

A woman with dark hair is lying down in a forest, wearing a bright yellow blanket. She is looking up towards the sky with a peaceful expression. The background is filled with trees and foliage, with sunlight filtering through the leaves, creating a warm and natural atmosphere. The text is overlaid on the upper left portion of the image.

PATIENT HANDOUT

Microbiome ExplorerTM

Clinical-grade microbiome testing
that helps you feel better.

Your microbiome holds the key to better health

Your microbiome is made of up trillions of microbes that affect essential aspects of your health such as:



Digesting food



Supporting your immune system



Balancing metabolism



Influencing mood and energy

A balanced microbiome is a healthy microbiome

When your gut microbiome is balanced, you feel the difference: **steady energy**, **good digestion**, and **emotional resilience**. When it's disrupted, your health can be thrown off course.

When it's out of balance, your body often sends early warning signs:



Digestive discomfort

bloating, cramps, constipation, unexpected diarrhoea



Inflammation

ongoing irritation in the gut that disrupts wellbeing



Whole-body effects

low energy, hormonal changes, stubborn weight, frequent illness



Mental health changes

mood swings, stress



Skin issues

breakouts, rashes, flare-ups



Food reactivity

food intolerances and sensitivities

Measuring the balance of your microbiome takes precision testing and careful intervention. It's the first step to feeling better.

Research reveals microbiome imbalance is often present in those who have self-reported health conditions or symptoms.*

Introducing **Microbiome** Explorer

The clinical-grade gut microbiome test trusted by healthcare practitioners

Not all gut tests are created equal. Traditional stool tests focus mainly on detecting infections and a small number of other microbes, giving only part of the picture. Other tests may look impressive but often rely on limited science.

Microbiome Explorer is different.



Microba offers the only tests with the rigorous precision required to accurately map your microbiome.

- Precise Microbiome Profiler technology provides one of the most comprehensive views of which microbes are in your gut and how they are impacting your health
- 100% of the Gut Microbiome Reference Catalogue (GMRC).



Our unique technology fuses multiple tests together to create comprehensive, actionable insights

- 80+ science-backed, evidence-graded actionable insights on diet, lifestyle, and supplements. Validated by 1,500+ peer-reviewed studies.
- Data from the Microba Healthy Reference Model (a cohort of healthy adults) allows your results to be compared to healthy people for meaningful results.



Easy to share reports improve practitioner and family collaboration – ensuring your health needs are carefully managed.

- Forget PDFs. Your live, interactive report is easily sharable – all you need is an email address.
- Level up your microbiome understanding with diet and lifestyle guides that help you take better care of yourself
- World-class customer support for help when you need us.

Better health, builds healthier,
happier communities



The Microbiome Explorer Range

With the Microbiome Explorer range, you can choose how much detail you want to explore, from gut health to pathogen screening, and expect better understanding every step of the way.

Microbiome Explorer

Essentials

Formerly MetaXplore

Insights about the microbiome's impact on systemic health.

- Gastrointestinal symptoms – constipation, bloating, gas, diarrhoea, abdominal pain
- Digestive function
- Gut inflammation
- Intestinal permeability

Microbiome Explorer

Extended

Formerly Metaxplore GI

Insights about both the microbiome's impact on systemic health combined with key GI health markers.

- Gastrointestinal symptoms – constipation, bloating, gas, diarrhoea, abdominal pain
- Digestive function
- Gut inflammation
- Intestinal permeability
- Immunity

Microbiome Explorer

Comprehensive

Formerly Metaxplore GI Plus

Insights about the microbiome's impact on system health combined with key GI health markers and pathogen screening.

- Gastrointestinal symptoms – constipation, bloating, gas, diarrhoea, abdominal pain
- Digestive function
- Gut inflammation
- Intestinal permeability
- Immunity
- Suspected gut infection

Panels:

- Microbiome Profile (mNGS)

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- Microbiome Profile (mNGS)
- GI Health Panel (ELISA)

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- Microbiome Profile (mNGS)
- GI Health Panel (ELISA)
- Pathogen Panel (PCR)



Expect better clarity – what happens now?

Getting started is simple, safe, and easy.

STEP 01

Order a test

First, your healthcare practitioner refers you. Next, you order your test securely online.



STEP 02

Sample collection & return

You'll receive an easy-to-use at-home sample collection kit in the mail. It will guide you through collecting a sample and returning it to our lab.



STEP 03

Test results & review

Once your report is available, your practitioner will be in touch to explain the findings and guide your next steps.



STEP 04

Customer support

At any stage, you can contact our friendly customer support team by phone or email. We're here to answer your questions and guide you through the process.



There is no comparison...

The difference between standard testing and Microba is the difference between shining a torch in the dark and turning the light on. Microbiome Explorer goes beyond traditional testing – delivering the clearest, most complete picture of your gut health.

	Microbiome Explorer – Comprehensive	qPCR/culture tests	Other metagenomic tests
High Level Summary (Section 1)			
Coverage Included panels from a single sample.	3 Whole Microbiome Profile Metagenomic next-generation sequencing (mNGS) Diagnostic GI Health Panel Enzyme-Linked Immunosorbent Assay (ELISA) Diagnostic Pathogen Panel Real-time Polymerase Chain Reaction (RT-PCR)	1–2 Panels (qPCR/culture)	1 Panel (mNGS)
Better Insights			
Scientifically validated biomarkers Scientifically backed insights that explain how lab results relate to key substances and functions in the body.	40 Biomarkers 16 Microbiome Markers 7 Gastrointestinal Health Markers 18 Pathogen Markers	Limited Pathogen markers only	Limited Microbiome markers only
Evidence graded actionable insights Microba ClearCare Insights – 75+ insights on diet, lifestyle, and supplements, graded by scientific evidence.	75+ insights	None Limited generic recommendations without scientific gradings	None Limited generic recommendations without scientific gradings
Supporting Evidence Peer-reviewed scientific studies to validate our Biomarkers, Insights and Expert Summaries.	1,500+ Peer-reviewed scientific studies	<100 studies	<100 studies
Better Science			
Microbiome profiling accuracy & completeness The GMRC defines the catalogue of all species known to possibly exist in the human gut microbiome. It sets an industry benchmark for gut microbiome testing.	100% Gut Microbiome Reference Catalogue (GMRC)	~3% Gut Microbiome Reference Catalogue (GMRC)	Up to 100% Gut Microbiome Reference Catalogue (GMRC)
Microba Healthy Reference Model Each microbiome biomarker includes a comparison to a healthy reference range – making interpretation easy.	Included	Not included	Not included
Gold standard Laboratories High quality, rapid turnaround and externally validated laboratories with continuous 3rd party quality assurance.	ISO15189-accredited	Variable Many providers are not accredited	Rare Many providers are not accredited
Better Collaboration			
At home sample collection Convenient and easy-to-use at-home sample collection using the Microba Smart Stool Sampling Kit.	Included	Not included	Not included
Live report sharing Share your live interactive report with other practitioners and family members to support collaborative care.	Included	Limited Only a static PDF version of the report can be emailed	Limited Only a static PDF version of the report can be emailed
Patient Support Access to tools and resources for ongoing support	Included Patient handouts, recipes and guides	No support	Limited Basic technical customer service provided

Phew – that was a lot! Ready to take the next step?
Find a healthcare practitioner near you.



Got questions?

You deserve answers you can trust. Every Microbiome Explorer test is validated, clinical-grade, and reviewed by experts.

🔍 What will I learn?

You'll see how your gut microbiome may be influencing your health, and what steps you can take next.

🛡️ Is it safe?

Yes – the process is completely non-invasive and clinically tested.

✅ How accurate is it?

Microba's technology provides one of the most comprehensive and precise microbiome analyses available.

👍 Is it worth it?

Absolutely. This is an investment in understanding your health, built on science, not guesswork, helping you take meaningful action for long-term wellbeing.

Take the first step to understanding your gut health.

Discover Microbiome Explorer at microba.com or speak to your healthcare practitioner about how to get tested

Microba.com

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