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> BIOHM Gut Health Test Kit User Manual

BIOHM GT-000

BIOHM Gut Health Test Kit User Manual

Model: GT-000 | Brand: BIOHM

INTRODUCTION

The BIOHM Gut Health Test Kit provides a comprehensive at-home solution for analyzing your gut microbiome and digestive health. This kit offers easy-to-read results and actionable recommendations to help you optimize your digestive well-being. Understanding the balance of bacteria and fungi in your gut is crucial for overall health.

WHAT'S INCLUDED

Your BIOHM Gut Health Test Kit contains all necessary components for sample collection and submission:

- Sterile collection and transport tube with swab applicator
- Plastic sample bag
- Personalized identification sticker
- Prepaid return mailer envelope
- Instruction insert card



Image: The BIOHM Gut Health Test Kit, showing the open box with all components neatly arranged, including the collection tube, swab, and instructions.

SETUP AND SAMPLE COLLECTION (OPERATING INSTRUCTIONS)

Follow these steps carefully to ensure accurate results:

- 1. Register Your Kit:** Before collecting your sample, visit the official BIOHM website (URL provided on the instruction insert card) to register your kit. You will need the unique identification number from your kit.
- 2. Prepare for Collection:** Ensure you have a clean, private space. Open the kit and familiarize yourself with the components.
- 3. Collect the Sample:**
 - Open the cap of the collection tube and carefully remove the swab applicator.
 - Collect a fecal sample by gently applying only the tip of the swab against used toilet paper. Ensure the swab tip is thoroughly covered with fecal material and no longer appears white.

- Immediately insert the swab applicator back into the collection tube and securely close the cap.
4. **Apply Identification Sticker:** Place your personalized identification sticker onto the outside of the collection tube.
 5. **Package the Sample:** Place the sealed collection tube into the plastic sample bag, and then place the bag into the prepaid return mailer envelope.
 6. **Mail Your Sample:** Drop off the sealed prepaid envelope at a USPS location. Ensure the sample is mailed from within the U.S. and reaches the lab within 10 business days of collection.

In addition to receiving the results of your BIOHM Gut Test, your gut report will also include actionable recommendations from microbiome-trained Registered Nutritionists.



How It Works

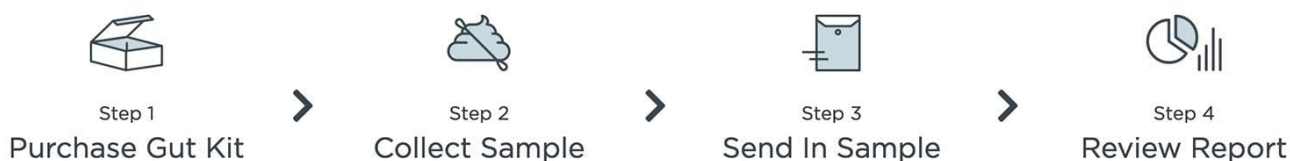


Image: A visual guide showing the simple four-step process for using the BIOHM Gut Test Kit, from purchasing to receiving results.

Your browser does not support the video tag.

Video: An official BIOHM video explaining the science behind gut health and how the BIOHM test and products work to optimize the balance of bacteria and fungi in your digestive system.

UNDERSTANDING YOUR RESULTS

Once your sample is processed, you will receive a comprehensive gut health report. This report is designed to be easy to understand and provides valuable insights into your microbiome.

- **Overall Gut Score:** Your report will include a "gut score" on a scale of 1 to 10, indicating your gut microbiome diversity. A higher score generally indicates better health.
- **Bacterial and Fungal Levels:** Comparisons of your bacterial and fungal levels to normal ranges will be provided, along with strain-by-strain analysis.
- **Actionable Recommendations:** The report includes personalized dietary, lifestyle, and supplemental recommendations from microbiome-trained Registered Nutritionists to help you improve your gut health.

Gut Test kit provides a comprehensive report based on your sample and the completed lifestyle survey.

Section 1

Overall Gut Score:

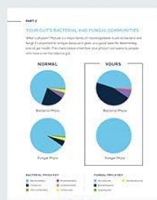
On a scale of 1 to 10 we "grade" your gut microbiome diversity. It's sort of like a credit score, the higher the better.



Section 2

Comparison:

In this section we compare your levels of all 6 major bacterial communities and 4 major fungal communities to normal levels.



Section 3

Strain-Level Analysis:

We also provide you with a strain by strain analysis of your bacterial and fungal communities.

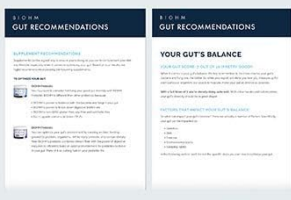


The screenshot shows a detailed table with multiple columns and rows, listing various bacterial and fungal strains. The table includes columns for strain names, relative abundance, and other relevant data points.

Section 4

Actionable Recommendations:

In plain English, we explain whether your gut balance is in good shape. Our team of microbiome-trained Registered Nutritionists provide personalized dietary,



The screenshot displays two columns of text under the heading 'SHOW GUT RECOMMENDATIONS'. The left column is titled 'PERSONALIZED RECOMMENDATIONS' and the right column is titled 'YOUR GUT'S BALANCE'. Both columns contain detailed, personalized advice for the user.



Image: A detailed breakdown of the comprehensive report provided by the BIOHM Gut Test Kit, highlighting key sections and their content.

IMPORTANT INFORMATION AND DISCLAIMERS

Please note the following:

- This product is only available for purchase and mailing back from within the United States.
- The time from sample collection to delivery at the lab should not exceed 10 business days.
- Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.

SPECIFICATIONS

Item Model Number	GT-000
Package Dimensions	9 x 5 x 1.5 inches
Item Weight	4 ounces
Manufacturer	BIOHM Health
ASIN	B08TFP162J
Date First Available	January 25, 2021

MAINTENANCE AND STORAGE

Store the BIOHM Gut Health Test Kit in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the kit remains sealed until ready for use. After sample collection, mail the sample promptly to maintain its integrity.

TROUBLESHOOTING

If you encounter any issues during the process, consider the following:

- **Kit Registration Issues:** Double-check the unique identification number. If problems persist, contact BIOHM customer support.
- **Sample Collection Concerns:** Ensure the swab tip is fully saturated with fecal material. If the swab appears white, it may not be sufficient. Refer to the detailed instructions provided in the kit.
- **Delayed Results:** Processing times can vary. If results are significantly delayed beyond the stated timeframe (typically 4-6 weeks after sample receipt), contact BIOHM customer support with your registration details.
- **Sample Rejection:** Samples may be rejected if not collected or shipped correctly (e.g., exceeding 10 business days from collection to lab receipt). Follow all instructions precisely to avoid this.

WARRANTY AND SUPPORT

Specific warranty information for the BIOHM Gut Health Test Kit is not provided in the product details. For any inquiries regarding your kit, results, or general support, please contact BIOHM directly through their official website or the contact information provided within your kit. You can also visit the [BIOHM Store on Amazon](#) for more information.