



FREE

GutIQ comprehensive microbiome Test Guide

Perth Nutrition & Natural Health Clinic

Written by Renae Cinanni | Clinical Nutritionist

DISCLAIMER: Educational information only. This guide does not diagnose or treat disease. GutIQ test content is based on the supplied information from Nutripath who are my preferred gut microbiome test provider; individual panels and laboratory methods may change. The report's disease association and predicted biochemical-function scores are not direct clinical measurements or definitive diagnoses.

FREE PATIENT GUIDE

GutIQ Comprehensive Gut Microbiome Test Guide

Understand your gutbacteria,digestion,inflammation and microbial activity

Perth Nutrition and Natural Health

Written by Renae Cinanni | Clinical Nutritionist

www.perthnaturalhealthnutrition.com.au

What is the GutIQ comprehensive gut microbiome test?

GutIQ is a comprehensive stool assessment combining shotgun metagenomic sequencing with additional stool markers. Shotgun sequencing reads genetic material across a stool sample rather than targeting only a small set of selected organisms. It can characterise bacteria, viruses, fungi and other microorganisms and assess a broad reference catalogue covering more than 28,000 microbial species. A small stool sample is collected at home and sent to the laboratory. Results are interpreted alongside your symptoms, medical history, medications, diet and other investigations. The presence of microbial DNA does not necessarily mean an active infection, and a result outside a laboratory range does not automatically mean treatment is needed.

GutIQ Comprehensive Gut Microbiome Test Guide

What is the GutIQ comprehensive gut microbiome test?

GutIQ combines shotgun metagenomic sequencing with additional stool markers. Shotgun sequencing reads genetic material across the sample, rather than targeting only a small selection of organisms. It can characterise bacteria, viruses, fungi and other microorganisms against a broad catalogue covering more than 28,000 microbial species. A stool sample is collected at home and sent to the laboratory. Findings must be interpreted alongside symptoms, health history and other investigations. Detecting microbial DNA does not necessarily mean an active infection.

What can the assessment explore?

Assessment area	What you may learn
Microbial composition and diversity	Relative abundance of microbial groups, beneficial species, opportunistic organisms, diversity scores and ratios.
Infections and potential pathogens	Selected bacterial pathogens, H. pylori, parasites, intestinal worms and viruses.
Fungi and yeast	Candida species and other organisms in the mycology panel.
Digestive function	Pancreatic elastase, steatocrit, stool characteristics and pH.
Inflammation and gut immunity	Calprotectin, secretory IgA and other intestinal markers.
Short-chain fatty acids	Total beneficial SCFAs and the proportions of acetate, butyrate, propionate and valerate.
Important biochemical functions	Estimated microbial potential for histamine, LPS, ammonia, IPA and TMA production, among other pathways.
Disease risk associations	Exploratory microbiome associations, not diagnoses or reliable individual disease predictions.

Bacterial pathogens and H. pylori

The panel includes selected Campylobacter, pathogenic E. coli groups, Salmonella, Yersinia and C. difficile markers. H. pylori can cause gastritis and peptic ulcers and is associated with increased gastric cancer risk. The sample report includes organism results, stool antigen, selected virulence factors and antibiotic resistance genes. A positive finding needs appropriate medical assessment; virulence genes do not independently establish personal risk.

Parasites, worms and viruses

The report includes selected *Giardia*, *Cryptosporidium*, *Blastocystis*, *Dientamoeba*, *Entamoeba* and *Cyclospora*, as well as certain worms and viruses. Some organisms can be found without symptoms. Clinical relevance depends on symptoms, exposure history and confirmatory testing where needed.

Candida, fungi and opportunistic bacteria

The mycology panel includes *Candida albicans* and other yeast species. *Candida* may be present without causing disease, so a raised stool result alone cannot establish a fungal infection or explain symptoms. Opportunistic bacteria, including *Klebsiella*, *Enterobacter*, *Enterococcus* and *Streptococcus*, must likewise be interpreted in context.

Beneficial bacteria and microbial diversity

Organism or measure	Why it is explored
<i>Faecalibacterium prausnitzii</i>	Associated with fibre fermentation and butyrate production.
<i>Akkermansia muciniphila</i>	Interacts with the intestinal mucus layer.
<i>Bifidobacterium</i>	A group involved in carbohydrate fermentation and microbial interactions.
<i>Roseburia</i>	Includes bacteria involved in short-chain fatty acid production.
Diversity indices and microbial ratios	Describe features of the microbial community, but do not diagnose disease on their own.

Short-chain fatty acids (SCFAs)

Gut bacteria produce SCFAs when fermenting dietary fibre and resistant starch. Stool levels are influenced by diet, absorption and bowel transit, so they are not a complete measure of SCFA production.

SCFA	Why it matters
Butyrate	An important fuel for colon lining cells, involved in barrier and immune signalling.
Acetate	Participates in microbial cross-feeding and energy metabolism.
Propionate	Involved in microbial fermentation and metabolic signalling.
Valerate	A less abundant SCFA that adds information about fermentation patterns.

Important biochemical functions

These scores estimate the genetic potential of the identified microbes to perform certain functions. They do **not** directly measure how much of each compound is produced in the gut or present in the bloodstream.

Digestion, gut immunity and inflammation

Marker	What it helps assess
Pancreatic elastase-1	A stool marker used to assess pancreatic digestive enzyme output.
Steatocrit	Fat in stool, which may help investigate fat malabsorption.
Calprotectin	A marker of intestinal inflammation; elevated results may warrant medical follow-up.
Secretory IgA	A marker related to mucosal immune activity, interpreted cautiously.
Beta-glucuronidase	An enzyme involved in deconjugating certain compounds, including some hormone metabolites.
Zonulin	A marketed barrier marker, but stool assays have important limitations and do not reliably diagnose 'leaky gut'.
Occult blood	Looks for hidden blood in stool; follow-up depends on clinical context and test method.
Stool transglutaminase IgA	Included in the sample report but not a validated substitute for standard blood-based coeliac testing.

Who might consider testing?

GutIQ may be discussed when bloating, altered bowel habits or other digestive symptoms persist despite initial care, or when exploring complex gut symptoms after infections or antibiotic use. Broad microbiome profiling has evolving clinical usefulness and is not a replacement for medical evaluation. Blood in stool, unexplained weight loss, iron-deficiency anaemia, persistent vomiting or severe pain need timely medical assessment.

How the process works

Step	What happens
1. Initial consultation	We review your symptoms, health history and previous investigations to decide whether testing is suitable.
2. Receive your kit	If ordered, the collection kit is sent to your nominated address with instructions.
3. Collect and return the sample	Follow the kit instructions and return the sample to the laboratory. Turnaround times vary.
4. Results consultation	We explain the findings and discuss a personalised nutrition and lifestyle plan, including any medical follow-up needed.

Ready to Get Real Answers?

Test kits available in clinic & online Across Australia



If your gut symptoms have not improved despite trying probiotics,
dietary changes or general advice

the GI Map may give you the answers you have been missing

-
- ✓ Comprehensive gut microbiome, pathogen & inflammation testing
 - ✓ Full results interpretation in plain language — no jargon
 - ✓ Personalised treatment plan built entirely around your findings
 - ✓ Available in clinic in Perth and online anywhere in Australia

Click to book below:

BOOK YOUR INITIAL APPOINTMENT TODAY

Learn More About GI Map Testing Packages

RENAE CINANNI | CLINICAL NUTRITIONIST (BHSC)

Perth Nutrition & Natural Health Clinic | perthnaturalhealthnutrition.com.au | 0413 376 413