

Novo Biome

Gut Microbiome Test

Receive important health insights from analysing your gut microbiome **within 3-4 weeks.**

How well do you know your gut?

What is the Gut Microbiome?

The gut microbiome is the collection of bacteria, fungi, viruses and other microorganisms that live in the digestive tract. Familiar terms used to describe the microbiome include "gut flora" and "microbiota". Recent research has conclusively demonstrated that the gut microbiome plays a vital role in many bodily functions and affects almost every aspect of human health!

How does your Gut Microbiome impact your Health?

These microorganisms are responsible for extracting energy from the food we eat, and producing critical compounds and metabolites necessary for:



A healthy immune system



Maintaining brain health through the gut-brain axis

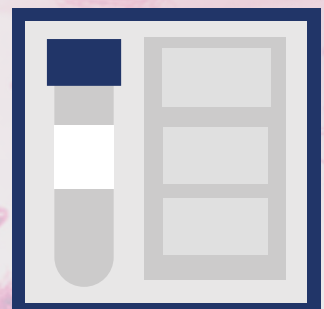


Weight management and other metabolic conditions

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Receive important health insights from analysing your gut microbiome **in 3-4 Weeks**

- Your gut microbiome composition, compared to a database of > 3000 bacterial groups.
- Over 20 reports on your overall well-being.
- How your gut microbiome affects 5 major functional health systems (brain, gut, heart, liver, metabolism).
- Dietary recommendations from > 200 specific food ingredients... and more!



4 Steps to a Healthier Gut



Discover

Consult your physician to assess whether Gut Microbiome Test solutions are suitable for your condition.



Analyse

The system will analyse your sample using the latest sequencing technology and Asia's largest gut microbiome database.



Act

Your physician will receive your health insights, including personalised dietary recommendations from a library of over 80 foods and supplements that would improve your gut health.



Track

Re-take the test every 3 to 6 months to track your progress and see how your gut health changes over time.

Why should I get tested?

Your gut microbiome is largely responsible for digestion, but has recently been found to contribute to many other aspects of your health. Sequencing your gut microbiome will help you understand how it may be affecting various health systems in your body. You will also get personalised food recommendations to keep your gut happy!

What does the test involve?

The test involves collecting a small sample of your stool, and filling in a simple digital questionnaire.

Take Control of Your Health Today!

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