



myBIOME

Metagenomic Test for the Study
of Intestinal Microbiome
Functionality

SYNLAB 
SOLUTIONS IN DIAGNOSTICS

www.synlab-sd.com



Why undergoing this examination?

Currently, more and more people experience discomfort related to the digestive system. In most cases, even without severe symptoms, this affects the quality of life. The current lifestyle, with high levels of stress, poor diet, or certain treatments, can alter the intestinal microbiome, causing an imbalance in the various types of microorganisms that inhabit our intestines, which can have negative consequences for our health. Imbalances in the intestinal microbiome can be qualitative or quantitative and affect both their distribution and activity, which has a proven effect on health. Diseases related to the imbalance of the intestinal microbiome include digestive diseases (inflammatory bowel disease, irritable bowel syndrome, diarrhea, constipation), metabolic diseases (obesity, type 2 diabetes, etc.), cardiovascular diseases, neurodegenerative diseases (Parkinson's, Alzheimer's, multiple sclerosis, etc.), neurological diseases (depression, anxiety, etc.), and immune diseases, among others.

What is the exam?

The **myBIOME** is an analysis of the intestinal microbiome through complete genome sequencing of microbial genomes (shotgun metagenomics), allowing for a thorough, objective, and actionable study of all microorganisms that make up the intestinal ecosystem. It provides detailed information about the microorganisms that inhabit the intestines and their functionality, the impact they have on health, which key functions for health are being performed by the detected microorganisms, and how to achieve balance through personalized nutritional recommendations.

For whom is it indicated?

- Patients with digestive alterations, metabolic and/or cardiovascular diseases;
- Inflammatory and/or immune diseases;
- Neurodegenerative diseases and/or mood disorders;
- Chronic fatigue;
- Patients who want to proactively manage their health and prevent the development of pathologies associated with intestinal dysbiosis.

Technology

Shotgun metagenomic sequencing by Next-generation sequencing (NGS).

Advantages

SYNLAB GROUP

Guaranteed by the experience of the absolute European leader in laboratory diagnostics.

COMPLETE

- The only test that performs metagenomic analysis of all genes of bacteria residing in the intestine;
- Offers a better taxonomic classification informed both qualitatively and quantitatively;
- Capable of detecting bacteria, archaea, eukaryotes (fungi and parasites);
- Evaluates the potential of the bacteria present in the intestine to produce metabolites and vitamins with key functions for health;
- Personalized nutritional recommendations based on the specific bacterial needs of each individual;
- The use of metagenomic sequencing combined with the interpretation of findings makes myBIOME the reference test for the analysis of the intestinal microbiota;
- Report based on scientific evidence.

Extra Information

DOCUMENTATION - Available on the SYNLAB Direct for clients

- Informed Consent;
- Clinical Questionnaire.

PREPARATION

- Fasting for 8 hours before the test;
- Discontinue the use of antibiotics, antifungals, or immunosuppressants for the 6 weeks before collection;
- Maintain regular daily habits for the 2 weeks before collection;
- Not recommended for children under 12 years old.



Delivery Time

25 business days



Sample Type

Stools - specific kit provided by SYNLAB