

GUT HEALTH TEST

HOME HEALTH BLOOD SPOT TEST TO TRACK GUT AND METABOLIC ACTIVITY



PRODUCT HIGHLIGHTS

Your gut microbiota influences everything from digestion and immunity to metabolism and mood. The Gut Health Test reveals its functional output — what your gut bacteria are actually producing — and how that activity is affecting you. With just a quick finger prick and a drop of blood, it measures three key tryptophan-derived compounds:

- Indole-3-propionic acid (IPA), a beneficial metabolite produced by gut bacteria.
- Kynurenine (KYN), a metabolite formed in your body during immune activation.
- Tryptophan (TRP), an essential amino acid from your diet.

These results show how tryptophan is being converted — towards beneficial IPA or stress responding kynurenine — and are presented as five clear health markers: your Gut Health Index, IPA level, and three key ratios. Unlike stool-based tests that only identify which bacteria are present, this test goes further — showing how well they are working for you, without the hassle of fecal sampling.

KEY BENEFITS

- ▶ Measures functional output – revealing how your gut bacteria and body work together to produce health-linked metabolites.
- ▶ Science-backed markers – analyzes three key tryptophan-related metabolites linked to gut, immune, and metabolic health.
- ▶ Advanced analysis – uses HPLC-UV-FLD technology for high-precision results.
- ▶ Balance insights – shows how a protective metabolite from gut bacteria relates to other insightful markers.
- ▶ Clear scoring – your results distilled into an easy-to-read Gut Health Index.
- ▶ Personalized guidance – tailored diet and lifestyle recommendations, with a focus on fiber and polyphenols, based on your unique results.
- ▶ Simple at-home self-test – dried blood spot (DBS) collection, no stool sample required.

HOW IT WORKS

With a quick finger prick, you collect a dried blood spot sample. Our GMP-certified partner laboratory measures three key tryptophan-related metabolites in your blood — Indole-3-propionic acid (IPA), Tryptophan (TRP), and Kynurenine (KYN). From these values, we calculate ratios that reflect the balance between beneficial gut bacterial activity (IPA) and immune pathways in your body.

Your results and personalized recommendations are delivered securely and anonymously via zinzinotest.com.

For best and most consistent results: Take the test in the morning after a water-only overnight fast of at least 10 hours and repeat it every **120 days** to track your health journey.

For accurate comparisons over time, take each test under similar conditions — fasted, and not the morning after excessive alcohol intake, illness, or unusually intense exercise.

WHAT YOU GET

When your results are ready, you'll receive:

- **5 actionable insights** – your Gut Health Index, IPA level, and three key metabolite ratios, each with guidance to improve or maintain them
- **Your Gut Health Index** – an easy-to-understand summary of your gut-microbe-immune metabolite balance.
- **Detailed metabolite data** – precise concentrations of IPA, TRP, and KYN in your blood.
- **Key ratio analysis** – clear explanations of key ratios and what they mean for your gut-immune-metabolic balance.
- **Personalized recommendations** – science-based guidance on diet and lifestyle (such as fiber and polyphenols) to help improve or maintain your results over time.

WHAT WE MEASURE

This test focuses on three scientifically important compounds:

- **Indole-3-propionic acid (IPA) – IPA level** – a beneficial metabolite produced exclusively by gut bacteria from dietary tryptophan. Higher levels are linked to stronger gut barrier integrity and protection against oxidative stress. IPA is increasingly recognized as a key indicator of gut microbiota function and overall resilience.
- **Tryptophan (TRP)** – an essential amino acid obtained from the diet that serves as the precursor (starting material) for both IPA and kynurenine. Tryptophan availability and how it is metabolized can influence gut health, immune function and metabolic balance.
- **Kynurenine (KYN)** – a metabolite produced from tryptophan through the kynurenine pathway, often activated by increased immune stress. Higher kynurenine levels and an elevated KYN:TRP ratio are linked to increased immune activation and a shift away from beneficial microbial metabolite production.

We also calculate these key ratios:

- **IPA:TRP ratio – Gut microbiome efficiency** – reflects the proportion of dietary tryptophan converted by gut bacteria into IPA, influenced by gut microbiota composition and diet.
- **KYN:TRP ratio – Immune stress indicator** – an established marker of immune activation and load.

- **IPA:KYN ratio – Microbiome immune support** – a relative balance score showing the relationship between protective and stress-driven pathways in tryptophan metabolism.

Your report also includes a **Gut Health Index**, integrating all measured markers and ratios into a clear, easy-to-understand overview of your of gut-immune-metabolic balance.

WHY TRYPTOPHAN METABOLISM MATTERS

Tryptophan metabolism is increasingly recognized as a critical hub connecting gut, immune, brain, and metabolic health. Gut bacteria transform tryptophan into a range of indole metabolites, including IPA – a health-supporting metabolite that supports gut barrier integrity, modulates immune responses, and helps protect against oxidative stress.

Emerging research shows that higher IPA levels are linked to metabolic flexibility, glucose regulation, and immune function. Conversely, when tryptophan metabolism is dysregulated, more of it is diverted into the kynurenine pathway – a route often triggered by your body's stress responses.

This metabolic crossroad between the body and gut bacteria is no longer a scientific curiosity – it is now seen as a cornerstone of intestinal and systemic homeostasis. By decoding your tryptophan metabolism profile, this test reveals the functional output of your gut bacteria and how it relates to immune and metabolic pathways – empowering you to make targeted, evidence-based changes to support long-term health from the inside out.

CERTIFIED & SECURE TESTING

- **Independent laboratory** – analyzed by Vitas, a GMP-certified lab with 25+ years of experience in high-quality chromatographic analysis.
- **Anonymous results** – your sample is linked only to your unique test ID; neither Zinzino nor the lab can identify you.
- **Certified kit** – complies with EU regulation 98/79/EB for in vitro diagnostic medical devices and carries the CE mark.

TAKING YOUR TEST

1. For optimal accuracy, perform this test on an empty stomach. Take your test in the morning after an overnight fast of at least 10 hours and complete it before consuming any food.

Only water is permitted during the fasting period. Zinzino Test is an approved in vitro diagnostics product for personal blood sample collection at home.

– First wash your hands with soap and rinse well with warm water and dry them.

2. Take out the **sample card** from the paper envelope.

Save the envelope for later use.

Tear off the SAVE part on the sample card and take a picture of the Test ID. You can ONLY see YOUR test result with your anonymous Test ID. Place the card with the two circles facing up on the table.

3. Stimulate blood flow by making big circles with your arm or shaking the hand downwards for 20 seconds.

4. Take out the single-use lancet. Remove the transparent safety cap and the lancet is ready to use.

Use alcohol wipe to clean the tip of your finger (middle finger is recommended).

Place the lancet against the lower part of the fingertip facing the collection paper on the table. Push the top of the lancet towards the finger until you hear a click. The lancet will automatically make a small prick in the finger.

5. Do not touch the filter paper with your fingers.

6. Fill one circle at a time with blood. Squeeze your finger gently and wait for a drop of blood to fall inside the circle by itself. If one drop of blood does not cover the circle, allow one more drop from your finger to drip immediately.

Leave the sample card in a horizontal position in room temperature for at least 10 minutes for the samples to dry well.

7. Insert the **sample card** back into the paper envelope. Then place the paper envelope into the metal bag and **close it**.

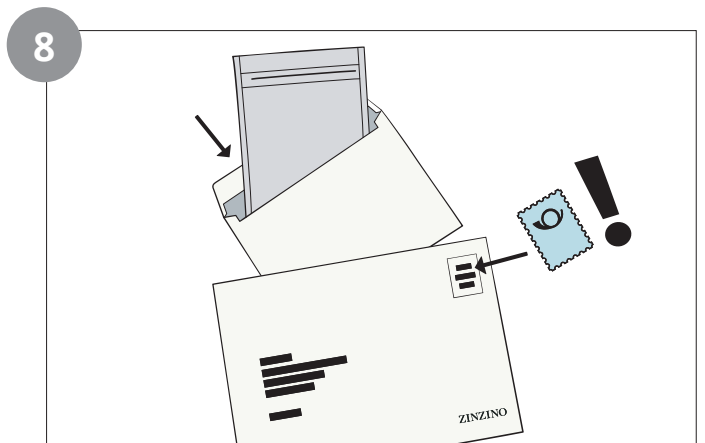
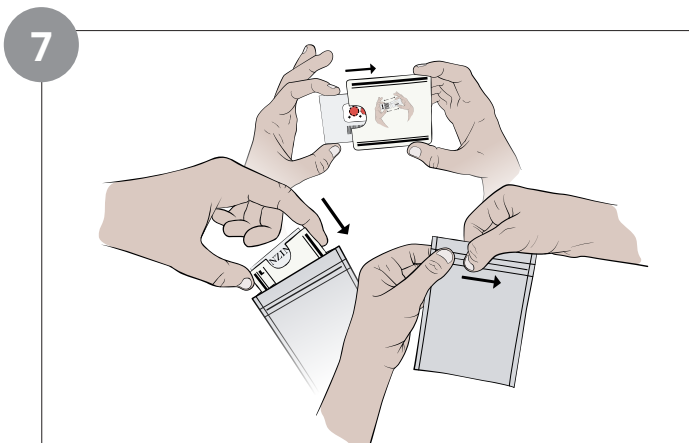
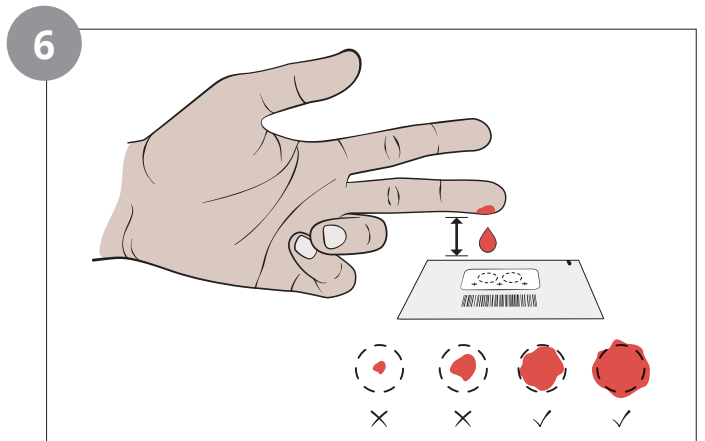
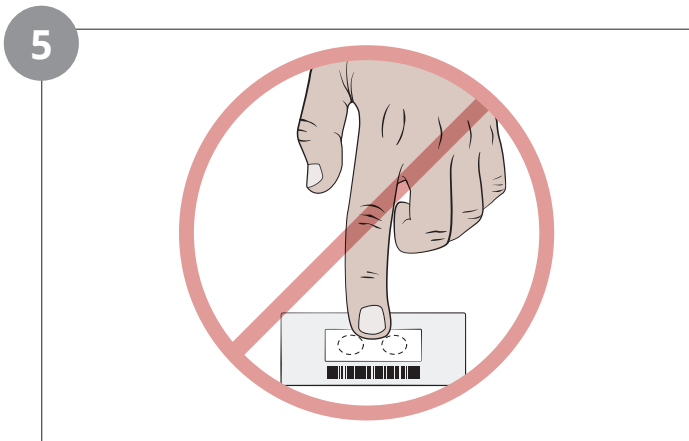
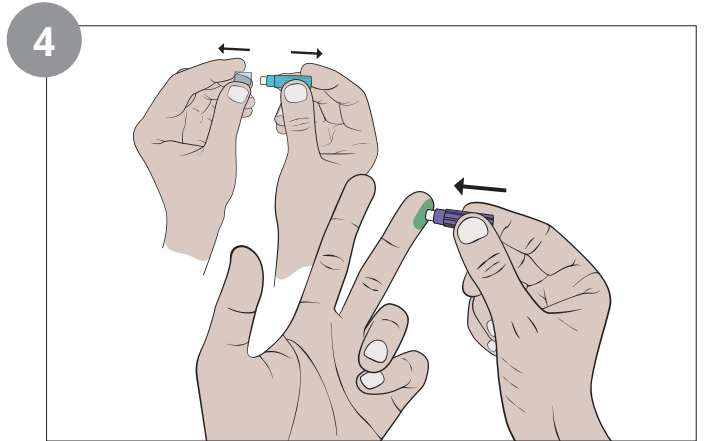
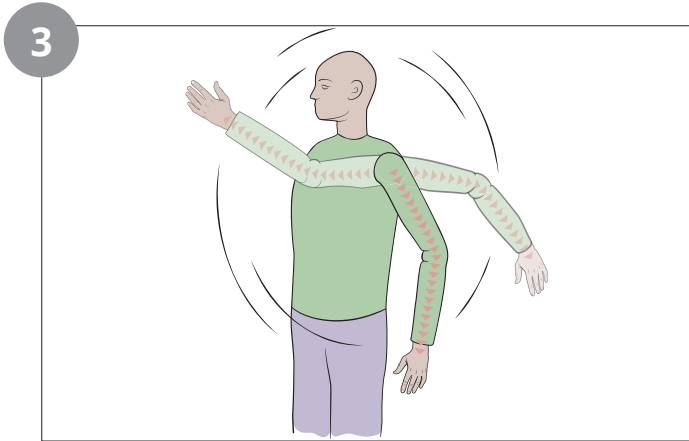
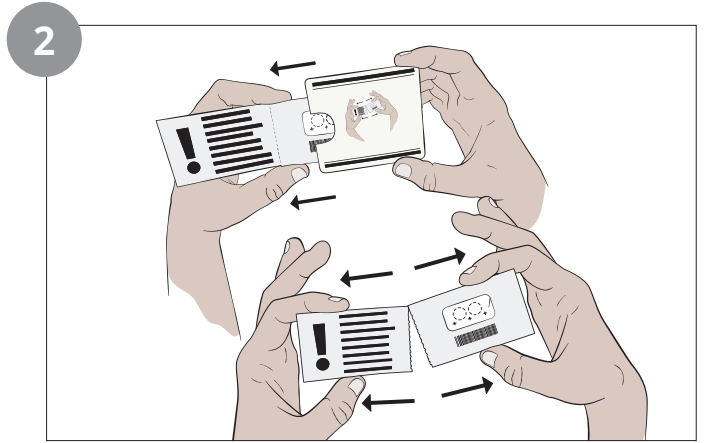
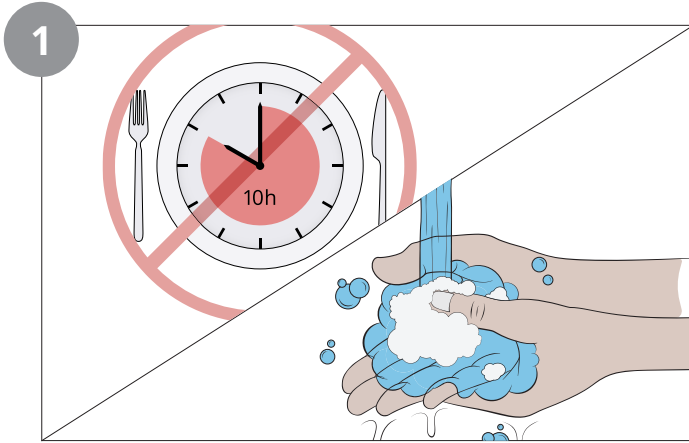
IMPORTANT: Do not remove desiccant packet inside the metal bag.

8. Place the closed metal bag into the big envelope with the laboratory address on it. **NOTE:** You MUST put the correct amount of postage stamps on the envelope before you put it in the mail box.

Go to internet and register your test code on **www.zinzinotest.com**. This is the web page where you can see your test results later. It takes 10–20 days until your result is ready.

IMPORTANT: Keep the SAVE part of the card. You can ONLY see YOUR test result on the internet with your anonymous Test ID.





GUT HEALTH TEST 肠道健康检测

家庭健康血斑检测，追踪肠道与代谢活动



产品亮点

肠道菌群影响着消化、免疫、代谢和情绪的方方面面。肠道健康检测可以揭示其功能性产出，即肠道菌群实际产生的物质，以及这些活动如何影响您的健康。只需轻刺手指，取一滴血，即可检测三种关键色氨酸衍生物：

- 吲哚-3-丙酸 (IPA)，一种由肠道菌群产生的有益代谢物。
- 犬尿氨酸 (KYN)，一种在免疫激活期间在您体内形成的代谢物。
- 色氨酸 (TRP)，一种来自日常饮食的必需氨基酸。

这些结果表明色氨酸是如何转化为有益的 IPA 或应激反应的犬尿氨酸的，并以五项清晰的健康指标呈现：肠道健康指数、IPA 水平和三项关键比率。与仅能识别存在哪些细菌的粪便检测不同，这项检测能更进一步显示这些细菌对您的健康有多大帮助，且无需麻烦的粪便采样。

主要益处

- ▶ 测量功能性产出——揭示肠道菌群与身体如何协同作用产生影响健康的代谢物。
- ▶ 科学支持的标志物——分析与肠道、免疫和代谢健康相关的三种关键色氨酸相关代谢物。
- ▶ 高级分析——采用 HPLC-UV-FLD 技术实现高精度检测结果。
- ▶ 平衡洞察——揭示肠道菌群产生的保护性代谢物与其他关键指标之间的关联。
- ▶ 清晰评分——您的检测结果精简为易于理解的肠道健康指数。
- ▶ 个性化指导——根据您的独特检测结果，提供量身定制的饮食和生活方式建议，重点关注膳食纤维和多酚的摄入。
- ▶ 简易居家自测——采集干血斑 (DBS)，无需提供粪便样本。

ZINZINO

检测原理

只需轻刺手指，即可采集干血斑样本。我们的 GMP 认证合作实验室将检测您血液中与色氨酸相关的三种关键代谢物——吲哚-3-丙酸 (IPA)、色氨酸 (TRP) 和犬尿氨酸 (KYN)。基于这些数值，我们计算出反映有益肠道菌群活性 (IPA) 与体内免疫通路之间平衡状况的比率。

您的检测结果和个性化建议将通过 zinzinotest.com 安全且匿名地发送给您。

为了获得最佳和最一致的结果：请在早晨空腹状态下进行检测，前一晚需至少禁食 10 小时（仅饮水），并每 **120** 天重复检测一次，以追踪您的健康历程。

为确保随时间推移的准确对比，每次检测应在相似条件下进行，即空腹状态，且避免在过量饮酒、患病或剧烈运动后的次日进行。

您将得到什么

当您的结果准备就绪时，您将收到：

- **5 项可操作性见解**——您的肠道健康指数、IPA 水平及三项关键代谢物比率，每项均附有改善或维持的指导建议
- **肠道健康指数**——清晰呈现肠道微生物、免疫系统与代谢物平衡状态的简明概览。
- **详细的代谢物数据**——血液中 IPA、TRP 和 KYN 的精确浓度。
- **关键比率分析**——清晰阐释关键比率及其对肠道-免疫-代谢平衡的意义。
- **个性化建议**——基于科学依据的饮食与生活方式指导（例如膳食纤维和多酚），助您长期改善或维持您的结果。

测量内容

本检测重点关注三种具有重要科学意义的化合物：

- **吲哚-3-丙酸 (IPA)** —— **IPA 水平** ——一种由肠道菌群从膳食色氨酸中专属产生的有益代谢物。更高的水平与更强的肠道屏障完整性和抗氧化应激保护有关。IPA 越来越被认为是肠道微生物群功能和整体恢复力的关键指标。
- **色氨酸 (TRP)** ——从日常饮食中获得的一种必需氨基酸，可作为 IPA 和犬尿氨酸的前体（起始物质）。色氨酸的可用性及其代谢方式会影响肠道健康、免疫功能和代谢平衡。
- **犬尿氨酸 (KYN)** ——一种由色氨酸经犬尿氮通路产生的代谢物，常因免疫压力增加而激活。更高的犬尿氨酸水平和更高的 KYN:TRP 比率与免疫激活增加和有益微生物代谢物产生减少有关。

我们还计算以下关键比率：

- **IPA:TRP 比率——肠道微生物组效率**——反映了膳食色氨酸经肠道菌群转化为 IPA 的比例，受肠道微生物群组成和饮食影响。
- **KYN:TRP 比率——免疫应激指标**——免疫激活与负荷的公认标志物。
- **IPA:KYN 比率——微生物组免疫支持**——一种显示色氨酸代谢中保护性与应激驱动通路之间关系的相对平衡评分。

您的报告还包括**肠道健康指数**，将所有检测指标和比率整合为清晰易懂的概览，全面呈现您的肠道-免疫-代谢平衡状况。

为什么色氨酸代谢很重要

色氨酸代谢越来越被认为是连接肠道、免疫、大脑和代谢健康的关键枢纽。肠道菌群将色氨酸转化为一系列吲哚代谢物，包括 IPA，一种有益健康的代谢物，它能维持肠道屏障完整性、调节免疫反应，并帮助抵御氧化应激。

新兴研究表明，更高的 IPA 水平与代谢灵活性、葡萄糖调节和免疫功能有关。相反，当色氨酸代谢失调时，更多的被转移到犬尿氨酸通路中，该通路通常由身体的压力反应触发。

人体与肠道菌群之间的这种代谢交叉点，已不再是科学界的奇观，如今它被视为维持肠道与全身稳态的基石。通过解析您的色氨酸代谢谱，本检测可以揭示肠道菌群的功能性产出及其与免疫和代谢通路的关联，助您制定精准、循证的改善方案，从内而外守护长期健康。

经认证的安全检测

- **独立实验室**——由 Vitas 进行分析，Vitas 是一家经过 GMP 认证的实验室，在高质量色谱分析方面拥有 25 年以上的经验。
- **匿名结果**——您的样本仅与您的唯一检测 ID 相关联；Zinzino 和实验室均无法识别您的身份。
- **经认证的套件**——符合欧盟体外诊断医疗器械法规 98/79/EC，并带有 CE 标志。

进行检测

1. 为了确保最佳准确性，请空腹执行此检测。请在早晨空腹状态下进行检测，前一晚需至少禁食 10 小时，并在进食前完成检测。

禁食期间只允许饮水。Zinzino 测试是经过批准、并用于家中进行个人血样采集的体外诊断产品。

- 首先用肥皂洗手，然后用温水冲洗干净并擦干。

2. 从纸卡套取出样本卡片。

保存纸卡套以供后续使用。

撕下样本卡片上的“SAVE”（保存）部分，并拍张检测 ID 的照片。您只能使用自己的匿名检测 ID 查看您的检测结果。将样本卡放在桌上，有两个圆圈的那一面朝上。

3. 手臂划大圈或向下抖动手 20 秒，以刺激血液流动。

4. 将一次性刺血针取出。取下透明安全盖，刺血针即可使用。

用酒精擦拭和清洁指尖（建议使用中指）。

面向桌上的采集纸，将刺血针放在指尖后半部的位置。将刺血针的顶部推向手指，直到听到喀哒声。刺血针会自动在手指上刺一下。

5. 请勿用手指触碰滤纸。

6. 让血液填满圆圈，每次填满一个圆圈。轻轻挤压您的手指，让一滴血液自行滴落至圆圈中。如果一滴血液没能填满圆圈，可立即让手指再滴一滴血液。

将样本卡片在室温下水平放置至少 10 分钟，以使样本充分干燥。

7. 将样本卡片重新插入纸卡套。然后将纸卡套放入铝箔袋中并**合上**。

重要提示：请勿去除铝箔袋内的干燥袋。

8. 将密闭的铝箔袋放入带有实验室地址的大信封中。注意：在放入信箱之前，必须在信封上贴上正确数量的邮票。

上网并在 www.zinzinotest.com 上登记您的检测编码。这是您以后可以看到检测结果的网页。您需要等待 10 至 20 天的时间才能得到结果。

重要提示：保留卡片的“SAVE”（保存）部分。您只能使用您的匿名检测 ID 在网上查看您本人的检测结果。



