

Testing your microbiome

Unlock your health from within with a MetaXplore™ report





Trust your gut

What is the gut microbiome?

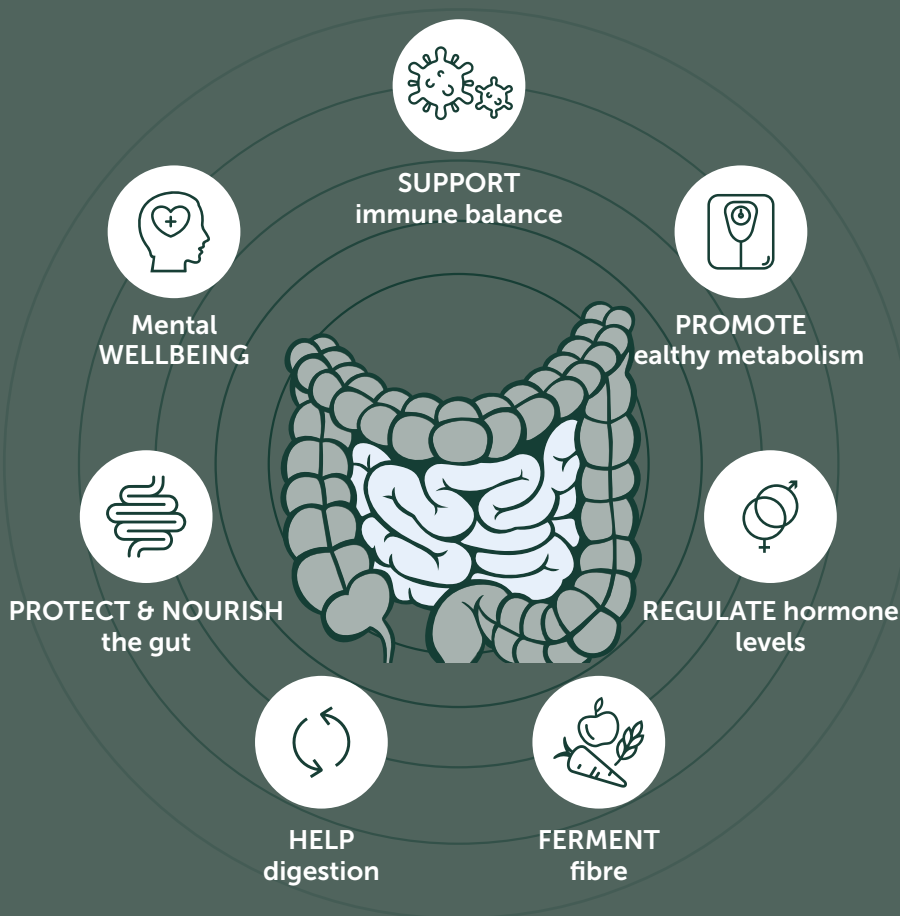
The gut microbiome is an intricate community, consisting of trillions of microbes, or “gut bugs” residing in your digestive tract. This bustling ecosystem plays a pivotal role in digesting food, synthesising essential nutrients and regulating the immune system.

The diversity and composition of your microbial community is like a fingerprint, specific to you and reflecting your lifestyle, diet and environment.



What happens in the gut, doesn't just stay in the gut

The gut microbiome can produce substances that influence not only your gut health but also your nervous, metabolic and immune systems.



Why test my gut microbiome?

1

**Explore your
ecology**

Your inner ecosystem of gut microbes has the potential to operate as a balanced community promoting health, or alternatively develop into dysbiosis. Dysbiosis is where there is an imbalanced community of microbes in the gut that have been linked to health and disease.

2

**From
confusion
to clarity**

Health concerns can cast a shadow of uncertainty over our lives. The microbiome plays a crucial role in human health. Measuring the microbes in your gut can bring to light how your unique microbiome may be impacting your health and wellbeing now and in the future.

3

**Personalised
care**

Knowledge is a powerful ally on the pathway to improving your health. Your healthcare professional can guide you through your results alongside your full health history, and support you to modify your nutrition, lifestyle and dietary supplementation to improve your microbiome and your health.

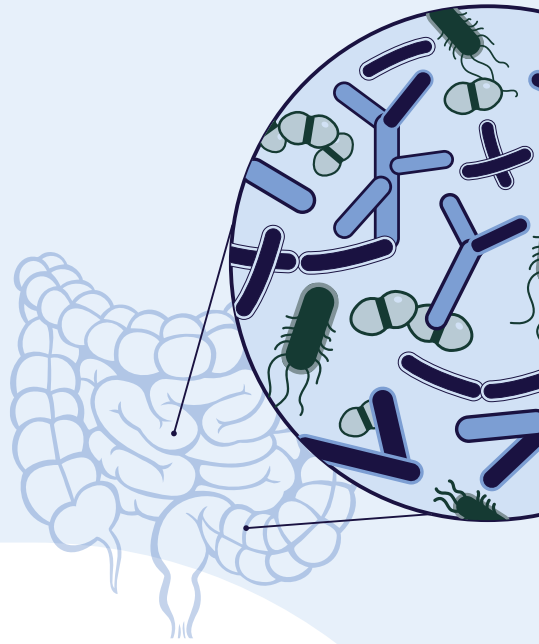
4

**Peace of
mind**

If you live with a complex puzzle of symptoms or chronic disease or even if you are looking to optimise your health and longevity, microbiome testing presents a new pathway to understanding your symptoms and whether they're connected to your gut health.

What is a gut microbiome test?

Microbiome testing identifies patterns in the unique composition of your microbiome to help you and your healthcare professional make informed decisions to unlock health from within.



Introducing the MetaXplore range

The MetaXplore™ range consists of three non-invasive tests used to sample the gut microbes living in your gut; MetaXplore, MetaXplore GI and MetaXplore GI Plus.

The MetaXplore™ range provides your healthcare professional with a comprehensive report on diagnostic gastrointestinal markers* and uses metagenomic technology to provide in-depth insights into the gut microbiome.

By assessing the whole gut microbiome alongside optional gastrointestinal health markers, your healthcare professional can understand how your gut microbiome interacts with your body systems and overall health.



**MetaXplore GI and MetaXplore GI Plus only*

What happens next?

STEP 1

Your healthcare professional will refer you for MetaXplore Microbiome testing

You'll be sent an SMS and/or email with a secure link to complete the purchase.



STEP 2

Your testing kit is sent to you

Your MetaXplore kit is sent via express post.



STEP 3

You provide a sample

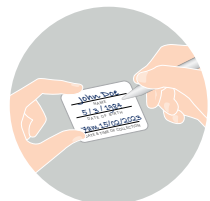
Follow the instructions inside the MetaXplore kit to take your stool sample.



STEP 4

Label your samples

Label your sample/s using the day of collection stickers provided in the kit.



STEP 5**Return your sample**

Secure your sample/s in the reply-paid envelope as detailed in the kit instructions.

**STEP 6****Report sent to your practitioner**

A comprehensive report will be delivered directly to your healthcare professional who will contact you to discuss your results.



Learn how to take your sample



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

The MetaXplore range is only available for purchase through a healthcare professional.