

結果詳細	検出された菌種	64種類		検体ID: REG0000001176		
Phylum	Class	Order	Family	Genus	Species	%
Actinobacteria	Actinobacteria	Actinomycetales	Actinomycetace	Actinomyces	odontolyticus	0.03
Actinobacteria	Actinobacteria	Actinomycetales	Micrococcaceae	Rothia	mucilaginosa	0.04
Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriace	Bifidobacterium	breve	1.12
Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriace	Bifidobacterium	dentium	0.10
Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriace	Bifidobacterium	kashiwanohense	0.35
Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriace	Bifidobacterium	longum	7.13
Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriace	Bifidobacterium	pseudocatenulat	4.52
Actinobacteria	Coriobacterii	Coriobacteriales	Coriobacteriace	Eggerthella	(slash calls)	0.05
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	dorei	9.94
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	fragilis	3.47
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	thetaiotaomicron	5.30
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	uniformis	5.43
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	vulgatus	5.30
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	xylanisolvens	7.16
Bacteroidetes	Bacteroidia	Bacteroidales	Porphyromonad	Coprobacter	fastidious	0.62
Bacteroidetes	Bacteroidia	Bacteroidales	Porphyromonad	Parabacteroides	distasonis	3.71
Bacteroidetes	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	putredinis	1.21
Bacteroidetes	Bacteroidia	Bacteroidales	Rikenellaceae	Alistipes	shahii	0.56
Firmicutes	Bacilli	Bacillales	Bacillaceae	Bacillus	(slash calls)	0.07
Firmicutes	Bacilli	Bacillales	Bacillaceae	Bacillus	subtilis	0.05
Firmicutes	Bacilli	Lactobacillales	Carnobacteriace	Granulicatella	adiacens	0.14
Firmicutes	Bacilli	Lactobacillales	Enterococcace	Enterococcus	avium	0.10
Firmicutes	Bacilli	Lactobacillales	Lactobacillaceae	Lactobacillus	(genus level ID o	0.10
Firmicutes	Bacilli	Lactobacillales	Lactobacillaceae	Lactobacillus	rogosae	0.06
Firmicutes	Bacilli	Lactobacillales	Streptococcace	Streptococcus	(slash calls)	1.22
Firmicutes	Bacilli	Lactobacillales	Streptococcace	Streptococcus	lactarius	0.48
Firmicutes	Bacilli	Lactobacillales	Streptococcace	Streptococcus	lutetiensis	0.04
Firmicutes	Bacilli	Lactobacillales	Streptococcace	Streptococcus	pasteurianus	1.59
Firmicutes	Bacilli	Lactobacillales	Streptococcace	Streptococcus	thermophilus	0.05
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	(family level ID only)		0.59
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	(genus level ID o	0.06
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	(slash calls)	0.02
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	bolteae	0.10
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	nexile	0.78
Firmicutes	Clostridia	Clostridiales	Eubacteriaceae	Eubacterium	hallii	4.04
Firmicutes	Clostridia	Clostridiales	Eubacteriaceae	Eubacterium	ramulus	0.09
Firmicutes	Clostridia	Clostridiales	Eubacteriaceae	Eubacterium	rectale	3.14
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	(family level ID only)		0.04
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	(slash calls)		0.11
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Blautia	(genus level ID o	0.41
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Blautia	producta	0.06
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Blautia	wexlerae	1.47
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Dorea	formicigenerans	0.03
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Eubacterium	hadrum	0.65
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Lachnospira	(genus level ID o	0.03
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Roseburia	(genus level ID o	0.03
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Ruminococcus	gnavus	1.61
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	Ruminococcus	torques	0.03
Firmicutes	Clostridia	Clostridiales	Lachnospiracea	[Ruminococcus]	gnavus	0.96
Firmicutes	Clostridia	Clostridiales	Peptostreptococ	Clostridium	barttlettii	0.63
Firmicutes	Clostridia	Clostridiales	Ruminococcace	(family level ID only)		0.28
Firmicutes	Clostridia	Clostridiales	Ruminococcace	(slash calls)		0.05
Firmicutes	Clostridia	Clostridiales	Ruminococcace	Faecalibacterium	prausnitzii	18.08
Firmicutes	Clostridia	Clostridiales	Ruminococcace	Ruminococcus	bromii	3.75
Firmicutes	Clostridia	Clostridiales	Ruminococcace	Ruminococcus	sp.	0.08
Firmicutes	Erysipelotrichi	Erysipelotrichale	Erysipelotrichac	(slash calls)		0.05
Firmicutes	Erysipelotrichia	Erysipelotrichale	Erysipelotrichac	Clostridium	ramosum	1.20
Firmicutes	Negativicutes	Selenomonadale	Veillonellaceae	Megasphaera	micronucleiformis	0.20
Firmicutes	Negativicutes	Selenomonadale	Veillonellaceae	Veillonella	(slash calls)	0.07
Firmicutes	Negativicutes	Selenomonadale	Veillonellaceae	Veillonella	alcalescens	0.03
Firmicutes	Negativicutes	Selenomonadale	Veillonellaceae	Veillonella	criceti	0.09
Firmicutes	Negativicutes	Selenomonadale	Veillonellaceae	Veillonella	parvula	0.25
Firmicutes	Negativicutes	Selenomonadale	Veillonellaceae	Veillonella	ratti	0.04
Proteobacteria	Betaproteobacte	Burkholderiales	Sutterellaceae	Sutterella	wadsworthensis	0.97
ヒフィズス菌、乳酸菌、酪酸菌						
食物繊維や発酵食品は摂取できているようです。						

多様性を上げる、ルミノコッカス、ユバクテリウムやラクノスピラなどの食物繊維や発酵食品以外のもので足りないもの

たんぱく質が足りないように感じます

口が乾いてませんか。

口腔内もチェックしましょう。

お水も豆まめに飲もましょう