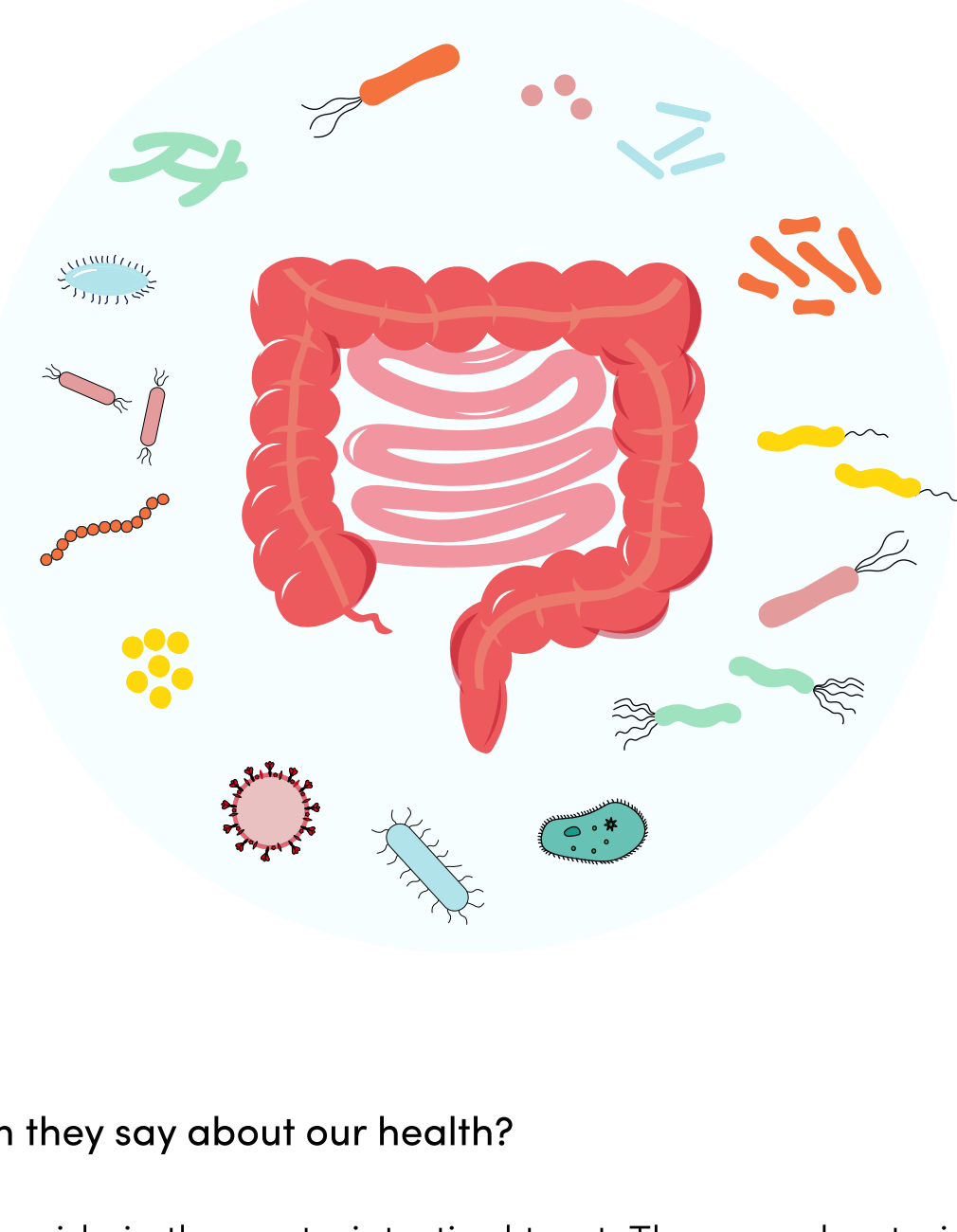


# Gut Microbiome Testing

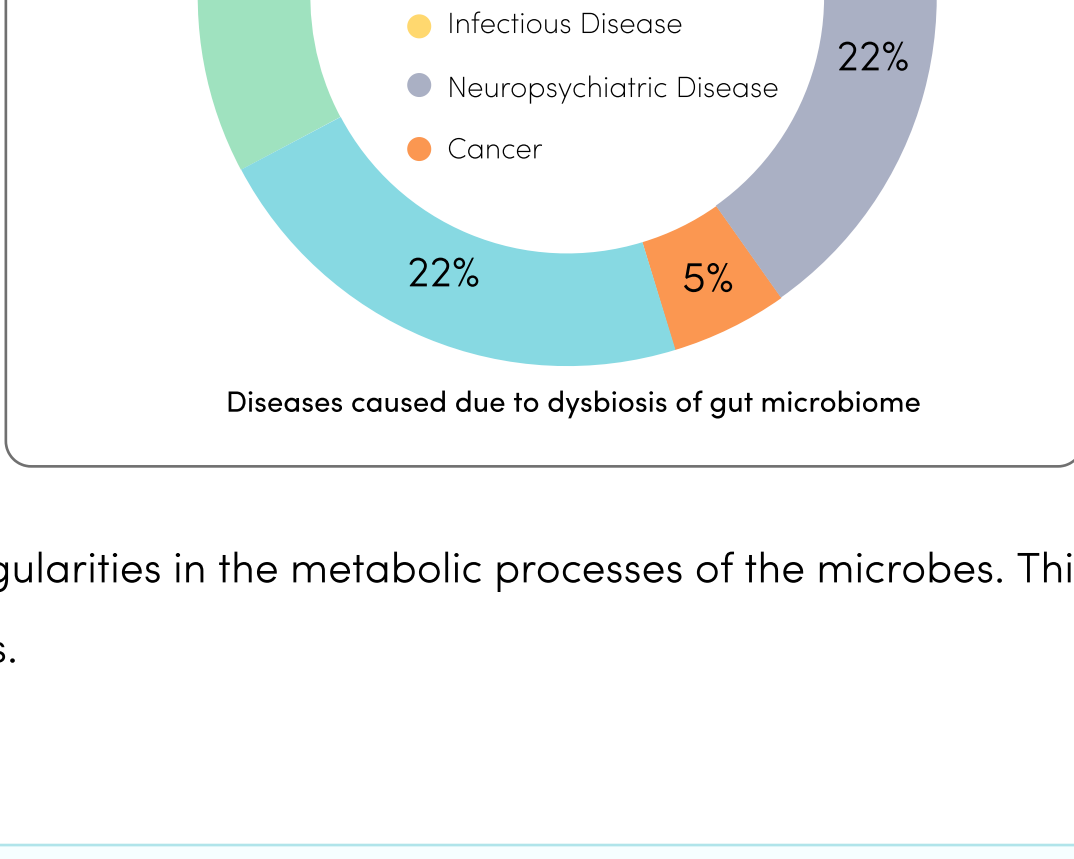
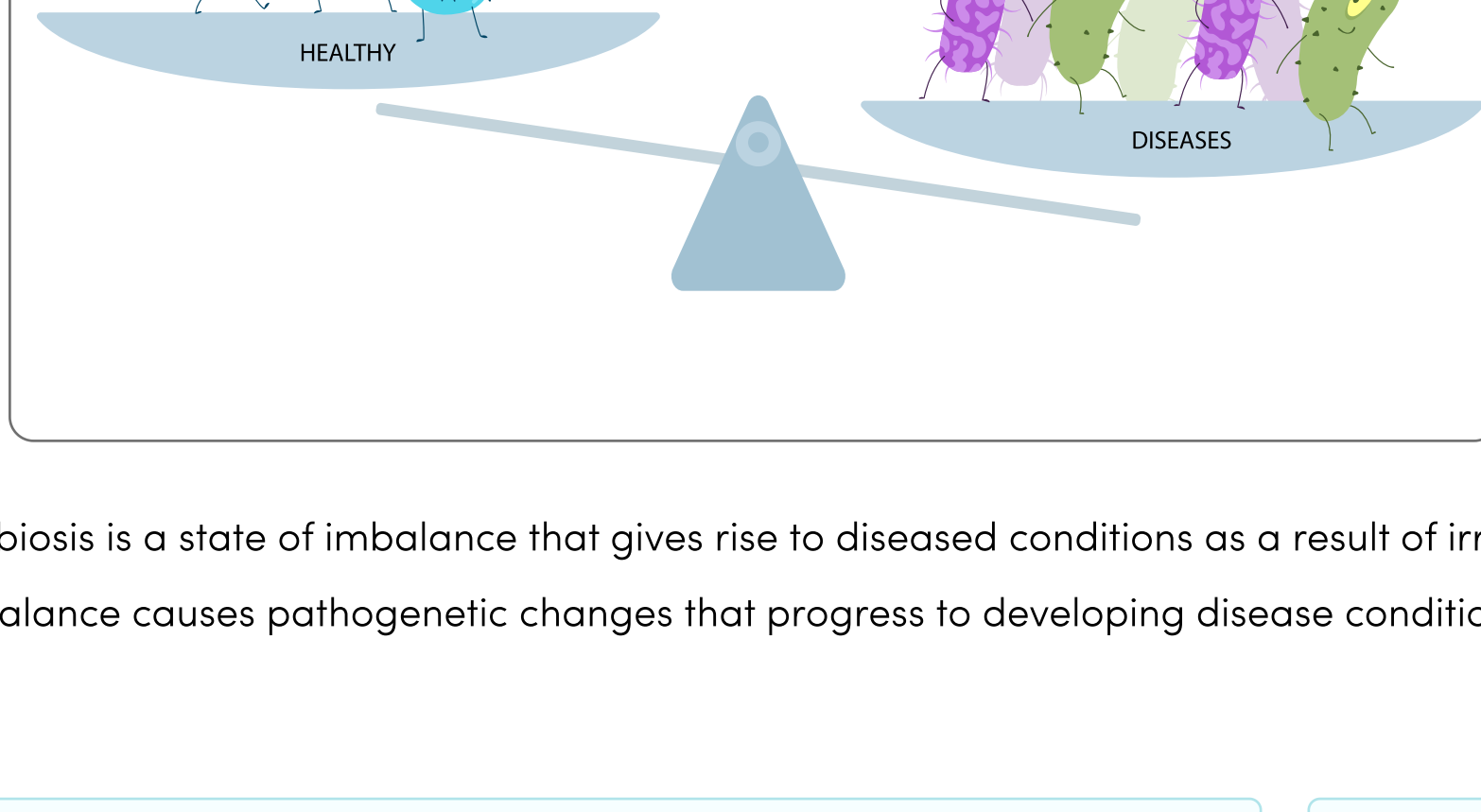


## Over 10 trillion microbes inhabit the gut. What can they say about our health?

The gut microbiome comprises the microbes that reside in the gastrointestinal tract. These are bacteria, fungi, viruses etc. They have an impact on the physiology of health and disease conditions. They contribute in protecting the host from the invading pathogen, help in maintenance of the immune system, brain development and behavior and also metabolism of various nutrients.

Each of these microbes has a unique DNA sequence that serves as an identification mark that distinguishes them from closely related species. By using sequencing techniques, these microbes are identified by their characteristic DNA signature.

The interactions between microbes and the host are studied. The microbes partake in metabolic activities as a part of their routine physiological processes. These metabolic activities could be beneficial or detrimental to the host. Unregulated metabolic activities can result in a diseased condition.

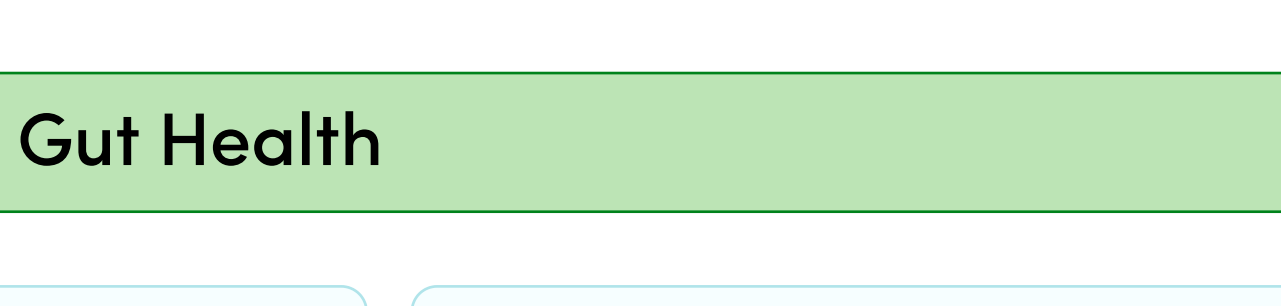


Dysbiosis is a state of imbalance that gives rise to diseased conditions as a result of irregularities in the metabolic processes of the microbes. This imbalance causes pathogenetic changes that progress to developing disease conditions.

### Criteria for Gut Health

- **Microbial Richness:** Distinct Species
- **Diversity Index:** Distribution of species
- **Dysbiosis:** Microbial imbalance which may cause a diseased condition

### Factors affecting Gut Health



## Nutrition and Gut Health

### PREBIOTICS

**Function:** Foods that are vital in inducing the growth of favourable microbes in the gut.

**Biological Function:** "Fermentation in the GI tract. Increase in cognition, Ca absorption, immune response, water retention. Decrease in GI tract disorders, cancer risk, triglyceride levels, etc."

**Examples:** whole grains, greens, onions, garlic, soybeans

### PROBIOTICS

**Function:** Foods contain live microorganisms whose consumption provides health benefits.

**Biological Function:** Prevention of GI conditions.Reduces risk of colon cancer, hypercholesterolemia,CVD, eczema and obesity. Increased immunity Regulating food allergies and lactose intolerance

**Examples:** yogurt, sauerkraut, kefir, miso, kimchi

### POSTBIOTICS

**Function:** Bioactive compounds secreted by microbes in the gut, include enzymes, peptides, or cell surface proteins upon its lysis.

**Biological Function:** Antihypersensitive,Antioxidant, Antiproliferative, Anti Obesogenic Hypocholesterolemic, Anti Inflammatory,Antimicrobial Immunomodulating

**Examples:** Vitamin B, Vitamin K, glutathione

## Understand your Gut Microbiome Report

The gut is being described to be the second brain, not just because of physiology but because of the diverse range of functions it controls.

### 01 Know your microbes

### 02 Pathway Analysis

### 03 Microbial

### 04 Health

### 05 Recommendations

## Know Your Microbes

In this section of the report, you will get an overview of the microbial composition of the gut. It will help you understand the dominant community, its role and accordingly help to design the dietary changes required to enrich the diversity.

### ENTEROTYPES

Based on the phylogenetic classification (genus level) used in microbiology, the microbial profiles get clubbed into clusters or groups based on similarities in their physiology, anatomy, genetic similarity, etc

Researchers thus group all microbial profiles into clusters based on the aforementioned criteria.

The enterotypes are dynamic and are subject to change based on factors such as diet, medications (antibiotics), etc.

The bacteria found in our gut belong to the 3 enterotypes are as described below:

#### Enterotype 1: Bacteroides

Bacteroides enterotype is characteristic of a Western Diet.

Diets enriched in refined sugar, animal proteins and saturated fats, specialized in animal carbohydrates and low in fiber.

The microbes in this enterotype derive their energy from carbohydrates and proteins through fermentation.

Species diversity is low in this enterotype.

#### Enterotype 2: Prevotella

Prevotella is associated with an enriched fiber-rich diet including grains, pulses, vegetables and fruit, and refined carbohydrates.

This enterotype prefers carbohydrates and simple sugars that are typically observed in people consuming carbohydrate-based diets.

#### Enterotype 3: Ruminococcus

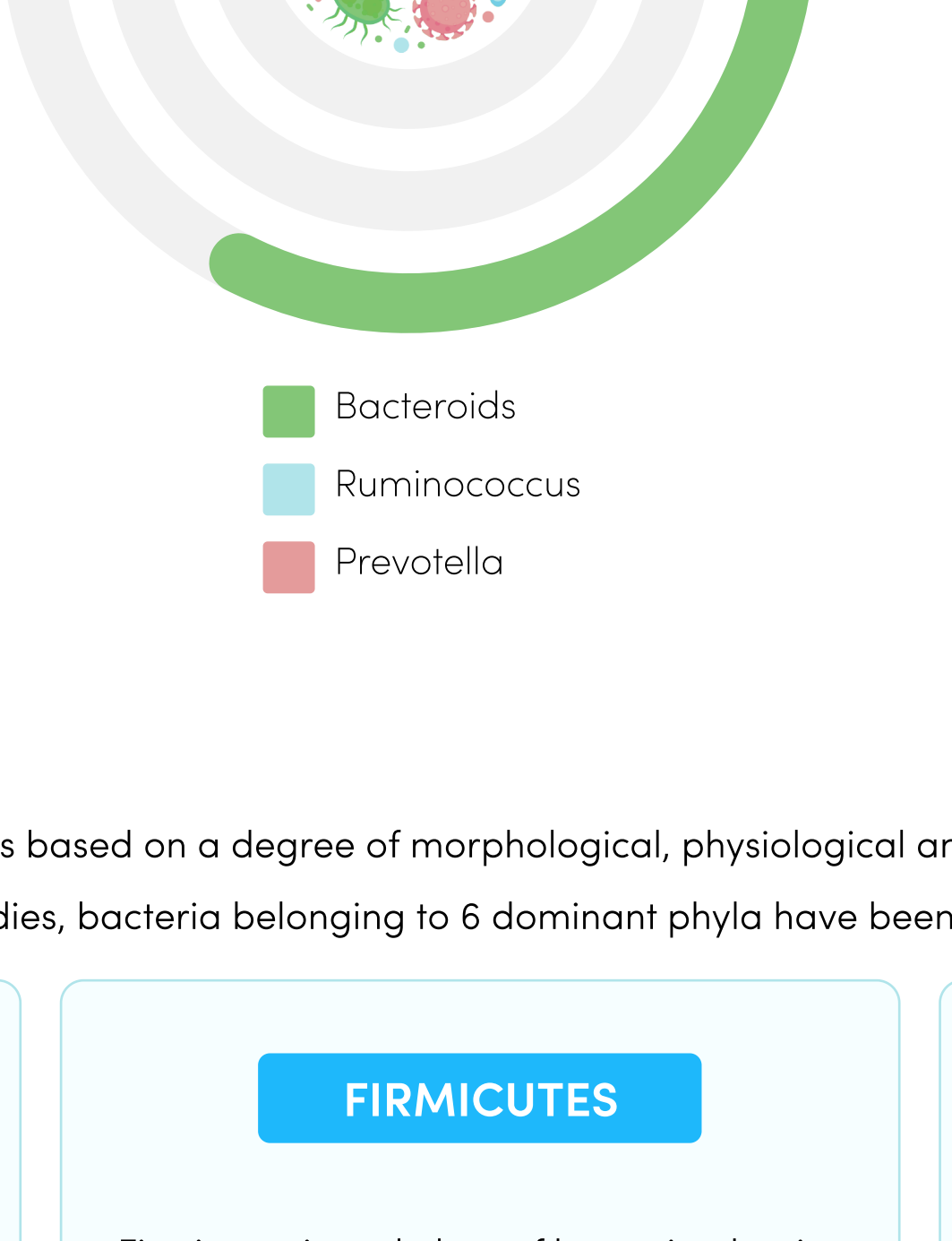
Ruminococcus is associated with a starchy and whole-grain diet.

Individuals with a dominant Ruminococcus enterotype have little variability in their diet.

The bacteria belonging to this cluster derive nutrition from fermentable sugars in the gut.

They break down these complex sugars

The enterotype is heavily influenced by the diet. Hence, if an individual tends to eat a particular category of food, a single dominant enterotype would be seen. The enterotype is dynamic. A change in diet and maintaining it for 10-12 weeks will result in a change in the distribution of the enterotypes.



### PHYLA

Phyla is the biological classification of organisms based on a degree of morphological, physiological and developmental similarity.

Through sequencing techniques and cohort studies, bacteria belonging to 6 dominant phyla have been identified:

#### BACTEROIDETES

Play an important role in metabolic activities in the human colon like fermentation of carbohydrates, micronutrient digestion, etc.

#### FIRMICUTES

Firmicutes is a phylum of bacteria, that is the part of the gut flora, which is involved in energy resorption, and related to the development of diabetes and obesity.

#### ACTINOBACTERIA

The phylum Actinobacteria plays important role in the maintenance of intestinal barrier functions, providing energy for the proliferation of cells and stimulating the immune system.

#### PROTEOBACTERIA

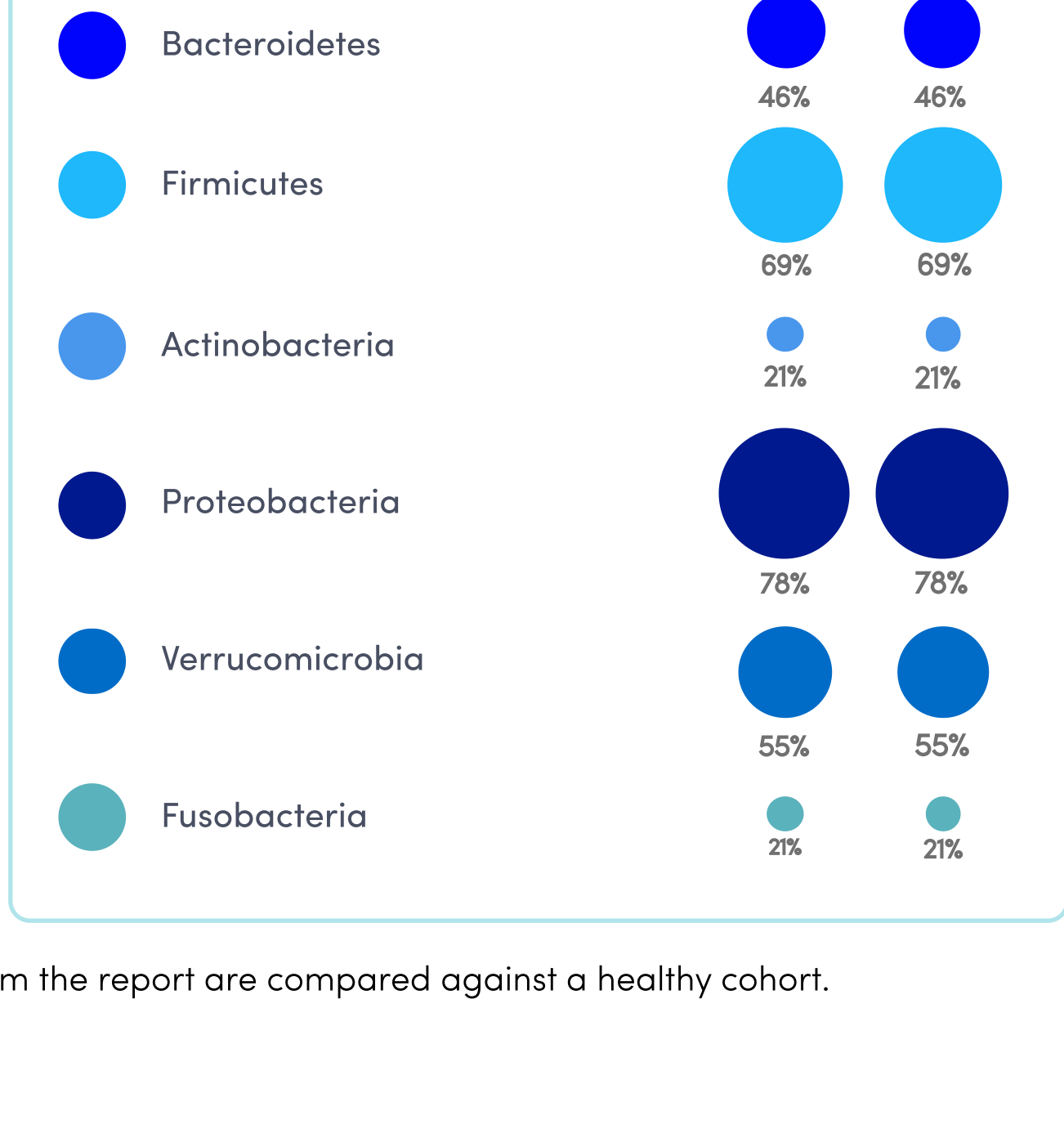
Proteobacteria contribute to maintaining a low-oxygen environment of the GI tract. Such an environment is conducive for bacteria belonging to other phyla to carry out their metabolic activities. They derive nutrition from proteins, carbohydrates, and lipids.

#### VERRUCOMICROBIA

Verrucomicrobia is found in the gut and constitutes up to 5% of the detected microbial community. Maintain the glucose balance in the gut.

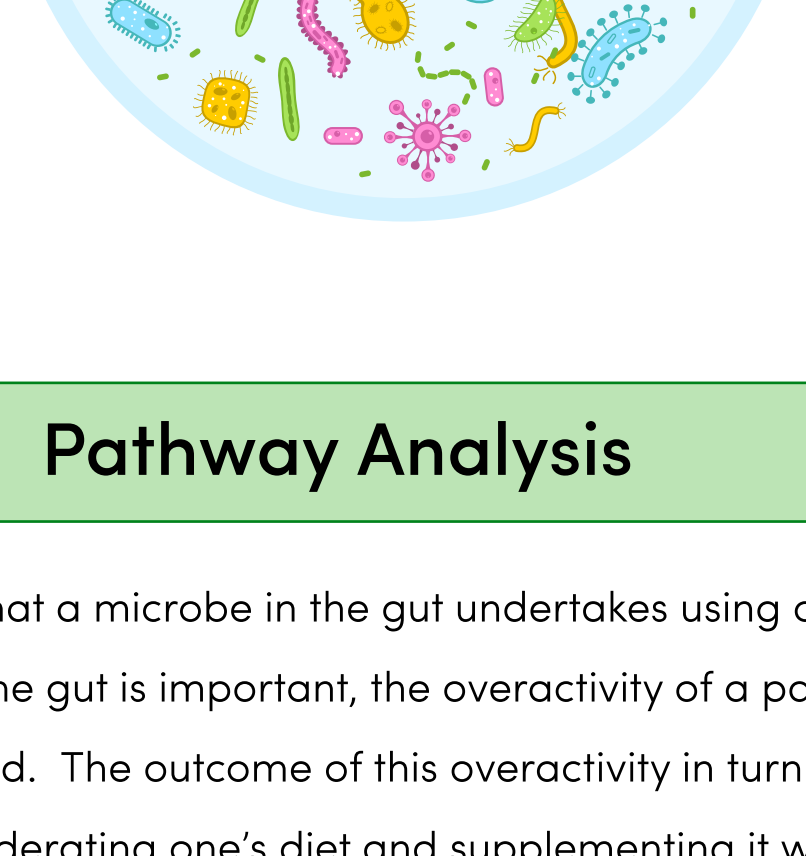
#### FUSOBACTERIA

Bacteria belonging to the phylum Fusobacterium have an enzyme that functions as a toxin and therefore they contribute to the inflammatory response. Some species are pathogenic to humans.



### MICROBIAL RICHNESS

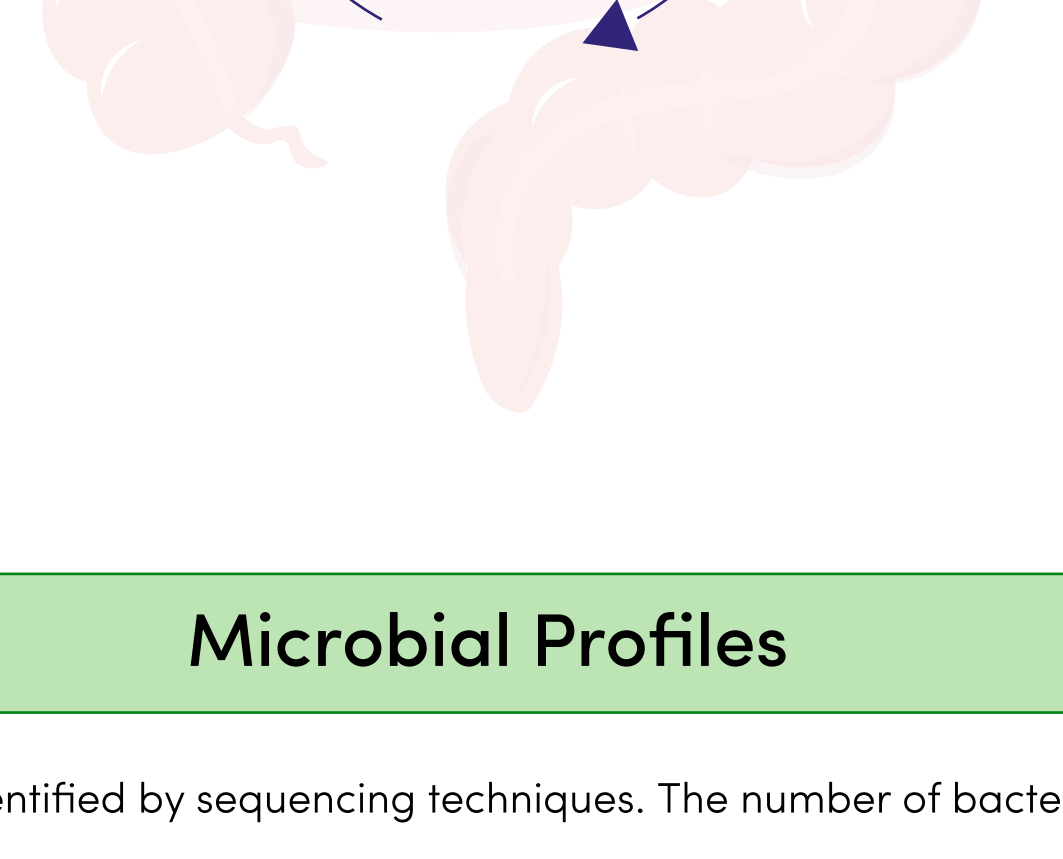
Microbial Richness represents the total number of microbes present or detected in the gut. Low microbial richness could hamper your overall health, the immune system, inflammatory activity etc.



## Pathway Analysis

The pathway is thus defined as the metabolic activity that a microbe in the gut undertakes using certain macro and micronutrients in the diet to produce by-products. Since maintaining a balance in the gut is important, the overactivity of a pathway due to an increase in a certain number of microbes would cause it to be more active than required. The outcome of this overactivity in turn could have a detrimental effect on gut health. The activity of these pathways can be regulated by moderating one's diet and supplementing it with the right kind of food sources.

This section helps us to analyze the genes involved in the pathway and what is the outcome. It will help us interpret if the outcome is favourable, unfavorable or normal. Outcome based dos and don'ts are also mentioned for reference.



## Microbial Profiles

The different types of bacteria in the gut are identified by sequencing techniques. The number of bacterial profiles that get detected in a sample varies based on the mode of sequencing selected i.e. 16 S RNA or Shotgun metagenomics.

The microbial profiles identified are either beneficial (Probiotic), Harmful (pathogens), or normal ((Commensal/Opportunistic). This is represented in a table with the outcome, function and significance of each microbe.

Based on their biological functions, these bacterial profiles are divided into 4 categories:

#### Probiotics

Beneficial bacteria of the gut. They help in the digestion of food, destroy disease-causing cells, and produce vitamins.

Found in food sources such as yoghurt, kefir, fermented products, etc.

#### Pathogens

Harmful bacteria of the gut. When there is an increase in their number, gut health is heavily compromised.

Associated with poor hygienic conditions and are disease-causing.

#### Opportunistic Microbes

Typically non-pathogenic microorganisms act as a pathogen in certain circumstances.

Generally proliferate when immunity is compromised.

#### Commensal Microbes

These microbes live in a commensal relationship with the host. They derive benefits from the host (human) without causing any harm to them.

We cover over 1500 microbial profiles in our report.

## Health Conditions

Interactions between the gut microbiome and the host immune system are complex.

In a healthy, balanced gut, commensal microbes are tolerated and controlled. The pathogens are responded to and countered by the host immune system and the probiotic microbes present in the gut. A healthy gut thus limits the growth of opportunistic pathogens by making the environment unsuitable for them to proliferate.

In the case of dysbiosis in the gut, disease conditions occur due to the proliferation of certain bacteria.

## Recommendations

To maintain a healthy gut, we recommend the consumption of food sources that are rich in probiotics and prebiotics.

Our food recommendations are divided into 3 parts:

#### Part 1: Your superfoods

As the name suggests, the food recommendations are devised to give personalized food recommendations that are healthy for your gut and biodiversity.

#### Part 2: Food to Limit

These foods may add to the dysbiosis in the gut and hence must be limited.

#### Part 3: Foods to Avoid

These foods will add to the dysbiosis in the gut and hence must be avoided. These foods can be unhealthy for gut health and biodiversity.

A separate section of nutritional recommendations on the basis of the report has also been provided.

## Glossary

To maintain a healthy gut, we recommend the consumption of food sources that are rich in probiotics and prebiotics.

- **Commensal**  
microorganisms that colonize the body without causing harm or disease.
- **Dysbiosis**  
Dysbiosis is a condition of imbalance in the gut caused due to gut microbes. It is often associated with harmful consequences for
- **Host**  
In biology and medicine, a host is an organism that harbours another organism (parasite, a mutualist, or a commensal).
- **Inflammation**  
Inflammation is a first-line defence mechanism in the face of aggression. Its objective is to recognize, destroy and eliminate all substances which are foreign to it.
- **Metabolism**  
Metabolism is the set of chemical reactions that take place inside a living being, in particular, to enable it to stay alive, reproduce, develop and respond to stimuli from its environment.
- **Microbiota**  
There is a community of approximately 40,000,000,000,000 microorganisms (mostly bacteria but also viruses, archaea, and other fungi) that live in and on us. It's our microbiome - our non-human half that we can't live without. In an amazing system of symbiosis, microbes have co-evolved with us, carrying in their genes the best tools to keep us healthy.
- **Microorganisms**  
Microorganisms are organisms (therefore living) so small that they can only be observed under a microscope. This term encompasses a variety of very different species, whether prokaryotes (bacteria) or eukaryotes (yeasts, algae). Some also include viruses, although they are bordering on living. '
- **Prebiotics**  
Prebiotics are non-digestible food substances, such as fibers found in fruits, vegetables and whole grains, which stimulate the growth of good bacteria already present in the intestine.
- **Probiotics**  
live microorganisms that, when ingested in sufficient quantities, exert positive effects on health, beyond the traditional nutritional effects.
- **Gastrointestinal tract**  
The gastrointestinal tract (GI, TIG, digestive tract, digestive tract, alimentary canal) is the passage from the mouth to the anus which includes all the organs of the digestive system in humans and other animals. Foods ingested through the mouth are
- **Metabolic pathway**  
In biochemistry, a metabolic pathway is a succession of chemical reactions during which an initial substrate is transformed and gives rise to finished products.
- **Enterotype**  
The classification of the human gut microbiome based on the bacterial clusters.
- **Phylum**  
A biological classification of organisms based on the degree of morphological, physiological and developmental similarity.



# Guititive Report

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How to read your report

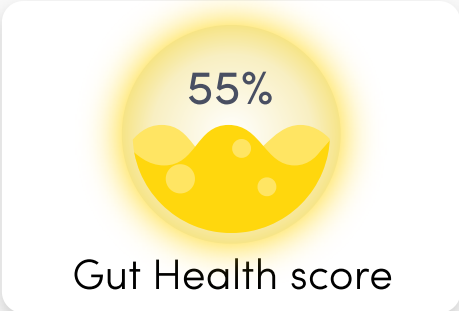
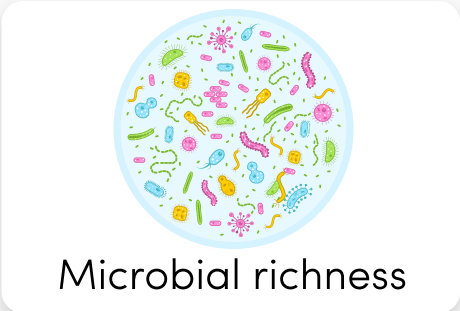
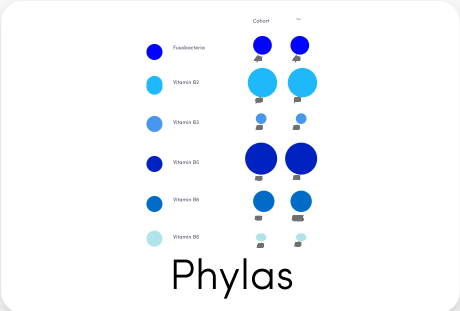
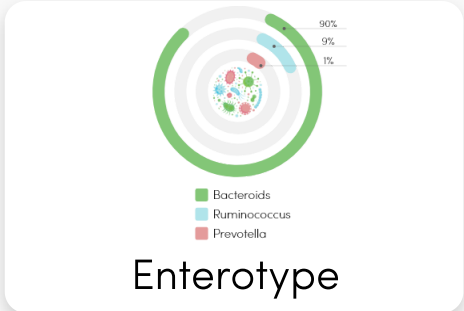
Introduction

Pathways

Microbe Profile

Health

Recommendations



## What is a MICROBIOME?

10 trillion. That is the number of microbes an average human gut contains. With 150-170 dominant species, there are over 1000 different types of organisms, and the gut microbiome of a single person can weigh up to 2 kgs! The delicate balance between our guts and these little helpers protects us from various infections and diseases. When this balance is disrupted, we often experience an upset stomach, weight changes, irregular sleep, autoimmune conditions and much more. Studying your personal gut microbiome unlocks powerful tools to help you achieve your health goals.



## Gut Report

Lorem ipsum dolor sit amet

How to read your report

Introduction

Pathways

Microbe Profile

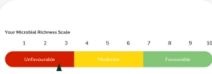
Health

2

Enterotypes



Phylas



Microbial  
richness

62%

Gut Health  
score

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# Full Report

The microbes in the gut can be categorised in 4 ways. The beneficial (Probiotic), harmful (Pathogen) or normal (Opportunistic/Commensal)

Probiotics

Pathogens

Opportunistic

Commensal

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Lactobacillus  
acidophilus



Lactobacillus  
casei



Lactobacillus  
rhamnosus



Lactobacillus  
acidophilus



Lactobacillus  
casei








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- Probiotics
- Pathogens
- Opportunistic
- Commensal

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Lactobacillus acidophilus		Poor	>
Lactobacillus casei		Good	>
Lactobacillus rhamnosus		Normal	>
Lactobacillus plantarum		Good	>
Lactobacillus salivarius		Normal	>



Dashboard



Bio



Genetic Snapshot



DNA Report



PGx Report



Recommendation Engine



Health History



Take Survey !



Gututive Report



Logout

# Health Risks

Dysbiosis or microbial imbalance in the gut would lead to a diseased condition. Health conditions are implicated based on the microbial profile



## Lactobacillus rhamnosus

Result:  Normal

Latest test: 19/02/21

Description of this strain and what is good/bad about it. Lactobacillus rhamnosus is the best probiotic in the world. You should have loads of it. It helps X and is found in Y fruit and veg.

It helps reduce gut issues, inflammation etc .

Your latest result was 0.8%. This is slightly less than the recommended healthy range. You need more...  
etc

### Previous Results

01/02/21:	 Good	15% better than the previous
08/01/21:	 Bad	8% worse than the previous
14/12/20:	 Normal	1% better than the previous

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casei




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Gututive Report



Logout

# Microbiome Richness

The human body is full of microorganisms, inside and outside. These microbes along with their microbial compositions are called microbiome. Throughout the years, microbiome have gained attention due to their implications in health and disease. It consists of microbes that are beneficial and harmful, most are symbiotic where both the host and the microbes benefit from each other... know your microbes.

## Microbiome Richness Scale



Your microbiome lacks diversity compared to the healthy gut of the average population. This could be due to a recent course of antibiotics, digestive issues or poor diet. You can change this! Use your recommendations to explore appetising foods can improve your microbiome diversity.

### Richness? What does that mean?

Richness indicates the approximate number of bacterial species that live in a person’s gut. Each type has its own functions that are often complementary. A diverse microbiome can perform a broader range of tasks that regulate and compensate, making the whole system more stable. External factors like a poor diet or antibiotics can cause one or several key species to disappear from the community. When there is a wide range of bacteria, other species take over these missing functions, but if the community lacks richness, this compensation mechanism may be compromised and cause dysbiosis, a condition known to precede illness. For example, patients with inflammatory bowel diseases and metabolic disorders have less bacterial diversity than healthy people – a pattern that is also observed in people who have taken antibiotics or have a poor diet.

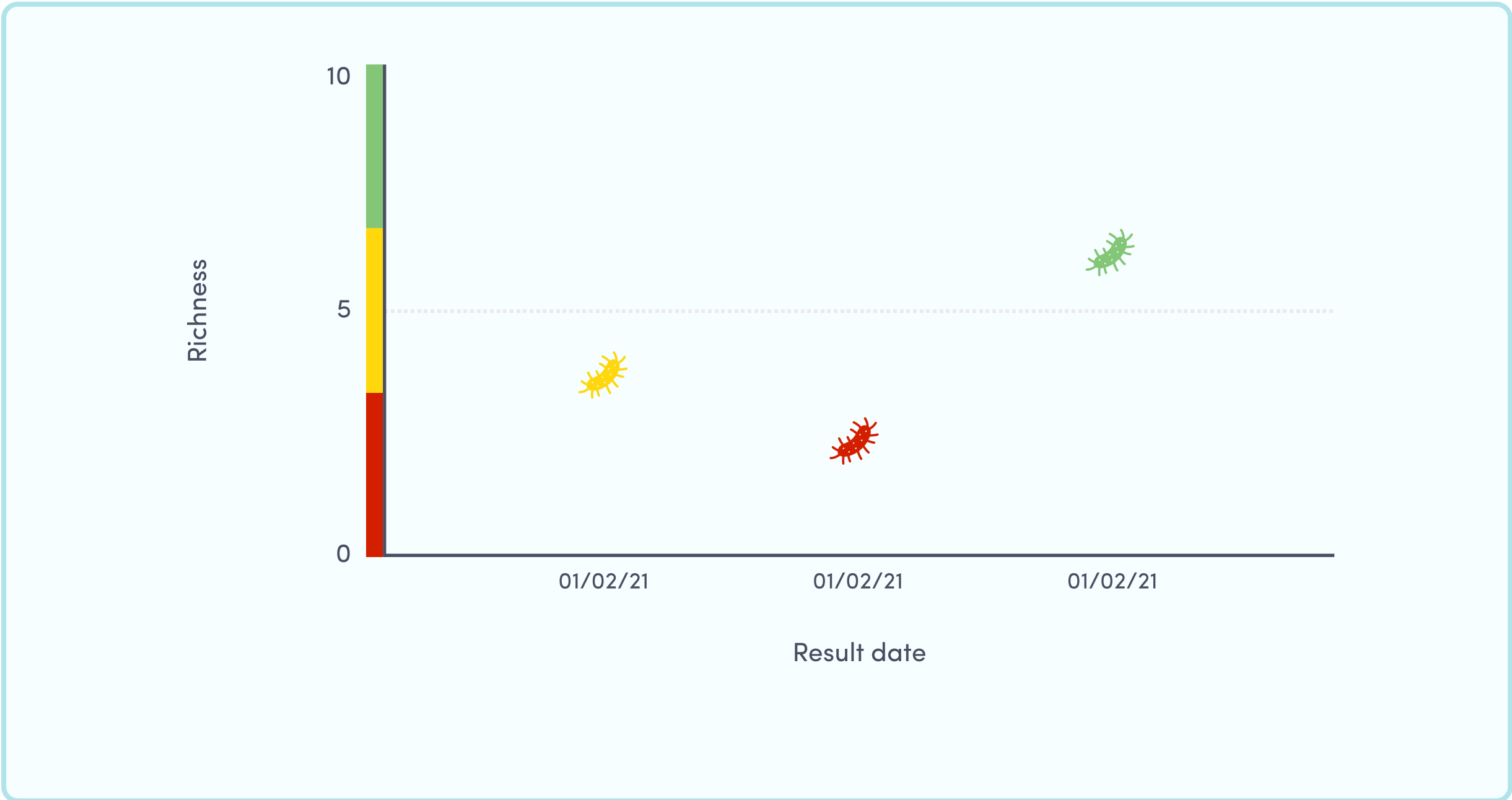
### Why does it matter?

The gut microbiome of healthy people has lots of different bacteria. Diversity is a key trait for stability: if an adverse event happens (like an infection), and some bacteria are affected, others can take over the functions they performed. Beneficial bacteria also work together to support each other’s existence and deter opportunistic microbes.

### How do I improve it?

To improve or maintain diversity, it’s important to get at least 30g of dietary fiber from your food every day. There are lots of different fibers, that’s why eating a variety of plant-based whole foods is essential for microbiome diversity. Check out your recommendations section to see the probiotics best suited to you as well as what you need to eat to improve or sustain diversity in your gut.

## Microbial Richness over time





# Microbiome Richness

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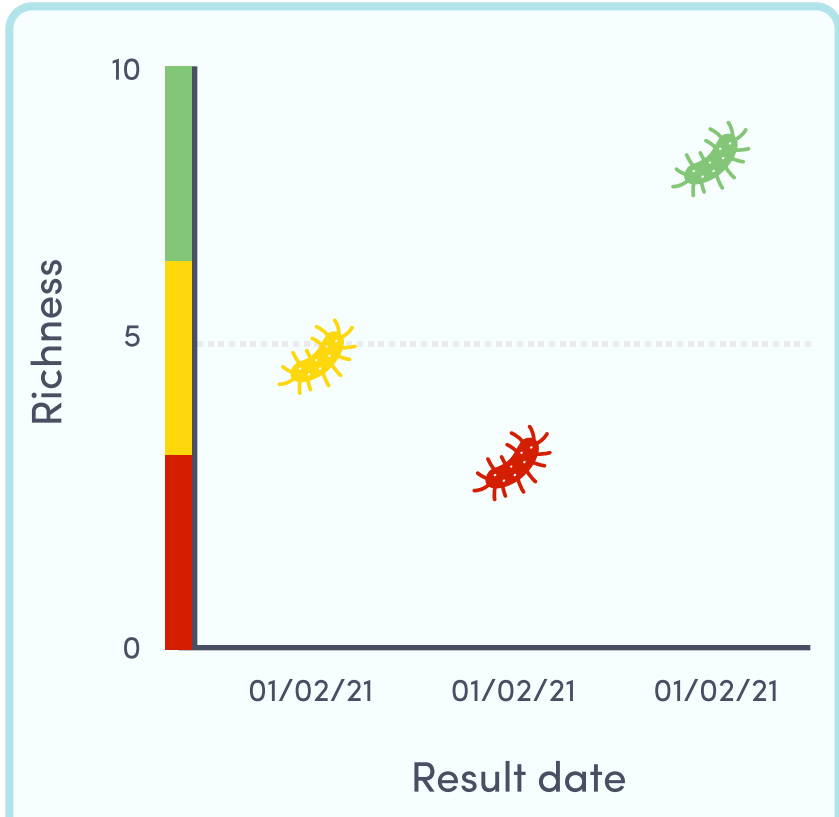
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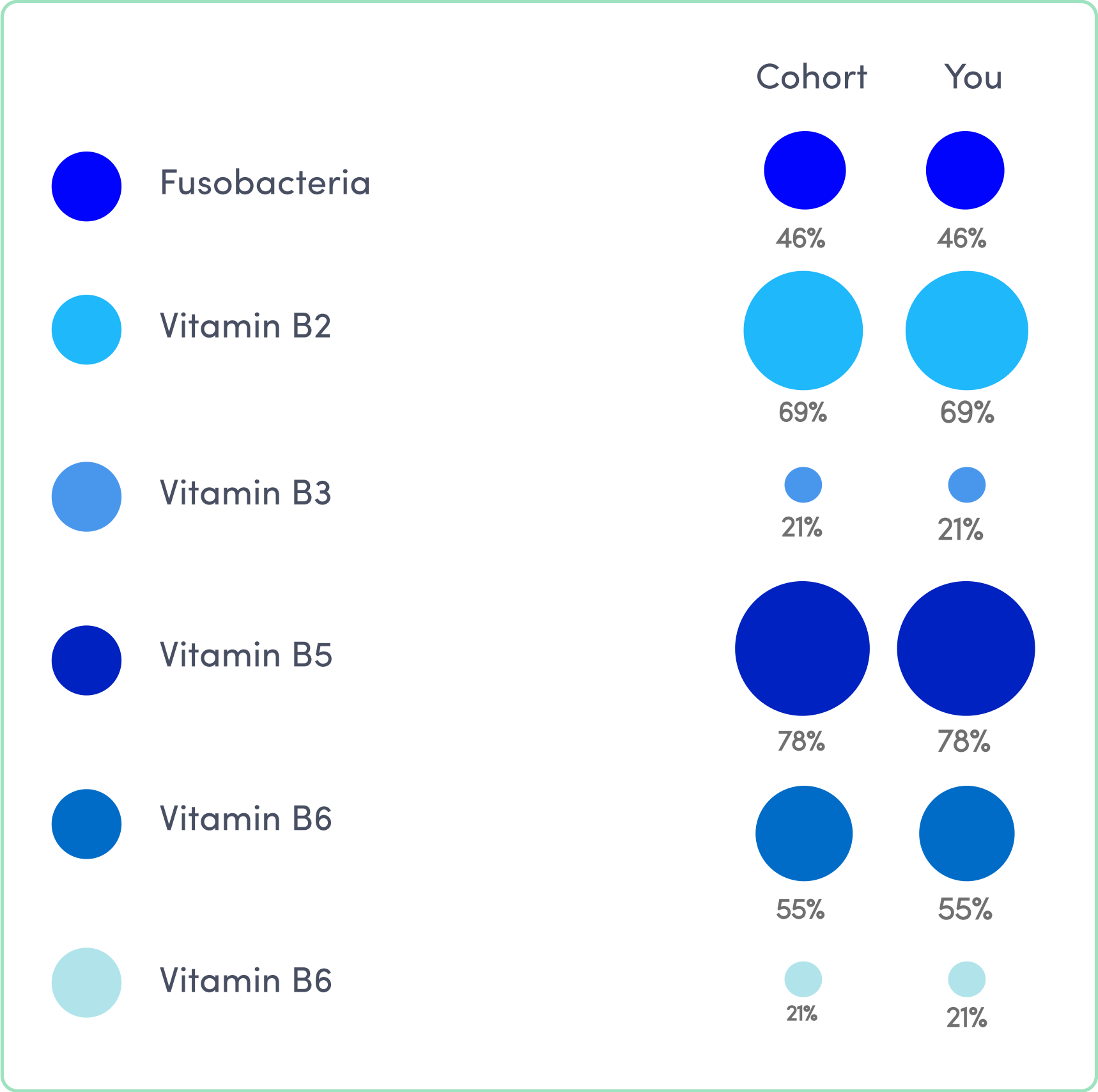
## MyCrobiome Richness over time



# Phyla

We analyse the overall activity in your gut by looking into its pathways that microbes are involved in. The genes involved in the pathways will be analysed and give you outcome as to whether those are favourable or unfavourable or normal based on the activity and their interpretations

## Your phyla results



## Your results explained

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Bio

Genetic Snapshot

DNA Report

PGx Report


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Take Survey !

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Logout




Dashboard




Bio




Genetic Snapshot




DNA Report




PGx Report




Recommendation Engine



Health History



Take Survey !



Gututive Report


























Logout

## Pathways

We analyse the overall activity in your gut by looking into its pathways that microbes are involved in. The genes involved in the pathways will be analysed and give you outcome as to whether those are favourable or unfavourable or normal based on the activity and their interpretations. Get Do's and Don'ts for those situations

Favourable:  Average:  Unfavourable: 

















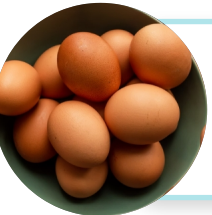

Pro-inflammatory Activity		Unfavourable	>
Methane Gas Production Pathway		Unfavourable	>
Sulphide Gas Production Pathway		Favourable	>
Butyrate Production Pathway		Favourable	>
Uric Acid Production Pathways		Unfavourable	>
Ammonia Production Pathway		Favourable	>
Putrescine Production Pathway		Unfavourable	>
Protein Fermentation		Favourable	>
Vitamin B2 synthesis		Unfavourable	>
Vitamin B3 synthesis		Favourable	>
Vitamin B7 synthesis		Favourable	>
Vitamin B9 synthesis		Unfavourable	>
Vitamin B1 synthesis		Favourable	>
Vitamin B5 synthesis		Unfavourable	>
Oxalate Metabolism Pathway		Favourable	>
Bile Acid Metabolism		Favourable	>
TMA Production Pathways		Unfavourable	>
Anti-Inflammatory Activity		Favourable	>
Vitamin B12 synthesis		Favourable	>
Vitamin K synthesis		Unfavourable	>
Vitamin B6 synthesis		Favourable	>
Salt Stress Pathway		Unfavourable	>
LPS Biosynthesis Pathways		Favourable	>



# Recommendations

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## Lorem ipsum

 <div>Fruits</div> <div></div>	 <div>Cereals and millets</div> <div></div>	 <div>Vegetables</div> <div></div>
 <div>Legumes</div> <div></div>	 <div>Green leafy vegetables</div> <div></div>	 <div>Nuts and oil seeds</div> <div></div>
 <div>Sugars</div> <div></div>	 <div>Mushrooms</div> <div></div>	 <div>Edible oil and fat</div> <div></div>
 <div>Roots and tubers</div> <div></div>	 <div>Condiments and spices</div> <div></div>	 <div>Beverages</div> <div></div>
 <div>Miscellaneous</div> <div></div>	 <div>Milk and milk products</div> <div></div>	 <div>Meat</div> <div></div>
 <div>Poultry</div> <div></div>	 <div>Egg and egg products</div> <div></div>	 <div>Sea food</div> <div></div>










## Report specific nutrition recommendation

Consume Vitamin B6	Consume Vitamin B9	Consume Vitamin B12	Consume Vitamin B2
Consume Vitamin K	Consume Vitamin B6	Consume Vitamin D	

# Health Risks

Dysbiosis or microbial imbalance in the gut would lead to a diseased condition. Health conditions are implicated based on the microbial profile observed and literature available for their patterns.

High:       Medium:       Low: 

Type 1 diabetes	 Low	>
Type 1 diabetes	 Low	>
Type 1 diabetes	 High	>
Type 1 diabetes	 Low	>
Type 1 diabetes	 High	>
Type 1 diabetes	 Low	>
Type 1 diabetes	 High	>
Type 1 diabetes	 Low	>
Type 1 diabetes	 High	>

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High: 

Medium: 

Low: 

Type 1 diabetes



Type 1 diabetes



Type 1 diabetes



Type 1 diabetes



Type 1 diabetes



Type 1 diabetes



Type 1 diabetes



Type 1 diabetes





# Type 1 diabetes











Risk level:  Medium

Latest test: 19/02/21

Type 1 Diabetes is an autoimmune disease that causes insulin deficiency due to the destruction of pancreatic islet beta cells. The gut microbiome produces short-chain fatty acids such as acetate and butyrate that function in maintaining the intestinal membrane integrity and immune function. Reduction in short-chain fatty acids (SCFAs)-producing bacteria may compromise the intestinal permeability and lead to bacterial antigen leakage, activate autoreactive T cells, or enhance the excessive immune response.

The gut microbiome also contains pathogen-associated molecular patterns(nucleic acids, peptidoglycan, LPS, Lipoproteins) that could trigger the toll-like receptors to release signals that may activate the immune system. Reduction of probiotic bacteria (such as Lactobacillus and Bifidobacterium), the overall decrease in gut microbiome diversity, and reduced Firmicutes Bacteroidetes ratio may affect the gut microbiome that destroys the beta cells in the pancreas. Dysbiosis of gut microflora may increase the risk of Type 1 diabetes.

## Bacteria Contributing to the disease

	19/01/21	24/01/21	02/02/21	08/02/21	19/02/21
Lactobacillus					
Bifidobacterium					





# Type 1 diabetes

Risk level:  Medium

Latest test: 19/02/21

Type 1 Diabetes is an autoimmune disease that causes insulin deficiency due to the destruction of pancreatic islet beta cells. The gut microbiome produces short-chain fatty acids such as acetate and butyrate that function in maintaining the intestinal membrane integrity and immune function.

Reduction in short-chain fatty acids (SCFAs)-producing bacteria may compromise the intestinal permeability and lead to bacterial antigen leakage, activate autoreactive T cells, or enhance the excessive immune response.

The gut microbiome also contains pathogen-associated molecular patterns(nucleic acids, peptidoglycan, LPS, Lipoproteins) that could trigger the toll-like receptors to release signals that may activate the immune system. Reduction of probiotic bacteria (such as Lactobacillus and Bifidobacterium), the overall decrease in gut microbiome diversity, and reduced Firmicutes Bacteroidetes ratio may affect the gut microbiome that destroys the beta cells in the pancreas. Dysbiosis of gut microflora may increase the risk of Type 1 diabetes.

## Bacteria Contributing to the disease

### Lactobacillus

19/01/21



24/01/21



02/02/21



19/02/21



28/02/21



### Bifidobacterium

19/01/21



24/01/21



02/02/21



19/02/21



28/02/21





80

Dashboard

Bio

Genetic Snapshot

DNA Report

PGx Report

Recommendation Engine

Health History

Take Survey !

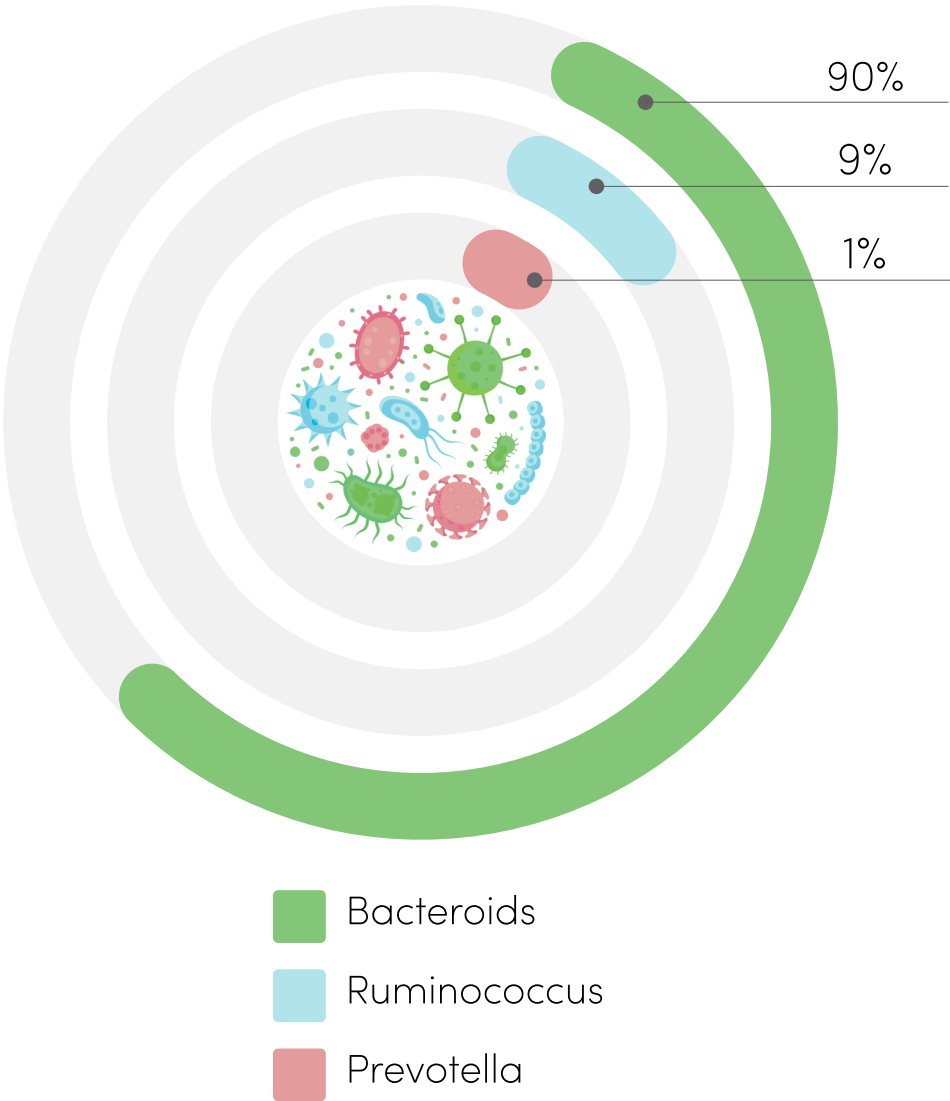
Gututive Report

Logout

[Return](#)

# Enterotypes

Human body is full of microorganisms, inside and outside. These microbes along with their microbial compositions are called microbiome. Throughout the years, microbiome have gained attention due to their implications in health and disease. It consists of microbes that are beneficial and harmful, most are symbiotic where both the host and the microbes benefit from each other.



## Your predominant entrotype - 54%

Prevotella dominate this type of microbiome, which is common in isolated tribespeople from the Amazon and Africa. Their diet is rich in plant fibre with hardly any simple sugars, meat or fat. In Europe, the second type is mostly found in vegetarians. This cluster corresponds with the second enterotype described by M. Arumugam (Arumugam et al., 2011).

### Key Characteristics

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## Your results over time

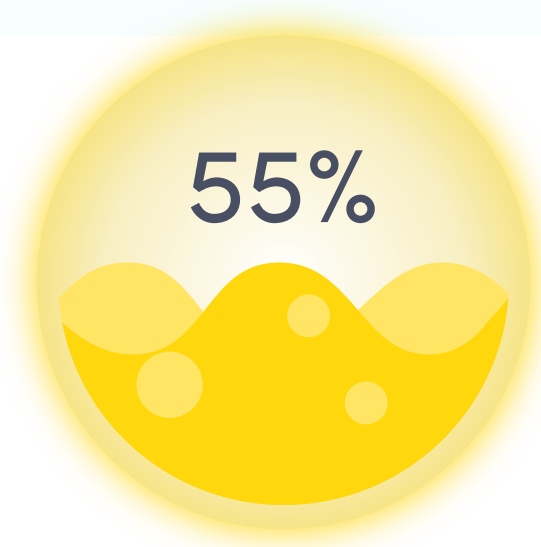
	02/02/21	19/02/21	28/02/21
Prevotella	46%	33%	21%
Bacteroides	33%	12%	55%
Rumminococus	46%	33%	21%



# Gut health score

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Menu



Your gut health score is normal

## Interpretation of score

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### Your results over time

	02/02/21	19/02/21	28/02/21
Prevotella	46%	33%	21%
Bacteroides	33%	12%	55%
Rumminococus	46%	33%	21%



# Recommendations

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Select food category

## Cereals and millets

### EAT

Sweet potatoes	Sweet potatoes
Greek Yoghurt	Greek Yoghurt
Salmon	Salmon
Chickpeaks	Chickpeaks
Greens	Greens
Sweet potatoes	Sweet potatoes
Greek Yoghurt	Greek Yoghurt

### LIMIT

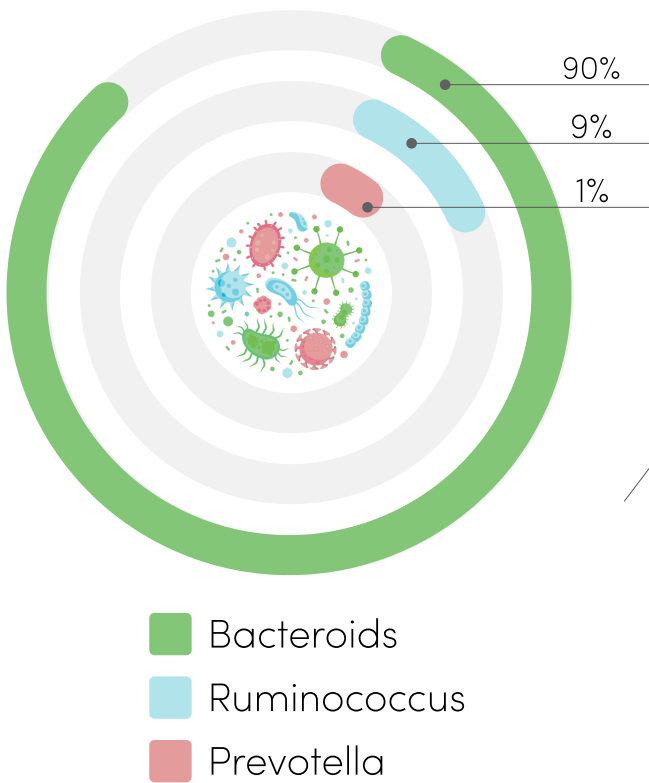
Sweet potatoes	Sweet potatoes
Greek Yoghurt	Greek Yoghurt
Salmon	Salmon
Chickpeaks	Chickpeaks
Greens	Greens
Sweet potatoes	Sweet potatoes
Greek Yoghurt	Greek Yoghurt

### AVOID

Sweet potatoes	Sweet potatoes
Greek Yoghurt	Greek Yoghurt
Salmon	Salmon
Chickpeaks	Chickpeaks
Greens	Greens
Sweet potatoes	Sweet potatoes
Greek Yoghurt	Greek Yoghurt

# Enterotypes

Human body is full of microorganisms, inside and outside. These microbes along with their microbial compositions are called microbiome. Throughout the years, microbiome have gained attention due to their implications in health and disease. It consists of microbes that are beneficial and harmful, most are symbiotic where both the host and the microbes benefit from each other.



**Your predominant entrotype – 90%**

Prevotella dominate this type of microbiome, which is common in isolated tribespeople from the Amazon and Africa. Their diet is rich in plant fibre with hardly any simple sugars, meat or fat. In Europe, the second type is mostly found in vegetarians. This cluster corresponds with the second enterotype described by M. Arumugam (Arumugam et al., 2011).

## Key Characteristics

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## Your results over time

	02/02/21	19/02/21	28/02/21
Prevotella	46%	33%	21%
Bacteroides	33%	12%	55%
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# Recommendations

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Select nutrition recommendation

Consume vitamin B6

Food sources	Serving size	Amount of vitamin A present in food	Percentage RDA
Banana	1 medium	0.433 mcg	33.3%
Sunflower seeds	1 tablespoon	0.123 mcg	94.46%
Spinach	100 g	0.195 mcg	15%
Sweet potatoes	1 medium	0.272 mcg	20.92%
Chicken Breast	1 no.	1.2 mcg	92.3%