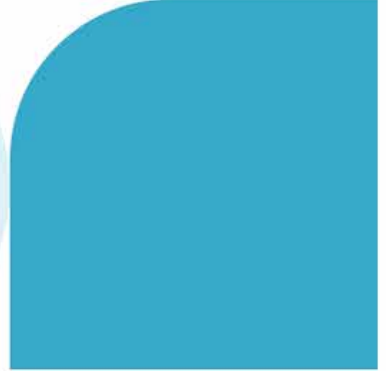
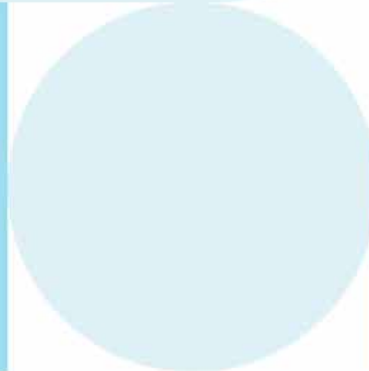
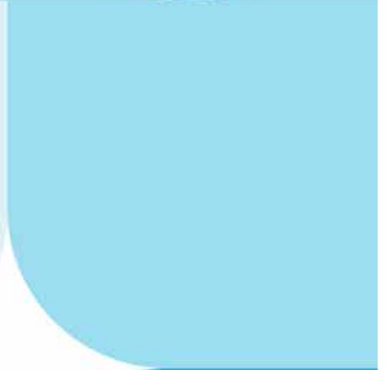
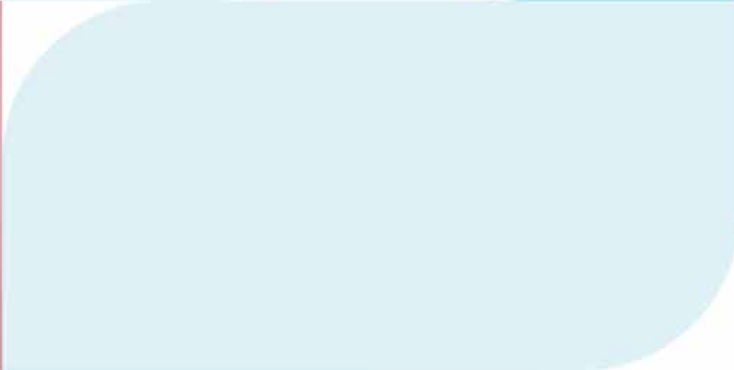




Test report



At-home test



Parasite Test

Lab test

Stool

Name: **Sample Report** Date of test: **10/29/2021** Analysis-ID: **5JHJRY-A178**

Your test results

Our lab has tested your stool sample for parasites. Your results can be found below.

Parasite Test

Name	Your result	Reference value
Blastocystis hominis	● negative	negative
Cryptosporidium spp.	● negative	negative
Cyclospora cayetanensis	● negative	negative
Dientamoeba fragilis	● negative	negative
Entamoeba histolytica	● negative	negative
Giardia lamblia	● negative	negative

Explanation:

Negative means that the sample does not contain parasites.

Positive means that the sample contains parasites.

Borderline means that very small amounts of tested parasites have been found in the submitted sample.

Blastocystis hominis

Blastocystis hominis can often be present without experiencing any symptoms. The symptoms often occur when we are exposed to additional stress, either stress or the flu.

Common symptoms are diarrhea, constipation, bloated stomach, abdominal pain and weight loss. Some studies show that there are links between *Blastocystis* and Hashimoto's disease (autoimmune disease of the thyroid gland).

In vitro and *in vivo* studies have shown an inhibitory effect of various herbal extracts such as ginseng, ginger, ghee, and black currant extract (Ede et al., 2016; Lapanjola et al., 2011). Probiotics with *Baccharomyces boulardii* strains show a good effect that is comparable to antibiotics (Dinkler et al., 2011).

Both antibiotic treatment and treatment with herbal extracts should always be supported by a sufficient intake of probiotics in order to strengthen the microbiome. Keep in mind that ginseng still has a blood-thinning effect, so people taking blood thinners should refrain from taking ginseng at all. Preparations based on *Baccharomyces boulardii* (*Baccharomyces cerevisiae* H4242) are contraindicated in severely ill or immunosuppressed patients.

Dientamoeba fragilis

Dientamoeba fragilis is a common parasite and the egg can be carried without experiencing symptoms. Common symptoms are diarrhea and pain as well as stomach discomfort. Some studies suggest that there are links between IBS and *Dientamoeba fragilis*. It is an apicomplexan protozoan parasite with a widespread geographical spread that often occurs asymptomatically. Treatment should only be performed when the symptoms are clearly visible.

Treatment: Studies have shown that black currant extract is effective in treating *Dientamoeba fragilis*. Supplements with *Baccharomyces boulardii* can also be recommended. Antibiotic treatment is only indicated for persistent clinical symptoms, as it often shows high recurrence rates. Antibiotics may also affect the microbiome. Both antibiotic treatment and therapy with herbal extracts should always be supported by the intake of probiotics in order to strengthen the microbiome.

Giardia lamblia

Giardia lamblia can survive in water (even mildly chlorinated water) for several months and it is thus more common for people to become infected during the summer months when they spend more time outdoors and can then accidentally ingest contaminated water or food. Common symptoms are bloating, nausea, discomfort and fatigue.

Entamoeba histolytica

Entamoeba histolytica is relatively common but causes problems only in about 10-20% of those infected and can therefore be difficult to detect. It is an infectious disease of the intestine and causes symptoms such as diarrhea and vomiting. The parasite is spread via contaminated water and food, so good hand hygiene is the key to keeping these parasites away. Most common in poorer parts of the world.

Cryptosporidium species

Cryptosporidium is found all over the world and you are most often infected by drinking water or eating contaminated food. Both humans and animals can be infected through their feces. The parasite can also be transmitted between people and from animals to humans. Symptoms are often severe in the form of watery diarrhea as well as abdominal pain. Diagnosis of *Cryptosporidium* is usually via stool samples with PCR analysis or special staining.

Cyclospora cayetanensis

This parasite is common in tropical countries and is most often transmitted through fresh and unwashed plant foods. It is common for the symptoms to come and go and the most common are watery diarrhea, nausea, abdominal pain and weight loss.

Other

If you have had a positive result on any of the above parasites, we recommend that you consult a doctor. Keep in mind that any treatment with antibiotics should always be followed up with a treatment with probiotics to restore the immune system. This test does not replace a medical consultation. Always seek medical attention if you experience severe symptoms.

