MetaXplore™ Range Report Interpretation Checklist

MetaXplore™
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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, *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	☐	
2 APPLY	Findings & insights	Based on patient 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 patient improve their microbiome potential	☐	
		Request further pathology or investigative testing, if necessary	☐	
3 ADAPT	Treatment based on patient response & re-test results	Regular patient 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

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1 ASSESS	**Red flags**	• 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?** • Are the red flags reflective of the patient presentation (signs, symptoms, health priorities) and patient 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 patient need to be referred on to another healthcare professional?	**Resources** • Pathogen and Pathobiont Guide • Interpretation Guide • First, Do No Harm Webinar • MetaXplore Referral Letter Template for Healthcare Professionals
	Gut terrain	• Faecal pH* • Secretory IgA* • Zonulin* • Mucin degradation • Oral species	**Questions?** • How do the out of range gastrointestinal markers relate to the patient's current presentation? E.g. symptoms, diagnosed conditions, health history, diet, lifestyle, supplements. • How does mucin degradation relate to the patient'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** • Interpretation Guide • Unlocking the Inner Ecosystem Webinar
	Dysbiosis	• 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?** • How do the out of range microbial markers relate to the patient'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 patient's presenting symptoms and microbial markers?	**Resources** • Interpretation Guide • Unlocking the Inner Ecosystem Webinar • First, Do No Harm Webinar

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2 **APPLY**	**Findings & insights**	• Based on patient 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 patient improve their microbiome potential • Request further pathology or investigative testing, if necessary	**Questions?** • What are the highest priorities for the patient in front of you? • How does the patient'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 patient barriers to consider in personalising their insights? E.g. allergies, intolerances, preferences, cost, availability, tolerability. • Do you need to send the patient for further testing?	**Resources** • From Plate to Microbes Webinar • Personalised Prebiotic Prescription Webinar • Pathogen and Pathobiont Guide • Dietary Impacts on the Gut Microbiome Guide • Prebiotic Guide • Patient handouts
3 **ADAPT**	**Treatment based on patient response & re-test results**	• Treatment based on patient response & re-test results • Re-test between 3-6 months to assess treatment success • Maintain microbiome health	**Questions?** • How have interventions impacted the microbiome? • Are changes to the interventions required for further improvement? E.g. increase dosage, longer prescription.	**Resources** • Practitioner Portal • From Plate to Microbes Webinar • Personalised Prebiotic Prescription Webinar • Patient handouts

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

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