaccharolytic Enzyme Blend. Gluten proteins in wheat products are surrounded by a starchy endosperm cell, which can more effectively be broken down with the alpha-galactosidase, phytase, amylase, glucoamylase, and diastase enzymes included in GlutenPro. * Proteolytic Enzymes. In addition to our traditional protease blend, this formulation includes DPP-IV which helps break down some of the stubborn peptides found in grain that are often implicated in gluten intolerance. *Probiotics. These "good" bacteria naturally present in the gut help support digestion to assist in maintaining optimum intestinal balance. *Herbal and prebiotic plant fiber. GlutenPro includes several herbs known for their ability to promote gastrointestinal system health. *Health Benefits: Neurogistics GlutenPro is a digestive enzyme supplement designed to help reduce the symptoms of occasional bloating, diarrhea, gas, and abdominal cramps associated with diets high in complex carbohydrates. *



Biocidin® is a synergistic combination of botanicals which target the entire GI tract and supports microbiome balance for healthy digestion and elimination. The botanicals also have systemic applications in microbial challenges wherever they occur. Independent laboratory testing has concluded that Biocidin® has broad reaching effects, including addressing biofilms. Includes botanicals to assist detoxification pathways and to address inflammation.



GI Detox is an upgraded binding formula to support enhanced clearance of endotoxins, metals and xenobiotic compounds. Removal of debris and toxins is essential when restoring microbial balance to the G.I. tract.



Mega IgG2000 is a dairy-free immunoglobulin concentrate that supports healthy digestion and maintains healthy gut barrier function. Unlike other milk-derived immunoglobulins on the market, Mega IgG2000 is derived from bovine serum, making it lactose-free, casein-free, and β -lactoglobulin-free



Product Descriptions



MegaSporeBiotic is a probiotic blend of 5 Bacillus spores that have been clinically shown to maintain healthy gut barrier function and overall immunity. The bi-phasic life cycle of the Bacillus spores allows them to remain dormant in harsh environments until they reach more favorable environments like the human gastrointestinal tract. Once inside the large intestine, these dormant spores can change into their active, vegetative forms and begin colonizing in the gut. This unique probiotic blend aims to recondition the gut instead of reseeding with probiotic strains that cannot survive digestion or colonize the gut. Start with 1/2 capsule or 1 full capsule with food and slowly increase to 2 capsules per day using the following incremental dosing as suggested in the protocol. If 1 capsule every other day is too strong, try starting with 1/2 capsules or even 1/4 capsule in some cases. Possible symptoms may include abdominal cramping, loose stools, and changes in bowel movements. Though these symptoms may be uncomfortable, they are a sign that the product is working! Symptoms should resolve within 2-3 days. Suggested Protocol= Week 1: 1 capsule every other day; Week 2: 1 capsule daily; Week 3+: 2 capsules daily



PyloGuard™ is a dietary supplement designed to support the body's natural processes for elimination. It contains patented Lactobacillus reuteri DSM17648, which can attract specific organisms in the intestine and support their removal via the digestive tract. This particular strain of L. reuteri maintains H. pylori levels already within the normal range and supports overall digestive health.