Nahibu
Microbiome profiling
6 rue Pierre Joseph Colin - 35000 RENNES France

Microbiological test report for :

Full gut microbiome profiling
Shotgun Metagenomic Sequencing - 20M reads - PE150

Sample ID: RG-XXXX-XXX

Improvable :
Correct :
Optimal :
Sample position :

This report presents your results, comparing them with those obtained from the Nahibu cohort.

MAIN CHARACTERISTICS

Indicator	Result	Comparison to the Nahibu cohort
Enterotype	Bacteroides	
Microbial richness	124	
Balance	Unbalanced	

BACTERIA OF INTEREST

Description of these bacteria is provided in the appendix.

POSITIVE IMPACT BACTERIA

Indicator	Result	Comparison to the Nahibu cohort
Faecalibacterium prausnitzii	Correct	
Eubacterium hallii	Improvable (Not detected)	
Bifidobacterium longum	Improvable (Not detected)	
Roseburia intestinalis	Correct	
Akkermansia muciniphila	Correct	
Veillonella atypica	Correct (Not detected)	

NEGATIVE IMPACT BACTERIA

Indicator	Result	Comparison to the Nahibu cohort
Bilophila wadsworthia	Correct	
Clostridioides difficile	Optimal (Not detected)	
Ruminococcus gnavus	Optimal (Not detected)	

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FUNCTIONAL POTENTIAL

Description of each compound is provided in the appendix.

DIGESTION AND INTESTINAL COMFORT

Indicator	Result	Comparison to the Nahibu cohort
BLOATING AND GAS		
Hydrogen sulfide	Optimal	
ACIDS AND REFLUX		
Lactate	Improvable	
SATIETY		
Acetate, lactate, propionate	Improvable	
FATTY ACID METABOLISM REGULATION		
Spermidine	Optimal	
VITAMIN PRODUCTION		
Adénosylcobalamine	Improvable	
Menaquinone	Improvable	

IMMUNITY

Indicator	Result	Comparison to the Nahibu cohort
DEVELOPMENT AND MAINTENANCE OF GUT TISSUES		
Butyrate	Improvable	
Hydrogen sulfide	Optimal	
Putrescine, spermidine	Correct	
INFLAMMATION		
Butyrate	Improvable	
Acetate	Improvable	
Lactate	Improvable	
Histidine	Improvable	

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PHYSICAL ABILITIES

Indicator	Result	Comparison to the Nahibu cohort
Acetate	Improvable	
Histidine	Improvable	
Pantothenate	Optimal	

NEUROPSYCHOLOGICAL ABILITIES

Indicator	Result	Comparison to the Nahibu cohort
GENERAL BRAIN FUNCTION		
Histidine	Improvable	
COGNITIVE ABILITIES AND MEMORY		
Tetrahydrofolate	Optimal	
Butyrate	Improvable	
SLEEP		
Butyrate	Improvable	
GABA	Optimal	
Tryptophan	Optimal	
DEPRESSION AND MOOD DISORDERS		
GABA	Optimal	
Tyrosine	Optimal	
STRESS AND ANXIETY		
Pantothenate	Optimal	
GABA	Optimal	
Tryptophan	Optimal	
Tyrosine	Optimal	

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NUTRITIONAL ADVICE

Generic Advice

Fiber plays a key role in ensuring proper intestinal transit, by facilitating digestive movements and supplying nutrients to the microbiota. They are essential to the overall balance of the intestinal microbiota, contributing to its health benefits.

FODMAPs are sugars naturally present in our diet. They are barely digested before reaching the colon, where bacteria ferment them very quickly. Some people may be sensitive to FODMAPs (e.g. FOS and GOS), sometimes causing bloating and digestive discomfort. It is then recommended to introduce these foods gradually to help restore the balance of the microbiota.

For a balanced microbiota, it's advisable to eat a varied diet and limit processed foods rich in fat or salt. Adequate hydration, a high-fiber diet and regular physical activity remain the basic tips for maintaining a healthy intestinal balance.

Recommendations adapted to your microbiotic data

Indicator	Recommended foods or supplements
Development and maintenance of gut tissues	Almond • Aloe • Asparagus • Avocado • Banana • Basil • Blackcurrant • Broccoli • Cashew nut • Cauliflower • Cheese • Chestnut • Chickpea • Chinese cabbage • Cinnamon • Coconut • Corn • Dried bean • Fava bean • Fresh bean (green, wax) • Garlic • Hazelnut • Kale • Lemon • Millet • Mustard • Oat • Oyster • Passion fruit • Pecan nut • Pistachio • Potato • Prickly pear • Quince • Red cabbage • Sesame • Shallot • Sorrel • Squash • Sunflower seed • Swiss chard • Wheat germ • White cabbage • Whole wheat • Yogurt • Zucchini
Inflammation	Acai • Acerola • Almond • Aloe • Amla • Apricot • Aronia • Artichoke • Asparagus • Astaxanthin • Avocado • Baobab • Basil • Bell pepper • Black pepper • Blackberry • Blackcurrant • Brussels cabbage • Butternut squash • Camu-camu • Chamomile • Cheese • Cherry • Chlorella • Cinnamon • Cocoa • Cranberry • Cucumber • Dandelion • Dill • Eggplant • Fennel • Fermented cabbage • Garlic • Ginger • Goji berry • Grapefruit • Hemp seed • Honey • Kale • Lemon • Lemongrass • Licorice • Moringa • Oat • Olive • Olive oil • Physalis • Pineapple • Pomegranate • Rapeseed oil • Red cabbage • Royal jelly • Sage • Sea buckthorn berry • Sesame oil • Sorrel • Soy • Spinach • Squash • Starfruit • Turmeric • Violet • Watermelon • Wheatgrass • Yogurt
Bloating and gas	Acai • Aloe • Artichoke • Blueberry • Brown rice • Celery • Chamomile • Coriander • Dill • Eggplant • Fennel • Ginger • Grape • Kiwi • Lemon • Lemongrass • Mandarin • Milk kefir • Mint • Orange • Papaya • Pineapple • Quince • Quinoa • Spinach • Squash • Sweet potato • Thyme • Tomato • Turmeric • Water kefir • Yogurt
Acids and reflux	Almond • Aloe • Amla • Apple • Asparagus • Avocado • Banana • Basil • Broccoli • Brown rice • Cauliflower • Celery • Chamomile • Chia seed • Cucumber • Egg yolk • Eggplant • Flaxseed • Fresh bean (green, wax) • Ginger • Lemon • Melon • Oat • Olive oil • Pear • Sesame oil • Sunflower oil • Turnip • Walnut • Wheatgrass

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Indicator	Recommended foods or supplements
Satiety	Acai • Acerola • Agar-agar • Almond • Aloe • Apple • Aronia • Artichoke • Asparagus • Avocado • Banana • Baobab • Barley • Beetroot • Blackcurrant • Broccoli • Brown rice • Brussels cabbage • Carrot • Cauliflower • Celery • Cheese • Chestnut • Chia seed • Chickpea • Chicory • Chili pepper • Cocoa • Corn • Date • Egg white • Egg yolk • Eggplant • Endive • Flaxseed • Fresh bean (green, wax) • Goji berry • Hemp seed • Konjac • Leek • Lemon • Lentils • Lettuce • Lucuma • Lytchee • Mandarin • Mango • Melon • Mushroom • Nectarine • Oat • Oily fish • Olive • Onion • Orange • Papaya • Parsnip • Passion fruit • Pea • Peanut butter • Peanut • Persimmon • Quince • Quinoa • Radish • Rasberry • Red cabbage • Red meat • Redcurrant • Seafood • Spinach • Squash • Sweet potato • Swiss chard • Teff • Tomato • Walnut • Wheatgrass • White fish • White rice • Whole grain • Zucchini
Fatty acid metabolism regulation	Almond • Aloe • Amla • Apple • Apricot • Aronia • Artichoke • Astaxanthin • Broccoli • Carrot • Chestnut • Chia seed • Eggplant • Garlic • Goji berry • Grape • Hazelnut • Hemp seed • Konjac • Milk kefir • Mint • Oat • Pecan nut • Psyllium • Quince • Rhubarb • Sea buckthorn berry • Soy • Spirulina • Sunflower seed • Walnut • Wheat germ • Wheatgrass • Whole grain
Vitamin production	Acai • Acerola • Almond • Aloe • Amla • Apricot • Aronia • Artichoke • Asparagus • Avocado • Basil • Beetroot • Bell pepper • Blackberry • Blackcurrant • Blueberry • Broccoli • Brussels cabbage • Butter • Camu-camu • Carrot • Cauliflower • Chestnut • Chickpea • Chicory • Chili pepper • Chinese cabbage • Coriander • Corn • Cranberry • Dandelion • Date • Egg white • Egg yolk • Eggplant • Endive • Fava bean • Fermented cabbage • Flaxseed • Fresh bean (green, wax) • Garlic • Goji berry • Hemp seed • Kale • Kiwi • Lemon • Lentils • Lettuce • Lucuma • Mandarin • Milk kefir • Mushroom • Mustard • Oily fish • Olive • Orange • Oyster • Papaya • Parsley • Parsnip • Passion fruit • Pea • Peanut butter • Pear • Pineapple • Potato • Prickly pear • Rapeseed oil • Red cabbage • Redcurrant • Sea buckthorn berry • Sesame • Spinach • Squash • Starfruit • Sunflower seed • Swiss chard • Turnip • Watermelon • Wheatgrass • White cabbage • Whole wheat • Yogurt • Zucchini
Physical abilities	Acai • Acerola • Agave syrup • Alfalfa • Almond • Apple • Apricot • Aronia • Artichoke • Asparagus • Astaxanthin • Avocado • Banana • Baobab • Basil • Beetroot • Blackcurrant • Brown rice • Brussels cabbage • Butternut squash • Cauliflower • Cheese • Cherry • Chestnut • Chia seed • Chickpea • Chili pepper • Chinese cabbage • Cocoa • Coffee • Coriander • Cucumber • Date • Dried bean • Durian • Fava bean • Fermented cabbage • Fresh bean (green, wax) • Garlic • Gelatin • Goji berry • Green tea • Guarana seed • Guava • Hazelnut • Hemp seed • Kale • Lemon • Lemongrass • Lentils • Liver • Lucuma • Lytchee • Mandarin • Milk • Moringa • Mustard • Oat • Oily fish • Olive oil • Orange • Parsnip • Passionflower • Pea • Peanut butter • Peanut • Pineapple • Quince • Quinoa • Rapeseed oil • Rasberry • Red cabbage • Red meat • Redcurrant • Royal jelly • Seafood • Sesame • Shallot • Sorrel • Soy • Squash • Starfruit • Sunflower seed • Sweet potato • Swiss chard • Teff • Turmeric • Walnut • Watermelon • Wheat germ • White cabbage • White fish • White meat • Whole grain • Whole wheat • Yogurt

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Indicator	Recommended foods or supplements
General brain function	Almond • Amla • Apple • Aronia • Artichoke • Asparagus • Astaxanthin • Avocado • Basil • Beetroot • Bell pepper • Blackberry • Blueberry • Broccoli • Carrot • Celery • Chia seed • Chickpea • Chicory • Cocoa • Coconut oil • Coconut • Cranberry • Dried bean • Egg yolk • Eggplant • Endive • Fermented cabbage • Flaxseed • Fresh bean (green, wax) • Garlic • Goji berry • Grape • Grapefruit • Green tea • Hazelnut • Kale • Lemon • Lemongrass • Lentils • Lettuce • Liver • Mandarin • Maple syrup • Moringa • Oat • Oily fish • Olive • Olive oil • Orange • Pea • Peanut • Pomegranate • Potato • Rapeseed oil • Rasberry • Rosemary • Royal jelly • Saffron • Sea buckthorn berry • Seafood • Sesame • Sesame oil • Shallot • Spinach • Squash • Strawberry • Sweet potato • Teff • Tomato • Turmeric • Walnut • Wheat germ • Whole grain • Whole wheat • Zucchini
Cognitive abilities and memory	Almond • Aloe • Amla • Apple • Apricot • Aronia • Artichoke • Asparagus • Astaxanthin • Avocado • Banana • Baobab • Basil • Blackberry • Blueberry • Broccoli • Carrot • Cashew nut • Celery • Chicory • Cinnamon • Dried bean • Egg yolk • Eggplant • Fermented cabbage • Garlic • Gelatin • Grape • Green tea • Guarana seed • Hazelnut • Honey • Lemon • Moringa • Oat • Oily fish • Olive • Olive oil • Pistachio • Radish • Rosemary • Royal jelly • Sage • Spinach • Strawberry • Thyme • Turmeric • Walnut • Wheat germ • Wheatgrass
Sleep	Almond • Apple • Apricot • Asparagus • Avocado • Banana • Basil • Black pepper • Chamomile • Cherry • Chia seed • Dill • Dried bean • Fermented cabbage • Garlic • Gelatin • Honey • Lemongrass • Onion • Passionflower • Pineapple • Saffron • Valerian
Depression and mood disorders	Avocado • Banana • Black pepper • Blackcurrant • Camu-camu • Eggplant • Fermented cabbage • Garlic • Oily fish • Olive oil • Oyster • Saffron • Walnut
Stress, and anxiety	Amla • Apple • Asparagus • Avocado • Banana • Basil • Blackcurrant • Chamomile • Cocoa • Cucumber • Eggplant • Fermented cabbage • Garlic • Goji berry • Lemongrass • Passionflower • Saffron • Valerian • Wheat germ

Indicator	Foods or supplements to limit
Development and maintenance of gut tissues	Chili pepper
Inflammation	Red meat
Bloating and gas	Broccoli • Brussels cabbage • Cauliflower • Cherry • Chickpea • Chinese cabbage • Fava bean • Fermented cabbage • Kale • Milk • Onion • Red cabbage • Watermelon • White cabbage
Acids and reflux	Aronia • Baobab • Chili pepper • Cocoa • Coffee • Dandelion • Egg white • Garlic • Grape • Mandarin • Mint • Onion • Orange • Pineapple • Tomato
Satiety	Butter • Cashew nut • Grape • Hazelnut • Honey • Olive oil

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Indicator	Foods or supplements to limit
Fatty acid metabolism regulation	Cold cuts • Liver
Vitamin production	Konjac
Sleep	Baobab • Camu-camu • Cocoa • Coffee • Eggplant • Goji berry • Rosemary • Sea buckthorn berry • Spirulina • Thyme
Depression and mood disorders	Bitter orange • Passionflower
Stress, and anxiety	Bitter orange

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APPENDICES

BACTERIA OF INTEREST

• *Faecalibacterium prausnitzii*

F. prausnitzii is one of the most abundant species in the intestinal microbiota. A butyrate producer, an anti-inflammatory compound, it contributes to good intestinal health by nourishing colon cells and reinforcing the intestinal barrier.

• *Eubacterium halii*

E. halii is a butyrate- and propionate-producing species, two compounds with health benefits.

• *Bifidobacterium longum*

B. longum is a commercially available probiotic. It has anti-inflammatory effects and appears to improve symptoms in people suffering from constipation, celiac disease or ulcerative colitis.

• *Roseburia intestinalis*

R. intestinalis is one of the dominant species in the gut microbiota. As a butyrate producer, it contributes to the proper functioning of the intestinal barrier and has anti-inflammatory properties.

• *Akkermansia muciniphila*

A. muciniphila helps strengthen the intestinal barrier, supports weight management, has anti-inflammatory properties, and is associated with overall good health.

• *Veillonella atypica*

V. atypica seems to promote the growth of many other microorganisms, including beneficial bacteria for the host. It also helps to eliminate potentially harmful compounds produced by bacteria living in the digestive system. Mainly found in the microbiota of athletes, it appears to enhance physical performance by transforming the lactic acid produced during exercise.

• *Bilophila wadsworthia*

B. wadsworthia has pro-inflammatory properties and appears to worsen metabolic disorders in people with a high-fat diet. Its abundance may be increased in high saturated fat diets, or as part of a low FODMAP diet.

• *Clostridioides difficile*

C. difficile is a pathogenic bacterium responsible for the majority of nosocomial infections worldwide. Its effects range from mild diarrhea to severe intestinal pathologies.

• *Ruminococcus gnavus*

R. gnavus is a commensal (common) species of the intestine. It has a high inflammatory potential.

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COMPOUNDS OF INTEREST

• Acetate

This volatile fatty acid, produced by bacteria and transported to organs by the blood, is a prime source of energy for muscles. Also involved in immune cell expression, its concentration increases during infection to support the adaptive immune response.

• Acetate, Lactate, Propionate

These volatile fatty acids are involved in satiety regulation by inhibiting hormone secretion from colon mucosal cells and promoting the release of peptides and hormones that act on the central nervous system. High concentrations lead to reduced appetite.

• Adénosylcobalamine

Adenosylcobalamin is one of the active forms of vitamin B12. It comes mainly from the diet, but can be produced by certain bacteria, reducing the risk of deficiency. It is involved in the synthesis of essential amino acids for both the microbiota and the host. Additionally, it plays a role in regulating fatty acid metabolism and cell development.

• Butyrate

Short-chain fatty acid produced by intestinal microbiota during fiber fermentation. As the main nutrient for intestinal mucosa cells, it stimulates mucus production, helping to maintain digestive tract tissue. Butyrate also has anti-inflammatory properties and promotes sleep onset and deep sleep phases.

• GABA

GABA (gamma-aminobutyric acid) inhibits neurons to prevent constant excitation. It must be balanced with glutamate to reduce the risk of epilepsy.

• Histidine

An essential compound in hemoglobin synthesis, it plays a crucial role in arterial health. It also contributes to neurological well-being by protecting nerve cells. Sufficient histidine levels help reduce mental fatigue, support memory, and promote quality sleep. However, an excess of histidine can lead to stress and anxiety.

• Lactate

The acidity from lactate inhibits the growth of potentially pathogenic bacteria, but maintaining balance is essential to prevent excessive acidification of the intestine. Its presence is directly linked to increased local acidity through a higher concentration of lactate-producing bacteria and a decrease in lactate-utilizing bacteria.

• Menaquinone

Menaquinone is the form of vitamin K produced by bacteria. It is involved in cardiovascular and bone metabolism, cell growth and immunity. Vitamin K also promotes the development of beneficial bacteria and limits the development of pathogens.

• Pantothenate

Pantothenate, or vitamin B5, is involved in the regulatory mechanisms of adrenalin, insulin and porphyrin (hemoglobin precursor). It has anti-stress properties and helps reduce fatigue.

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• Putrescine, spermidine

Putrescine and spermidine are polyamines found in the intestine, part of which is produced by the intestinal microbiota. They help regulate cell growth and support intestinal maturation. Some of these polyamines are used by bacteria to form biofilms, which play a protective role in the intestinal lining. However, excessive concentrations may be linked to an increased risk of cancer and chronic inflammation.

• Spermidine

Spermidine is a polyamine produced by the gut microbiota. It helps reduce adiposity and fat accumulation in the liver. Spermidine thus plays a role in preventing diet-induced obesity.

• Hydrogen sulfide

At low concentrations, hydrogen sulfide reduces inflammation in the digestive tract. It stabilizes mucus and bacterial populations, reinforcing the intestinal microbiota's barrier effect. However, excessive bacterial production of hydrogen sulfide can lead to intestinal irritation and inflammation. When absorbed by the body, this gas may be linked to hypertension issues.

• Tetrahydrofolate

Tetrahydrofolate is the active form of vitamin B9 and can be synthesized by intestinal bacteria. It is involved in the development of the nervous system and the maintenance of cognitive functions.

• Tryptophan

Tryptophan is an essential amino acid precursor of serotonin and melatonin. It promotes sleep and helps to reduce stress.

• Tyrosine

Tyrosine is a precursor amino acid of dopamine, adrenalin and noradrenalin. It helps maintain balance within the nervous system, playing an important role in regulating motivation, mood and stress.

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TAXONOMIC ABUNDANCE TABLE

Phylum	Class	Order	Family	Gender	Species	Abundance
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Segatella	Segatella_sinensis	18.342%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Segatella	Segatella_copri	17.308%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Segatella	Segatella_hominis	11.757%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Segatella	Segatella_brunsvicensis	8.361%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Segatella	Segatella_sanihominis	7.670%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Faecalibacterium	Faecalibacterium_prausnitzii	3.211%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_SGB2313	2.736%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_putredinis	2.070%
Firmicutes	CFGB2947	OFGB2947	FGB2947	GGB9286	GGB9286_SGB27113	1.856%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillibacter	Oscillibacter_sp_ER4	1.383%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Roseburia	Roseburia_inulinivorans	1.199%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospira	Lachnospira_pectinoschiza	1.158%
Proteobacteria	Betaproteobacteria	Burkholderiales	Sutterellaceae	Dakarella	Dakarella_massiliensis	1.136%
Bacteroidota	Bacteroidia	Bacteroidales	Tannerellaceae	Parabacteroides	Parabacteroides_distasonis	0.980%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Phocaeicola	Phocaeicola_vulgatus	0.941%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB13489	GGB13489_SGB15224	0.858%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Phocaeicola	Phocaeicola_massiliensis	0.830%
Firmicutes	CFGB8331	OFGB8331	FGB8331	GGB9067	GGB9067_SGB13986	0.829%
Bacteroidota	Bacteroidia	Bacteroidales	Tannerellaceae	Parabacteroides	Parabacteroides_merdae	0.771%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	GGB3740	GGB3740_SGB5076	0.767%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Wujia	Wujia_chipingensis	0.758%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_thetaiotaomicron	0.704%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_stercoris	0.678%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_uniformis	0.648%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospiraceae_unclassified	Eubacterium_rectale	0.628%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Brotolimicola	Brotolimicola_acetigignens	0.588%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_fessum	0.585%
Firmicutes	Negativicutes	Veillonellales	Veillonellaceae	GGB4266	GGB4266_SGB5809	0.524%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Simiaoa	Simiaoa_sunii	0.443%
Bacteroidota	Bacteroidia	Bacteroidales	Barnesiellaceae	Barnesiella	Barnesiella_intestinihominis	0.390%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lacrimispora	Lacrimispora_amygdalina	0.381%
Bacteroidota	Bacteroidia	Bacteroidales	Odoribacteraceae	Odoribacter	Odoribacter_splanchnicus	0.364%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillibacter	Oscillibacter_valericigenes	0.343%
Firmicutes	CFGB2984	OFGB2984	FGB2984	GGB9347	GGB9347_SGB14313	0.325%
Firmicutes	CFGB2932	OFGB2932	FGB2932	GGB9261	GGB9261_SGB14209	0.320%
Firmicutes	CFGB1354	OFGB1354	FGB1354	GGB3304	GGB3304_SGB4367	0.315%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Enterocloster	Enterocloster_hominis	0.306%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_shahii	0.282%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB33469	GGB33469_SGB15236	0.261%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Dysosmobacter	Dysosmobacter_welbionis	0.258%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9715	GGB9715_SGB15267	0.251%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Mediterraneibacter	Mediterraneibacter_faecis	0.251%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridiaceae_unclassified	Clostridiaceae_bacterium_Marseille_Q4149	0.242%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_finegoldii	0.232%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9634	GGB9634_SGB15093	0.226%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9707	GGB9707_SGB15229	0.223%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	GGB3619	GGB3619_SGB4894	0.215%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillospiraceae_unclassified	Eubacterium_siraeum	0.209%
Proteobacteria	Deltaproteobacteria	Desulfovibrionales	Desulfovibrionaceae	GGB9819	GGB9819_SGB15460	0.194%
Proteobacteria	Deltaproteobacteria	Desulfovibrionales	Desulfovibrionaceae	Desulfovibrio	Desulfovibrio_fairfieldensis	0.194%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9708	GGB9708_SGB15233	0.184%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_ovatus	0.183%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9602	GGB9602_SGB15031	0.181%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Faecalibacterium	Faecalibacterium_SGB15346	0.180%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillospiraceae_unclassified	Oscillospiraceae_unclassified_SGB15256	0.172%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_sp_AM22_11AC	0.170%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Roseburia	Roseburia_intestinalis	0.168%

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Phylum	Class	Order	Family	Gender	Species	Abundance
Proteobacteria	Gammaproteobacteria	Enterobacterales	Enterobacteriaceae	Enterobacter	Enterobacter_kobei	0.158%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9699	GGB9699_SGB15216	0.143%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospiraceae_unclassified	Lachnospiraceae_bacterium_AM48_27BH	0.134%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Agathobaculum	Agathobaculum_butyriciproducens	0.133%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospira	Lachnospira_eligens	0.126%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_communis	0.124%
Proteobacteria	Deltaproteobacteria	Desulfovibrionales	Desulfovibrionaceae	Bilophila	Bilophila_SGB15451	0.122%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_caccae	0.116%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridiaceae_unclassified	Clostridiaceae_bacterium_AF18_31LB	0.115%
Firmicutes	CFGB83839	OFGB83839	FGB83839	GGB3328	GGB3328_SGB4406	0.108%
Bacteroidota	Bacteroidia	Bacteroidales	Prevotellaceae	Paraprevotella	Paraprevotella_clara	0.106%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_finegoldii	0.096%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Lawsonibacter	Lawsonibacter_SGB15145	0.088%
Firmicutes	CFGB1298	OFGB1298	FGB1298	GGB3118	GGB3118_SGB4130	0.084%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Anaerotignum	Anaerotignum_faecicola	0.083%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_sp_AF27_2AA	0.080%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB3167	GGB3167_SGB4181	0.080%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridiaceae_unclassified	Clostridiaceae_bacterium_Marseille_Q4143	0.069%
Firmicutes	Clostridia	Eubacteriales	Eubacteriaceae	GGB3277	GGB3277_SGB4327	0.069%
Firmicutes	Negativicutes	Veillonellales	Veillonellaceae	Megasphaera	Megasphaera_sp_NM10	0.067%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_SGB4750	0.063%
Firmicutes	CFGB1776	OFGB1776	FGB1776	GGB4684	GGB4684_SGB6478	0.062%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB79104	GGB79104_SGB105821	0.054%
Bacteroidota	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	Bacteroides_xylanisolvens	0.053%
Firmicutes	Clostridia	Eubacteriales	Eubacteriales_unclassified	Colidextribacter	Colidextribacter_sp_210702_DFI_3_9	0.051%
Firmicutes	Clostridia	Eubacteriales	Eubacteriales_unclassified	Gemmiger	Gemmiger_formicilis	0.045%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Vescimonas	Vescimonas_coprocola	0.045%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9708	GGB9708_SGB15234	0.043%
Bacteroidota	Bacteroidia	Bacteroidales	Odoribacteraceae	Butyricimonas	Butyricimonas_virosa	0.042%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Faecalibacterium	Faecalibacterium_sp_HTFF	0.039%
Firmicutes	CFGB72924	OFGB72924	FGB72924	GGB3612	GGB3612_SGB4882	0.038%
Firmicutes	CFGB2954	OFGB2954	FGB2954	GGB9297	GGB9297_SGB14255	0.032%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Coprococcus	Coprococcus_comes	0.030%
Firmicutes	CFGB9989	OFGB9989	FGB9989	GGB9712	GGB9712_SGB15244	0.030%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	GGB9614	GGB9614_SGB15049	0.028%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Flavonifractor	Flavonifractor_plautii	0.028%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Lachnospiraceae_unclassified	Lachnospiraceae_bacterium_CLA_AA_H244	0.028%
Firmicutes	CFGB2918	OFGB2918	FGB2918	GGB9240	GGB9240_SGB14182	0.025%
Firmicutes	CFGB2834	OFGB2834	FGB2834	GGB9064	GGB9064_SGB13983	0.025%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Oscillospiraceae_unclassified	Oscillospiraceae_bacterium_Marseille_Q3528	0.024%
Firmicutes	CFGB1211	OFGB1211	FGB1211	GGB2970	GGB2970_SGB3952	0.024%
Firmicutes	CFGB36753	OFGB36753	FGB36753	GGB2658	GGB2658_SGB3579	0.023%
Firmicutes	CFGB10477	OFGB10477	FGB10477	GGB9345	GGB9345_SGB14311	0.022%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Faecalicatena	Faecalicatena_fissicatena	0.022%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridiaceae_unclassified	Clostridiaceae_bacterium	0.021%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_onderdonkii	0.021%
Firmicutes	Erysipelotrichia	Erysipelotrichales	Erysipelotrichaceae	Holdemanella	Holdemanella_porci	0.021%
Bacteroidota	Bacteroidia	Bacteroidales	Porphyromonadaceae	Sanguibacteroides	Sanguibacteroides_justesenii	0.019%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridiaceae_unclassified	Clostridiaceae_unclassified_SGB4771	0.019%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridium	Clostridium_sp_AM33_3	0.018%
Bacteroidota	Bacteroidia	Bacteroidales	Odoribacteraceae	Butyricimonas	Butyricimonas_faecihominis	0.017%
Bacteroidota	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	Alistipes_indistinctus	0.017%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Youxingia	Youxingia_wuxianensis	0.016%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Dorea	Dorea_formicigenerans	0.015%
Firmicutes	Clostridia	Eubacteriales	Lachnospiraceae	Dorea	Dorea_longicatena	0.015%
Firmicutes	CFGB2840	OFGB2840	FGB2840	GGB9093	GGB9093_SGB14023	0.015%
Firmicutes	CFGB3070	OFGB3070	FGB3070	GGB9775	GGB9775_SGB15395	0.013%

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Phylum	Class	Order	Family	Gender	Species	Abundance
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Faecalibacterium	Faecalibacterium_sp_CLA_AA_H233	0.010%
Firmicutes	CFGB38642	OFGB38642	FGB38642	GGB9758	GGB9758_SGB15368	0.010%
Firmicutes	CFGB3023	OFGB3023	FGB3023	GGB9501	GGB9501_SGB14898	0.009%
Firmicutes	CFGB1814	OFGB1814	FGB1814	GGB4802	GGB4802_SGB6641	0.009%
Verrucomicrobia	Verrucomicrobiae	Verrucomicrobiales	Akkermansiaceae	Akkermansia	Akkermansia_muciniphila	0.006%
Proteobacteria	Gammaproteobacteria	Enterobacterales	Enterobacteriaceae	Escherichia	Escherichia_coli	0.004%
Proteobacteria	Deltaproteobacteria	Desulfovibrionales	Desulfovibrionaceae	Bilophila	Bilophila_wadsworthia	0.004%
Firmicutes	Clostridia	Eubacteriales	Oscillospiraceae	Lawsonibacter	Lawsonibacter_asaccharolyticus	0.004%
Firmicutes	Clostridia	Eubacteriales	Clostridiaceae	Clostridiaceae_unclassified	Clostridiaceae_bacterium_Marseille_Q4145	0.001%
Firmicutes	CFGB4621	OFGB4621	FGB4621	GGB18336	GGB18336_SGB20700	0.001%

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