KBMO DIAGNOSTICS

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JAMES WHITE CEO

JUNE 29TH, 2023

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Dr. Kristi's 4 Part KBMO Series…

Introduction to FIT test in a Nutrition-based, Integrative, or Functional Medicine Practice

Gut Health Cases and Gut Barrier Panel: May 11th

More Case Studies : June 29th

Ask Dr. Kristi… : August 10th

Introductory Discount and Account Sign up

1: Go to: https://kbmodiagnostics.com/new-to-KBMO/

2: Sign up and Please quote: Kristi Hughes for discount:
- FIT 176: $375 Kristi discounted to $200

3: KBMO will then email you a new account form

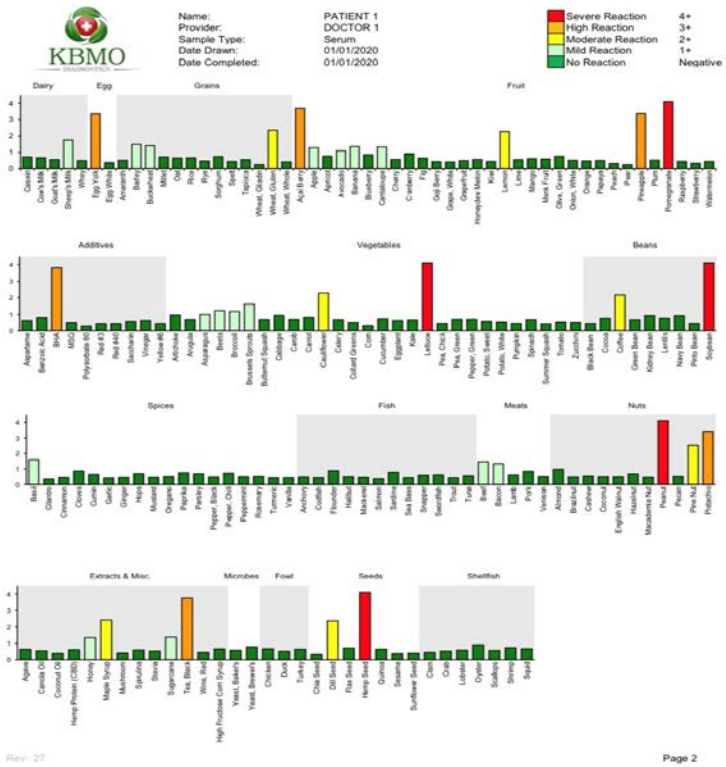
4: Fill out the NAF and email or scan back to KBMO

You are registered! We will send out the kits.

Nutrition-based Solutions for Gut Health, the Microbiome, and Managing Health Challenges Linked to Food Triggers

Patient Report: Gut Barrier Panel inc: Candida, Zonulin and Occludin

2



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Gut Barrier Panel

KBMO has created a unique Gut Barrier Panel which in recognition that leaky gut occurs across a spectrum we have included the following gatekeeper markers: Candida, Zonulin and Occludin. For each marker, we measure IgG 1-4 /C3d in addition to IgA 1 and 2.

Gut Barrier Panel		
	IgG1-4+C3d	IgA1-2
Candida	Negative	Negative
Zonulin	Positive	Positive
Occludin	Positive	Positive

Candida:
we measure and use any candida overgrowth in the stomach/dysbiosis as a precursor to leaky gut occurrence

Zonulin:
Is a marker of intestinal permeability, otherwise known as leaky gut. If a patient has elevated Zonulin levels, the normal regulation of the tight junctions is compromised. This Zonulin marker is unique to KBMO please follow the link for more information:
http://kbmodiagnostics.com/zonulin-test/

Occludin:
is a marker of tight junction stabilization and optimal barrier function. Elevated occludin indicates that the tight junctions are breaking down.

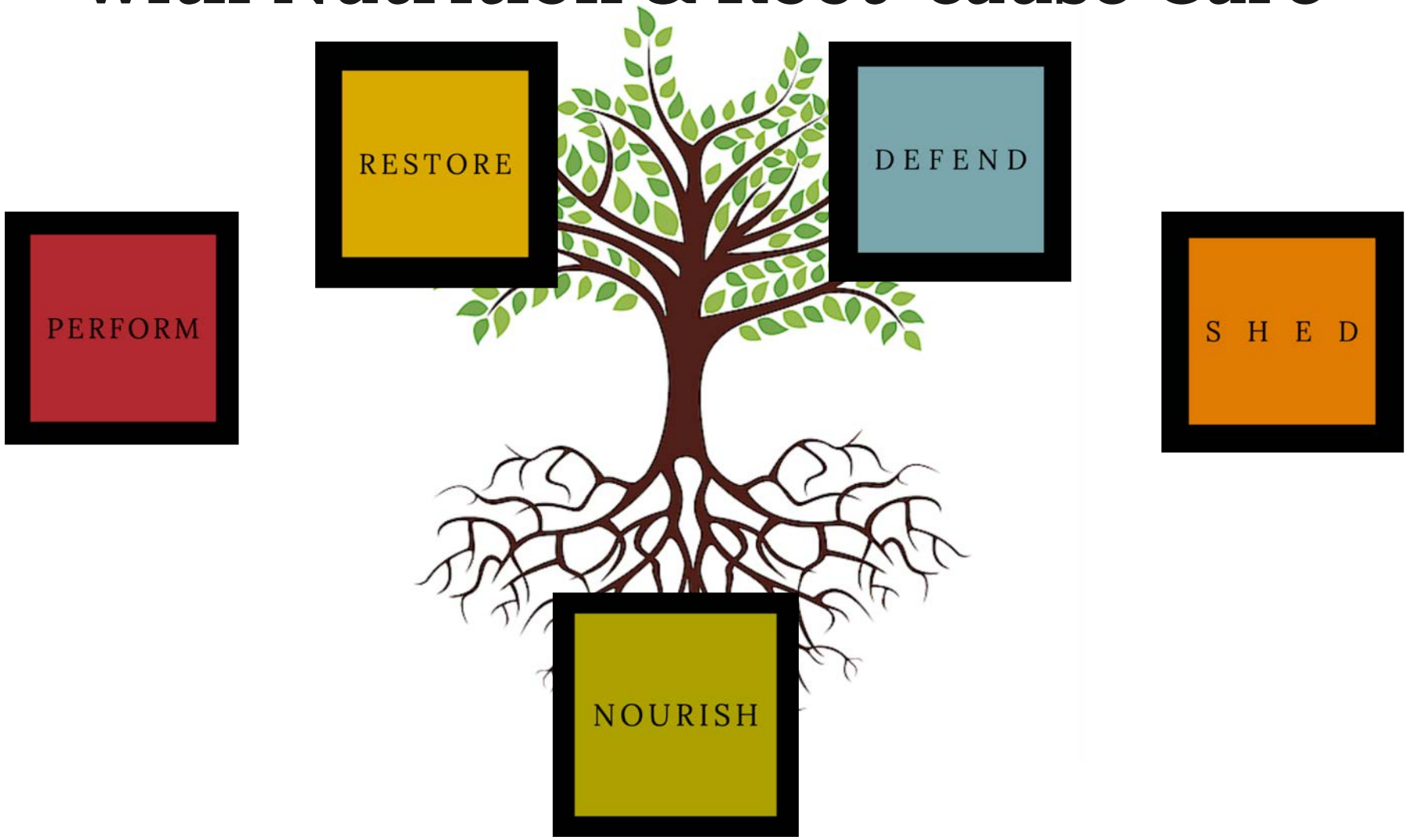
GB Panel Interpretation:
If any of the 6 markers are positive, we recommend to consult your provider with regards a gut healing protocol.

FIT: Gut Barrier Panel

Gut Barrier Panel		
	IgG1-4-C3d	IgA1-2
Candida	Positive	Positive
Zonulin	Negative	Positive
Occludin	Negative	Negative
LPS	Positive	Negative

FIT 132 + FIT 176 INCLUDE THE GB Panel

Return to Wellness with Nutrition & Root-cause Care



Return to Wellness with Nutrition & Root-cause Care

PERFORM

- Improve performance, strength, stamina, and exercise recovery

RESTORE

- Manage injuries and trauma to optimize repair and recovery

NOURISH

- Ensure you have your basic nutrition needs covered

DEFEND

- Minimize inflammation and address allergenic reactions

SHED

- Shed the weight and fluid retention with effective formulations

2023 Personalized Nutrition Plan

Nutraceuticals	Upon Rising	Breakfast	Mid Morning	Lunch	Mid Afternoon	Supper	Mid Evening	Before Sleep

DOCTOR KRISTI

Building Your Tower of Power

	PERFORM	RESTORE	DEFEND	S H E D
Fiber & Phyto	❑ Fiber ❑ Intestinal Cleanse ❑ Fruits & Greens ❑ Fruits & Greens Immune	❑ GI Integrity ❑ Intestinal Cleanse ❑ Fruits & Greens ❑ Fruits & Greens Immune	❑ GI Integrity ❑ Intestinal Cleanse ❑ Fruits & Greens ❑ Fruits & Greens Immune	❑ Fiber ❑ Intestinal Cleanse ❑ Fruits & Greens ❑ Fruits & Greens Immune
EFAs	❑ EPA/DHA 720 - 1000 ❑ Omega Pure Complete ❑ PRM Resolve	❑ DHA Liquid Omega ❑ Omega Pure Complete ❑ PRM Resolve	❑ EPA/DHA 720 - 1000 ❑ Omega Pure Complete ❑ PRM Resolve	❑ EPA/DHA 720 - 1000 ❑ Omega Pure Complete ❑ PRM Resolve
Dynamic Protein	❑ PaleoProtein ❑ Collagen Renew	❑ GI Restore ❑ Brain Restore	❑ Inflam-eze ❑ CardioMetabolic	❑ Detox ❑ Hormone Balance
Targeted Nutrients & Advanced Formulations	**Peak Performance** ❑ Performance Formula ❑ Hydrate ❑ Brain Support ❑ Chondro-Relief Int Care **Fat Loss** ❑ Keto Burn **Training Recovery** ❑ Mag Calm Pro ❑ CardioFlow	**Gut Restoration** ❑ Digestive Complete ❑ Lipo-Flow **Brain Restoration** ❑ Brain Restore ❑ Brain Support **Mito/Cellular Energy** ❑ Mito Recharge ❑ CoQ10 **Sleep Restoration** ❑ Good Night **Mood Restoration** ❑ Neuro Balance **HPAT** ❑ Stress Essential Line ❑ Cortisol Pro ❑ Thyroid Pro ❑ 7-Keto DHEA	**Inflammation/Allergies** ❑ Inflam-eze Plus ❑ Aller Pro **Immune/Infection** ❑ Immune Resilience ❑ Immune Support ❑ GI Defend ❑ Spectrum AR ❑ Spectrum BR ❑ Micro-eze ❑ NutriCidin **Metabolic Balance** ❑ Gluco IR ❑ Berberine Pro ❑ CardioFlow	**Systemic Detox** ❑ Detox Support ❑ Detox Phase I & II ❑ Renex ❑ Alcohol Detox ❑ Glutathione ❑ Sulforaphane Complex **Estrogen Metabolism** ❑ Hormone Balance ❑ EstroBalance ❑ TestroBalance ❑ I3C Plus **Bowel Motility** ❑ Magnesium Citrate

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Building Your Tower of Power

Essential Fatty Acid Formula (Omega Pure Line)

Functional Food as Base for Smoothie/Daily Support

Functional Food Formulas that are PRIME for Supporting GI Healing

Dynamic Multi-Collagen ReNew

Dynamic Inflam-eze

Dynamic GI Restore

INFLAM-EZE

Dynamic Inflam-Eze

Comprehensive Nutritional Support for Healthy Inflammatory Markers and Gut Function*

Dynamic Inflam-Eze is a comprehensive nutritional supplement for individuals looking to support overall well-being and healthy inflammatory markers with potent ingredients such as turmeric.* It is a plant-based protein powder full of vitamins, minerals, antioxidants, amino acids, BCAAs, and a balanced ratio of protein, carbohydrates, and fats for optimal support of macro- and micronutrients based on clinical research.*

Proper nutrition plays a critical role in immunity, gut health, and overall well-being.* It can also be challenging to consume adequate nutrients through diet alone. For this reason, many medical professionals recommend using a supplement for nutritional support. Research suggests that the nutrients found in Dynamic Inflam-Eze:

- Promote Healthy Inflammatory Markers in the Body*
- Support Overall Health and Well-Being*
- Support a Healthy Gastrointestinal Tract*

A Fresh Start

Dynamic GI Restore

Nutritional Support for Healthy Gastrointestinal Function

Dynamic GI Restore is a delicious and easily digested nutritional drink formula for individuals looking to support healthy digestion and gastrointestinal function and integrity with evidence-based ingredients.

Dynamic GI Restore promotes healthy gut flora balance and nutrient absorption, along with a variety of other processes necessary for healthy gastrointestinal function.

Dynamic GI Restore features a carefully selected spectrum of amino acids, prebiotics, micronutrients, and antioxidant compounds for supporting healthy gastrointestinal integrity and function.

Key benefits and quality differences of Dynamic GI Restore include:

- Supports gastrointestinal integrity
- Promotes healthy gut flora balance
- Promotes healthy digestive function
- Supports healthy immune function
- Promotes healthy nutrient absorption

DOCTOR KRISTI

Ingredient	Amount	Daily Value
Calories	150	
Total Fat	4 g	5%*
Saturated Fat	3 g	15%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	2 g	7%*
Total Sugars	4 g	**
Includes 4g Added Sugars		8%
Protein	12 g	
Vitamin A (as 7,170 mcg beta carotene and 330 mcg retinyl acetate)	7,500 mcg RAE	833%
Vitamin C (ascorbic acid)	100 mg	111%
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	6.7 mg	45%
Thiamin (as thiamine HCl)	0.5 mg	42%
Riboflavin	0.425 mg	33%
Niacin	7 mg NE	44%
Vitamin B6 (as pyridoxal-5-phosphate)	0.5 mg	29%
Folate (as (6S)-5-methyltetrahydrofolic acid glucosamine salt) (Quatrefolic®)	185.2 mcg DFE	48%
Vitamin B12 (as methylcobalamin)	1.5 mcg	63%
Biotin	75 mcg	250%
Pantothenic Acid (as calcium-d-pantothenate)	2.5 mg	50%
Calcium (from dicalcium phosphate & calcium citrate)	260 mg	20%
Iron (as ferrous fumarate)	5.7 mg	32%
Phosphorous (as dicalcium phosphate)	185 mg	15%
Iodine (as potassium iodide)	37.5 mcg	25%
Magnesium (as magnesium citrate)	35 mg	8%
Zinc (as zinc picolinate and zinc carnosine)	18.75 mg	170%
Selenium (as L-selenomethionine)	52.5 mcg	95%
Copper (as cupric oxide)	1.5 mg	167%
Manganese (as manganese sulfate)	1.5 mg	65%
Chromium (as chromium picolinate)	120 mcg	343%
Sodium	230 mg	10%
Medium Chain Triglyceride Powder (mctSMART®)	2.8 g	**
L-Glutamine	2.5 g	**
Larch Arabinogalactans (FiberAid®)	2.5 g	**
2'-Fucosyllactose (2'-FL) (CARE4U™)	2 g	**
Tapioca Powder (fiberSMART®)	1.16 g	**
L-Threonine	500 mg	**
Taurine	500 mg	**
Quercetin (as quercetin dihydrate)	500 mg	**
Aloe Vera Leaf Extract	400 mg	**
Flax Seed Powder	400 mg	**
Marshmallow Root Powder	300 mg	**
Turmeric Root Extract	300 mg	**
Slippery Elm Bark Powder	200 mg	**
N-Acetyl-L Cysteine	200 mg	**
Alpha Keto Glutaric Acid	50 mg	**
L-Carnosine (as zinc-carnosine)	26.5 mg	**

Amino Profile	
Alanine	535 mg
Arginine	1,009 mg
Aspartic Acid	1,269 mg
Cystine	134 mg
Glutamic Acid	2,055 mg
Glycine	447 mg
Histidine	327 mg
Isoleucine	571 mg
Leucine	989 mg
Lysine	866 mg
Methionine	130 mg
Phenylalanine	664 mg
Proline	506 mg
Serine	590 mg
Threonine	425 mg
Tryptophan	112 mg
Tyrosine	372 mg
Valine	648 mg

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Food Intolerances or Food Triggers

Depression

Mood Swings

Fatigue

Cravings

Rashes

Itching

Insomnia

Water Retention

Autoimmune Disease

Nasal Congestion

Indigestion

Bloating

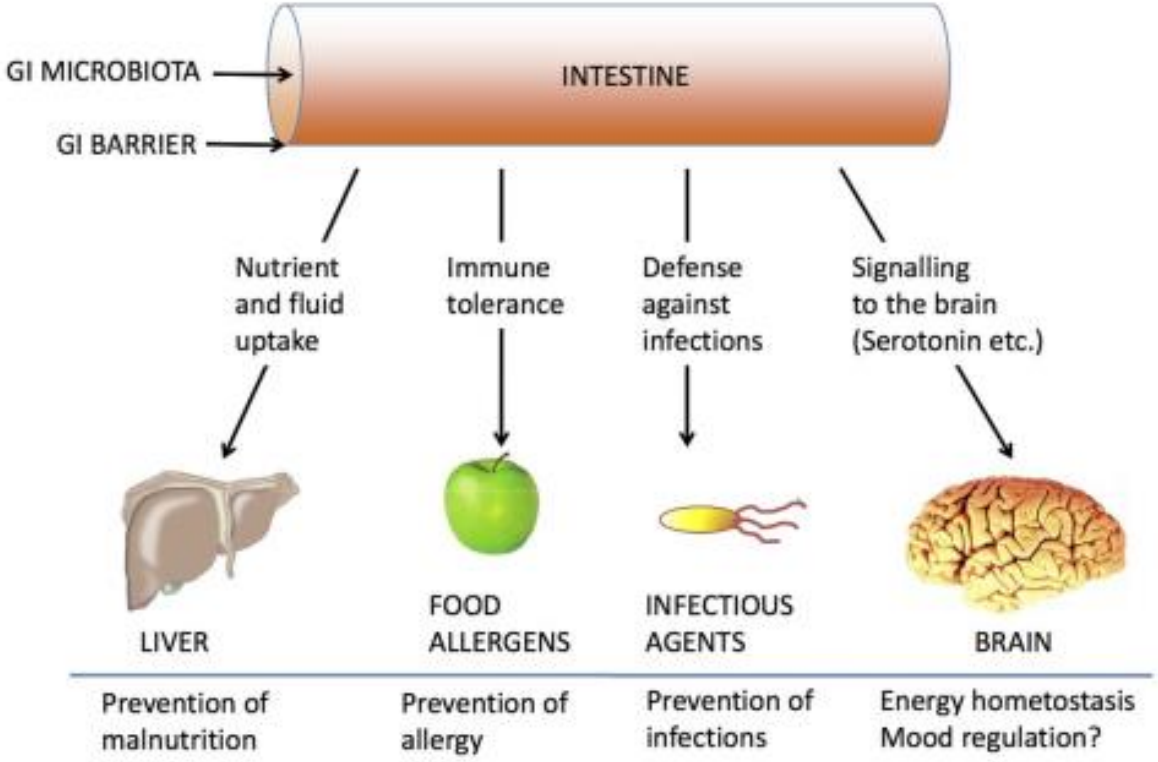
Constipation

Muscle Aches

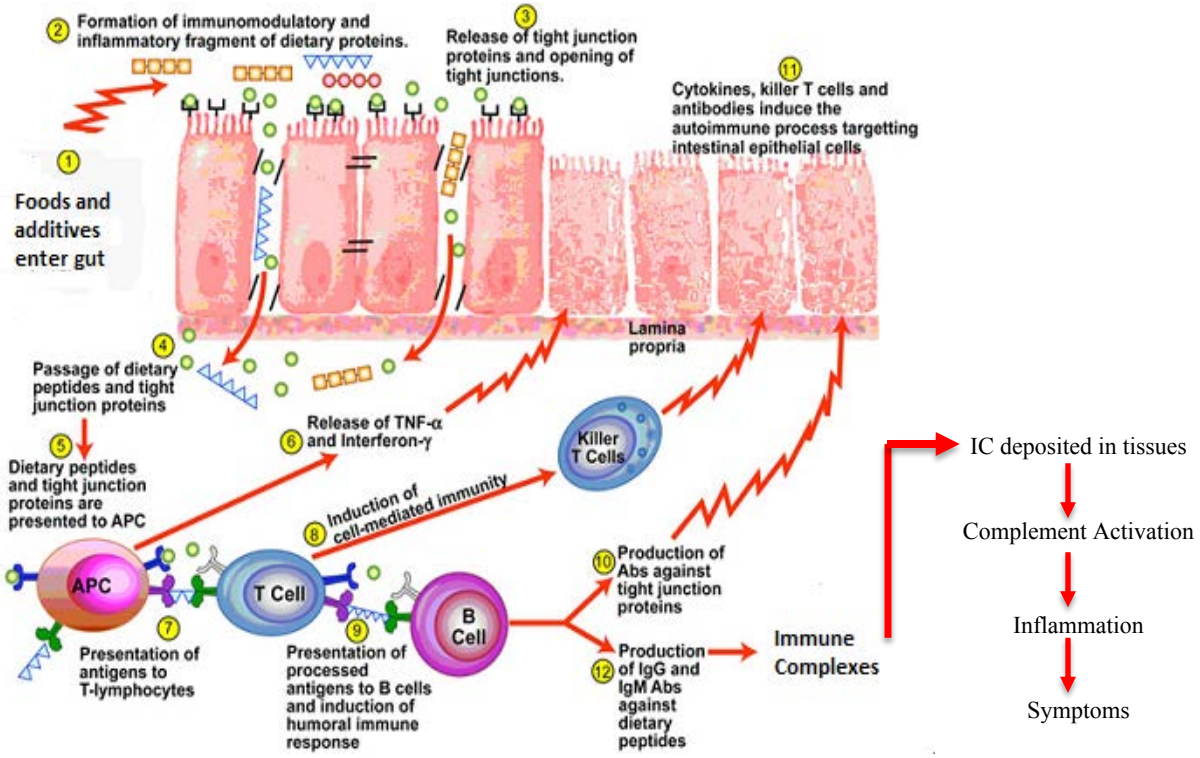
Joint Pain

Headaches

Under Eye Dark Circles


GI MICROBIOTA
GI BARRIER
INTESTINE
Nutrient and fluid uptake
Immune tolerance
Defense against infections
Signalling to the brain (Serotonin etc.)
LIVER
FOOD ALLERGENS
INFECTIOUS AGENTS
BRAIN
Prevention of malnutrition
Prevention of allergy
Prevention of infections
Energy hometostasis
Mood regulation?

The FIT Test: Immune Complex Formation



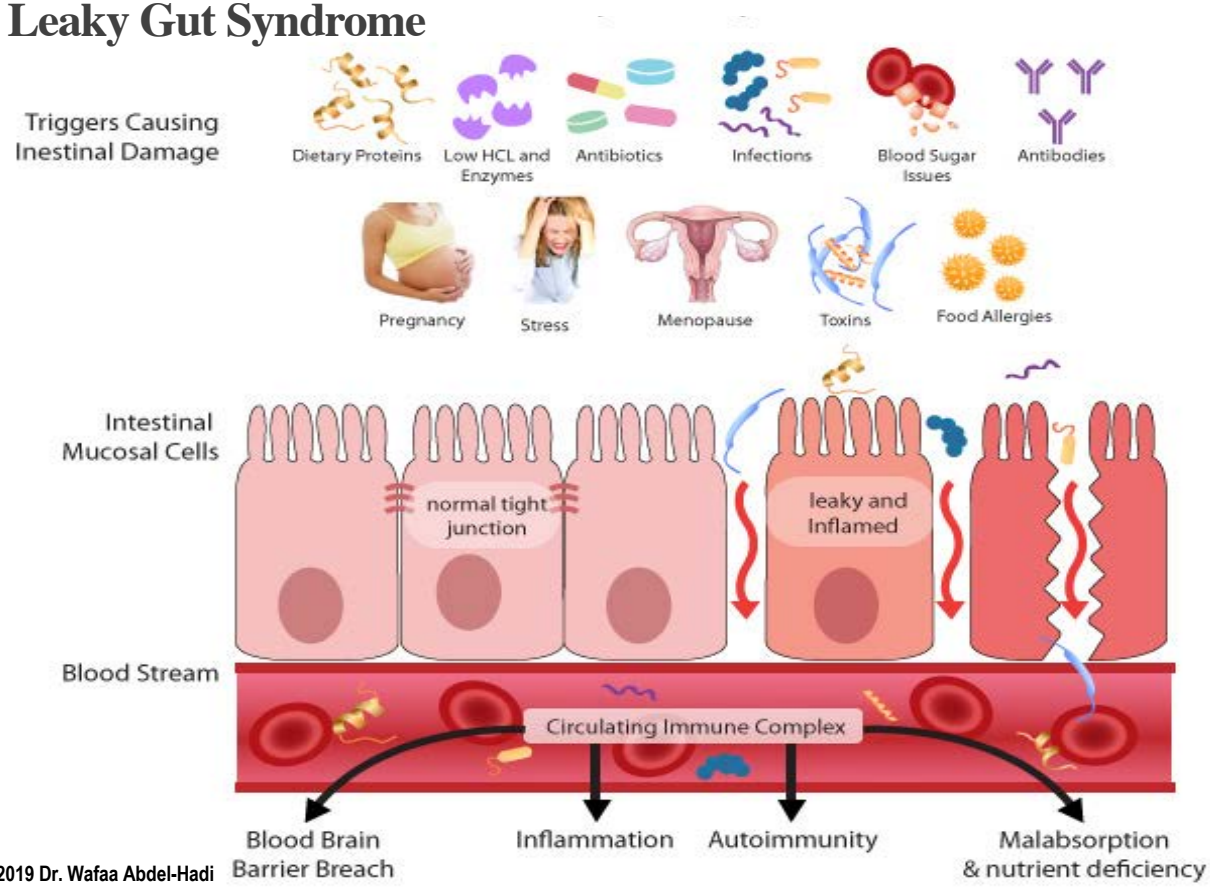
Modified from Ari Vojdani © 2009

FIT: Gut Barrier Panel

Gut Barrier Panel		
	IgG1-4-C3d	IgA1-2
Candida	Positive	Positive
Zonulin	Negative	Positive
Occludin	Negative	Negative
LPS	Positive	Negative

FIT 132 + FIT 176 INCLUDE THE GB Panel

Leaky Gut Syndrome



2023 Personalized Nutrition Plan

Nutraceuticals	Upon Rising	Breakfast	Mid Morning	Lunch	Mid Afternoon	Supper	Mid Evening	Before Sleep

DOCTOR KRISTI

Aller Pro

Nutritional Support During Seasonal Changes

Aller Pro is an advanced nutritional supplement containing evidence-based ingredients shown to support immune function and a healthy respiratory system.

Aller Pro ingredients are demonstrated in clinical research to support a healthy respiratory system, immune function, and symptoms of seasonal discomfort through a myriad of mechanisms.

The most relevant research-backed benefits of supplementing with Aller Pro include:

- Supports healthy nasal and sinus regions
- Supports healthy immune function
- Supports healthy respiratory function
- Bioavailable ingredients for maximal absorption

DOCTOR KRISTI

1 Capsule Supplies:

Ingredient	Amount	Daily Value
Vitamin C (as ascorbic acid)	150 mg	167%
Quercetin (as quercetin dihydrate)	200 mg	**
Stinging Nettle Leaf	200 mg	**
Deglycyrrhizinated Licorice (root)	75 mg	**
Bromelain (from pineapple) (2400 GDU/g)	50 mg	**
N-Acetyl-L-Cysteine	25 mg	**

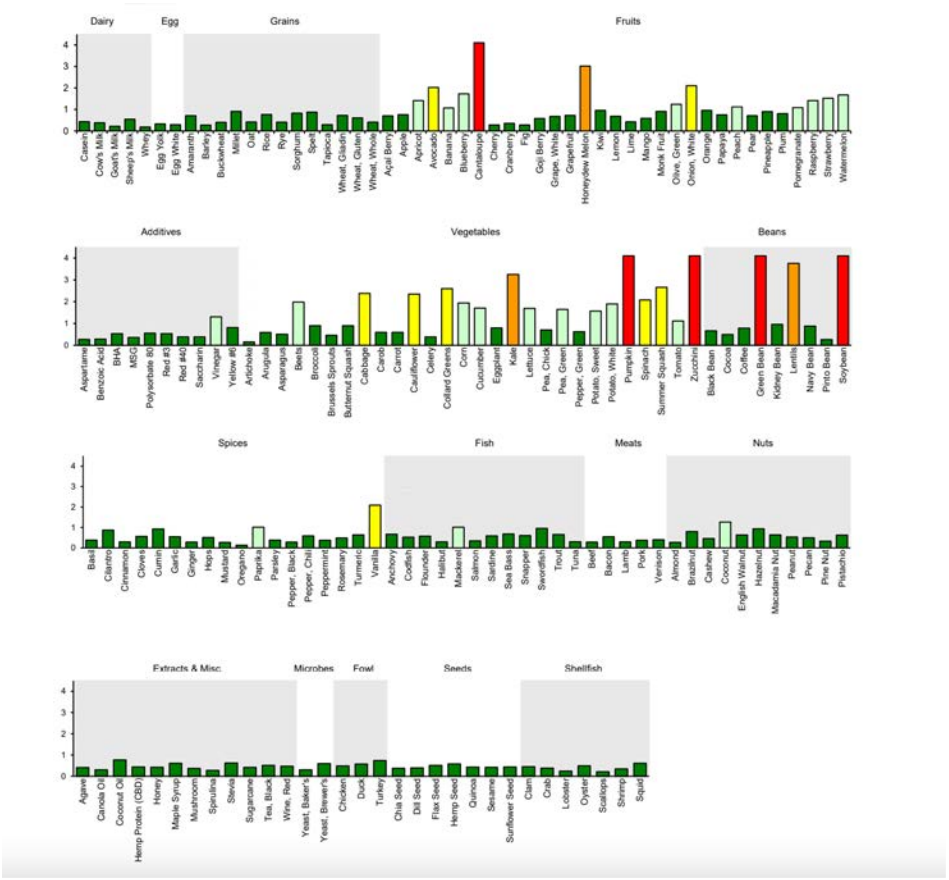
DOCTOR KRISTI

KBMO
DIAGNOSTICS

Name:
Provider:
Sample Type:

Gut Barrier Panel

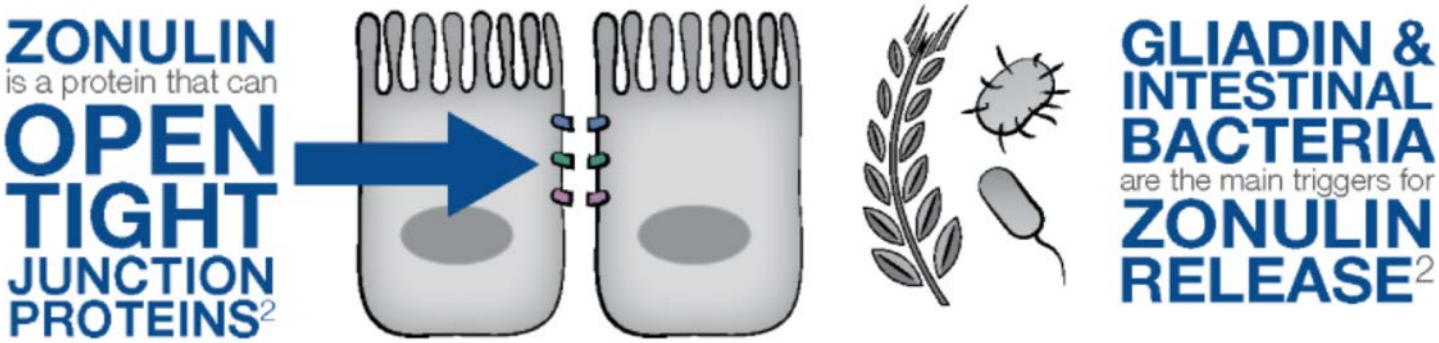
KBMO has created a unique Gut Barrier Panel which in recognition that leaky gut occurs across a spectrum we have included the following gatekeeper markers: Candida, Zonulin and Occludin. For each marker, we measure IgG 1-4 /C3d in addition to IgA 1 and 2.



Gut Barrier Panel		
	IgG1-4+C3d	IgA1-2
Candida	Negative	Positive
Zonulin	Positive	Negative
Occludin	Positive	Negative

- 45 Year old Female
- Severe Depression
- Brain Fog
- Fatigue
- Isolation post-pandemic
- GI Distress
- Raynaud's Syndrome
- Long-haul COVID/PASC

Zonulin


ZONULIN
is a protein that can
OPEN
TIGHT
JUNCTION
PROTEINS[2]
GLIADIN &
INTESTINAL
BACTERIA
are the main triggers for
ZONULIN
RELEASE[2]

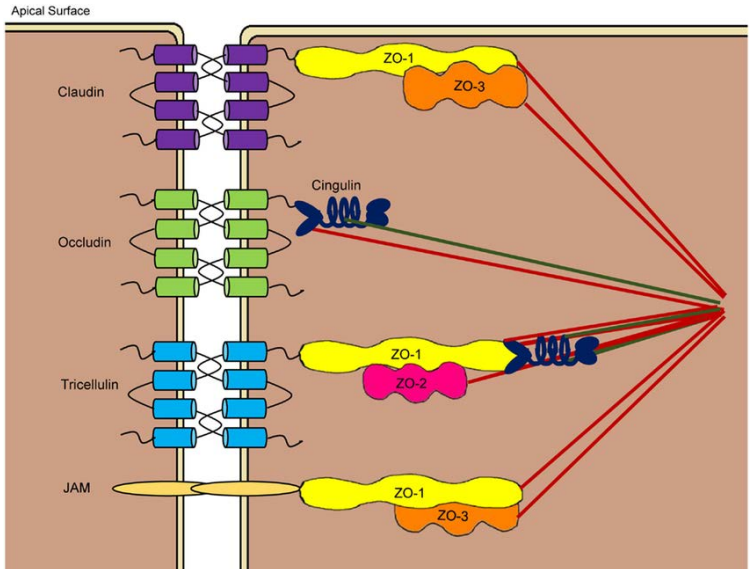
Overview of Zonulin

- Protein that is synthesized in intestinal and liver cells
- Key biomarker for intestinal permeability
- Only reversible regulator of intestinal permeability
- Elevated levels of Zonulin are associated with:

Autoimmune Diseases	Celiac Disease	Non-Celiac Gluten Sensitivity	Rheumatoid Arthritis	Type I Diabetes
Adult Glucose Intolerance	Inflammatory Bowel Disease	Obesity	Multiple Sclerosis	Juvenile Nonalcoholic Fatty Liver Disease

Overview of Occludin

www.researchgate.net/figure/Schematic-drawing-of-tight-junction-structures-at-the-apicolateral-membranes-of-the_fig4_284563347



Essential Fatty Acid Formula (Omega Pure Line)

Functional Food as Base for Smoothie/Daily Support

Dynamic GI Integrity

Comprehensive Nutritional for a Healthy Gastrointestinal Tract

This naturally flavored and easy-to-digest drink mix provides key nutrients and herbal ingredients that assist the gastrointestinal tract, which is imperative for healthy digestive function, nutrient absorption, and waste removal.

Dynamic GI Integrity is the ideal nutritional formula for those looking to support their GI tract in a healthy and herbal manner. If you're experiencing GI tract symptoms, such as indigestion, nutrient malabsorption, or constipation, Dynamic GI Integrity may help.

Key Benefits and Quality Differences of Dynamic GI Integrity Include:

- Support for gastrointestinal tract integrity and function
- Support for healthy digestive function
- Support for nutrient absorption
- Promote waste removal
- Naturally flavored and gluten-free
- No GMOs, preservatives, or added sugars

DOCTOR KRISTI

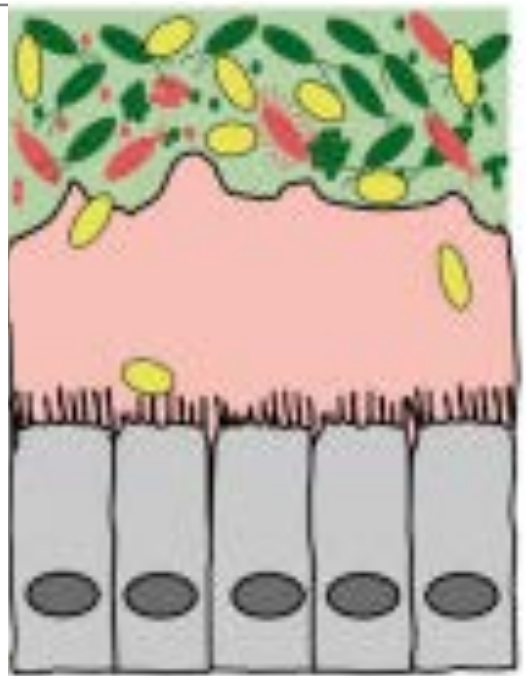
About 1 Scoop (7 g) Supplies:

Ingredient	Amount	Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Dietary Fiber	<1 g	3%*
Total Sugars	<1 g	**
Iron	0.49 mg	3%
Zinc (as zinc-carnosine)	16.1 mg	146%
L-Glutamine	3 g	**
Glucosamine HCl	1 g	**
Apple Pectin Powder (fruit; *Malus pumila*)	1 g	**
Deglycyrrhizinated Licorice Powder (root; *Glycyrrhiza glabra*)	400 mg	**
Aloe Vera Leaf Gel Extract	300 mg	**
Slippery Elm Powder (bark; *Ulmus rubra*)	200 mg	**
Mucin	200 mg	**
Marshmallow Powder (root; *Althea officinalis*)	100 mg	**
Chamomile Powder (flower; *Matricaria chamomilla*)	100 mg	**
Okra Powder (fruit; *Abelmoschus esculentus*)	100 mg	**
Cat's Claw Powder (bark; *Uncaria tomentosa*)	100 mg	**
MSM (methylsulfonylmethane)	100 mg	**
Quercetin (as quercetin dihydrate)	100 mg	**
Prune Powder (fruit; *Prunus ssp.*)	100 mg	**
L-Carnosine (as Zinc-Carnosine)	62 mg	**

DOCTOR KRISTI

Healthy Microbiome = Healthy MUCIN

Fiber-rich diet



Fiber-free diet

Essential Fatty Acid Formula (Omega Pure Line)

Functional Food as Base for Smoothie/Daily Support

NutriDyn Fruits & Greens - Monk Fruit

Daily Antioxidant Power of 20+ Servings of Fruits & Vegetables!

NutriDyn Fruits & Greens is an easy-to-mix, great tasting, nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. It provides a super blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and symbiotic intestinal flora—high in antioxidants, lignans, and phytonutrients.

This blend supports the body's natural energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity.

Key Benefits and Quality Differences of Fruits & Greens Include:

Powerful Antioxidant Benefits

- Supports Immune System Function
- Natural Body Alkalizer
- Supports Detoxification of Body Systems
- Enzymes, Probiotics, & Fiber for Digestion
- Contains Proprietary Blends of Superfoods
- No Preservatives
- No Stimulants or Caffeine
- Sweetened with Monk Fruit

DOCTOR KRISTI

About 1 Scoop (11 g) Supplies:

Ingredient	Amount	Daily Value
Calories	40	
Total Carbohydrate	9 g	3%*
Dietary Fiber	<1 g	2%*
Total Sugars	4 g	**
Includes 1 g Added Sugar		2%
Vitamin C (as ascorbic acid)	99 mg	110%
Iron	0.43 mg	2%
Sodium	50 mg	2%
SuperFruitox Antioxidant Blend: Raspberry Fruit Extract, Black Raspberry Fruit Powder, Blackberry Fruit Powder, Papaya Fruit Powder, Plum Fruit Powder, Strawberry Fruit Powder, Cranberry Fruit Powder, Kiwi Fruit Powder, Watermelon Fruit Powder, Pomegranate Fruit Extract, Quercetin Dihydrate, Grape Seed Extract, Blueberry Leaf Extract, Acerola Berry Powder, Bilberry Fruit Extract, Bromelain, Black Cherry Fruit Extract, Organic Acai Berry Powder, Organic Pomegranate Fruit Powder, Organic Raspberry Fruit Powder, Organic Bilberry Fruit Powder, Organic Blueberry Fruit Powder, Lycium (Goji) Berry Powder, Mangosteen Fruit Powder, Noni Fruit Powder.	2.92 g	**
Digestive Enzyme and Probiotic Blend: Fructooligosaccharides, *Lactobacillus acidophilus*, Protease, Amylase, Lipase, Cellulase, Lactase, Papain, *Lactobacillus casei, Lactobacillus rhamnosus, Bifidobacterium breve.*	2.4 g	**
Vegetable Antioxidant Blend: Carrot Root Powder, Beet Root Powder, Radish Root Powder, Purple Cabbage Leaf Powder, Japanese Knotweed Root Extract, Green Tea Leaf Extract, Ginger Root Powder, Turmeric Root Extract, Kale Leaf Powder, Kelp Powder, Chlorella Cracked Cell Wall Powder, Alfalfa Herb Powder, Spirulina Powder, Broccoli Head Powder	2.03 g	**
Fiber Blend: Oat Bran Powder, Apple Fruit Powder, Aloe Vera Leaf Powder, Prune Fruit Extract	1.73 g	**

DOCTOR KRISTI

Fruits & Greens - Immune Support

Antioxidant Power of 20+ Servings of Fruits & Vegetables Plus Immune Supporting Elderberry, Quercetin, and Zinc

Our bestselling Fruits & Greens now contains the powerful immune enhancing support of elderberry, quercetin, and zinc.

We combine 100% whole food concentrates with pre- and probiotics, a potent fiber blend, and digestive enzymes with the added health benefits of clinically validated herbal extracts and minerals to give an extra boost to your immune health.

This innovative F&G Immune formula has numerous health benefits:

- Supports the body's natural defense mechanisms
- Promotes immune health
- Naturally alkalizes the body
- Promotes healthy detoxification
- Supports healthy metabolism and lean body mass
- Supports healthy digestion and nutrient absorption
- Promotes a healthy gut microbiome and GI tract function
- Promotes overall health, well-being, and longevity
- No preservatives, sugars, caffeine, or stimulants

DOCTOR KRISTI

About 1 Scoop (10.57 g) Mango Flavor Supplies:

Ingredient	Amount	Daily Value
Calories	40	
Total Carbohydrate	9 g	3%*
Dietary Fiber	<1 g	2%*
Sugars	3 g	**
Protein	<1 g	
Vitamin C (as ascorbic acid)	99 mg	110%
Iron	0.55 mg	3%
Zinc (as zinc citrate)	10 mg	91%
Sodium	35 mg	2%
SuperFruitox Antioxidant Blend: Raspberry Fruit Extract, Black Raspberry Fruit Powder, Blackberry Fruit Powder, Papaya Fruit Powder, Plum Fruit Powder, Strawberry Fruit Powder, Cranberry Fruit Powder, Kiwi Fruit Powder, Watermelon Fruit Powder, Pomegranate Fruit Extract, Quercetin Dihydrate, Grape Seed Extract, Blueberry Leaf Extract, Acerola Berry Powder, Bilberry Fruit Extract, Bromelain, Black Cherry Fruit Extract, Organic Acai Berry Powder, Organic Pomegranate Fruit Powder, Organic Raspberry Fruit Powder, Organic Bilberry Fruit Powder, Organic Blueberry Fruit Powder, Lycium (Goji) Berry Powder, Mangosteen Fruit Powder, Noni Fruit Powder.	2.77 g	**
Digestive Enzyme and Probiotic Blend: Fructooligosaccharides, *Lactobacillus acidophilus*, Protease, Amylase, Lipase, Cellulase, Lactase, Papain, *Lactobacillus casei, Lactobacillus rhamnosus, Bifidobacterium breve.*	2.4 g	**
Vegetable Antioxidant Blend: Carrot Root Powder, Beet Root Powder, Radish Root Powder, Purple Cabbage Leaf Powder, Japanese Knotweed Root Extract, Green Tea Leaf Extract, Ginger Root Powder, Turmeric Root Extract, Kale Leaf Powder, Kelp Powder, Chlorella Cracked Cell Wall Powder, Alfalfa Herb Powder, Spirulina Powder, Broccoli Head Powder.	2.03 g	**
Fiber Blend: Oat Bran Powder, Apple Fruit Powder, Aloe Vera Leaf Powder, Prune Fruit Extract.	1.73 g	**
Elderberry Fruit Powder	500 mg	**
Quercetin (as quercetin dihydrate)	100 mg	**

DOCTOR KRISTI

Essential Fatty Acid Formula (Omega Pure Line)

Functional Food as Base for Smoothie/Daily Support

NutriDyn

Introducing Omega Pure Complete

Contains a full-spectrum of nutrients to support optimal immune, cardiovascular, and neurological health*

Immunologically active marine lipid superfood*

Revolutionary, clinical-grade supplement

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

FIT: Gut Barrier Panel

Gut Barrier Panel		
	IgG1-4-C3d	IgA1-2
Candida	Positive	Positive
Zonulin	Negative	Positive
Occludin	Negative	Negative
LPS	Positive	Negative

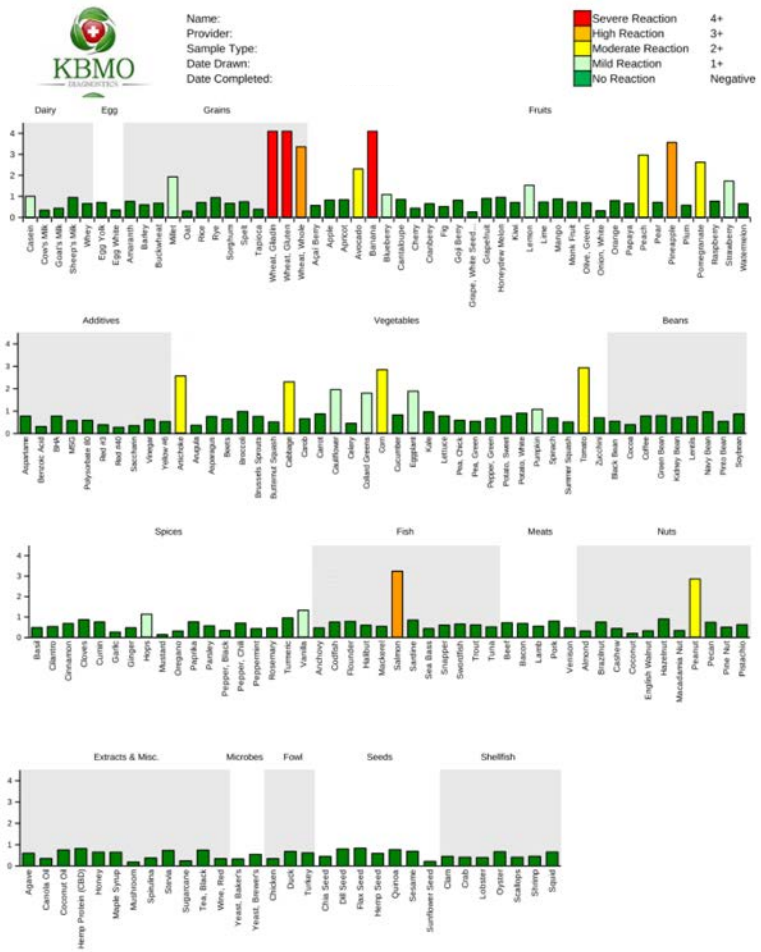
FIT 132 + FIT 176 INCLUDE THE GB Panel

KBMO
DIAGNOSTICS

Name:
Provider:
Sample Type:

Gut Barrier Panel

KBMO has created a unique Gut Barrier Panel which in recognition that leaky gut occurs across a spectrum we have included the following gatekeeper markers: Candida, Zonulin and Occludin. For each marker, we measure IgG 1-4 /C3d in addition to IgA 1 and 2.



Gut Barrier Panel		
	IgG1-4+C3d	IgA1-2
Candida	Positive	Negative
Zonulin	Negative	Positive
Occludin	Negative	Negative

- 33 Year Old Female
- Severe Chronic Cough
- Rhinitis
- Increased Post-viral exposure
- Fatigue
- Shortness of Breath
- Brain Fog
- Sinus
- Headaches
- Vaginal Microbiome issues

Code	Test	Specimen	Value	Result	Not Present if less than	Equivocal if between	Present if greater or equal
E8501	Ochratoxin A	Urine	12.41700 ppb	Present	1.8 ppb	1.8-2 ppb	2 ppb
E8502	Aflatoxin Group: (B1, B2, G1, G2)	Urine	1.30800 ppb	Present	0.8 ppb	0.8-1 ppb	1 ppb
E8503	Trichothecene Group (Macrocyclic): Roridin A, Roridin E, Roridin H, Roridin L-2, Verrucarin A, Verrucarin J, Satratoxin G, Satratoxin H, Isosatratoxin F	Urine	0.22000 ppb	Present	0.07 ppb	0.07-0.09 ppb	0.09 ppb
E8510	Gliotoxin Derivative	Urine	1.43000 ppb	Present	0.5 ppb	0.5-1.0 ppb	1.0 ppb
E8512	Zearalenone	Urine	1.02600 ppb	Present	0.5 ppb	0.5-0.7 ppb	0.7 ppb

Comment: RealTime Lab has validated a new Trichothecene testing procedure. Effective 5/18/2022, all results are reported using the new procedure. Please note the new values for cutoff levels. If you have further questions, please contact our sales team at kits@realtimelab.com.

- 33 Year Old Female
- Severe Chronic Cough
- Rhinitis
- Increased Post-viral exposure
- Fatigue
- Shortness of Breath
- Brain Fog
- Sinus
- Headaches
- Vaginal Microbiome issues

KBMO Guide to Dietary Personalization, Intestinal Permeability, and Microbiome

COVID/PASC

Mycotoxins/Mold

Tick Borne-Disease/Lyme

Immune Resilience – Auto-immune Upregulation – Stress Load – Nutrition Status

FIT: Gut Barrier Panel

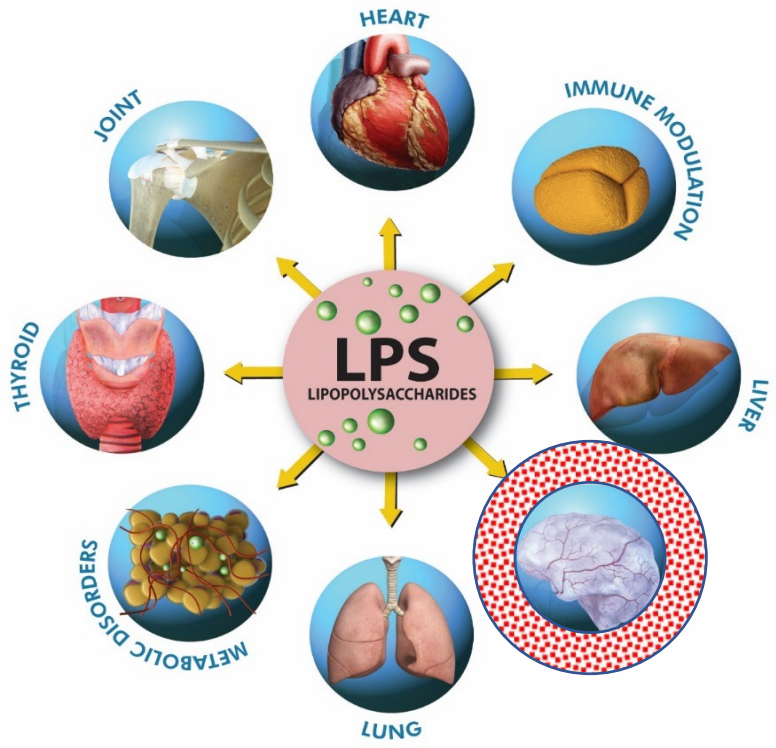
Gut Barrier Panel		
	IgG1-4-C3d	IgA1-2
Candida	Positive	Positive
Zonulin	Negative	Positive
Occludin	Negative	Negative
LPS	Positive	Negative

FIT 132 + FIT 176 INCLUDE THE GB Panel

LPS

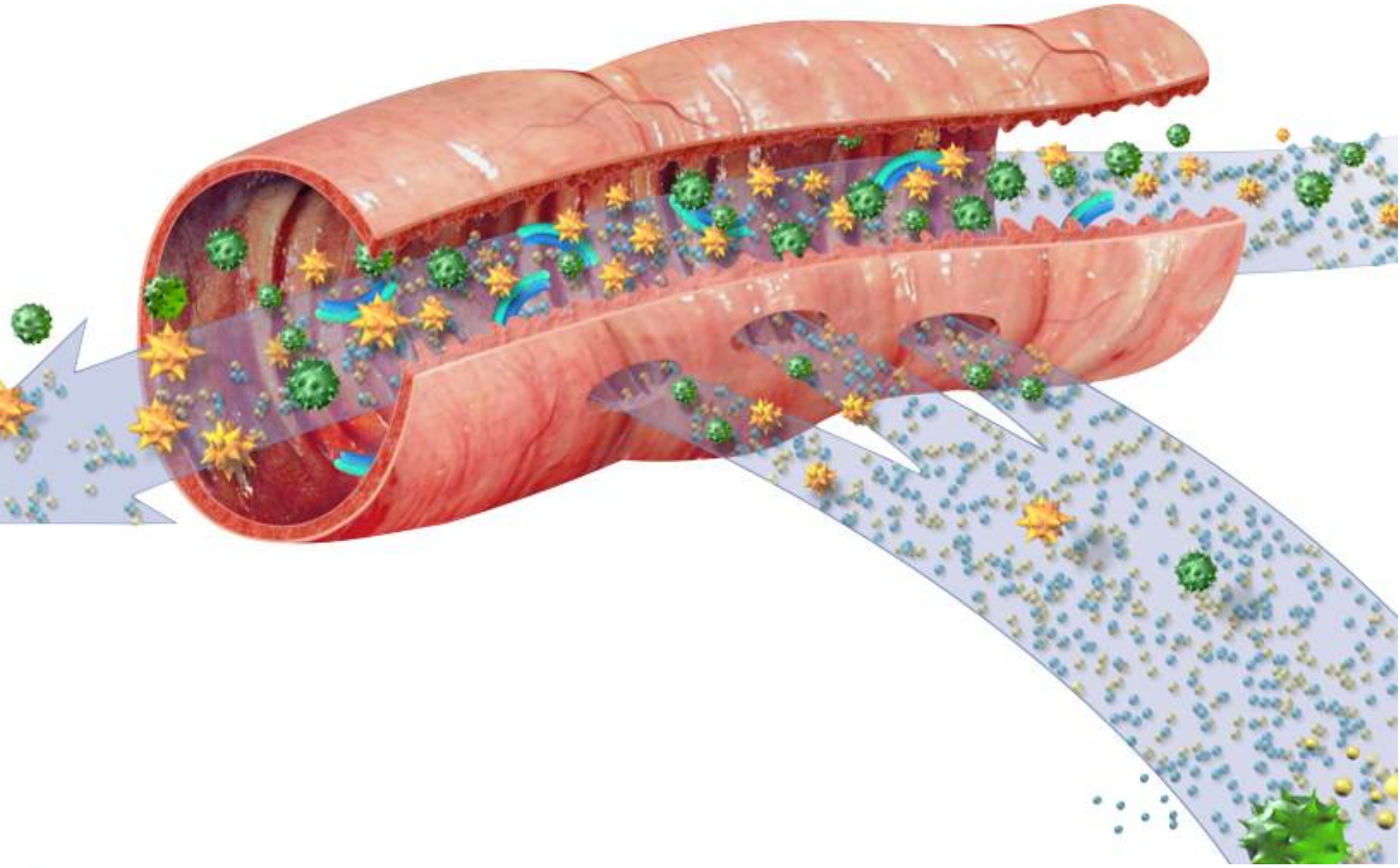
- LPS - major outer surface membrane components present in almost all gram-negative bacteria
- Many of these bacteria are pathogen
- Acts as extremely strong stimulator of innate immunity in humans
- Endotoxin
- Triggers release of vast number of inflammatory cytokines
- Can create direct epithelial damage in the gut
- Crosses the BBB

SYSTEMIC LPS IS LINKED TO MULTIPLE DISORDERS



Forsyth et al. Increased intestinal permeability correlates with sigmoid mucosa alpha-synuclein staining and endotoxin exposure markers in early Parkinson's disease. *PLoS ONE*, 2011; 6(12): e28032

Lee et al. Neuro-inflammation induced by lipopolysaccharide causes cognitive impairment through enhancement of beta-amyloid generation. *J Neuroinflammation*, 2008; 5:37



Active and Nature-oriented Family with GREAT Nutrition and Exercise History

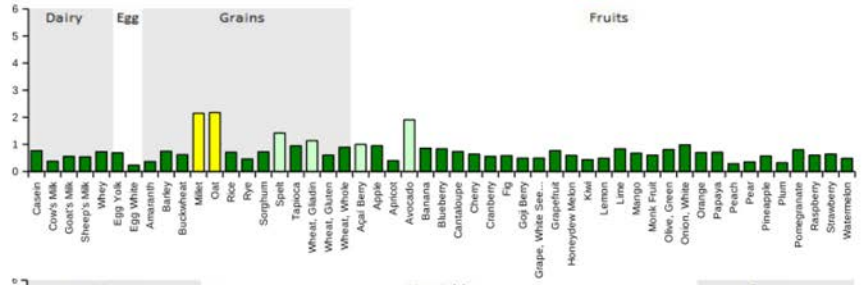
Mom – wt loss, gut issue
Dad – low back pain, fitness
M1 – wt loss, motivation
M2 – nocturia, sleep issues
F1 – wt loss, fatigue
F2 – sleep, allergies, anxiety, gain weight, nocturia

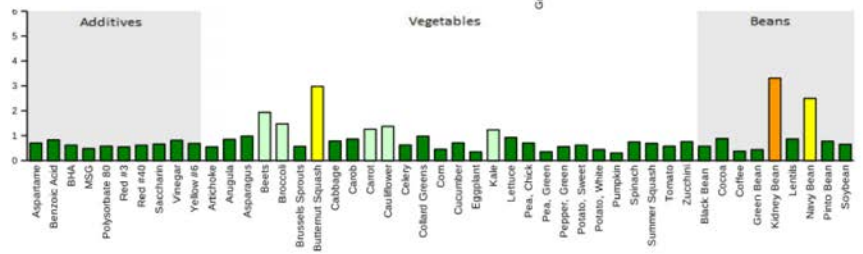
Mom's BIA Body Comp Initial Data

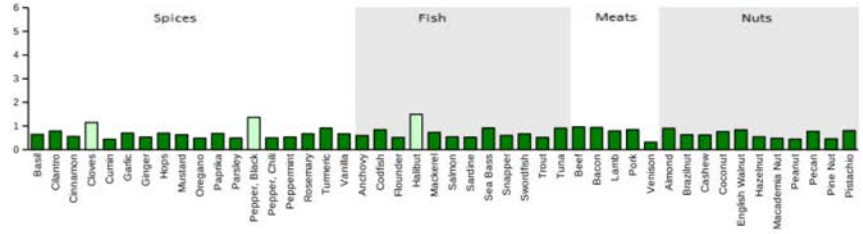
	5/21
Weight	216.2
Fat mass	105.2
TBW	82.2
ECW	50.8

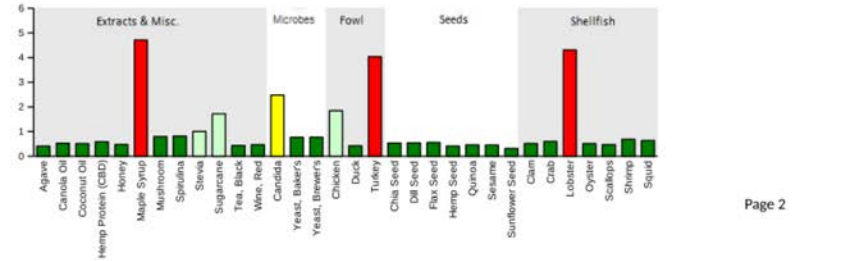
KBMO
DIAGNOSTICS

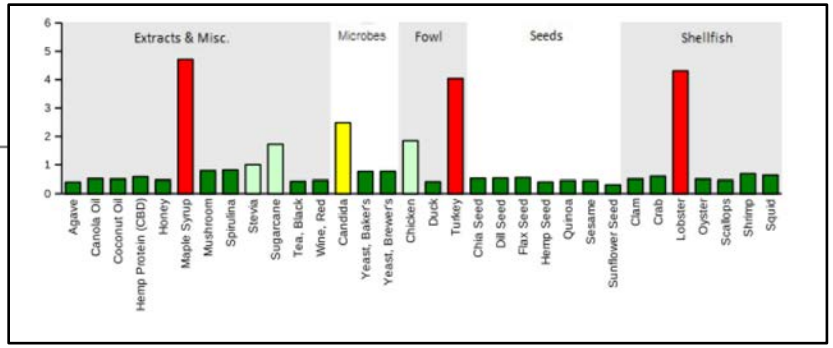
Severe Reaction	4+
High Reaction	3+
Moderate Reaction	2+
Mild Reaction	1+
No Reaction	Negative

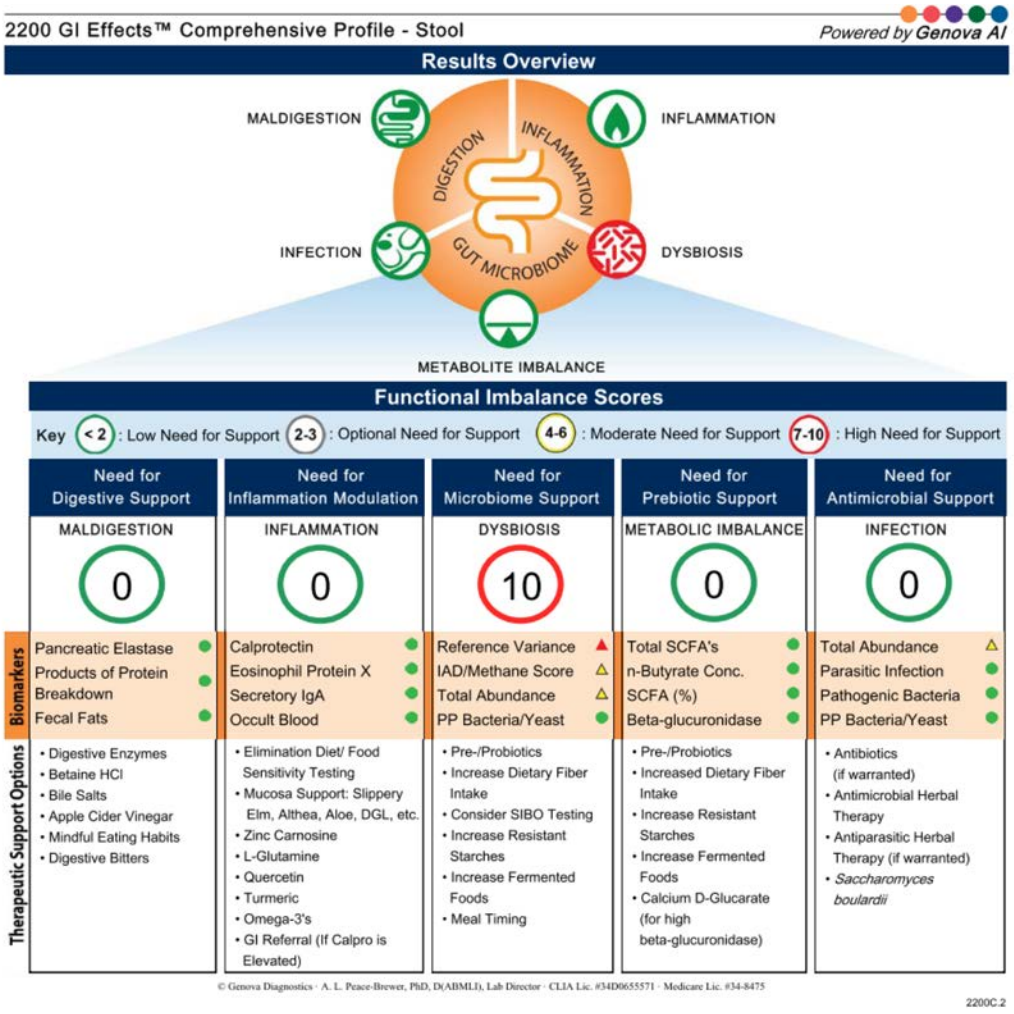












~Gas/bloating

~Variable BMs

~Increasing abdominal weight last few years

2200 GI Effects™ Comprehensive Profile - Stool

Methodology: GC-FID, Automated Chemistry, EIA

	Result	QUINTILE DISTRIBUTION (1st / 2nd / 3rd / 4th / 5th)	Reference Range
Digestion and Absorption			
Pancreatic Elastase 1 †	472	100 / 200	>200 mcg/g
Products of Protein Breakdown (Total*) (Valerate, Isobutyrate, Isovalerate)	6.5		1.8-9.9 micromol/g
Fecal Fat (Total*)	27.1		3.2-38.6 mg/g
Triglycerides	0.7		0.3-2.8 mg/g
Long-Chain Fatty Acids	18.2		1.2-29.1 mg/g
Cholesterol	1.6		0.4-4.8 mg/g
Phospholipids	6.6		0.2-6.9 mg/g
Inflammation and Immunology			
Calprotectin †	<16	50 / 120	<=50 mcg/g
Eosinophil Protein X (EPX)†	<DL	1.1 / 4.6	<=4.6 mcg/g
Fecal secretory IgA	<150	680 / 2040	<=2,040 mcg/mL
Gut Microbiome Metabolites			
Metabolic			
Short-Chain Fatty Acids (SCFA) (Total*) (Acetate, n-Butyrate, Propionate)	53.1		>=23.3 micromol/g
n-Butyrate Concentration	9.8		>=3.6 micromol/g
n-Butyrate %	18.5		11.8-33.3 %
Acetate %	60.6		48.1-69.2 %
Propionate %	20.9		<=29.3 %
Beta-glucuronidase	3,773		368-6,266 U/g

Gastrointestinal Microbiome (Culture)

Human microflora is influenced by environmental factors and the competitive ecosystem of the organisms in the GI tract. Pathogenic significance should be based upon clinical symptoms.

Microbiology Legend

NG	NP	PP	P
No Growth	Non-Pathogen	Potential Pathogen	Pathogen

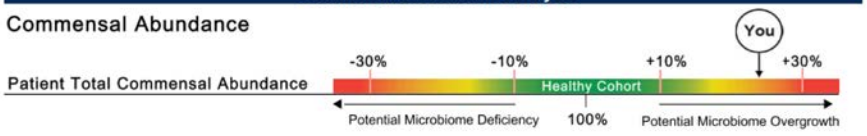
Additional Bacteria

Non-Pathogen: Organisms that fall under this category are those that constitute normal, commensal flora, or have not been recognized as etiological agents of disease.
Potential Pathogen: Organisms that fall under this category are considered potential or opportunistic pathogens when present in heavy growth.
Pathogen: The organisms that fall under this category have a well-recognized mechanism of pathogenicity in clinical literature and are considered significant regardless of the quantity that appears in the culture.

		1+ / 2+ / 3+ / 4+
Bacteriology (Culture)		
Lactobacillus spp.	NG	
Escherichia coli	NG	
Bifidobacterium	2+ NP	
Additional Bacteria		
Mucoid Escherichia coli	4+ NP	
Enterococcus faecium	4+ NP	
Mycology (Culture)	NG	

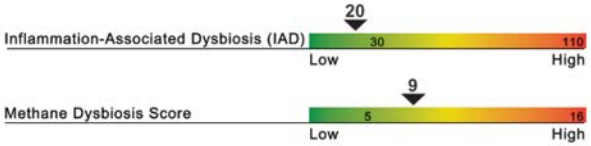
Commensal Microbiome Analysis

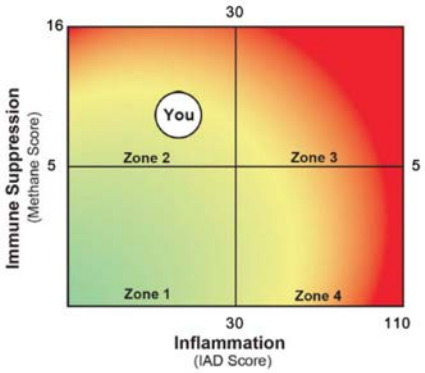
Commensal Abundance



Total Commenal Balance: The total commensal abundance is a sum-total of the reported commensal bacteria compared to a healthy cohort. Low levels of commensal bacteria are often observed after antimicrobial therapy, or in diets lacking fiber and/or prebiotic-rich foods and may indicate the need for microbiome support. Conversely, higher total commensal abundance may indicate potential bacteria overgrowth or probiotic supplementation.

Dysbiosis Patterns





Dysbiosis Patterns: Genova's data analysis has led to the development of unique dysbiosis patterns, related to key physiologic disruptions, such as immunosuppression and inflammation. These patterns may represent dysbiotic changes that could pose clinical significance. Please see Genova's published literature for more details: https://rdcu.be/bRhzv

Zone 1: The commensal profile in this zone does not align with profiles associated with intestinal inflammation or immunosuppression. If inflammatory biomarkers are present, other causes need to be excluded, such as infection, food allergy, or more serious pathology.

Zone 2: This pattern of bacteria is associated with impaired intestinal barrier function (low fecal sIgA and EPX). Patients in this zone have higher rates of opportunistic infections (e.g. *Blastocystis spp.* & *Dientamoeba fragilis*) as well as fecal fat malabsorption. Commensal abundance is higher in this group suggesting potential bacterial overgrowth.

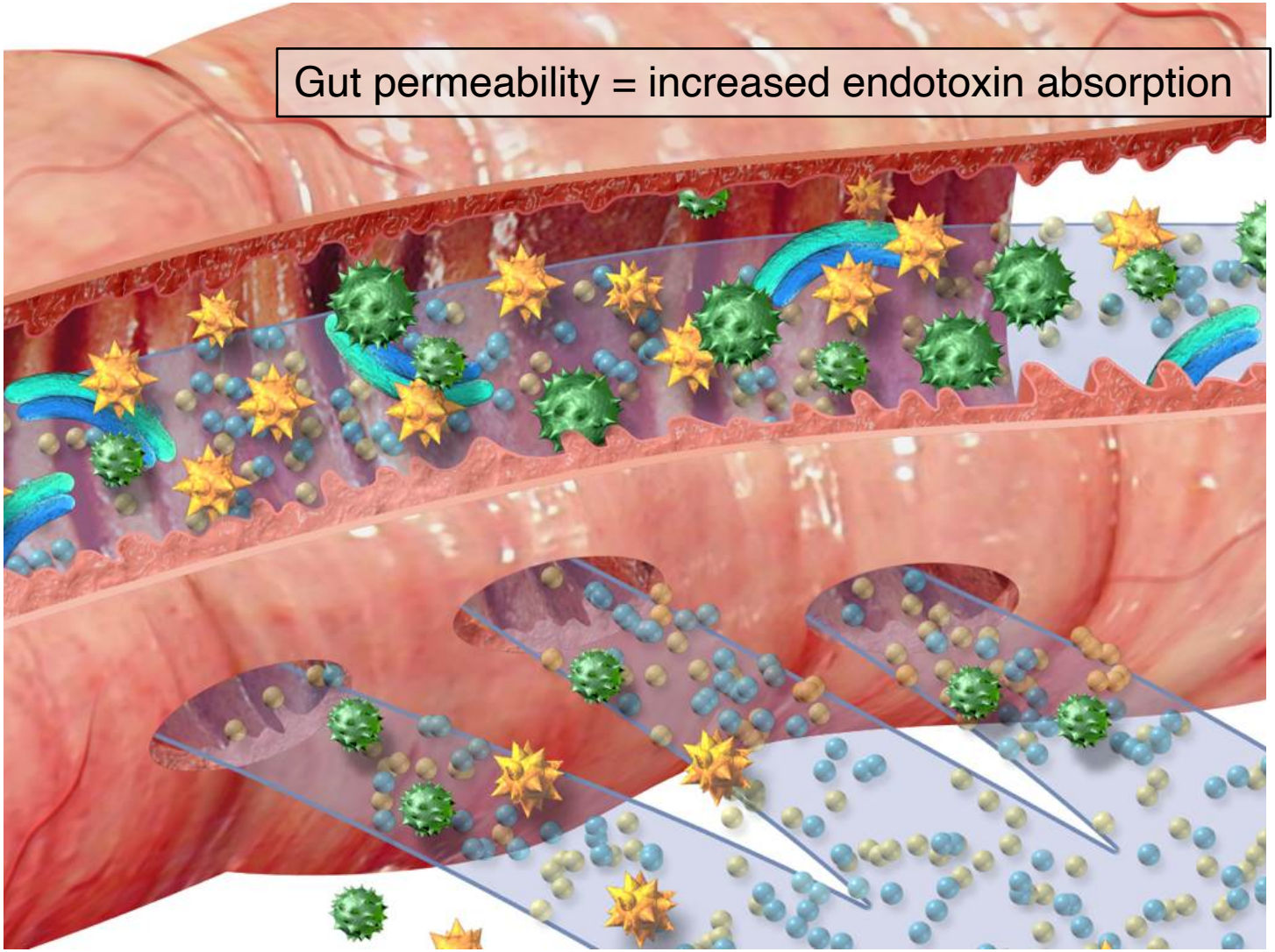
Zone 3: Patients in this zone may have more inflammation compared to those in zone 4. However, commensal abundance is usually higher making use of antimicrobial therapy relatively safer. Patients in this zone may have higher rates of pathogenic infections.

Zone 4: This commensal profile is associated with increased intestinal inflammation. IBD patients are more likely to have this pattern of bacteria. Commensal abundance is lower in this zone; therefore, antibiotic use for GI potential pathogens should be used with caution. In addition to standard treatment for intestinal inflammation, modulation of the commensal gut profile is encouraged.

Methodology: DNA by PCR

Gastrointestinal Microbiome (PCR)**

Commensal Bacteria (PCR)	Result (CFU/g stool)		QUINTILE DISTRIBUTION 1st 2nd 3rd 4th 5th	Reference Range (CFU/g stool)
Bacteroidetes Phylum				
Bacteroides-Prevotella group	1.6E9	H		3.4E6 -1.5E9
Bacteroides vulgatus	1.1E10	H		<=2.2E9
Barnesiella spp.	8.3E7			<=1.6E8
Odoribacter spp.	1.6E8	H		<=8.0E7
Prevotella spp.	2.8E7	H		1.4E5 -1.6E7
Firmicutes Phylum				
Anaerotruncus colihominis	3.5E7	H		<=3.2E7
Butyrivibrio crossotus	2.7E5			5.5E3 -5.9E5
Clostridium spp.	5.5E9			1.7E8 -1.5E10
Coprococcus eutactus	7.8E7			<=1.2E8
Faecalibacterium prausnitzii	2.4E9			5.8E7 -4.7E9
Lactobacillus spp.	9.8E9	H		8.3E6 -5.2E9
Pseudoflavonifractor spp.	1.2E8			4.2E5 -1.3E8
Roseburia spp.	4.4E9			1.3E8 -1.2E10
Ruminococcus spp.	2.3E8			9.5E7 -1.6E9
Veillonella spp.	1.3E7			1.2E5 -5.5E7
Actinobacteria Phylum				
Bifidobacterium spp.	7.1E9	H		<=6.4E9
Bifidobacterium longum	4.2E7			<=7.2E8
Collinsella aerofaciens	1.0E9			1.4E7 -1.9E9
Proteobacteria Phylum				
Desulfovibrio piger	1.2E8	H		<=1.8E7
Escherichia coli	7.6E6			9.0E4 -4.6E7
Oxalobacter formigenes	5.6E6			<=1.5E7
Euryarchaeota Phylum				
Methanobrevibacter smithii	9.4E7	H		<=8.6E7
Fusobacteria Phylum				
Fusobacterium spp.	1.4E5			<=2.4E5
Verrucomicrobia Phylum				
Akkermansia muciniphila	3.3E6			>=1.2E6
Firmicutes/Bacteroidetes Ratio				
Firmicutes/Bacteroidetes (F/B Ratio)	12			12-620


Gut permeability = increased endotoxin absorption

Mom’s successful weight loss journey

	5/21	9/21	1/22	6/22
Weight	216.2	196.0	181.8	175.4
Fat mass	105.2	87.4	73.4	70.6
TBW	82.2	81.7	80.9	77.0
ECW	50.8	49.7	49.4	48.9

Anti-microbial Support if Required

Essential Fatty Acid Formula (Omega Pure Line)

Functional Food as Base for Smoothie/Daily Support

Ingredient	Amount	Daily Value
Calories	10	
Protein	2 g	
Bovine Immunoglobulin Protein Isolate (ImmunoLin®)	2.5 g	**

Dynamic GI Defend

Nutritional Support for Healthy Gut Barrier Function

Dynamic GI Defend helps support a healthy mucosal immune system and digestive function. The unflavored powdered drink mix contains ImmunoLin®, a serum-derived bovine immunoglobulin/protein isolate that works by binding, neutralizing, and removing toxins from the gut.

This cutting-edge ingredient promotes healthy immune activation responses in supporting healthy gut permeability.

Key benefits of Dynamic GI Defend may include:

- Promotes healthy gut homeostasis
- Supports healthy gut barrier function
- Supports healthy digestive function
- Promotes healthy immune function
- Supports respiratory health
- Promotes healthy nutrient absorption
- Supports healthy muscle protein synthesis

DOCTOR KRISTI

Nutricidin

Support for Healthy Gut Barrier Function and Microbial Balance*

Nutricidin is a bioactive formula supporting a healthy microbiome and overall gastrointestinal health.*

Microorganisms in the intestinal tract can help break down food, produce vitamins, and communicate with the immune system. Nurturing a state of symbiosis in the gut helps the digestive and immune systems to operate at their best.*

Research suggests that the ingredients in Nutricidin may support a balanced gut microbiome.*

The unique formula of ingredients in Nutricidin may:

- Support healthy biofilms*
- Improve microbial balance*
- Support a healthy GI system*
- Support a healthy immune system*

DOCTOR KRISTI

2 Softgels Supply:

Ingredient	Amount	Daily Value
Calcium (as calcium EDTA)	36 mg	3%
Calcium EDTA	400 mg	**
Ginger Root Extract (*Zingiber officinale*; standardized to 5% gingerols)	250 mg	**
Oregano Oil (*Origanum vulgare*)	100 mg	**
Coriander Seed Oil (*Coriandrum sativum*)	100 mg	**
Black Cumin Seed Oil (*Bunium persicum*)	100 mg	**
Basil Seed Oil (*Ocimum basilicum*)	100 mg	**
Fennel Seed Oil (*Foeniculum vulgare*)	100 mg	**
Red Thyme Oil (*Thymus vulgaris*)	75 mg	**
Cinnamon Bark Oil (*Cinnamomum vervun*)	75 mg	**
Clove Leaf Oil (*Syzygium aromaticum*)	75 mg	**
Serratiopeptidase	30,000 SPU	**
* Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		

DOCTOR KRISTI

Probiotic and Prebiotic Support for Microbiome

Anti-microbial Support if Required

Essential Fatty Acid Formula (Omega Pure Line)

Functional Food as Base for Smoothie/Daily Support

UltraBiotic Complete

Comprehensive Probiotic Blend for a Healthy Gut Microbiome
(Previously named Probiotic Complete)

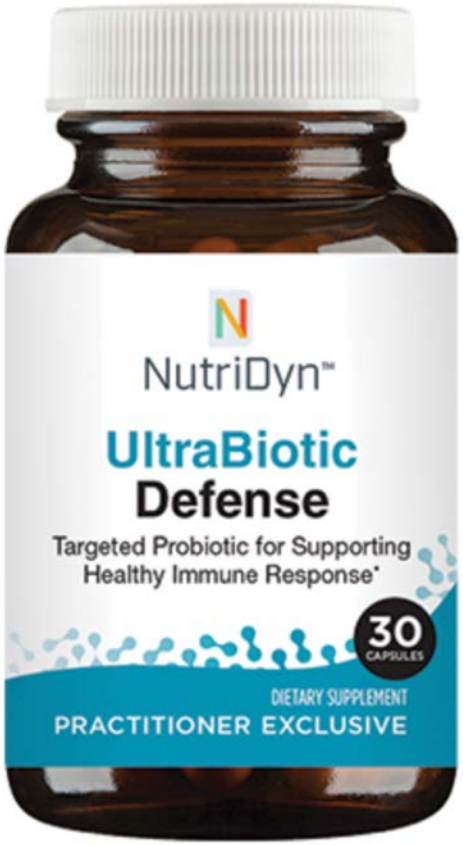
UltraBiotic Complete is a probiotic supplement made with a comprehensive seven-strain blend of gut-supporting microbial organisms (known as probiotics).

- Support a healthy gut microbiome
- Support a healthy inflammatory response
- Support immune function
- Support digestive function

1 Capsule Supplies:

Ingredient	Amount	Daily Value
Lactobacillus paracasei UAL-pc-04™††	5.926 Billion CFU†	*
Bifidobacterium lactis UABla-12™††	5.185 Billion CFU†	*
Lactobacillus acidophilus UALa-01™††	4.444 Billion CFU†	*
Lactobacillus plantarum UALp-05™††	2.963 Billion CFU†	*
Saccharomyces boulardii DBVPG*†††	2 Billion CFU†	*
Bifidobacterium bifidum UABb-10™††	0.741 Billion CFU†	*
Lactobacillus rhamnosus UALr-06™††	0.741 Billion CFU†	*

DOCTOR KRISTI



UltraBiotic Defense

Targeted Probiotic for Supporting Healthy Immune Response*

For supporting gut microbe imbalance, promoting healthy immune response, and helping the body eliminate toxins, UltraBiotic Defense contains a precision blend of three synergistic probiotic strains.*

Key benefits of UltraBiotic Defense:

- Supports healthy gut flora balance*
- Supports healthy immune function*
- Supports digestive function and nutrient absorption*
- Promotes regularity*
- Helps the body eliminate toxins*

1 Capsule Supplies:

Ingredient	Amount	Daily Value
Saccharomyces boulardii DBVPG®††	5.5 Billion CFU†	*
Bifidobacterium lactis UABla-12™†††	3 Billion CFU†	*
Lactobacillus rhamnosus HN001™††††	1 Billion CFU†	*
* Daily Value (DV) not established.		

Spore Probio

Dietary Supplement

TonicSea Spore Probio with Phage technology is a complete probiotic containing powerful digestive enzymes with a synergistic bacteriophage formula that promotes immune function and digestive health.*

Bacteriophages are submicroscopic packages of DNA or RNA that have the ability to attach to unique strains of unwanted bacteria in the intestines. Unlike traditional probiotics, bacteriophages selectively target specific unwanted bacteria while leaving beneficial "good" bacteria to thrive in your gut. They also colonize better and are not heat sensitive. Phages are considered an intelligent bug, meaning they multiply at the site of interest to support healthy immune function.* When used in conjunction with digestive enzymes as well as pre and probiotics, the effectiveness of bacteriophages are multiplied.

Supplementing with Spore Probio is recommended to support a healthy gut microbiome and promote the health properties of probiotics.*

In summary, the benefits of Spore Probio supplementation may include:

- Supports digestion*
- Immunity support*
- Supports skin and joint health*
- Promotes a healthy balance of good flora*
- Supports absorption of nutrients*

2 Capsules Supply:

Ingredient	Amount	Daily Value
Spore Blend Complex *Bacillus subtilus MB40; Bacillus coagulans MTCC 5856; Bacillus clausii MTCC 5980; Pediococcus acidilactici PA5051*	5 Billion	*
Prebiotic Fiber Xylo Oligosaccharides (XOS)	300 mg	*
Digestive Enzyme Blend (Non-Animal)	100 mg	*
Protease	10,000 USP Units	
Amylase	10,000 USP Units	
Lipase	800 USP Units	
PreforPro-Phage® Complex LH01-Myoviridae; LL5-Siphorviridae; T4D-Myoviridae; LL12 -Myoviridae	15 mg	*
*Daily Value (DV) not established.		

Dr. Kristi's 4 Part KBMO Series…

Introduction to FIT test in a Nutrition-based, Integrative, or Functional Medicine Practice

Gut Health Cases and Gut Barrier Panel: May 11th

More Case Studies : June 29th

Ask Dr. Kristi… : August 10th

New Materials

Treatment Protocols: Biotics, NutriDyn Nutritional Frontiers

Videos: Launch:4mins Dr Silverman: 18mins

Patient Report for FIT 132, 176 and GB Standalone

Patient Trifold

Foods We Test

Website: Gut Barrier Panel - KBMO Diagnostics

App Completed