

PATIENT GUIDE

FOR PATIENTS

Your clinician has recommended GutID.

This guide explains what the test shows, how to collect your sample at home, and what happens next.

Activate at portal.gutid.com before you collect

Questions about your kit? ask@gutid.com

RECOMMENDED FOR YOU

TEST

- [ ] Core Gut Insights
- [ ] Complete Microbiome Assessment
- [ ] GutID Pro (US, two tubes)

YOUR KIT

- [ ] Given to you today
- [ ] Sent to your home
- [ ] Order online with your clinician's link

CLINICIAN

_____

FOLLOW-UP APPOINTMENT

_____

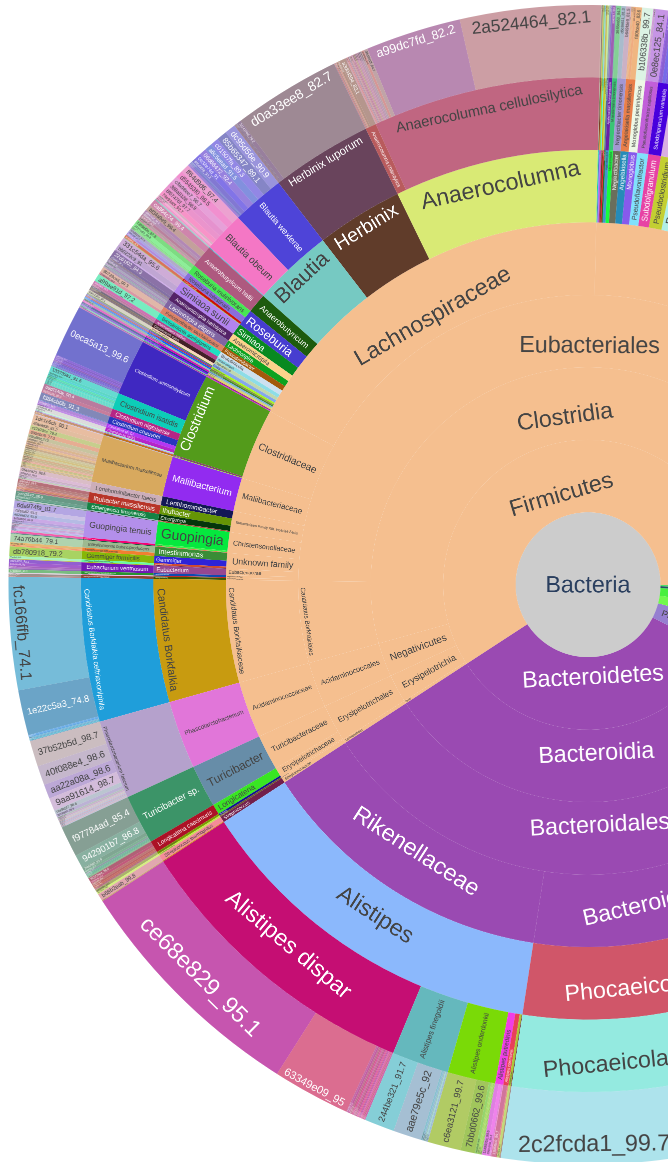
ORDER ONLINE WITH OUR LINK

gutid.com/agnesbettereating

WHAT THE TEST SHOWS

See which bacteria live in your gut.

Research links gut bacteria to digestion, mood, immunity, metabolism and heart health. GutID reports on those patterns so you and your clinician can choose specific foods, prebiotics and probiotics.



READING THE TARGET PLOT

- **Center:** all bacteria
- **Inner rings:** phylum to family
- **Outer rings:** genus, species, codes

Every band is sized by that organism's share of the sample. The outermost ring gives each bacterium its own code, such as 2c2fcda1. A real Target Plot from a GutID report.

CGI · CORE

Core Gut Insights

Looks at the gut itself. For digestive questions: bloating, irregularity, food reactions, or living with IBS, IBD or SIBO.

CMA · COMPLETE

Complete Microbiome Assessment

Everything in Core, plus how the gut connects to the rest of the body: the Gut–Brain, Gut–Immune, Gut–Metabolism and Gut–Heart axes.

GUTID PRO · US ONLY

GutID Pro

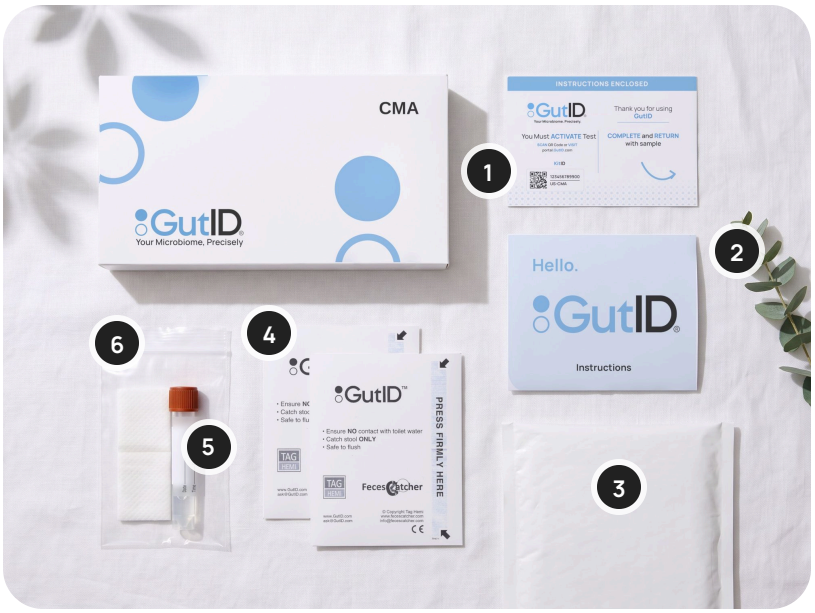
If your clinician orders GutID Pro, your report covers the Complete test plus 65 more markers, from a GI panel to *H. pylori*. A second tube in your kit carries the lab panels.

GutID provides wellness and educational insights and is not a diagnostic test. A report finding is a pattern in the bacterial community, read alongside symptoms, history and other results. GutID Pro is ordered by your clinician to inform their assessment and is not intended to diagnose on its own.

COLLECTING YOUR SAMPLE

Five minutes at home, then the lab takes over.

One-tube kits need no refrigeration. Wait two weeks after a course of antibiotics. Probiotics and supplements can continue. Collecting during a period is fine; keep blood out of the sample.



IN THE KIT

1. Activation card
2. Instructions
3. Prepaid mailer
4. Catcher strips
5. Collection tube
6. Sample bag

Activate first
portal.gutid.com

1 Activate BEFORE YOU COLLECT

Scan the QR code on your activation card or go to portal.gutid.com. Your clinician may have done this for you.

2 Collect COLLECTION DAY

One pea-sized scoop of stool, using the catcher strip and the scoop on the brown cap. Shake the tube for 30 seconds, then fill in the tube label.

3 Ship it back PREPAID

Seal the tube in the sample bag, pack it in the kit box with your activation card, and mail it within four weeks of collecting.

4 Read your report BY EMAIL

We email you 3–4 weeks (US) or 4–5 weeks (UK, Canada) after the lab receives your sample. Your clinician may review it first.

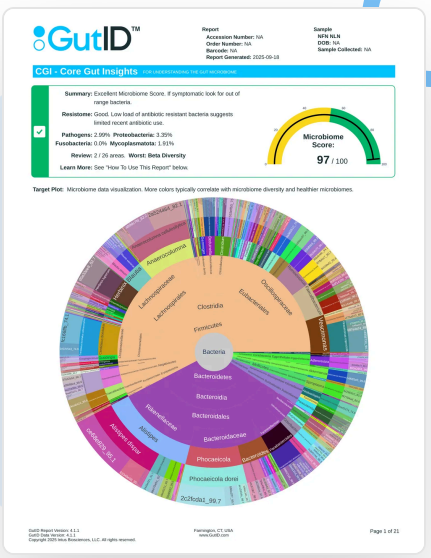


Kit with two tubes? Follow the GutID Pro instructions in the box.

- Freeze the ice pack flat for 24 hours before you collect.
- The blue cap tube has no liquid. Fill it to the line, or at least a third. Do not shake it.
- Collect Monday to Thursday only, and ship the same day before the last pickup.
- Pack both tubes and the ice pack in the foil pouch. It ships overnight to the lab.

YOUR REPORT

Read your report and share it with your clinician.



Your report opens with your score and the Target Plot, then the plan: foods to add, and prebiotic and probiotic suggestions matched to your profile.

- A Microbiome Score from 0 to 100
- The Target Plot of your whole ecosystem
- Diversity and resilience
- Beneficial bacteria, pathogens and an Antibiotic Resistome Score
- A personalized food, prebiotic and probiotic plan



Go through it with your clinician.

They read it alongside your symptoms, history and other results, and help you choose which foods, prebiotics or probiotics fit, and how fast to introduce them.

How long until I get results?

About 3–4 weeks (US) or 4–5 weeks (UK, Canada) after the CLIA laboratory receives your sample and it passes quality checks.

Who can use the kit?

Adults 18 or older, healthy or managing a health concern.

What has changed since my last test?

A retest shows what moved, Target Plot to Target Plot.

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