

GANZIMMUN Diagnostics GmbH - Erich-Dombrowski-Str. 3 - 55127 Mainz



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Laboratory report

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Sample Material: faeces

Test	Result	Unit	Initial Result	Norm
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gastrointestinal diagnostics

Flora status:

pH-value of faeces	5,5			5,5 - 6,5
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Putrefactive (proteolytic) germs:

Escherichia coli	3 x 10 ⁶	CFU/g faeces		1x10 ⁶ - 9x10 ⁷
Proteus species	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Klebsiella species	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Enterobacter species	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Hafnia alvei	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Serratia species	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Providencia species	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Morganella morganii	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Kluyvera species	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Citrobacter species	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Pseudomonas species	<1 x 10 ⁴	CFU/g faeces		< 1x10 ⁴
Clostridium species	<1 x 10 ⁵	CFU/g faeces		< 1x10 ⁶
Clostridium difficile	negativ			negativ

With a negative result a possible infection with clostridium difficile cannot be safely excluded. A negative result may be caused by intermittent excretion of the pathogen. With appropriate clinical suspicion a check-up and the determination of the GDH-specific antigen and the toxin A / B is recommended.

Acidifying (protective) germs:

Bacteroides species	3 x 10 ⁹	CFU/g faeces		1x10 ⁹ - 9x10 ¹¹
Bifidobacterium species	3 x 10 ⁹	CFU/g faeces		1x10 ⁹ - 9x10 ¹¹
Lactobacillus species	1 x 10 ⁶	CFU/g faeces		1x10 ⁵ - 9x10 ⁷
Enterococcus species	<1 x 10 ⁴	CFU/g faeces		1x10 ⁶ - 9x10 ⁷

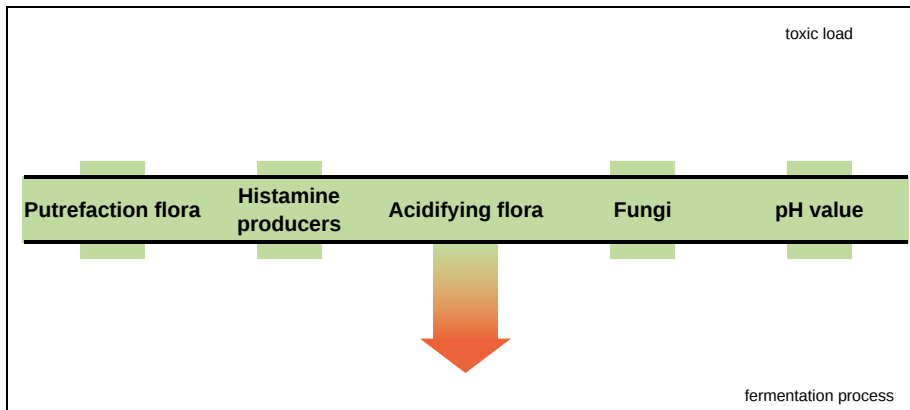
Fungi (quantitative):

Candida albicans	<1 x 10 ³ CFU/g faeces		< 1x10 ³
Candida species	<1 x 10 ³ CFU/g faeces		< 1x10 ³
Geotrichum species	<1 x 10 ³ CFU/g faeces		< 1x10 ³
Mould fungi	negativ		negativ

Overview stool diagnostics:

- Instable intestinal milieu

Stool diagnostics - diagnosis interpretation



Flora index = 2

- 1 - 5: mild dysbiosis
- 6 - 12: intermediate dysbiosis
- > 12: Pronounced dysbiosis

Additional information regarding mode of action and function of specific intestinal microbiota can be obtained with following **further diagnostics**:

- Intestinal microbiome
- Mucosa protective gut flora
- Firmicutes / bacteroidetes ratio
- Short-chain fatty acids in the stool

Flora status

The stool diagnosis shows a **decreased acidifying flora (protective flora)**. The germ count of the putrefaction flora (proteolytic flora) is normal.

Enterobacteriaceae

The group of enterobacteriaceae includes e.g. E. coli as well as representatives of the strains Citrobacter, Enterobacter, Hafnia, Klebsiella, Morganella, Proteus, Pseudomonas, Serratia and Yersinia. As these are widespread in the environment, they can also be detected in the faeces of people with healthy intestines due to their consumption with food. However, excess multiplication should be counteracted. Germ counts of above 10⁵ KBE/g faeces may indicate a disturbed colonisation resistance. Enterobacteriaceae produce endotoxins, enterotoxins as well as cytotoxins, which may cause inflammatory intestinal mucosa irritations.

Enterococcaceae

Reduced Enterococcus germ counts indicate a disturbed microbial milieu and a reduced colonisation resistance (increased risk of external germ colonisation and infections).

Enterococci are a part of the obligatory marginal enteron and colon flora. Their count is an indicator for a stable acidifying flora (protective flora), because they contribute to the sustainment of the colonisation resistance by producing bacteriocins and hydrogen peroxide. Due to their resistance to acids and bile, enterococci can also be found in the enteron. They mainly utilise carbohydrates and to a limited extent protein as well. By forming short-chained fatty acids, Enterococci have a regulating influence on the intestinal pH-value. Therefore, enterococci have an antagonistic function against putrefaction bacteria in the region of the enteron. Their significance as immune stimulants is rated differently. With respect to the formation of sIgA, they have a slight stimulation capacity.

Enterobacteriaceae are widespread in the environment, low germ counts can also be detected in the faeces of people with healthy intestines due to their consumption with food.

Yeasts / fungi



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Candida albicans

Candida albicans was **not detected** in the stool sample. However, please note that in case of an adhering yeast flora, a chronologically discontinuous scaling off of fungus cells has to be expected, which explains the frequent alternation of fungus-negative and fungus-positive faeces. As it is therefore not always possible to verify the presence of yeasts in a one-off specimen, we recommend the determination of D-arabinitol in early morning urine in case of a clinical suspicion of intestinal mycosis.



D-arabinitol is a sensitive marker for the detection of excess intestinal yeast growth. The result eases the diagnosis of antimycosis. In case of an inconspicuous D-arabinitol concentration, the therapy may be restricted to milieu-stabilising (candida-suppressing) measures.

Medically validated by Dr. med. Elena Hoff

All parameters marked with an * are tested at our laboratory partners.



Chirilov, Andrei
Date of Birth 02.03.2009
External Barcode 25304C0741
Barcode 43239859
Request Code 2503064814
Specimen collection date 04.03.2025
Date of Receipt 06.03.2025 15:52
Reporting Date 10.03.2025

Therapy recommendations

The given therapy recommendations are generally an assortment of different types of therapies and applications that have proved oneself in particular with view to the constellation of clinical findings. Which preparations and types of therapies respectively are to be applied and, when indicated, are combined is up to the therapists' discretion. The therapists' responsibility for necessary therapeutic measure as well as criteria for exclusion and contraindications in individual cases is not replaced thereby. For further inquiry we gladly are at the practises command.



Nutrition advice

The analysis of the stool flora shows a reduced acidifying flora. We recommend a diet rich in **fibre** to promote the growth of acidifying bacteria in the intestine.

The recommended nutrition should be maintained for 2-3 months. A balanced, healthy diet should be established in the long run. In case of individual food intolerances, the intake of foods rich in fibre should be increased gradually. Alternatively, we also recommend the intake of vegetable fibre like **Praelasan®** (nutrimmun GmbH, Münster).

Therapy recommendations

Chirilov, Andrei - Date of Birth 02.03.2009 - LabNr. 2503064814



Following recommendations are directed exclusively to the treating doctor or therapist and are not intended for distribution to the patient.

Please note, that the recommendations include **alternative products from different manufacturers**, that are similar in terms of active ingredients, administration and indication. As a guide, please pay attention to the information in the corresponding columns, which are largely identical for alternative pharmaceuticals.

Product	Ingredients and administration	Indication	Note
ColonBalance® Company / manufacturer: Biogena Naturprodukte GmbH & Co. KG Dosage: 1 x daily. 1 ML Supplier: www.biogena.com	Ingredients: resistant dextrin, pregelatinised waxy maize starch (amylopectin), acacia fiber (Fibregum™), citrus pectin Administration: Stir 1 measuring spoon (10 g) in about 100 ml of liquid and drink immediately, or stir into cereals, yoghurt, etc.	- to increase the fiber intake. - Serves as a substrate for the health-promoting bacterial strains and thus contributes to colonization resistance to yeasts and other pathogens. - Binds cholesterol and bile acids in the intestine and thus promotes their excretion.	
Omni Lactis® 20 PUR Gold Company/manufacturer: Biogena Naturprodukte GmbH & Co. KG Dosage: 2 x 1 capsules daily. Supplier: www.biogena.com	Ingredients: Multi-strain preparation (with at least 20 x 10 ⁹ KBE daily) consisting of: Lactobacillus rhamnosus (LR110), Bifidobacterium animalis ssp. lactis (BI040), Bifidobacterium breve (BB010), Lactobacillus paracasei (LPC100), Lactobacillus acidophilus (LA120), Lactobacillus casei (LC130), Lactobacillus plantarum (LP140), Streptococcus thermophilus (ST250), Bifidobacterium longum (BL020), Bifidobacterium bifidum (BF030) Usage: Consume with plenty of liquid about 30 minutes before a meal Length of administration: about 3-6 months	- With a pronounced putrefactive dysbiosis. - During and after antibiotic, radiation or chemotherapy.	If antibiotics are taken at the same time, it is recommended to consume Omni Lactis® 20 Pur Gold at an interval of 2-3 hours. Or as recommended by your doctor.
MyBIOTIK® PROTECT Company - manufacturer: nutrimmun GmbH Dosage: Children from 1-5 years: in the 1st week ½ sachet (1g) daily, from the 2nd week 1 sachet (2g) daily. Adults and children from 6 years: 1 sachet daily. Supplier: pharmacy Drug code (PZN): 15890850 (15 portions) Drug code (PZN): 15890867 (30 portions)	Ingredients: 11 probiotic bacterial strains: <i>Bifidobacterium animalis</i> W53, <i>B. bifidum</i> W23, <i>B. lactis</i> W51, <i>B. lactis</i> W52, <i>Enterococcus faecium</i> W54, <i>Lactobacillus acidophilus</i> W55, <i>L. casei</i> W56, <i>L. plantarum</i> W21, <i>L. rhamnosus</i> W71, <i>L. salivarius</i> W24, <i>Lactococcus lactis</i> W58 and vitamine B2 Administration: Pour the daily portion of powder into an empty glass and dissolve in approx. 100 ml of still water while stirring. Drink on an empty stomach at least 15 minutes before a meal.	- For symbiosis control in moderate and severe putrefactive dysbiosis. - Increases diversity and thus resistance to colonisation by pathogens, including toxin-producing clostridia. - Supplementary to antibiotic therapy - Reduction of AAD and CDI risk	To avoid interactions during antibiotic use, please keep an interval of at least 2 hours between taking antibiotics. Proven tip from practice: Use for 15 days in parallel with antibiotics and in the case of acute diarrhoea, and for 1-3 months in the case of repeated or prolonged antibiotics and to compensate for dysbiosis.
Lactobiogen® Kapseln Company / manufacturer: Laves-Arzneimittel GmbH Dosage: 2-3 capsules daily. Supplier: pharmacy PZN 0200667	Ingredients: Complex of 4 lactic acid-producing bacterial cultures: <i>Bifidobacterium</i> BB-12®, <i>Lactobacillus acidophilus</i> LA-5®, <i>Lactobacillus delbrueckii subsp bulgaricus</i> LBY-27™ und <i>Streptococcus thermophilus</i> STY-31™ Administration: Take with a little liquid at mealtimes Duration of use: approx. 3 month	- Putrefactive dysbiosis - Reduced acid flora - Increased histamine formers	
MyBIOTIK®PREALASAN	Ingredients: Fibre mix of ground psyllium husks, resistant maize dextrin and	Nourishes the physiological microbiota (especially lactobacilli and bifidobacteria),	Make sure you drink plenty of fluids so that the fibre can swell up in the intestine.

Product	Ingredients and administration	Indication	Note
Company / manufacturer: nutrimmun GmbH Dosage: Children from 6-14 years: 1 x daily 1.5 st. ML From 15 years: 1 x daily 3 st. ML Supplier: pharmacy Drug code (PZN): 18706120 (15 daily portions) Drug code (PZN): 18033129 (30 daily portions)	baobab fruit powder, as well as calcium. Anwendung: Pour the daily portion of powder into an empty glass and dissolve in approx. 200 ml of still water while stirring. Drink the solution throughout the day before or with a meal. Depending on your preference, the powder can also be stirred into other drinks (e.g. tea, juice) or food (e.g. yoghurt, muesli). Administration: At least 1 month. Regular intake is recommended.	especially in the case of a low-fibre diet, and thus contributes to resistance to colonisation by fungi and other pathogens. • Increases the production of short-chain fatty acids.	