



## Betty White's Microbiome report

**Pet Name:** Betty White

**Age:** 5 years 3 months

**Sex:** Female

**Date of report:** May 23, 2022

**Collection Date:** May 1, 2022

**Species:** Cat

**Breed:** Domestic Shorthair

**Diet:** Wet / Canned

**Sample ID:** HJUDGK

**Sample type:** Gut

# Summary

Your cat has a unique collection of thousands of different types of bacteria and other microbes (such as viruses, fungi, etc) in their gastrointestinal tract, referred to collectively as the gut microbiome. A healthy microbiome is crucial for your cat's overall health, from nutrient absorption to mental health. When bacteria become out of balance, they may contribute to the development of such disorders as inflammatory bowel disease (IBD), digestive issues, immune system reactions, diabetes, and even anxiety.

Using the latest scientific techniques, we analyzed the bacteria in Betty White's gut microbiome, and compared it to our database, which is the largest collection of cat microbiome samples in the world.

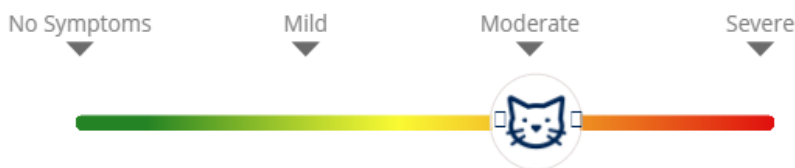


Betty White has a **mild to moderate microbiome imbalance** when compared to healthy cats. This means that the amounts and kinds of bacteria in Betty White's gut microbiome are different from what we find in healthy cats.

See the [overall comparison](#) and [core bacteria breakdown](#) tabs to learn more about which groups of bacteria are contributing to this imbalance.

## Restore and Rebalance the Microbiome

Use the slider below to select the severity of Betty White's symptoms to see our recommendations for what to do next:



Betty White has a **mild to moderate** microbiome imbalance and moderate digestive or skin issues. In addition to the Diet and Other Recommendations below, we recommend 30 capsules of the [Gut Restore Supplement](#) (one a day for 30 days, or more capsules per day for dogs weighing more than 80 pounds). If your pet has diarrhea, we also recommend a yeast-based probiotic called *Saccharomyces boulardii*. If symptoms persist or return, consult your veterinarian or an AnimalBiome Animal Care Specialist . [Contact Us](#)

## Diet Recommendations:

### Recommend increase fiber

Based on the mix of the Key Bacteria in Betty White's sample, we recommend adding more fiber to Betty White's diet. This can be most easily done by adding a powdered fiber, such as inulin or psyllium husk, to your pet's food daily. Other options include adding a high fiber topper to your pet's current diet or switching to a new diet with more fiber. Some anti-inflammatory bacteria need this fiber to flourish. [Check out this article to learn more](#) about how to adjust your pet's diet. Contact our Animal Care Team for specific recommendations for Betty White.

## Other recommendations:



### Get physical

Exercise has been found to improve microbiome diversity in pets. Provide your cat with opportunities for daily exercise whenever possible.



### Stay hydrated

Betty White needs plenty of fresh water daily to stay healthy, and so do the gut bacteria. Provide access to clean, fresh water every day.



### Add variety

Introduce variety into your cat's diet to ensure you are supporting a variety of healthy gut bacteria. If your cat is particularly sensitive, be sure to give slow introductions to new foods or treats.



### Medication and supplements influences

Overuse of medications like antibiotics, acid reducers, and NSAIDs can harm the microbiome. Talk to your veterinarian to see if it may be possible to safely reduce or eliminate these medications from your cat's regimen., be sure to give slow introductions to new foods or treats.

# Microbiome Diversity

Your cat's microbiome diversity is a key measure of gut health. In general, higher bacterial diversity indicates better health and digestion, while lower diversity is associated with a number of health conditions, including inflammatory bowel disease and obesity. Bacterial diversity is a great place to start when examining your pet's microbiome, but remember that it is only one component of your pet's overall gut health.

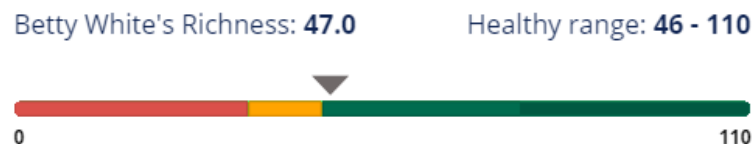
## Overall Diversity

The overall diversity score is based on a commonly used [measure of ecosystem diversity](#) that accounts for how many different types of bacteria are in the community (richness), as well as how evenly distributed these different types are in the community (evenness).



## Richness

Richness is a count of the number of different kinds of bacteria found in a sample. In ecology, it is also used to characterize plants or animals found living in an ecosystem. For example, if there are three different kinds of animals in a wildlife park: lions, leopards, and elephants, species richness in the park equals three. In general, microbiomes with greater richness are healthier.



## Evenness

Evenness tells us how close in abundance the different kinds of bacteria that were found in the sample are. If a microbiome has four different kinds of bacteria and each makes up 25% of the microbiome, then it would have a very high evenness score. Alternatively, if one kind of bacteria makes up 90% of the microbiome and all the others are rare, then the sample would have a very low evenness score. In general, microbiomes with greater evenness are healthier. However, we do not expect the community of bacteria found in a microbiome sample to be perfectly even because some bacteria are expected to occur in high abundance and others are expected to be rare.



# Dietary Insights

Good nutrition is a cornerstone of health and can help prevent common illnesses, boost the immune system, and positively influence the gut microbiome. There are more than a thousand different kinds of gut bacteria in your pet's microbiome, and each kind requires certain nutrients to survive. Therefore, the food your pet eats will influence which bacteria thrive in the gut.

When we analyze Betty White's microbiome, we focus on six groups of bacteria: Fusobacteria, Firmicutes, Bacteroidetes, Proteobacteria, Actinobacteria, and Epsilonbacteraeota. Each of these groups is called a "phylum" (plural "phyla"). Each phylum is closely associated with the composition of your pet's food.



**Fusobacteria** are more abundant in animals in the [Order Carnivora](#) like cats and dogs than in humans. The amount of Fusobacteria in the microbiome is often related to the amount of protein in their diet. Higher-protein diets tend to support higher amounts of Fusobacteria. Fiber can also help modulate the amount of Fusobacteria in the gut microbiome: increasing fiber can help to reduce its levels and decreasing fiber can help to increase them.



**Firmicutes** are bacteria that help cats and dogs digest carbohydrates. Carbohydrates are found in most foods, including plants, grains, and animal meat. Firmicutes are often more abundant when a pet's diet is higher in simple carbohydrates. While the abundance of some Firmicutes can be reduced through the supplementation of dietary fiber (Clostridium perfringens, Streptococcus, and [Ruminococcus]), others may increase (i.e. Erysipelotrichaceae and Turicibacteraceae).

See this [article](#) for more information on carbohydrates and your cat's diet.



**Bacteroidetes** are abundant in the gut microbiome of cats and dogs. This group includes bacteria that are important for reducing inflammation in your pet's digestive system. The fiber in your pet's diet promotes the growth of Bacteroidetes. Dietary fiber is found in plants: fruits, vegetables, nuts, and grains, and comes from the portion of plants that is left undigested.



**Proteobacteria** and **Actinobacteria** are two phyla that help cats and dogs digest fat in their diet. In general, when a pet is on a high-fat diet, we detect more Proteobacteria and Actinobacteria. Increasing vegetable fiber in the diet, reducing caloric intake, and increasing activity levels can help to modulate their abundance.

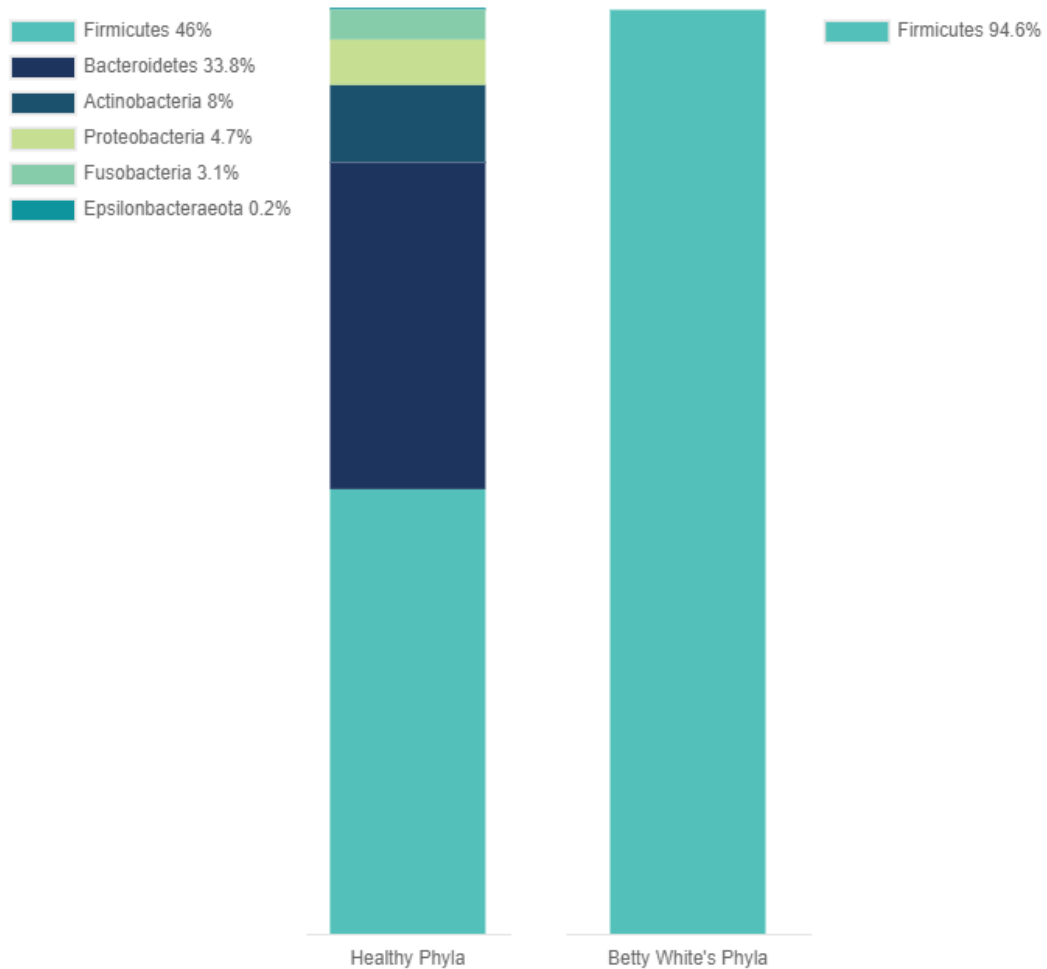
Although less abundant than Firmicutes, Bacteroidetes, and Fusobacteria in cats and dogs, bacteria in phylum Proteobacteria contribute a wide range of functions in the gut microbiome, particularly protein, carbohydrate, and lipid metabolism. In addition, **Proteobacteria** help to maintain the anaerobic (oxygen-free) environment that is essential for normal gut function.

**Actinobacteria** is a group that contains both potentially beneficial groups like Bifidobacterium (a group associated with young mammals that can be found in some probiotics) and potential frenemies like Collinsella that are considered pathobionts.



**Epsilonbacteraeota** is a new phylum that includes Campylobacter, Helicobacter, and Arcobacter, three groups of bacteria associated with the gastrointestinal tracts of cats and dogs that can act as opportunistic pathogens. Diet plays an important role in the ability of the healthy gut microbiome to resist colonization by these pathogens. Supporting a diverse microbiome through the addition of dietary fibers and not overfeeding your pet will help keep them in check.

All of these phyla are typically found in healthy pets. Because individual cat's may have different needs, there is no single food that is right for every cat. Comparing Betty White's distribution of these phyla to healthy cat's will let you know if you should consider adjusting Betty White's diet. See this [article](#) for suggestions on how to adjust your pet's diet.



**Note:** Bacteria that represents less than 3% of the total have been eliminated from this chart.

A number of research studies in humans have explored the relationship between the ratio of Firmicutes to Bacteroidetes (F:B) and obesity. In humans, F:B ratios tend to be higher in people that consume more carbohydrates. In cat's we have found the F:B Ratio to be a little more complicated, but still very useful.

In relatively healthy pets, a higher F:B ratio can indicate that the amount of carbohydrates in their diet should be reduced to maintain a healthy weight.

However, we have found that cat's with digestive or skin issues are often low in **Bacteroidetes**, an important group for reducing inflammation. This can lead to a high F:B Ratio even though the cat may be at a healthy weight or even underweight.

Betty White's does not have any Bacteroidetes, which are an important group to cat health. Refer to the report summary for recommendations to correct this imbalance.



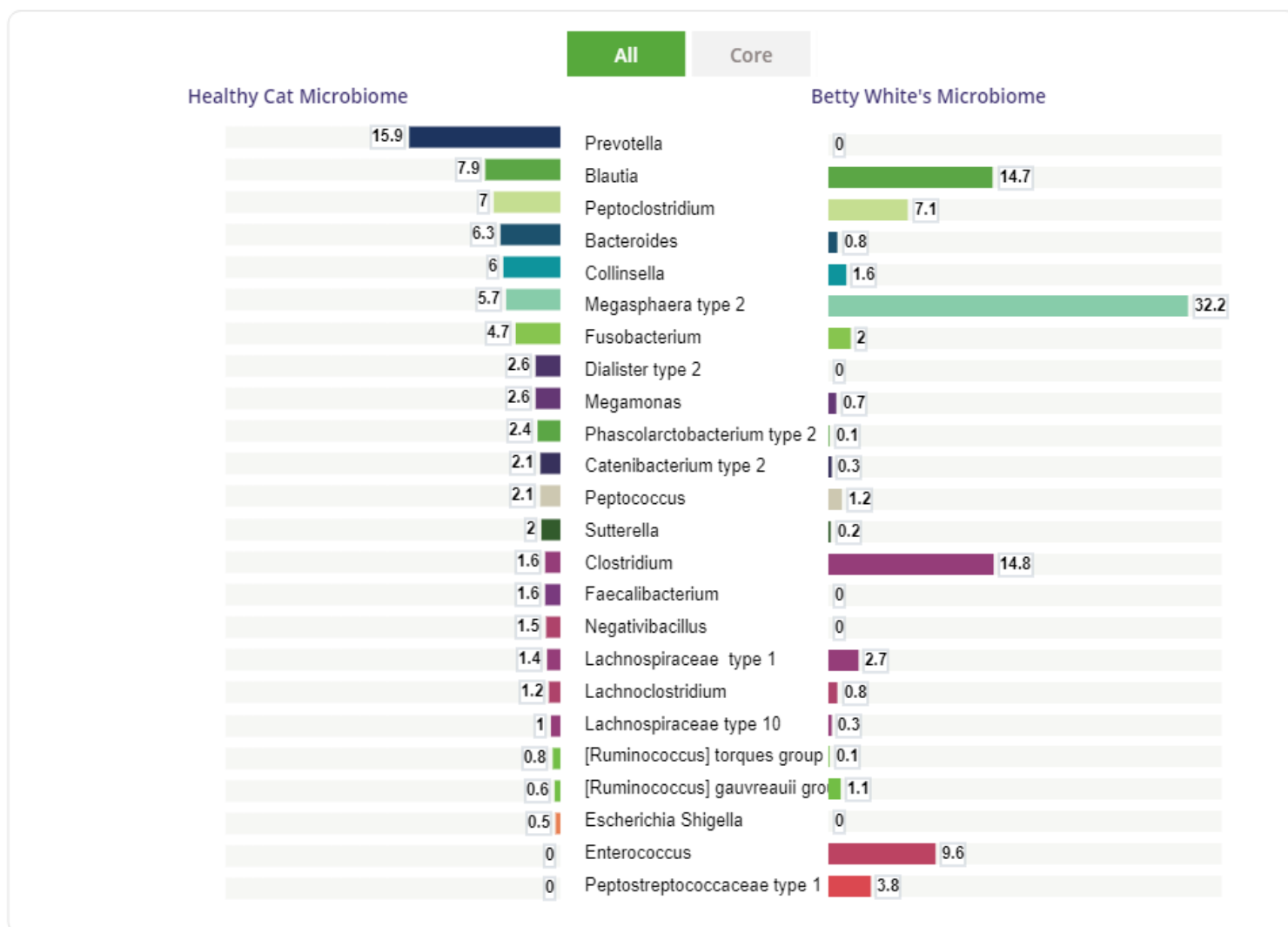
# Overall Comparison

A little science refresher: The genus is a way that we classify smaller groups of species — in this case bacteria — to help us organize them. Genus is smaller than family and larger than species.

Healthy cats have microbiomes with lots of different kinds of bacteria represented, and no single group of bacteria take up too much space. That means that there are lots of different bacteria to do all of the jobs that need to be done in your cat's gut.

If not enough bacteria are present, not all the jobs get done. If you see a type of bacterium that makes up more than 10% of your cat's sample and is not found in these levels in the healthy cat reference profile, these bacteria may be at an unhealthy level and because of this they are highlighted on the chart in bold text.

## Healthy Cat Microbiome vs Betty White's Microbiome



See a description of each bacteria on the next page. Are there bacteria listed in your pet's sample that aren't described here? Visit our [Bacteria Library](#).

**Note:** All bacteria usually found in healthy Cat (the "Core Bacteria") are represented above as well as other bacteria found in your Cat 's sample that represent more than 0.1% of the total. For a full listing of bacteria present in this sample, please see the Appendix.

# Core Bacteria Breakdown

## Megasphaera type 2

Betty White's value: 32.2

Healthy Range: 0.5 - 16.4



Bacteria belonging to the Megasphaera genus help break down carbohydrates. These bacteria are commonly found in ruminants and tend to increase when pets are fed high grain diets. In excess, Megasphaera can cause intestinal irritation. Limited information is known about their role as commensal organisms.

## Clostridium

Betty White's value: 14.8

Healthy Range: 0.6 - 5.2



Bacteria belonging to the Clostridium genus have been linked with high-protein, low-carbohydrate diets, which are recommended for healthy weight loss. They also tend to be more abundant in pets that are fed raw diets. But too much Clostridium can be problematic; to reduce Clostridium levels, consider adding *Saccharomyces boulardii*, a yeast-based probiotic, to your pet's regimen. This strain of yeast helps decrease the amount of Clostridium bacteria in the gut. Adding a small amount of a soluble fiber (psyllium husk powder, inulin, or acacia gum) and reducing intake of whole grains in your pet's diet may help to lower Clostridium levels.

## Blautia

Betty White's value: 14.7

Healthy Range: 2.7 - 16.6



Bacteria belonging to the Blautia genus produce anti-inflammatory compounds that help protect the digestive tract from becoming damaged due to chronic inflammation. If your pet's sample is low in Blautia, it can be increased by adding a small amount of whole grain barley, seeds (including chia, flax, pumpkin, sunflower, and sesame seeds), or brown rice to the diet.

## Peptoclostridium

Betty White's value: 7.1

Healthy Range: 2.3 - 15.5



Bacteria belonging to the Peptoclostridium genus help protect your pet against a number of intestinal pathogens, including Clostridium difficile and certain harmful strains of Escherichia coli. Pets with healthy levels of Peptoclostridium tend to have healthier immune and digestive systems. These bacteria may be deficient in overweight or obese pets.

## Lachnospiraceae type 1

Betty White's value: 2.7

Healthy Range: 0.4 - 3.1



Bacteria belonging to the Lachnospiraceae family possess potent anti-inflammatory properties and also help kill pathogens that have entered the digestive tract. To increase Lachnospiraceae levels, try adding a source of dietary fiber like psyllium husk, inulin, or acacia gum to your pet's diet.

## Fusobacterium

Betty White's value: 2.0

Healthy Range: 0.6 - 10.1



Bacteria belonging to the Fusobacterium genus help your pet digest animal proteins. If your pet lacks Fusobacterium, increasing the protein content in their diet will likely be helpful. At the same time, elevated levels of Fusobacterium are associated with diarrhea and chronic digestive issues, so moderation is key. To correct for levels of Fusobacterium above the healthy range, consider adding more dietary fiber to your pet's diet.



### Collinsella

Betty White's value: 1.6

Healthy Range: 1.5 - 16.0



Bacteria belonging to the Collinsella genus help detoxify poisons and protect the gut against pathogens. While Collinsella are helpful in moderate amounts, an overgrowth can be problematic: elevated levels of Collinsella have been associated with diarrhea and inflammatory bowel disease (IBD). Increasing fiber consumption (psyllium husk powder, inulin, or acacia gum) may help to keep Collinsella levels in check.

### Peptococcus

Betty White's value: 1.2

Healthy Range: 0.6 - 4.8



Bacteria of the Peptococcus genus are associated with ulcerative colitis. A high fat diet will raise levels of Peptococcus bacteria in the gut; low-fat diets are associated with lower levels of Peptococcus.

### [Ruminococcus] gauvreauii group

Betty White's value: 1.1

Healthy Range: 0.3 - 1.5



Bacteria belonging to the Ruminococcus genus are anti-inflammatory bacteria that help your pet digest complex carbohydrates that are abundant in plant material like vegetables and fruits.

### Bacteroides

Betty White's value: 0.8

Healthy Range: 1.3 - 14.1



Bacteria belonging to the Bacteroides genus help prevent harmful bacteria from colonizing in the gut. Pets with more of these bacteria tend to have healthier body weights. If your pet's sample is low in Bacteroides, consider adding a prebiotic supplement like psyllium husk powder, inulin, or acacia gum to help feed these bacteria. If Bacteroides levels are too high, consider adding a small amount of whole grain barley, seeds (including chia, flax, pumpkin, sunflower, and sesame seeds), or brown rice to the diet. Adding a small amount of both inulin and whole grains to the diet can improve overall diversity.

### Lachnospirillum

Betty White's value: 0.8

Healthy Range: 0.5 - 3.0



Bacteria belonging to the Lachnospirillum genus possess potent anti-inflammatory properties and also help kill pathogens that have entered the digestive tract. To increase Lachnospirillum levels, try adding a source of dietary fiber like psyllium husk, inulin, or acacia gum to your pet's diet.

### Megamonas

Betty White's value: 0.7

Healthy Range: 0.5 - 7.7



Bacteria belonging to the Megamonas genus help regulate your pet's metabolism. Megamonas bacteria kick into high gear if your pet stops eating or is unable to absorb nutrients from their food; in these cases, the Megamonas bacteria help preserve energy so your pet does not lose weight. When too much Megamonas bacteria is present, however, it can make your pet more prone to becoming overweight.

### Catenibacterium type 2

Betty White's value: 0.3

Healthy Range: 0.4 - 5.3



Bacteria belonging to the Catenibacterium genus help your pet digest carbohydrates. They tend to be more abundant in animals consuming diets high in fat and sugars. As a result, over abundance of Catenibacterium are associated with increased risk for a number of health issues, including cardiovascular disease. To help decrease a larger Catenibacterium population, consider switching to a food with more protein and less carbohydrate.

### Lachnospiraceae type 10

Betty White's value: 0.3

Healthy Range: 0.4 - 2.2



Bacteria belonging to the Lachnospiraceae family possess potent anti-inflammatory properties and also help kill pathogens that have entered the digestive tract. To increase Lachnospiraceae levels, try adding a source of dietary fiber like psyllium husk, inulin, or acacia gum to your pet's diet.

### Sutterella

Betty White's value: 0.2

Healthy Range: 0.4 - 4.1



Bacteria belonging to the Sutterella genus help keep the immune system active, counteracting other types of bacteria that suppress the immune system. Moderate levels keep your pet safe from illness; at the same time, higher levels are associated with digestive issues like diarrhea and food sensitivities.

### Phascolarctobacterium type 2

Betty White's value: 0.1

Healthy Range: 0.5 - 4.1



Bacteria belonging to the Phascolarctobacterium type 2 genus are considered health-promoting bacteria. This genus is associated with healthier body weights in dogs. In cats, it can be overly abundant in obese individuals. It is also more abundant in insulin sensitive individuals. Insulin sensitivity refers to how sensitive the body's cells are to insulin. High insulin sensitivity allows the body's cells to use blood glucose more effectively, reducing blood sugar. Increasing representation of this genus through healthful lifestyle (exercise, sleep) and dietary changes (fewer carbohydrates, more unsaturated fats, and more soluble fiber) may help to improve insulin sensitivity.

### [Ruminococcus] torques group

Betty White's value: 0.1

Healthy Range: 0.4 - 1.9



Bacteria belonging to the [Ruminococcus] genus possess potent anti-inflammatory properties and also help kill pathogens that have entered the digestive tract. To increase [Ruminococcus] levels, try adding a source of dietary fiber like psyllium husk, inulin, or acacia gum to your pet's diet.

### Dialister type 2

Betty White's value: 0.0





Healthy Range: 1.1 - 5.4



















Bacteria belonging to the Dialister genus produce anti-inflammatory compounds, which help to calm the immune system and protect against excessive levels of inflammation. Pets with inflammatory bowel disease (IBD) and other immune-mediated conditions (abnormal activity of the body's immune system) tend to have lower levels of Dialister than healthy pets. Overweight pets may have an overgrowth of Dialister.








# Appendix

## Legend


-  Your cat has the right amount of this group of bacteria compared to healthy cats.
-  Your cat has a lower or higher amount of this group of bacteria compared to healthy cats but, we have not found low amounts of this group of bacteria to be associated with a health condition.
-  Your cat is at the lower or higher end of the healthy range when compared to healthy cats.
-  Your cat has significantly more or less of this bacteria when compared to healthy cats.

The total may not equal 100% due to rounding

	Range for Healthy Cat 	Betty White Sample Date: May 1, 2022
Core Bacteria		
Megasphaera Type 2	0.5 - 16.4	 32.2
Clostridium	0.6 - 5.2	 14.8
Blautia	2.7 - 16.6	 14.7
Peptoclostridium	2.3 - 15.5	 7.1
Lachnospiraceae Type 1	0.4 - 3.1	 2.7
Fusobacterium	0.6 - 10.1	 2.0
Collinsella	1.5 - 16.0	 1.6
Peptococcus	0.6 - 4.8	 1.2
[Ruminococcus] Gauvreau Group	0.3 - 1.5	 1.1
Bacteroides	1.3 - 14.1	 0.8
Lachnoclostridium	0.5 - 3.0	 0.8
Megamonas	0.5 - 7.7	 0.7
Catenibacterium Type 2	0.4 - 5.3	 0.3
Lachnospiraceae Type 10	0.4 - 2.2	 0.3
Sutterella	0.4 - 4.1	 0.2

Phascolarctobacterium Type 2	0.5 - 4.1	 0.1
[Ruminococcus] Torques Group	0.4 - 1.9	 0.1
Dialister Type 2	1.1 - 5.4	 0.0
Escherichia Shigella	0.5 - 1.1	 0.0
Faecalibacterium	0.5 - 4.6	 0.0
Negativibacillus	0.5 - 3.6	 0.0
Prevotella	2.5 - 41.1	 0.0

Other Bacteria

Enterococcus	0.0 - 5.0	 9.6
Peptostreptococcaceae Type 1	0.0 - 5.0	 3.8
Holdemanella	0.0 - 7.0	 1.6
Romboutsia	0.0 - 5.0	 1.2
Campylobacter Type 1	0.0 - 0.5	 0.5
[Ruminococcus] Gnavus Group	0.3 - 2.2	 0.5
Sarcina Type 1	0.0 - 5.0	 0.5