



invivo®

Get Curious.

Explore your microbial
self & health with a GI
EcologiX™ test.

Contents

-
01. What is the Gastrointestinal microbiome?
 02. Functions of the GI microbiome
 03. Why test your GI microbiome?
 04. How microbes tell a story of health and/or disease
 05. Dysbiosis & The GI Microbiome
 06. Host health Markers
 07. Private stool testing vs GP stool testing
 08. Testing with a qualified healthcare provider
 09. GI EcologiX™ test suitability
 10. Getting your results
 11. Our commitment to the environment
 12. GI EcologiX™ certified with CQC
 13. FAQ
 14. Spreading the cost of GI EcologiX™



01.

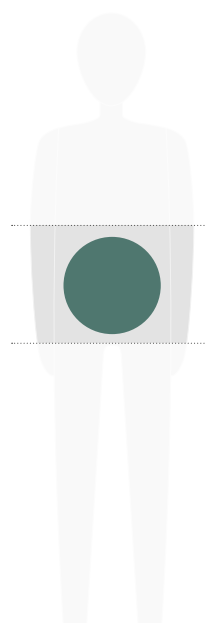
What is the Gastrointestinal Microbiome?

Your gastrointestinal (GI) microbiome is an internal ecosystem of diverse microorganisms consisting of differing types of bacteria, viruses and fungi. Your gut microbiome is interweaved with your overall health, it often is quoted as being another organ unto itself

Billions of microorganisms colonise the gastrointestinal tract, which extends from the stomach to the rectum. The presence and activity of these microorganisms is fundamental for wellbeing.

02.

Functions of the GI Microbiome



Production of energy metabolites, vitamins and neurotransmitters in the defence against pathogen colonisation.



Digestive capacity & the fermentation of fibre



Development and maintenance of the immune system

“The key to overall wellness lies in maintaining a healthy gut.”

– Dr. Amy Myers



03.

Why test your GI
Microbiome?

Assessing your microbial ecosystem can provide clarity on how your microbes are impacting your wellbeing.

Your gut microbiome is an organ unto itself, it plays a crucial role in the balance of many systems in your body. Understanding the patterns of your own internal microbial ecosystem can give you insight on how your gut microbes may be contributing to your overall wellbeing.

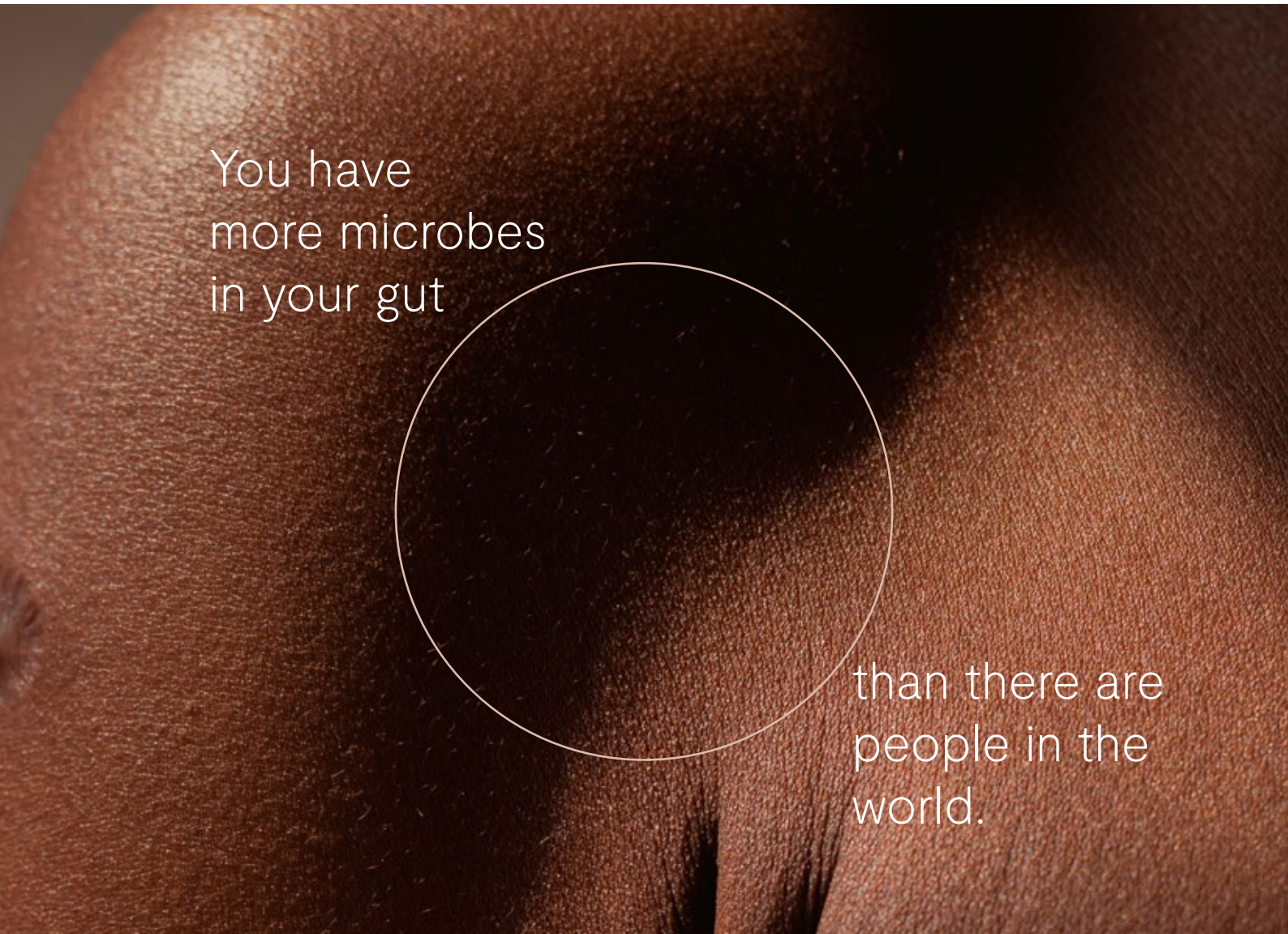
The GI EcologiX is a comprehensive stool test that can help to assess this microbial ecosystem, to see what patterns are emerging, and therefore then help you and your healthcare provider to consider concise choices, such as lifestyle and nutrition changes, that can best support your well-being.

04.

How microbes tell a story of health and/or disease

Microbes live in communities and like all communities some can flourish while others can create chaos. We rely on our microbial communities for many gate-keeping functions in the body. If these communities change, the protection offered by these microbes may diminish and create an environment in which disease can flourish.

When interpreting GI EcologiX™ microbiome results we are looking for changes in patterns of growth in the microbes, which can tell us if the community is a helpful one or a more potentially damaging one. Your healthcare provider can then read these patterns with the context of what you are presenting with – such as symptoms, lifestyle and dietary choices to put together the picture of how the microbiome is playing a role in your wellbeing.



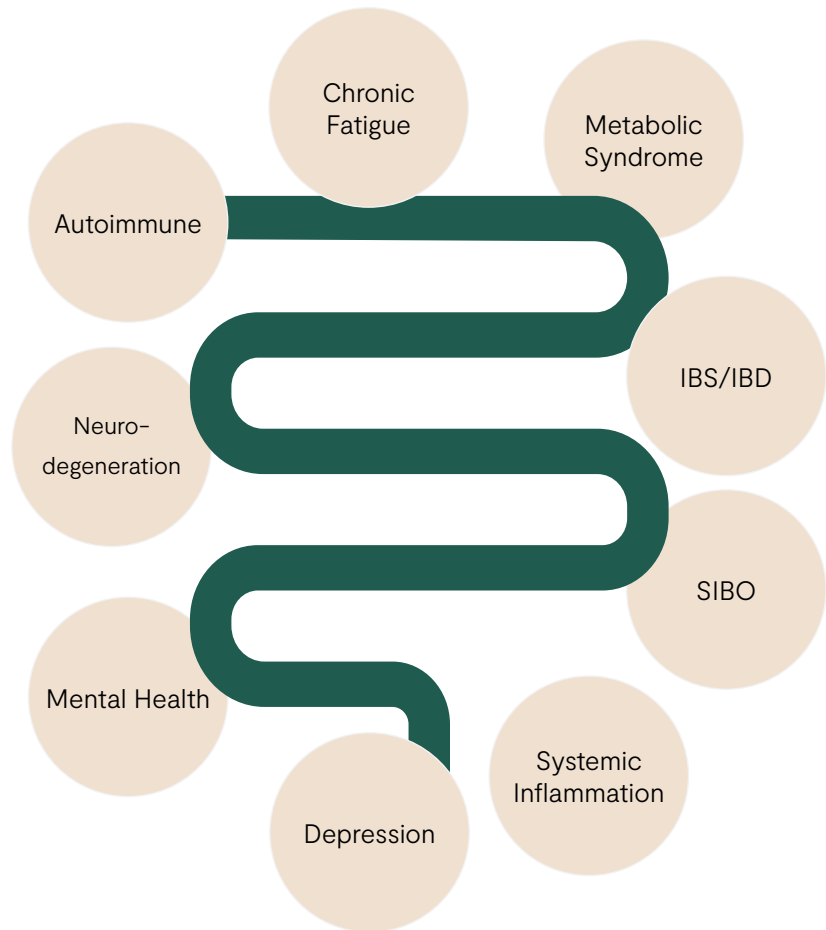
You have
more microbes
in your gut

than there are
people in the
world.

05.

Dysbiosis & The GI Microbiome

Many studies have shown a correlation between dysbiosis in the GI microbiome and several chronic diseases.



dysbiosis
/ˌdɪsbɪˈəʊsɪs/

An imbalance between the types of organisms present in a person's natural microflora, especially that of the gut, thought to contribute to a range of conditions of ill health.

06.

Host health markers

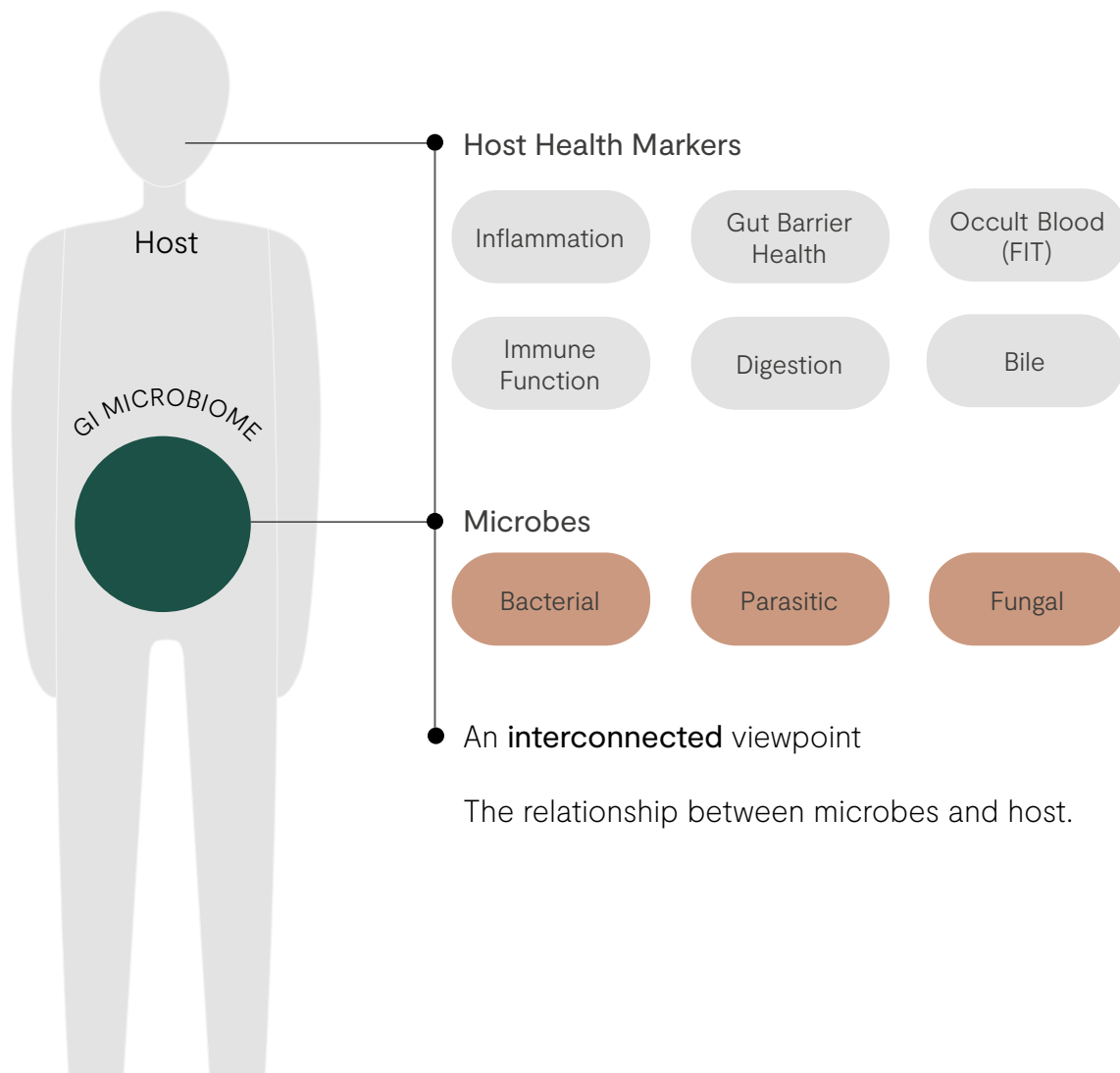
Our microbiome consists of both the microbes and the environment in which they live.


That environment is us, the human host.

When viewing microbial patterns it is important that we also take into consideration the relationship between microbes and host.

To view this relationship in the GI EcologiX™ we also test for markers produced by you.

Covering markers related to digestive capacity, inflammation, immune function, and safety markers, such as Calprotectin and FIT (occult blood). These safety markers assist your healthcare provider with information that may indicate the need for further investigation.





Your *microbiome*
is as **unique**
as you are.

07.

Private stool testing vs GP stool testing

All the markers in the GI EcologiX™ have been critically selected from research on associations with microbial patterns with chronic diseases and wellness.

Your NHS or private GP may have used stool testing with you at some point in your wellness journey. Those types of stool tests are focused more on acute situations. Acute stool tests offered through GPs do not look for markers associated with overall wellness, such as commensal bacteria, digestive or immune markers.

The GI EcologiX™ has been designed to work alongside the acute tests you may have accessed already from your NHS GP. We do not look to replace your primary care tests, but to enhance your experience and give you tools to empower you to make clearer, more informed choices around your health.

08.

Testing with a qualified healthcare provider

The human microbiome is complex. Science is constantly adding to our understanding of the role that microbes play in wellness and disease. We believe in the value this information offers in guiding an informed wellness journey.

We understand that all this information can be overwhelming and potentially unactionable without a guide to help navigate and personalise this to you. This is why our GI EcologiX is only available through Invivo registered healthcare providers.

Your healthcare provider will be your microbiome guide. They are able to interpret and guide you through your results alongside your full history, and give you help and advice on how best to modify your nutrition, lifestyle and other factors to assist in improving your microbiome and your wellbeing.

Testing with a Microbiome Guide

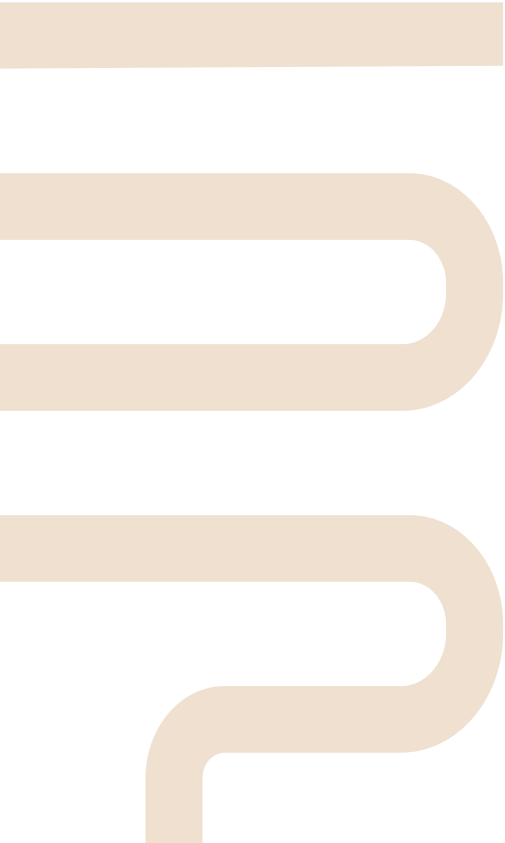
- 1 Microbiome Test results
- 2 Interpretation by your Healthcare Provider with context
 - e.g.
 - + Medical History
 - + Symptoms
 - + Lifestyle
 - + Diet
- 3 Personalised & targeted interventions

Testing without a Microbiome Guide

- 1 Microbiome Test results
- 2 AI-Driven Interpretation lacking any context.
- 3 Automated action plan

09.

GI EcologiX™ is suitable for use for individuals with these health conditions to support overall wellness:

- 
- ☐ IBS/IBD
 - ☐ Digestive complaints, such as bloating
 - ☐ Neurodegeneration & neurodevelopmental conditions
 - ☐ Depression & ‘foggy brain’
 - ☐ Chronic fatigue/fibromyalgia
 - ☐ Chronic disease
 - ☐ Autoimmune conditions
 - ☐ SIBO

10.

Getting your results

Ensuring the safety of personal information is important to us.

We provide a separate encrypted and secure portal for accessing results, which your healthcare provider has access to.

From here they can provide you with a copy when they run through the interpretation of the results. Our laboratory runs on a 15 working day turnaround time from receipt of your sample to delivering the results to your healthcare provider.

11.

Our commitment to our stakeholders

We see nature and the global society as stakeholders, they have a seat at our table. We are acutely aware of our interdependence with the ecosystems we are all a part of.

As a healthcare company, we cannot ignore this inconvenient truth. We are driven to lower our environmental and social impact as much as we can while running a thriving company.

In 2018 we became B Corp certified, solidifying our social and environmental commitment and enabling us to use our business as a force for good. In 2020 we proudly led the way in becoming the world's first B Corp laboratory.

We are a certified carbon neutral company and have since pledged to become net-zero by 2030. We are working on making our packaging and supply-chain as eco-friendly as possible.

In these ways, we are disrupting the status quo in the healthcare industry with a transparent approach. We hope others will follow our journey.



NET ZERO | 2030



12.

GI EcologiX™ certified with CQC

Our microbiome lab, in Bristol, owned and run by Invivo, is Care Quality Commission (CQC) registered for our services.

CQC is the independent regulator of healthcare and adult social care testing services in England. Their rigorous assessments ensure our service meets government standards of quality and safety.

Our CQC regulation sees us join the NHS and private hospitals, GPs and laboratories, who are all required to obtain CQC regulation.



13.

Frequently asked questions

How is my sample processed?

Taking a sample is easy. Simply follow the instructions provided within the test kit and return the sample in the post to our laboratory. Upon arrival at our lab, it is swiftly stabilised, we begin to extract the DNA from the sample for the microbial analysis, and process the materials within the other collection devices for measuring your host markers.

What is the methodology you use?

We use quantitative real-time polymerase chain reaction (qPCR), using TaqMan technology, to analyse the bacterial, parasitic and fungal communities. TaqMan offers superb specificity, sensitivity and reproducibility. Additionally, we measure key host markers using a wide array of different chemistries and methodologies. The profiles provide an accurate, reliable and quantifiable measurement of microbiota abundance and the host response.

How do I know my sample is accurate?

As a part of our commitment to you we have many internal and external quality assurance checks in place, we also utilise external third-party quality checks, whilst maintaining our CQC certification.

14.

Spreading the cost of GI EcologiX™

Our mission is to restore human health and ecology, and making that mission affordable and accessible to everyone is one of our most important values. We are pleased to announce that we offer PayPal Pay in 3 when ordering via our website.



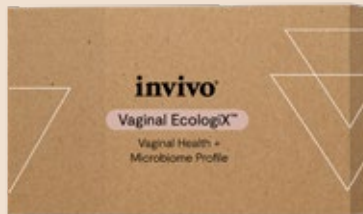
This is an interest-free payment option, allowing you to spread the cost of any of our products over 3 monthly payments.

Our EcologiX™ Range



GI EcologiX™

The GI EcologiX™ is an innovative gut health and microbiome stool test that, alongside key host markers, employs qPCR & Enzyme-Linked Immunosorbent Assay (ELISA) technology to guide personalised well-being improvements through collaboration with healthcare providers and user-friendly home testing.



Vaginal EcologiX™

Vaginal EcologiX™ empowers women to optimize their vaginal wellness by unlocking insights into their vaginal microbiome through cutting-edge technology.



Oral EcologiX™

The Oral EcologiX™ test analyses 14 microbial markers to provide precise insights into your oral microbiota, enabling balance restoration and holistic well-being through addressing disruptions.



Urinary EcologiX™

Using qPCR technology, the Urinary EcologiX™ test analyses 15 distinct microbial markers within the intricate landscape of the female urinary microbiome, facilitating well-being adjustments through collaborative healthcare insights.

Our Supplements Range

We launched Invivo Supplements, in 2018 as a range of products designed with human ecology in mind.

All our products are focused on human-microbiome homeostasis. This, we believe, is crucial for optimal wellness.

We test all our finished products for gluten, casein, lactose, and heavy metals to ensure we always have the best quality products available.





invivo®

invivohealthcare.com

The Coach House, 3 Lewiston Mill,
Toadsmoor Road, Stroud, GL5 2TE

