

IMPORTANCE OF INTESTINAL HEALTH

The intestine is the largest area in the entire organism and subject to continuous antigenic stimuli from food, pollution and pathogenic substances.

During the average life of a human being, around 60 tons of food pass through the digestive tract, so it is clear that making the right decisions regarding diet and quality of the food we eat is a priority for us all.

It is of fundamental importance to control and monitor the state of our intestine, as its health affects the wellbeing, or otherwise, of our entire organism.

The lifestyle the majority of us follow with its hectic pace, incorrect eating habits and daily stress all go to alter the normal intestinal flora and its consequences.

Western diet tends to aid the imbalance and inflamed intestines caused by an excessive intake of refined carbohydrates to the detriment of fibre rich foods. Moreover, the increasing use of pre-packaged and industrial refined products can only worsen the situation. Nowadays more than 70% of the population is affected by intestinal problems, with the social discomfort that arises.

The most common symptoms are due to intestinal dysbiosis, irritable bowel syndrome, for which there is no real diagnosis or specific tests to evaluate them.

DYSBIO CHECK provides an indirect method to identify any anomalies in the balance of the intestinal flora, to then correct the alterations by integrating the correct probiotic and prebiotic substances, with a more correct and less stressful lifestyle, the right diet and physical exercise.

In your city, you can contact:

OTHER DIAGNOSTIC TESTS CARRIED OUT BY NATRIXLAB:

- **FOOD INTOLERANCE TEST:** IgG-mediated assessment of food intolerances with ELISA method.
- **CELIAC TEST:** Immunological evaluation of the possible positivity to celiac disease.
- **GLUTEN SENSITIVITY TEST:** non-celiac gluten sensitivity evaluation.
- **CELLULAR AGING FACTORS:** global assessment of cellular aging by analyzing the 4 main processes implied (oxidation, inflammation, methylation, and glycation).
- **LIPIDOMIC PROFILE:** Evaluation of plasmatic or membrane fatty acids profile.
- **CARDIO WELLNESS TEST:** Analysis of cardiovascular wellbeing and health.
- **IN FLORA SCAN:** the most in-depth assessment panel for intestinal health.

Tele
nutrizione



YOUR NUTRITIONIST
ALWAYS BESIDE YOU

After the analysis, you can request on-line a specific nutrition program through the telemedicine service called "Telenutrizione". A team of doctors and nutrition specialists can assist patients during their nutrition program. For further information, visit the site.

www.telenutrizione.com

For more information you can contact us from Monday to Friday from 09:00 to 13:00 and 14:00 to 18:00 (+39 0522 232606).



NATRIX s.r.l.u.

Via Cavallotti, 16 - 42122 Reggio Emilia - Italy (IT)
Tel: +39 0522 232606 - Fax: +39 0522 506136
E-mail: info@natrixlab.it

www.natrixlab.com



DYSBIO CHECK

Evaluation of intestinal dysbiosis

What is Intestinal Dysbiosis?

Dysbiosis means an alteration to the microflora found in the intestine, which causes extremely variable symptoms that cause considerable social discomfort to the sufferer.

What is microflora?

Intestinal microflora is the collection of microorganisms in the intestinal lumen which, if they are in balance, contribute to the host person's general health.

Everyday, advertising reminds us how important balanced microflora is, where the friendly bacteria for our organism should reign and fight the spread of pathogens, improving the functions of the intestinal mucous and, therefore, our general health.

An enormous amount of bacteria rests along the digestive tract, to become an organ in their own right, the microbiota, and also more than 70% of the immunity cells. Microflora begins developing in a new-born child when it is exposed to the bacteria coming from the mother's genitourinary tract (lactobacillus and streptococcus).

A complex ecosystem of microorganisms progressively develops, where the maximum concentration is reached within 4 years of age and remains through to adult age, where more than 400 species of bacteria are calculated. The type and number of intestinal bacteria help to determine the level of health in our digestive tract and entire organism.

FUNCTIONS OF MICROFLORA

Intestinal flora is responsible for numerous functions, including:

- Production of enzymes, fundamental for the digestive processes;
- Vitamin synthesis (vitamin K and group B vitamins);
- Production of antimicrobial substances, indispensable to defend the intestinal tract from pathogen attack;
- Modulation of the intestinal immune system.
- Reinforcing the intestinal barrier;
- Regulating motility in the digestive tract.

CAUSES OF DYSBIOSIS

Some of the main causes of Intestinal Dysbiosis are:

- Eating disorders;
- High protein diet;
- Diet rich in simple sugars;
- Hyper-lipid diet;
- Diet poor in fibres;
- Low digestive secretions;
- Psychophysical stress;
- Medication (antibiotics, cortisones, pump inhibitors, contraceptive pill);
- Weakened immune system;
- Poor absorption of the nutrients by the intestine;
- Chronic inflammation (Chron's disease, ulcerous colitis);
- Food intolerances.

THE DYSBIO CHECK

This is an essential test to find the answers for intestinal disorders that have been pursuing you for years, that you have never managed to give a name to and even more, not found a solution for.

The DYSBIO CHECK is a test to evaluate the quality-quantity alterations in the microflora. At urinary level the test doses metabolites produced by putrefying dysbiotic flora.

WHO SHOULD TAKE THE TEST

The DYSBIO CHECK is recommended for everybody to prevent intestinal disorders, to evaluate any imbalance in the bacterial flora. It is particularly recommended for sufferers of:

- Diarrhoea or constipation, irregular intestine;
- Abdominal swelling, tension and cramps;
- Flatulence and gas;
- Digestive problems and halitosis;
- Recurring genitourinary disorders (thrush, cystitis);
- Poor unvaried diet, rich in refined foods and poor in fibre;
- Food intolerances;
- Dermatological problems;
- Hectic pace and stressful lifestyles;
- Weakened immune defences;
- Headache and hemicranias;
- Chronic fatigue;
- States of anxiety and mood swings.

LIST OF ANALYSED PARAMETERS

Using a simple urine sample, the test reveals the presence of two tryptophan metabolites:

- **INDICAN:** found in small amounts in the urine of clinically healthy people. A high level of Indican in the urine indicates dysbiosis in the small intestine.
- **SKATOLE:** a high level of Skatole in the urine indicates dysbiosis in the colon.