

MetaXplore™ Range Report Interpretation Checklist

1 ASSESS	Red flags (refer to a medical specialist, if necessary)	Faecal occult blood detected*		
		Calprotectin above 100 µg/g*		
		Lactoferrin above 7.2 µg/g*		
		Pancreatic elastase below 100 µg/mL*		
		Pathogens detected on diagnostic targeted pathogen panel**		
		Potential pathogens identified in metagenomic species table (search pathogen)		
	Gut terrain	Faecal pH*		
		Secretory IgA*		
		Zonulin*		
		Mucin degradation		
		Oral species		
	Dysbiosis	Diversity and richness (species count)		
		Microbial markers out of range - acetate, <i>B. fragilis</i> toxin, branched-chain amino acids (BCAA), beta-glucuronidase, butyrate, hexa-acylated lipopolysaccharide (hexa-LPS), hydrogen sulphide, 3-indolepropionic acid (IPA), methane, oxalate, propionate, trimethylamine (TMA)		
		Species table for more advanced users - to learn more visit Co-Education		
2 APPLY	Findings & insights	Based on client symptoms, bowel habits, health history, allergies, intolerances, tolerability, goals, motivations		
		Prioritise insights based on the markers that need addressing the most (via results range or via health categories)		
		If there are no markers out of range, work on healthy microbiome foundations to help the client improve their microbiome potential		
		Request further pathology or investigative testing, if necessary		
3 ADAPT	Treatment based on client response & re-test results	Regular client check-ins to monitor progress, compliance and treatment tolerability		
		Re-test between 3-6 months to assess treatment success		
		Maintain microbiome health		

*Available in MetaXplore GI & GI Plus only **Available in MetaXplore GI Plus only

The faecal pH assay used in the MetaXplore™ range is for research use only and not to be used as a basis for diagnosis. The metagenomic assays used in the MetaXplore™ range are to determine the microbiome populations and associated functional pathways in a faecal sample. The application is for research use only and not to be used as a basis for diagnosis.

MetaXplore™ Range Report Interpretation Checklist Supplemental

<div>1</div> <div>ASSESS</div>	Red flags <ul style="list-style-type: none"> Faecal occult blood detected* Calprotectin above 100 µg/g* Lactoferrin above 7.2 µg/g* Pancreatic elastase below 100 µg/mL* Pathogens detected on diagnostic targeted pathogen panel** Potential pathogens identified in metagenomic species table (search pathogen) 	Questions? <ul style="list-style-type: none"> Are the red flags reflective of the client presentation (signs, symptoms, health priorities) and client history (disease, diagnosed conditions)? Are pathogens detected in the diagnostic targeted pathogen panel or potential pathogens found using metagenomics when you search 'pathogen' in the species table, that require further investigation? Does the client need to be referred on to another healthcare professional? 	Resources <ul style="list-style-type: none"> Pathogen and Pathobiont Guide Interpretation Guide First, Do No Harm Webinar MetaXplore Referral Letter Template for Healthcare Professionals
	Gut terrain <ul style="list-style-type: none"> Faecal pH* Secretory IgA* Zonulin* Mucin degradation Oral species 	Questions? <ul style="list-style-type: none"> How do the out of range gastrointestinal markers relate to the client's current presentation? E.g. symptoms, diagnosed conditions, health history, diet, lifestyle, supplements. How does mucin degradation relate to the client's diet (low fibre intake, disordered eating, fasting), gut transit time, diagnosed conditions and presence of mucin-degrading microbial species? Are there any factors that would contribute to the presence of oral species? E.g. PPI medication, low stomach acid, stress. 	Resources <ul style="list-style-type: none"> Interpretation Guide Unlocking the Inner Ecosystem Webinar
	Dysbiosis <ul style="list-style-type: none"> Diversity and richness (species count) Microbial markers out of range - acetate, B. fragilis toxin, branched-chain amino acids (BCAA), beta-glucuronidase, butyrate, hexa-acylated lipopolysaccharide (hexa-LPS), hydrogen sulphide, 3-indolepropionic acid (IPA), methane, oxalate, propionate, trimethylamine (TMA) Species table for more advanced users - to learn more visit Co-Education 	Questions? <ul style="list-style-type: none"> How do the out of range microbial markers relate to the client's current presentation? E.g. symptoms, diagnosed conditions, health history, diet, lifestyle, supplements. Are there any markers that need to be considered together? E.g. butyrate and hydrogen sulphide or acetate and butyrate. Species overabundance can indicate functional dysbiosis, how does this relate to the client's presenting symptoms and microbial markers? 	Resources <ul style="list-style-type: none"> Interpretation Guide Unlocking the Inner Ecosystem Webinar First, Do No Harm Webinar

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<p>2 APPLY</p>	<p>Findings & insights</p> <ul style="list-style-type: none"> • Based on client symptoms, bowel habits, health history, allergies, intolerances, tolerability, goals, motivations • Prioritise insights based on the markers that need addressing the most (via results range or via health categories) • If there are no markers out of range, work on healthy microbiome foundations to help the client improve their microbiome potential • Request further pathology or investigative testing, if necessary 	<p>Questions?</p> <ul style="list-style-type: none"> • What are the highest priorities for the client in front of you? • How does the client's current presentation relate back to the microbiome and gastrointestinal markers? • Are there markers in the borderline range that need to be considered or monitored? • Are there any client barriers to consider in personalising their insights? E.g. allergies, intolerances, preferences, cost, availability, tolerability. • Do you need to send the client for further testing? 	<p>Resources</p> <ul style="list-style-type: none"> • From Plate to Microbes Webinar • Personalised Prebiotic Prescription Webinar • Pathogen and Pathobiont Guide • Dietary Impacts on the Gut Microbiome Guide • Prebiotic Guide • Client handouts
<p>3 ADAPT</p>	<p>Treatment based on client response & re-test results</p> <ul style="list-style-type: none"> • Treatment based on client response & re-test results • Re-test between 3-6 months to assess treatment success • Maintain microbiome health 	<p>Questions?</p> <ul style="list-style-type: none"> • How have interventions impacted the microbiome? • Are changes to the interventions required for further improvement? E.g. increase dosage, longer prescription. 	<p>Resources</p> <ul style="list-style-type: none"> • Practitioner Portal • From Plate to Microbes Webinar • Personalised Prebiotic Prescription Webinar • Client handouts

MetaXplore is proudly & exclusively available in Australia via Co-Biome and in the UK via Invivo Healthcare.

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