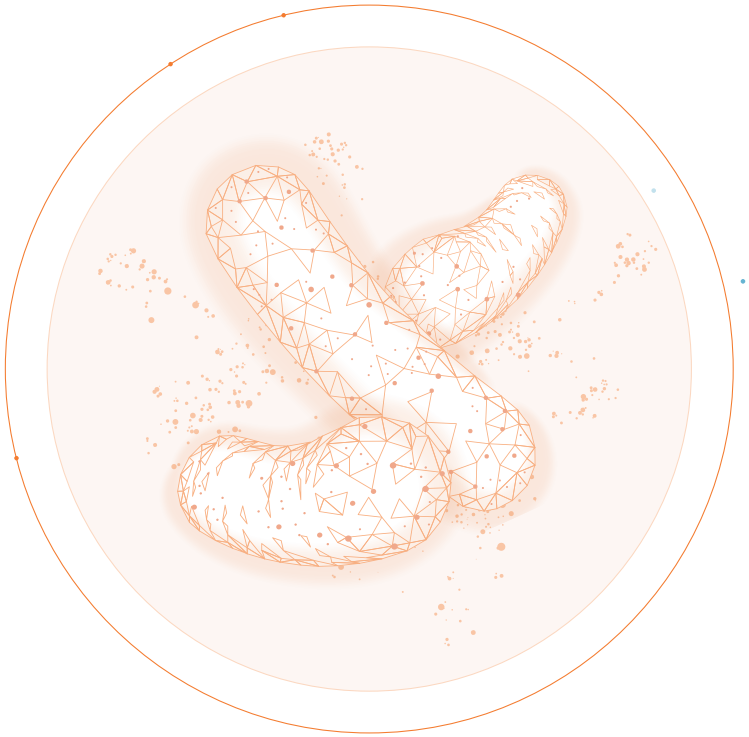
Your health, it depends on your **gut microbiome.**

The human gut contains beneficial bacteria, harmful bacteria, and intermediate bacteria. The balance of gut bacteria, or gut microbiome, can determine our health.

Role of beneficial bacteria

- Absorbing energy from the food you consume
- Producing essential vitamins (Vitamins B & K)
- Regulating the immune system and enhancing defense capabilities
- Regulating blood sugar and metabolism
- Acting as a part of the endocrine system, such as producing substances that function like hormones.



What if we have a lot of harmful bacteria?

Gastrointestinal disease

Irritable bowel syndrome, diarrhea, colorectal cancer, inflammatory bowel disease, constipation, celiac disease

Metabolic disease, endocrine disorder

Liver disease, obesity, hypothyroidism, diabetes, chronic kidney failure, polycystic ovarian syndrome

Autoimmune disease

Multiple sclerosis, rheumatoid arthritis, lupus

Neuropsychosis

Depression, anxiety, Parkinson's disease, fatigue syndrome, fibromyalgia, schizophrenia, autism, attention deficit disorder

What is a gut microbiome test?

It is a test that uses feces to investigate and analyze the gut microbiome community. Using the third-generation genome analysis technology, the composition, ratio, and diversity of gut microbiome can be accurately identified. Understanding these characteristics and keeping an eye on changes in your gut microbiome can go a long way toward improving your gut health.

Why is a gut microbiome analysis so important?

The gut is home to more than 800,000 different microbes from more than 4,000 species. Its composition varies from person to person, and has a significant impact on mental and physical health through interactions with an individual's genome, nutrients, and lifestyle habits. Various diseases such as obesity, irritable bowel syndrome, rhinitis, atopy, diabetes, and autism, which are increasing in modern times, are closely related to changes in the microorganisms of our body, especially the gut microbiome.

Gut Microbiome Fact Check

- There are about 200 g of bacteria in the intestine in our body.
- 95% of the body's microorganisms exist in the gut.
- The number of bacteria in the body is of the same order as the number of human cells.
- The gut microbiota plays a crucial role in the immune system.

Why EG gut ?

Easy to check!

Easily and conveniently test your gut microbiome without a complex fecal sample collection process.

Extremely accurate!

By analyzing various types of gut microbes, the test can provide highly accurate information about your gut environment.

How to fill out the analysis application & Kit Set

STEP 01
Attach a serial number barcode sticker to the top of the application form and fill out your personal information.

STEP 02
Attach a serial number barcode sticker to the front of the sample kit.

STEP 03
Attach the serial number barcode sticker to the top of the first page of the “USER GUIDE” and keep it
(You'll need this to see the results later)

STEP 04
Results can be accessed on gutreport.egnome.co.kr within 5 business days (PLUS) or 10 business days (PRO) after the arrival of the sample.

Sample kit cotton swab

USER GUIDE

Ziplock bag, serial number sticker

Analysis agreement (Application)

Gut Microbiome Analysis

USER GUIDE

How to use feces sample kit

If you have been drinking alcohol or taking antibiotics, wait at least 2 weeks before collecting a fecal sample to ensure accurate analysis.

STEP 01
Wash your hands before collecting and prepare your kit.

Avoid touching the tip of the swab with your hands to prevent contamination.

STEP 02
Use the enclosed cotton swab to gently collect a sample from the area around the anus after defecation.

Be careful not to spill the solution in the container

STEP 03
Insert the swab into the bottom of the tube and snap off the excess part at the cutting part.

STEP 04
Put the tip of the swab to be completely submerged in the solution, close the lid tightly and place the tube in the enclosed ziplock bag.

Collect enough fecal material on the swab to change its colour, ensuring sufficient sample size for accurate analysis.

STEP 05
Place the completed application form and the ziplock back in the box and send it through a courier service within 2 days.

Send to **eGnome Co., Ltd.** E-mail: cs@egnome.co.kr
Egenome, 9th floor, Geumgang Building,
304 Bongeunsa-ro, Gangnam-gu, Seoul

eGnome

Attach the serial number barcode sticker here.

EG gut

From common beneficial and harmful microbes to ones associated with various disease like IBD!
It starts with maintaining a healthy gut microbiome.

Check the result