

結果詳細	検出された菌種数 42種類							結果詳細	検出された菌種数 67種類						
Phylum	Class	Order	Family	Genus	Species	%		Phylum	Class	Order	Family	Genus	Species	%	
Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriaceae	Bifidobacterium	breve	0.08		Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriaceae	Bifidobacterium	breve	0.16	
Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriaceae	Bifidobacterium	longum	6.01		Actinobacteria	Actinobacteria	Bifidobacteriales	Bifidobacteriaceae	Bifidobacterium	longum	8.66	
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	(slash calls)	0.07	new	Actinobacteria	Actinobacteria	Coriobacteriales	Coriobacteriaceae	Eggerthella	lenta	0.08	
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	dorei	2.14		Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	dorei	0.91	
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	ovatus	11.27		Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	ovatus	9.22	
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	plebeius	13.47		Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	plebeius	10.36	
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	uniformis	12.48		Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	uniformis	5.78	
Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	vulgatus	21.40		Bacteroidetes	Bacteroidia	Bacteroidales	Bacteroidaceae	Bacteroides	vulgatus	27.38	
Bacteroidetes	Bacteroidia	Bacteroidales	Prevotellaceae	(family level ID only)		0.03	new	Firmicutes	Bacilli	Bacillales	Bacillaceae	Bacillus	(slash calls)	0.43	
Firmicutes	Bacilli	Lactobacillales	Enterococcaceae	Enterococcus	gilvus	0.04	new	Firmicutes	Bacilli	Bacillales	Bacillaceae	Bacillus	subtilis	0.24	
Firmicutes	Bacilli	Lactobacillales	Enterococcaceae	Enterococcus	raffinosis	0.02	new	Firmicutes	Bacilli	Lactobacillales	Carnobacteriaceae	Granulicatella	adiacens	0.02	
Firmicutes	Bacilli	Lactobacillales	Streptococcaceae	Streptococcus	(genus level ID c	0.02	new	Firmicutes	Bacilli	Lactobacillales	Enterococcaceae	Enterococcus	avium	0.09	
Firmicutes	Bacilli	Lactobacillales	Streptococcaceae	Streptococcus	(slash calls)	0.30	new	Firmicutes	Bacilli	Lactobacillales	Lactobacillaceae	Lactobacillus	(genus level ID c	0.29	
Firmicutes	Bacilli	Lactobacillales	Streptococcaceae	Streptococcus	salivarius	0.69		Firmicutes	Bacilli	Lactobacillales	Lactobacillaceae	Pediococcus	loli	0.31	
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Butyricicoccus	(genus level ID c	0.20		Firmicutes	Bacilli	Lactobacillales	Streptococcaceae	Streptococcus	salivarius	0.09	
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Butyricicoccus	pullicaecorum	0.22		Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Butyricicoccus	(genus level ID c	0.1	
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	bolteae	0.11		Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Butyricicoccus	pullicaecorum	0.09	
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	hirononis	0.07	new	Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	bolteae	0.28	
Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	sp.	0.03		Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	disporicum	0.02	
Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	(slash calls)		0.12	new	Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	hirononis	0.28	
Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Anaerostipes	caccae	0.05	new	Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	nexile	0.26	
Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Blautia	obeum	0.15	new	Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	sp.	0.19	
Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Blautia	wexlerae	2.68		Firmicutes	Clostridia	Clostridiales	Clostridiaceae	Clostridium	symbiosum	0.02	
Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Lachnoclostridium	indolis	0.29		Firmicutes	Clostridia	Clostridiales	Eubacteriaceae	(family level ID only)		0.02	
Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Roseburia	intestinalis	19.59		Firmicutes	Clostridia	Clostridiales	Eubacteriaceae	Eubacterium	(genus level ID c	0.04	
Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Ruminococcus	gnavus	0.56		Firmicutes	Clostridia	Clostridiales	Eubacteriaceae	Eubacterium	callanderi	0.13	
Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	[Ruminococcus]	gnavus	0.04		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	(family level ID only)		0.29	
Firmicutes	Clostridia	Clostridiales	Peptostreptococ	Clostridium	bartlettii	0.95		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Anaerostipes	(slash calls)	0.06	
Firmicutes	Clostridia	Clostridiales	Peptostreptococ	Clostridium	lituseburens	0.05		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Blautia	(genus level ID c	0.03	
Firmicutes	Clostridia	Clostridiales	Peptostreptococ	Romboutsia	ilealis	0.02		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Blautia	coccoides	0.02	
Firmicutes	Clostridia	Clostridiales	Ruminococcaceae	(slash calls)		0.62		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Blautia	glucerasea	0.05	
Firmicutes	Clostridia	Clostridiales	Ruminococcaceae	Faecalibacterium	prausnitzii	2.86		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Blautia	producta	0.07	
Firmicutes	Clostridia	Clostridiales	Ruminococcaceae	Ruminococcus	sp.	1.54		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Blautia	sp.	0.07	
Firmicutes	Clostridia	Clostridiales	unclassified Clos	Flavonifractor	plautii	0.03		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Blautia	wexlerae	10.14	
Firmicutes	Erysipelotrichia	Erysipelotrichale	Erysipelotrichaceae	Clostridium	innocuum	0.05		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Lachnoclostridium	(genus level ID c	0.02	
Firmicutes	Erysipelotrichia	Erysipelotrichale	Erysipelotrichaceae	Clostridium	ramosum	0.96		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Lachnoclostridium	indolis	0.26	
Firmicutes	Erysipelotrichia	Erysipelotrichale	Erysipelotrichaceae	Turicibacter	sanguinis	0.10		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Lachnospira	pectinoschiza	0.22	
Firmicutes	Negativicutes	Selenomonadales	Veillonellaceae	(family level ID only)		0.26		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Roseburia	faecis	0.45	
Firmicutes	Negativicutes	Selenomonadales	Veillonellaceae	Veillonella	(genus level ID c	0.28		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Roseburia	inulinivorans	0.21	
Firmicutes	Negativicutes	Selenomonadales	Veillonellaceae	Veillonella	cricti	0.02		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Ruminococcus	gnavus	1.12	
Firmicutes	Negativicutes	Selenomonadales	Veillonellaceae	Veillonella	ratti	0.06		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	Ruminococcus	torques	1.07	
Proteobacteria	Betaproteobacteria	Burkholderiales	Sutterellaceae	Sutterella	sp.	0.07		Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	[Ruminococcus]	(genus level ID c	0.13	
								Firmicutes	Clostridia	Clostridiales	Lachnospiraceae	[Ruminococcus]	gnavus	2.69	
								Firmicutes	Clostridia	Clostridiales	Peptoniphilaceae	(family level ID only)		0.02	
以前気になった細菌は検出されていませんでした								Firmicutes	Clostridia	Clostridiales	Peptostreptococ	Clostridium	bartlettii	3.76	
多様性が低くなってしまったのでもう少しずつ増やしましょう								Firmicutes	Clostridia	Clostridiales	Peptostreptococ	Clostridium	difficile	0.03	
フェカリバクテリウムを増やすために水溶性食物繊維と酢のものを意識してみましょう								Firmicutes	Clostridia	Clostridiales	Peptostreptococ	Clostridium	lituseburens	0.6	
以前はバチルスが検出されていたのでまた納豆を摂取摂取してもいいかと思います。								Firmicutes	Clostridia	Clostridiales	Peptostreptococ	Romboutsia	ilealis	0.09	
運動不足と睡眠不足が影響した細菌構成です。								Firmicutes	Clostridia	Clostridiales	Ruminococcaceae	(family level ID only)		0.11	
								Firmicutes	Clostridia	Clostridiales	Ruminococcaceae	Faecalibacterium	prausnitzii	4.08	

								Firmicutes	Clostridia	Clostridiales	Ruminococcaceae	Ruminococcus	sp.	1.05
								Firmicutes	Clostridia	Clostridiales	unclassified Clostridia	Flavonifractor	plautii	0.21
								Firmicutes	Erysipelotrichi	Erysipelotrichales	Erysipelotrichaceae	(family level ID only)		0.02
								Firmicutes	Erysipelotrichi	Erysipelotrichales	Erysipelotrichaceae	(slash calls)		0.5
								Firmicutes	Erysipelotrichia	Erysipelotrichales	Erysipelotrichaceae	Clostridium	innocuum	0.04
								Firmicutes	Erysipelotrichia	Erysipelotrichales	Erysipelotrichaceae	Clostridium	ramosum	0.8
								Firmicutes	Negativicutes	Selenomonadales	Veillonellaceae	(family level ID only)		0.02
								Firmicutes	Negativicutes	Selenomonadales	Veillonellaceae	Veillonella	(genus level ID only)	0.11
								Firmicutes	Negativicutes	Selenomonadales	Veillonellaceae	Veillonella	cricketi	3.04
								Firmicutes	Negativicutes	Selenomonadales	Veillonellaceae	Veillonella	ratti	1.61
								Proteobacteria	Betaproteobacteria	Burkholderiales	Sutterellaceae	Sutterella	sp.	0.99
								Proteobacteria	Epsilonproteobacteria	Campylobacteres	Campylobacteraceae	Campylobacter	hominis	0.02
								Proteobacteria	Gamma proteobacteria	Enterobacteriales	Enterobacteriaceae	(slash calls)		0.02
								Proteobacteria	Gamma proteobacteria	Enterobacteriales	Enterobacteriaceae	Escherichia/Shigella (slash calls)		0.06
								Proteobacteria	Gamma proteobacteria	Enterobacteriales	Enterobacteriaceae	Escherichia/Shigella coli		0.38
								Proteobacteria	Gamma proteobacteria	Enterobacteriales	Enterobacteriaceae	Escherichia/Shigella coli/dysenteriae		0.05
								Proteobacteria	Gamma proteobacteria	Enterobacteriales	Enterobacteriaceae	Proteus	(slash calls)	0.05