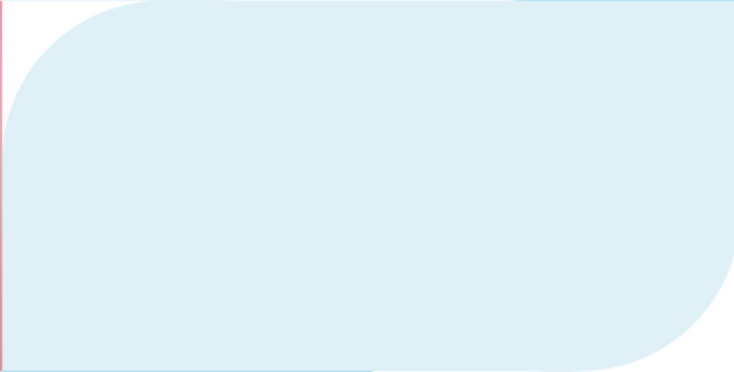




Test report



At-home test



# Candida Test

Lab test

Stool






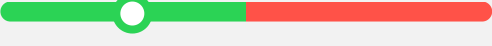


Name: **Sample Report**    Date of test: **06/15/2023**    Analysis-ID: **DUMMY-29**

## Your test results

### How to read your results

If the arrow on the scale is within the green area, your value is good. If the arrow is within the yellow, orange or red area, it indicates a deviation. Some parameters cannot be set too high or too low, in which case the scale starts or ends on the green area, this is completely correct.

### Mycological stool examination



Name	Your value	Unit	Reference value	Scale
Candida spp.	 $< 1,0 \times 10^3$	CFU/g stool	$< 1,0 \times 10^3$	
Candida albicans	 $1,0 \times 10^5$	CFU/g stool	$< 1,0 \times 10^3$	
Yeast	 negative		negative	
Geotrichum candidum	 $< 1,0 \times 10^3$	CFU/g stool	$< 1,0 \times 10^3$	

## Explanation of your test results

### Mycological stool examination


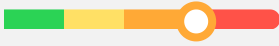
The mycological analysis is used to determine the presence of fungi in stool samples. It is possible to find fungi in stool samples even if you do not have any symptoms. The results of the test are used to determine the presence of fungi in stool samples.

#### Candida spp.

Name	Your value	Unit	Reference value	Scale
Candida spp.	 < 1,0 x 10 <sup>3</sup>	CFU/g stool	< 1,0 x 10 <sup>3</sup>	

Candida spp. is a group of fungi that can cause infections in people with weakened immune systems. The most common type of Candida infection is oral thrush.

#### Candida albicans



Name	Your value	Unit	Reference value	Scale
Candida albicans	 1,0 x 10 <sup>5</sup>	CFU/g stool	< 1,0 x 10 <sup>3</sup>	

Candida albicans is a group of fungi that can cause infections in people with weakened immune systems. The most common type of Candida infection is oral thrush.

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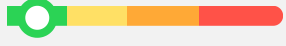
Candida albicans is a group of fungi that can cause infections in people with weakened immune systems. The most common type of Candida infection is oral thrush.

#### Yeast

Name	Your value	Unit	Reference value	Scale
Yeast	 negative		negative	

Candida albicans is a group of fungi that can cause infections in people with weakened immune systems. The most common type of Candida infection is oral thrush.

## Geotrichum candidum

Name	Your value	Unit	Reference value	Scale
Geotrichum candidum	 < 1,0 x 10 <sup>3</sup>	CFU/g stool	< 1,0 x 10 <sup>3</sup>	

Geotrichum candidum is a fungus that can be found in soil, water, and vegetables. It is not a harmful organism. The fungus is often detected in stool samples.

In case the GI is impaired (immune system, digestive system) or in case of antibiotic use (e.g. broad spectrum antibiotics), there is a risk of overgrowth. This often leads to symptoms such as bloating, gas, and diarrhea. It is often in the stool test.

### How can you use the results?

The GI is a complex system of the body. It is often impaired by various factors. It is important to address gastrointestinal health and other problems that affect the body. If you have any symptoms, we recommend that you follow the procedure described below. The goal of each step is to improve GI health in 4 weeks.

#### 1. Remove

Remove all sources of infection, such as foods that increase problems with the gut. Examples of common triggers are dairy, wheat, and the following: yeast, garlic, onion, and other. Avoid alcohol and sugar.

#### 2. Replace

Support the digestive system with complementary supplements. Examples of digestive support are digestive enzymes, probiotics, and other. (e.g. Lactobacillus and Bifidobacterium). Probiotics are available in capsules or as a powder.

#### 3. Reinoculate

Reinoculate the gut with good bacteria. Examples of good bacteria are Lactobacillus, Bifidobacterium, and other. These probiotics are available in capsules or as a powder. Reinoculation is often done with probiotics.

#### 4. Repair

Support the intestinal lining. Examples of substances to support the intestinal lining are glutamine, zinc, and other. These substances are available in capsules or as a powder. Repair the intestinal lining with these substances.

#### 5. Rebalance

Rebalance the gut with a healthy diet and stress management.

These steps are often repeated. It is important to follow the steps and to be patient. If you experience any symptoms, please contact your doctor.

