



MyMicrobiome Test

Asia's 1st Microbiome & Genetic Testing Organisation

WHO WE ARE



Bione is Asia's 1st direct-to-consumer genetic and microbiome testing organisation with artificial intelligence (AI) for predictive analysis, dietary and lifestyle recommendations. It was founded in 2019 by Dr Surendra K Chikara, a world-renowned genomicist and the first person to bring genomic testing to India. Bione is currently headquartered in Whitefield, Bengaluru.




Our vision is to be a leader in preventive healthcare. We at Bione ensure thorough insights into one's genetic makeup using Next-Generation Sequencing; the personalised genomic data is entirely secure, and customers receive it in the form of user-friendly, easy-to-understand genomic reports.

MyMicrobiome Test



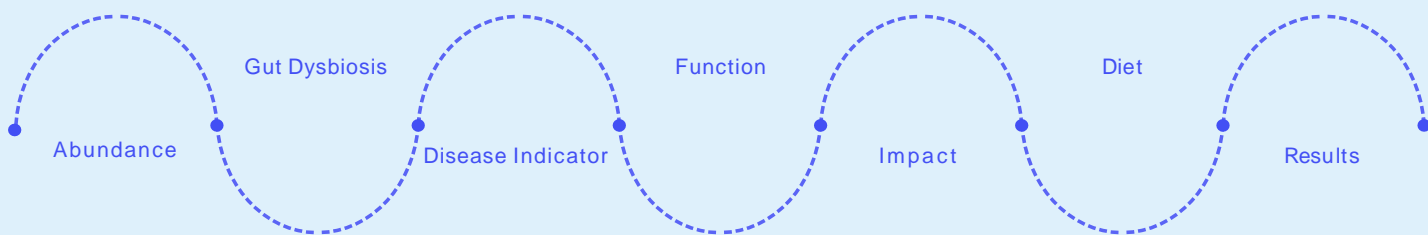
Your code to a Healthy Gut!

Technology

-  Third Generation NGS Technology
-  Long-read NGS Sequencing
-  High-depth coverage

Data Analysis & Reporting

-  B1one GUT AI Technology
-  Advance B1one MMDbs
-  Containing 10+ million rRNA gene seq



Abundance

Discover your gut microbiota



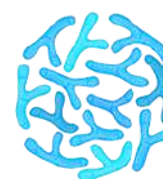
Disease Indicator

Disease causing microbes accumulate over time, changing gene activity which results in various abnormalities



Impact

Understand how your present diet impacts gut microbiota



Gut Dysbiosis

Know your microbial imbalance in gut



Function

Discover how microbes protect you from diseases; help in dietary fibre breakdown, butyrate synthesis, and in optimising vitamin synthesis



MySmart Diet

My food recommendations
My Diet chart



Results

Comprehensive compiled report

Bione MyMicrobiome Test Benefits



Address your Microbiome associated with lifestyle disorder such as Diabetes, Obesity, Hypertension, Depression etc.



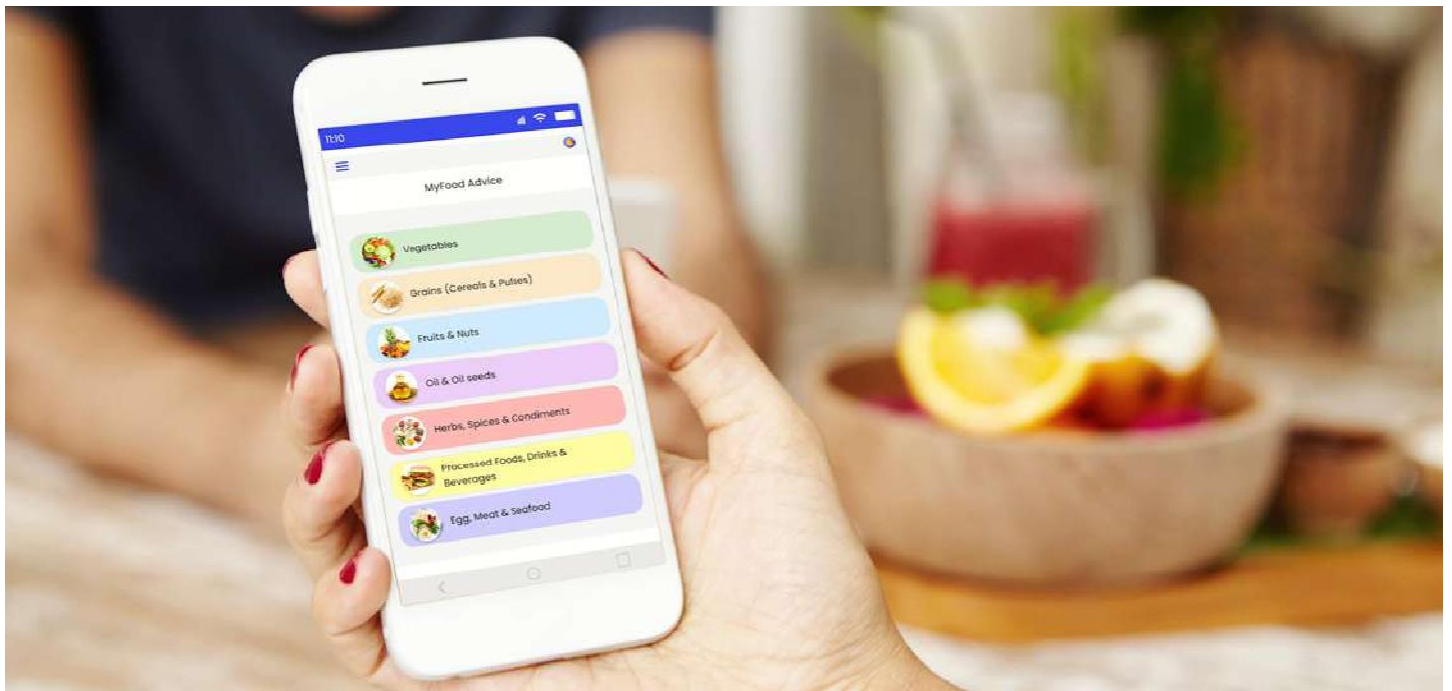
Benefits in understanding gut dysbiosis and how microbes impacts your health.



Understand your unique gut microbiome which influence your immune system digestion, gut brain access and support healthy weight.



Provides ground breaking personalised food and diet recommendation to live healthy life.



Bione MyMicrobiome MySmart Diet

MySmart Diet aims to bring about balance in your gut microbiome and boost your immunity. MySmart Diet comprises two components:

1. MyFood Recommendations

Food recommendations are given based on your unique MyMicrobiome report. They help reduce harmful microbes and make the gut environment more favourable for the growth of good gut bacteria. There are 282+ food items, which are divided into 7 food categories, Vegetables; Grains & Pulses; Fruits & Nuts; Oils & Fats; Herbs, Spices & Condiments; Processed Food & Beverages and Egg, Meat & Seafood.



52+
Vegetables



36+
Grains
& Pulses



44+
Fruits & Nuts



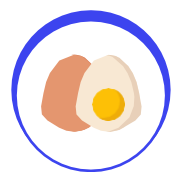
16+
Oils & Fats



36+
Herbs, Spices
& Condiments



70+
Processed Food
& Beverages

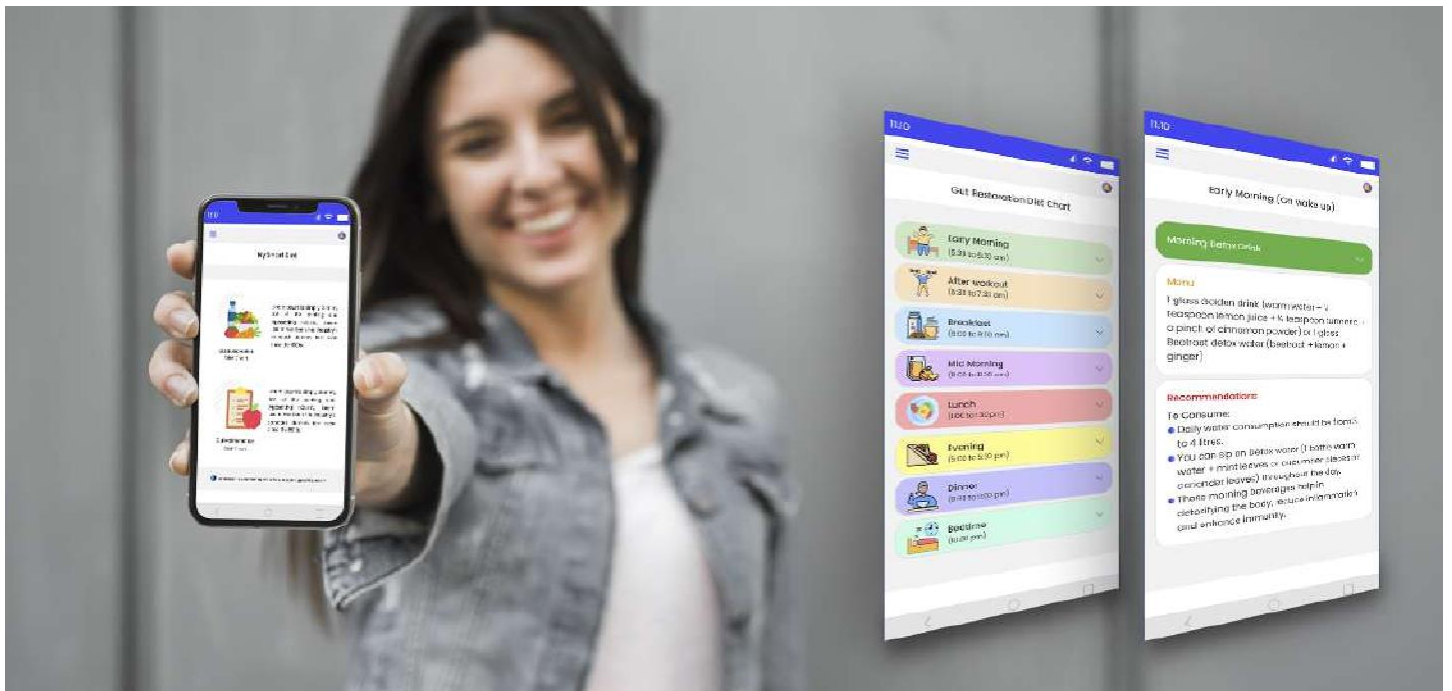


28+
Egg, Meat
& Seafood

To create personalised food recommendations each food category is divided into 4 sub-categories based on your unique gut Microbiome and to increase your gut health.

- 1. Superfood:** The most beneficial food, should be consumed on daily basis according to food recommendations
- 2. Goodfood:** Beneficial food item, should be added in your diet on alternate days along with super foods
- 3. Minimize:** Eat these food in limited amounts, can be consumed once in a week
- 4. Avoid:** Not beneficial for you and must be avoided

Usage: Maximise the **consumption** of recommended **super food** and **good food** items in your regular **day-to-day diet schedule** or for **maximum benefit** follow **Bione MyDiet chart**.



2. MyDiet Chart

MyDiet Chart is your personalised diet chart, which has been planned based on your MyMicrobiome test report, your lifestyle and also your medical history. MyDiet Chart is divided into two phases, comprising of Monday to Sunday diet plans.



1. Gut Restoration Diet Chart (21 Days)

The aim of the diet chart of gut restoration is to enhance good microbes in the gut to create healthy environment. It helps to detoxify the body and restore the healthy gut microbiome.

2. Gut Maintenance Diet Chart (3 Months)

The aim of the diet chart of gut maintenance is to maintain good microbes diversity and also to decrease lifestyle disease causing gut microbiome. Hence, a diet is planned wherein more food options are gradually included.

MyDiet Chart contains Monday to Sunday Diet chart with 6 meals that are taken at different times in the day:

- | | |
|--|---|
|  Pre Breakfast |  Snacks |
|  Breakfast |  Dinner |
|  Lunch |  Bedtime |

Diet & Nutrition Counselling: Bione provides free pretest and as well as posttest, diet & Nutrition counselling through Bione App