S'WIPE™

S'Wipe Report for Jane Doe

Generated by BileOmix, Inc. on July 26, 2025

If you have any questions, email us at info@bileomix.com
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Gut Health Score

The gut microbiome is composed of trillions of bacteria that play a crucial role in your digestion, immune support, and energy production. This test measures how well those bacteria are producing critical Short Chain Fatty Acids (Postbiotics), and what you can do to improve them.

How Your Score Is Calculated

The Gut Health Score is calculated as the sum of four components: Total amount of measured Short-Chain Fatty Acids (SCFA), Relative values of the three main SCFA, levels of Toxins produced by gut bacteria, and the Stability of SCFA levels between samples. High scores indicate a healthy gut microbiome, while low scores indicate that some components are out of normal range.

Total SCFA

Total amount of vital components produced by gut bacteria (page 2)

Relative SCFA

Three main SCFA types must be in balance with each other (page 2)

Nontoxicity

Level of metabolites that can be harmful to your gut (page 4)

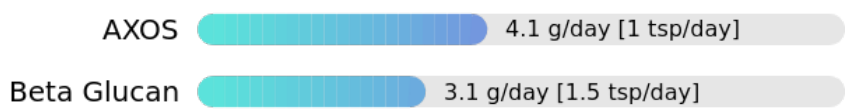
Stability

Consistency of SCFA levels between samples (page 2)

How To Improve Your Gut Health

Your personalized action plan (page 3) is based on 16 nutrition studies that use prebiotics (soluble fiber) as the input and postbiotics (Short-Chain Fatty Acids) as the output. By introducing the right type of soluble fiber to your diet, you can improve SCFA productions, gut health and overall wellbeing.

Daily Fiber Suggestions



- XPRS Nutra Beta Glucan Powder
- Arabinoxylan Supplement Powder, 8 oz Organic Rice Bran Arabinoxylan powder

Stability Score (based on 3 samples)

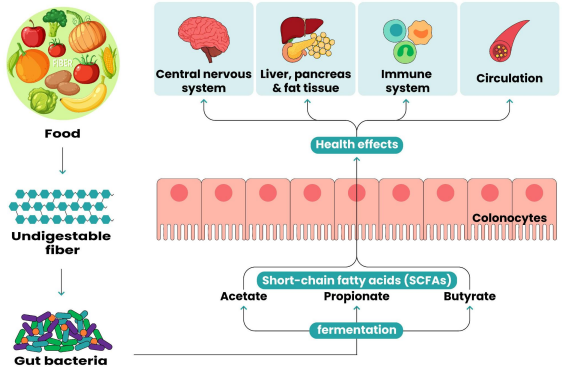
You have a high stability score, indicating a consistent SCFA profile over 3 S'Wipe collections

- **High stability (6-10)**: Consistent Short Chain Fatty Acid (SCFA) levels suggest a stable gut. However, it doesn't always mean your gut is healthy. Factors like diet or antibiotics can affect stability.
- **Low stability (0-5)**: Variable SCFA levels may indicate changes in diet, environment, or other factors affecting your gut health.

What are Short-Chain Fatty Acids (SCFAs)?

The gut microbiome, composed of trillions of bacteria residing mainly in your intestines, plays a crucial role in your digestion, immune support, stress and anxiety. Having diverse gut bacteria is linked to reduced risk of heart disease, diabetes, asthma, depression, and allergies.

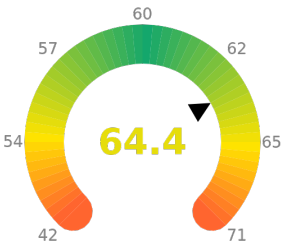
SCFAs are produced by gut bacteria from undigested fiber. They include acetic, propionic, and butyric acids. Tracking SCFA levels in your stool can tell you about your gut health, including digestion, immune function and more.



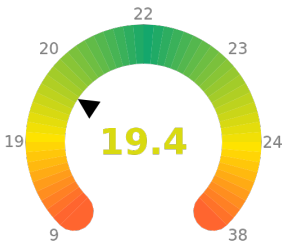
For further reading, see: Blaak et al. (2020) *Beneficial Microbes*, Candeliere et al. (2022) *Front. Mol. Med*

Your Short-Chain Fatty Acid (SCFA) Levels

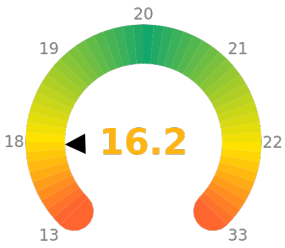
Acetic acid (%)



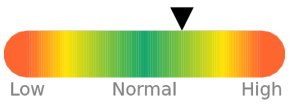
Propionic acid (%)



Butyric acid (%)



Total SCFA



Plots above show how your SCFA levels compare to the typical levels of other people (blue regions).

Acetic acid, making up about 60% of your SCFAs, is crucial for nutrient absorption, pH regulation, metabolism and immune function. Low levels of acetic acid (<40%) lead to poor nutrient absorption, increased harmful bacteria, and impaired metabolism. High levels (>80%) lead to inflammation, bloating and diarrhea.

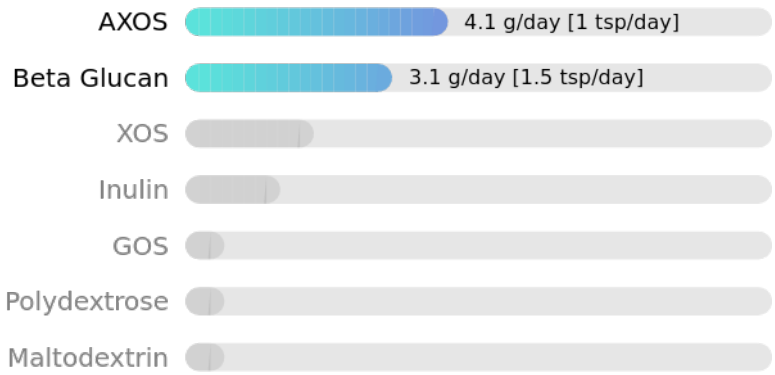
Butyric acid should be about 20% of your SCFAs. Potential benefits of butyric acid include improved symptoms of IBS, Crohn's disease, and colon cancer.

Propionic acid is a major microbial fermentation metabolite in the gut. It should make up about 20% of your SCFA levels. It is believed to lower lipogenesis, which is the process of fat production in the body, may help reduce cholesterol levels, and play a role in preventing cancer development in various tissues.

Personalized Fiber Intake Suggestions

Your fiber suggestions: The length of the bars indicates the amount of additional fiber you should consume daily. In your case, **AXOS** and **Beta Glucan** together should make up about **7 g/day** of your additional fiber intake.

Always consult with a healthcare professional when following these suggestions.



AXOS (Arabinoxylan-oligosaccharides)

- **Supplements:** 4.1 g/day [1 tsp/day] of Arabinoxylan Supplement Powder, 8 oz Organic Rice Bran Arabinoxylan powder (Powder)
- **Food sources:** Wheat bran, Oat bran, Rye bran, Barley, AXOS fiber supplements
- **Effects:** Increases butyric acid
- **Benefits:** Arabinoxylan and AXOS fiber have gained significant attention for their potential health benefits. Arabinoxylan acts as a valuable source of dietary fiber. It promotes regular bowel movements, supports gut microbiota, and may have anti-inflammatory properties. AXOS fiber, derived from arabinoxylan, is fermented by beneficial gut bacteria, producing short-chain fatty acids. These fatty acids contribute to gut health, immune function, and overall well-being.
- **Studies:** Damen, B. et al. (**2012**) *The Journal of Nutrition*, Walton, G.E et al. (**2012**) *Nutrition Journal*, Windey, K. et al. (**2014**) *Molecular Nutrition & Food Research*

Beta Glucan

- **Supplements:** 3.1 g/day [1.5 tsp/day] of XPRS Nutra Beta Glucan Powder (Powder)
- **Food sources:** Oats, Barley, Mushrooms, Yeast, Beta glucan fiber supplements
- **Effects:** Decreases acetic acid, increases propionic acid
- **Benefits:** Beta-glucan is a soluble fiber found in oats, barley, and certain mushrooms. It has been shown to lower cholesterol levels, improve heart health, and support the immune system. Beta-glucan can also help regulate blood sugar levels and promote gut health by acting as a prebiotic, feeding beneficial gut bacteria.
- **Studies:** Ross, A.B. et al. (**2013**) *The Journal of Nutrition*, Vanegas, S.M. et al. (**2017**) *The American Journal of Clinical Nutrition*

Bonus: Psyllium Husk

- **Supplements:** 5 g/day (1 tbsp/day) of Anthony's Organic Whole Psyllium Husks (Powder)
- **Food sources:** Psyllium husk is derived from the seeds of the Plantago ovata plant and is commonly found in dietary supplements and fiber supplements.
- **Effects:** Psyllium husk is a soluble fiber that absorbs water and forms a gel-like substance in the intestines. This can help regulate bowel movements, reduce constipation, and improve overall gut health.
- **Benefits:** Psyllium husk has been shown to lower cholesterol levels, improve blood sugar control, and promote a healthy gut microbiome. It may also help with weight management by increasing feelings of fullness.

Toxic Metabolites

Nontoxicity Score: 19 out of 20

Nontoxicity Score shows the overall toxicity level of your gut microbiome, based on the levels of p-cresol, indole, skatole, and phenol:

- **High (14-20)**: Marginal levels of harmful compounds, indicating a healthy gut microbiome.
- **Normal (8-13)**: Average levels of harmful compounds, suggesting a balanced gut microbiome.
- **Low (0-7)**: Potentially dangerous levels of harmful compounds, indicating an imbalanced gut microbiome.

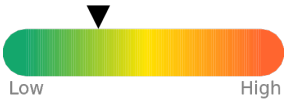
Freshness Score: 18 out of 20

Freshness Score measures how smelly your stool is, based on the levels of p-cresol, indole, skatole, and phenol:

- **Fresh (14-20)**: Low levels of odor-causing compounds, resulting in a mild or hardly noticeable smell.
- **Normal (8-13)**: Average levels of odor-causing compounds, leading to a typical stool smell.
- **Foul (0-7)**: High levels of smelly compounds, resulting in a strong, unpleasant odor.

p-Cresol

Indole



Skatole

Phenol

Gut bacteria produce a variety of metabolites, some of which can be harmful under certain conditions. These include:

p-Cresol is a byproduct of protein breakdown in the gut. High levels of p-Cresol are cytotoxic and can damage the gut lining, kidneys, and vascular system. Elevated p-Cresol Sulfate (a derivative of p-cresol) is linked to chronic kidney disease and cardiovascular disease. Diets rich in protein and low in fermentable fiber can increase p-Cresol production, exacerbating its harmful effects.

Indole, a compound produced by gut bacteria during the breakdown of tryptophan, can strengthen the gut barrier and reduce inflammation. However, high lev-

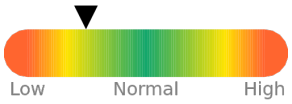
els of Indole can be toxic to the gut lining and kidneys. Overproduction of Indole may contribute to inflammation, which can lead to chronic health issues. Indole derivatives, like Indol-3-carbinol, can interfere with estrogen metabolism, potentially causing hormonal imbalances and increasing the risk of hormone-related cancers.

Skatole: at low levels, Skatole may contribute fo maintaining gut barrier integrity and microbial balance. However, high levels of Skatole can be toxic to cells, potenrially damaging the gut lining and other tissues. Skatole is also associated with the development of colorectal cancer and other gastrointestinal disorders.

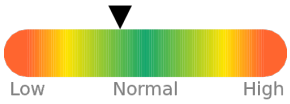
At low levels, **Phenol** may regulate gut microbial populations, contributing to a balance microbiome. High levels of Phenol can be toxic to gut cells and other tissues, leading to inflammation and other health issues. Excess Phenol can enter the bloodstream and potentially affect other organs, such as the liver and kidneys.

Other Metabolites:

Isobutyric acid



Valeric acid



- **Isobutyric acid** contributes to gut health by potentially reducing inflammation and serving as an energy source for colon cells, though excessive amounts might indicate gut microbial imbalance.
- **Valeric acid**'s antimicrobial properties support a healthy gut microbiome, while its presence might suggest specific dietary or gut fermentation patterns.

Promoting Gut Health

In addition to the suggested fiber supplements, follow these general recommendations to improve your gut health:

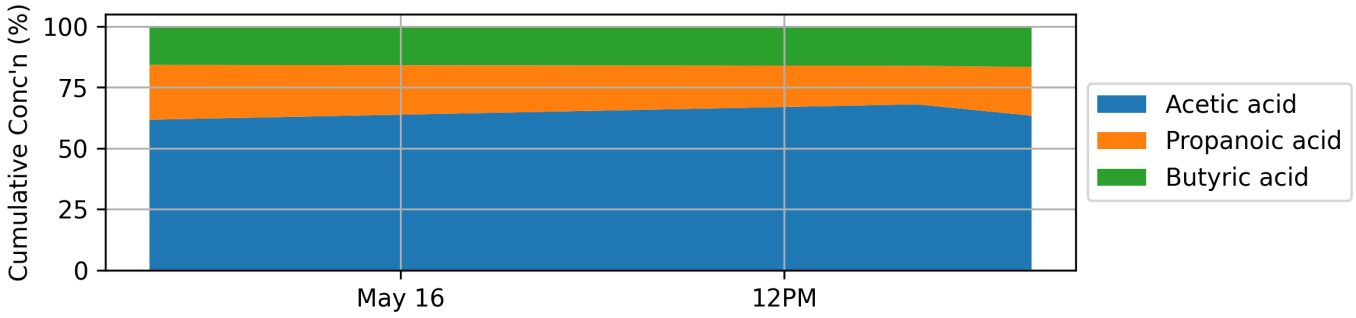
- **Dietary Fiber:** A diet rich in dietary fiber is essential for maintaining a healthy gut microbiome.
- **Probiotics:** Foods that contain probiotics, such as yogurt, kefir, and fermented vegetables, can help restore the balance of beneficial bacteria in the gut. Probiotics are live microorganisms that provide health benefits when consumed in adequate amounts.
- **Prebiotics:** Foods that contain prebiotics, such as garlic, onions, and bananas, can help promote the growth of beneficial gut bacteria. Prebiotics are non-digestible fibers that serve as food for probiotics.
- **Hydration:** Staying hydrated is important for maintaining a healthy gut. Water helps to keep the digestive system functioning properly and can help prevent constipation.
- **Regular Exercise:** Regular physical activity can help promote a healthy gut microbiome by increasing the diversity of gut bacteria and improving gut motility.
- **Stress Management:** Chronic stress can negatively impact gut health. Practicing stress management techniques, such as mindfulness, meditation, or yoga, can help support gut health.
- **Sleep:** Getting enough quality sleep is important for overall health, including gut health.

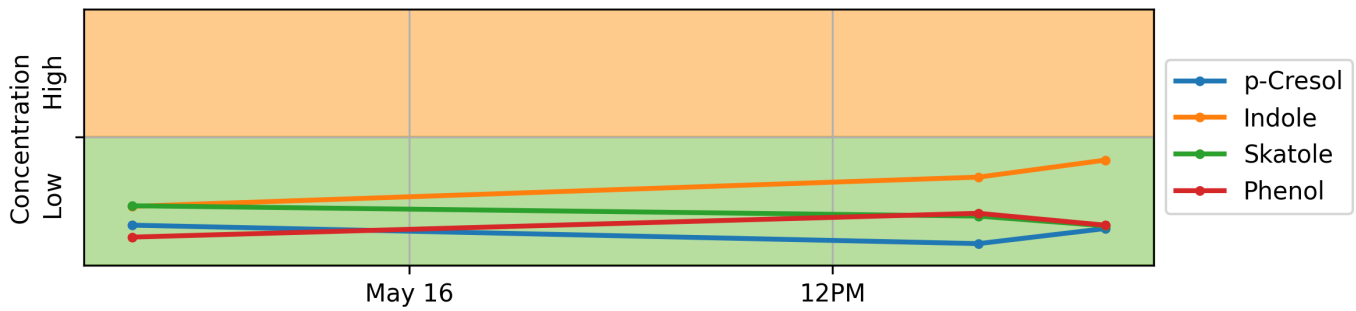
All Measured Metabolites

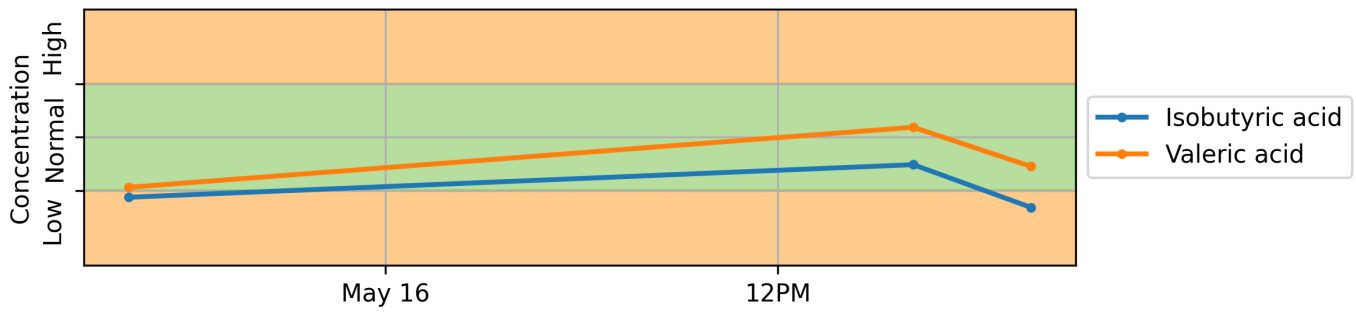
Date	05/15/2025	05/16/2025	05/16/2025
Sample	XXXXXXXXX	XXXXXXXXX	XXXXXXXXX
Mass, mg	404.50	72.00	206.30
Acetic acid	61.8%	68.1%	63.4%
Propanoic acid	22.5%	15.8%	19.9%
Butyric acid	15.7%	16.1%	16.6%
p-Cresol	Low	Low	Low
Indole	Low	Low	Low
Skatole	Low	Low	Low
Phenol	Low	Low	Low
Isobutyric acid	Low	Normal	Low
Valeric acid	Normal	Normal	Normal

ND*: **Not Detected** — levels of the compound are below the detection limit.

The next three plots show the concentrations of the measured chemicals from all your tests. The x-axis shows the date of each test, and the y-axis shows the concentration of each chemical.







Disclaimer:

Not Medical Advice or Validated Medical Test: The S-Wipe Test is not intended to provide medical advice, diagnosis, or treatment. It is not a validated medical test and should not be used as a substitute for professional healthcare advice.

Research Grade Information Test: The S-Wipe Test provides research-grade information about your gut health. The results and insights are for informational purposes only and are intended to support your general wellness and understanding of your gut microbiome.

Not FDA Approved: The claims and results provided by the S-Wipe Test have not been evaluated or approved by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.

Not a Replacement for Professional Advice: The S-Wipe Test is not intended to replace the advice, diagnosis, or treatment recommendations of a doctor, nutritionist, or other qualified healthcare professional. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or dietary changes.

Allergies and Sensitivities: The dietary suggestions provided in this report may include foods that can cause allergic reactions in some individuals. If you have known food allergies or sensitivities, please consult with your healthcare provider before making any dietary changes or introducing new foods into your diet. Always read food labels and ingredient lists to avoid potential allergens.

Your health and safety are our top priority. Please use the information provided by the S-Wipe Test as a supportive tool alongside professional healthcare guidance.