



Genetics for people

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# ***My Microbiome***

# OPTIMISE YOUR HEALTH THROUGH YOUR MICROBIOTA

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## What is the microbiome?

The microbiome is the set of microorganisms composed of bacteria, fungi and viruses that inhabit a given environment.

The human gastrointestinal microbiota is a set of the human microbiome that develops in the distal tract of the gastrointestinal tract. The diversity of microorganisms that can be found in this part of the body can reach thousands of different species, each with its own degree of abundance. These form coordinated population structures, where each one occupies a role and is maintained in a state of equilibrium with each other and with the host.

These bacterial species are part of a symbiosis with our body, digesting food that we are not able to degrade and assimilate, training and keeping our immune system alert to invading organisms, producing molecules that act on different organs, modulating heart rhythm, or helping in the production of key molecules in brain development; these are some of the most studied cases.

# A NEW FIELD WITH A BIG IMPACT ON YOUR LIFE



## **What is MyMicrobiome for?**

The interactions between the various groups of organisms that make up the human gastrointestinal microbiota play a fundamental role in maintaining their functional balance. These balances, and the resulting effects on human interactions, vary with age, dietary habits, or other natural or pathological physiological conditions.

Knowing the distribution of these microorganisms allows us to gain insight into the interactions taking place in the gastrointestinal tract and to hypothesise about their possible beneficial status for the host.

Studying the distributions of these organisms (profiles) in an individual allows us to define the type of community interactions that are taking place. Some of these profiles are known to be promoters of possible pathological conditions and for this, knowing the members and their abundance within the community can help us to propose lifestyle changes or other actions that can ultimately modulate the development of the microbiota from a potentially problematic state to a healthier one.

## Who is MyMicrobiome aimed at?

The MyMicrobiome test is recommended for:

- Check if the microbiota is the cause of gastrointestinal complaints.
- Optimise the health status of patients with new healthy habits based on their gut microbiota.
- Determine what their specific microbiota profile is like.
- To understand how the microbiota affects the health status of patients.

## What does the MyMicrobiome test analyse?

In the DNA of each bacterium (or other living organisms) there are unique regions that can be used as taxonomic markers, i.e. by knowing their sequence, we can get to know the scientific name of each organism.

## DEEP UNDERSTANDING OF YOUR MICROBIOTA

By sequencing this small region of DNA from each bacterium in a representative sample, we can find out who and how many of them make up the microbial profile of an individual. To do this, the sequences of interest are amplified by polymerase chain reaction (PCR) of the V3-V4 region of the 16S ribosomal gene and subsequent sequencing by NGS.

MyMicrobiome analysis provides the names and relative numbers of the bacterial organisms that inhabit the human distal gastrointestinal tract. Thanks to our extensive database, we classify into profiles associated with different health states based on the specific proportion of the different microorganisms that inhabit our intestinal flora.

The profile obtained can be studied in different ways: By exploring the presence/absence of known groups or groups that carry out certain functions important for well-being or, on the other hand, by looking at whether the expected microbial activities are taking place considering the types of bacteria and their functions.

At the same time, thanks to the amount of data accumulated over the years and considering already thousands of samples, we have identified microbiota profiles that may carry certain risk factors for certain diseases.

## **Why is it advisable to take the MyMicrobiome test?**

To determine the bacterial communities present in the user, providing an overview of the state of the gastrointestinal microbiota.

To report on the individual's microbial community profile among 13 specific profiles.

To know the microbiotic diversity of each person.

To correct, optimise or implement new healthy habits based on the information obtained from the analysis.

To detect possible gastrointestinal conditions that may affect the person's health.

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**AT THE FOREFRONT OF THE  
LATEST SCIENTIFIC AND  
TECHNOLOGICAL DEVELOPMENTS**

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## Introducing MyMicrobiome:

- MyMicrobiome is a gut microbiota analysis that classifies an individual's microbiome into population profiles associated with different pathologies, protection against diseases or with different beneficial characteristics for our organism.
- MyMicrobiome provides a current picture of the state of your microbiota, allowing you to take the necessary measures to maintain or change your microbiome based on the results.
- MyMicrobiome is a non-invasive test. The microbiome sample is taken from a stool sample, suitable for anyone.
- Innovative technology offers greater accuracy and depth of results.
- Once the sample has been received in the laboratory, you will receive your results within a maximum of 25 days.