



## Vibrant Wellness GUT-PAC

Combine the **Vibrant Wellness GUT-PAC** with the **Wheat Zoomer** for Special Savings

### TAKE A BACTERIAL SELFIE

This test provides an unique opportunity to better understand your gut microbiome. It allows you to take a closer look at the microbial world that exists in your gut, and how it affects your daily functions. A healthy gut flora is a healthy you!

### WHAT IS GUT MICROBIOTA?

Our gut microbiota contains tens of trillions of microorganisms, including at least 1000 different species of known bacteria with more than 3 million genes (150 times more than human genes). Microbiota can, in total, weigh up to 2 kg. One third of our gut microbiota is common to most people, while two thirds are specific to each one of us. In other words, the microbiota in your intestine is like an individual identity card.

### WHERE IS GUT MICROBIOTA?

As its name states, gut microbiota is harbored in the intestine, one of the main areas in our bodies that comes into contact with the external environment (other examples are the skin and the lungs).

### FUNCTIONS OF GUT MICROBIOTA

Protective functions	Structural functions	Metabolic functions
<ul style="list-style-type: none"> <li>Pathogen displacement</li> <li>Nutrient competition</li> <li>Receptor competition</li> <li>Production of anti-microbial factors e.g., bacteriocins, lactic acids</li> </ul>	<ul style="list-style-type: none"> <li>Barrier fortification</li> <li>Induction of IgA</li> <li>Apical tightening of tight junctions</li> <li>Immune system development</li> </ul>	<ul style="list-style-type: none"> <li>Control IEC differentiation and fortification</li> <li>Metabolize dietary carcinogens</li> <li>Synthesize vitamins e.g., biotin, folate</li> <li>Ferment non-digestible dietary residue and endogenous epithelial derived mucus</li> <li>Ion absorption</li> <li>Salvage of energy</li> </ul>
<p>Comensal bacteria</p>	<p>IgA</p>	<p>Short-chain fatty acids Mg<sup>2</sup> Ca<sup>2</sup> Fe<sup>2</sup> Vitamin K Biotin Folate</p>

## WHAT IS THE VIBRANT WELLNESS GUT-PAC?

It is a microchip-based microbiome exploration service that allows you to look at the populations of bacteria that reside in your gut. This test is based on extensive research from the NIH Human Microbiome project. Vibrant Wellness GUT-PAC looks at specific DNA fragments that identify the unique bacteria in your sample. 16S Ribosomal Gene enables us to classify and distinguish bacteria from phylum up to sub-species level.

Use these test results to monitor the effects of:

- Going gluten-free.
- Taking probiotics, medications or supplements.
- Improving your diet.
- Changing your lifestyle.
- Before and after travel.
- Plus much more!

## CONDITIONS TO CONSIDER TESTING

- Low energy levels / fatigue
- Inflammation or joint pain
- Gastrointestinal symptoms / IBS
- Autoimmune disease
- Nutritional (or vitamin) deficiencies
- Food intolerances
- Difficulty concentrating, or “brain fog”
- Skin conditions
- Autism Spectrum / ADHD

## COLLECT SAMPLES AS SHOWN

Please collect the sample in both the tubes.

-  Remove the swab from its container (do not touch the tip).
-  Collect feces from your toilet paper (just enough to change color).
-  Insert the swab into the tube to transfer the sample and then throw the swab away.
-  Close the lid of the tube and pack it inside a zip lock bag.
-  Place it in the return envelope and drop it off in regular mail.