DEEPCARE

AT-HOME KIT

GI MAP

A stool panel that names what is in your gut. Pathogens, virulence factors, opportunists, commensals, and the inflammation markers that hint at what they are doing.

PRICE	TURNAROUND	SAMPLE
CHF 399	21 days	Stool

WHAT THIS MEASURES

66 markers across pathogens, commensals and inflammation.

GI MAP uses qPCR. Quantitative DNA detection. To name the organisms in a single stool sample down to species and, for the clinically important ones, down to the genes that make them risky. It then layers 8 inflammation and mucosal-function markers plus a zonulin add-on on top, so the same report shows both who is there and how the gut is reacting. Sixty-six markers in one collection.

Pathogens & virulence factors	H. pylori (with CagA, VacA and other virulence-factor genes), C. difficile toxins A and B, pathogenic E. coli strains, Salmonella, Shigella, Yersinia.
Parasites & yeasts	Giardia, Cryptosporidium, Blastocystis, Entamoeba, Candida albicans, other Candida species, microsporidia.
Opportunists & overgrowth	Klebsiella, Proteus, Pseudomonas, Streptococcus, Citrobacter, Methanobrevibacter (the methane producer behind a lot of IMO-pattern bloating).
Inflammation & function	Calprotectin (intestinal inflammation), secretory IgA (mucosal immunity), beta-glucuronidase (oestrogen recirculation marker), pancreatic elastase (digestion).

WHAT THE REPORT LOOKS LIKE

Every organism, every marker.

Every row is one organism or marker measured by qPCR against a clinical threshold or reference range. Below is the complete 66-marker panel for a representative sample, not a real patient.

Bacterial pathogens (copies/g)

Campylobacter (Camp)	< 1.00 × 10³	< 1.00 × 10³	
C. difficile Toxin A (Tcd A)	8.50 × 10³	< 1.00 × 10³	
C. difficile Toxin B (Tcd B)	6.20 × 10³	< 1.00 × 10³	
Enterohemorrhagic E. coli (EHEC)	< 1.00 × 10³	< 1.00 × 10³	
E. coli O157 (O157)	< 1.00 × 10³	< 1.00 × 10³	
Enteroinvasive E. coli / Shigella (EIEC)	< 1.00 × 10³	< 1.00 × 10³	
Enterotoxigenic E. coli LT/ST (ETEC)	< 1.00 × 10³	< 1.00 × 10³	
Shiga-like Toxin E. coli stx1 (stx1)	< 1.00 × 10³	< 1.00 × 10³	
Shiga-like Toxin E. coli stx2 (stx2)	< 1.00 × 10³	< 1.00 × 10³	
Salmonella (Sal)	< 1.00 × 10³	< 1.00 × 10³	
Vibrio cholerae (Vch)	< 1.00 × 10³	< 1.00 × 10³	
Yersinia enterocolitica (Yer)	< 1.00 × 10³	< 1.00 × 10³	

Within reference · Borderline · Outside reference

Parasitic & viral pathogens (copies/g)

Cryptosporidium (Cry)	< 1.00 × 10³	< 1.00 × 10³	
Entamoeba histolytica (Eh)	< 1.00 × 10³	< 1.00 × 10³	
Giardia (Gl)	< 1.00 × 10³	< 1.00 × 10³	
Adenovirus 40 / 41 (Adv)	< 1.00 × 10³	< 1.00 × 10³	
Norovirus GI / II (NoV)	< 1.00 × 10³	< 1.00 × 10³	

H. pylori & virulence factors (copies/g)

Helicobacter pylori (Hp)	< 1.00 × 10³	< 1.00 × 10³	
Virulence factor babA (babA)	N/A	Not detected	
Virulence factor cagA (cagA)	N/A	Not detected	
Virulence factor dupA (dupA)	N/A	Not detected	
Virulence factor iceA (iceA)	N/A	Not detected	
Virulence factor oipA (oipA)	N/A	Not detected	
Virulence factor vacA (vacA)	N/A	Not detected	
Virulence factor virB (virB)	N/A	Not detected	
Virulence factor virD (virD)	N/A	Not detected	

Within reference · Borderline · Outside reference

Phyla & ratios (copies/g)

Bacteroidetes (Bac)	1.20×10^{9}	$1.0 \times 10^{9} – 5.0 \times 10^{10}$	
Firmicutes (Firm)	9.50×10^{8}	$1.0 \times 10^{9} – 5.0 \times 10^{10}$	
Firmicutes : Bacteroidetes (F/B)	0.79	0.5 – 3.0	

Commensal & keystone bacteria (copies/g)

Bacteroides fragilis (Bf)	4.10×10^{8}	$1.0 \times 10^{8} – 1.0 \times 10^{10}$	
Bifidobacterium spp. (Bif)	8.50×10^{8}	$4.0 \times 10^{8} – 4.0 \times 10^{10}$	
Enterococcus spp. (Ent)	1.20×10^{7}	$1.0 \times 10^{6} – 1.0 \times 10^{9}$	
Escherichia spp. (Esc)	5.40×10^{7}	$1.0 \times 10^{6} – 1.0 \times 10^{9}$	
Lactobacillus spp. (Lact)	1.20×10^{5}	$1.0 \times 10^{6} – 1.0 \times 10^{9}$	
Enterobacter spp. (Etb)	1.20×10^{6}	$1.0 \times 10^{5} – 1.0 \times 10^{8}$	
Akkermansia muciniphila (Akk)	2.30×10^{7}	$1.0 \times 10^{5} – 1.0 \times 10^{9}$	
Faecalibacterium prausnitzii (Fp)	1.50×10^{8}	$1.0 \times 10^{8} – 1.0 \times 10^{10}$	
Roseburia spp. (Ros)	8.40×10^{6}	$1.0 \times 10^{6} – 1.0 \times 10^{9}$	

Within reference · Borderline · Outside reference

Opportunistic & overgrowth bacteria (copies/g)

Bacillus spp. (Bac)	< 5.00 × 10⁴	< 5.00 × 10⁴	
Enterococcus faecalis (Ef)	2.10 × 10⁶	< 1.00 × 10⁷	
Enterococcus faecium (Efa)	< 1.00 × 10⁴	< 1.00 × 10⁴	
Morganella spp. (Mor)	< 5.00 × 10³	< 5.00 × 10³	
Pseudomonas spp. (Ps)	< 5.00 × 10³	< 5.00 × 10³	
Pseudomonas aeruginosa (Pa)	< 1.00 × 10³	< 1.00 × 10³	
Staphylococcus spp. (Staph)	< 5.00 × 10³	< 5.00 × 10³	
Staphylococcus aureus (Sau)	< 5.00 × 10³	< 5.00 × 10³	
Streptococcus spp. (Str)	1.40 × 10⁵	< 1.00 × 10⁶	

Methanogens & sulphate reducers (copies/g)

Desulfovibrio spp. (Dsv)	1.20 × 10⁵	< 5.00 × 10⁵	
Methanobacteriaceae (Mb)	4.20 × 10⁴	< 5.00 × 10⁴	

Within reference · Borderline · Outside reference

Inflammatory & autoimmune-related (copies/g)

Citrobacter spp. (Cit)	< 5.00 × 10³	< 5.00 × 10³	
Citrobacter freundii (Cfr)	< 1.00 × 10³	< 1.00 × 10³	
Klebsiella spp. (Kleb)	< 5.00 × 10³	< 5.00 × 10³	
Klebsiella pneumoniae (Kp)	< 5.00 × 10³	< 5.00 × 10³	
M. avium subsp. paratuberculosis (MAP)	< 1.00 × 10³	< 1.00 × 10³	
Proteus spp. (Pro)	< 5.00 × 10³	< 5.00 × 10³	
Proteus mirabilis (Pm)	< 1.00 × 10³	< 1.00 × 10³	
Fusobacterium spp. (Fus)	< 5.00 × 10³	< 5.00 × 10³	
Prevotella spp. (Prev)	2.30 × 10⁶	< 1.00 × 10⁸	

Within reference · Borderline · Outside reference

Fungi, yeast & additional viruses (copies/g)

Candida spp. (Csp)	1.40×10^3	$< 5.00 \times 10^3$	
Candida albicans (Ca)	2.10×10^3	$< 5.00 \times 10^3$	
Geotrichum spp. (Geo)	$< 5.00 \times 10^2$	$< 5.00 \times 10^2$	
Microsporidium spp. (Msp)	$< 5.00 \times 10^2$	$< 5.00 \times 10^2$	
Rhodotorula spp. (Rho)	$< 5.00 \times 10^2$	$< 5.00 \times 10^2$	
Cytomegalovirus (CMV)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Epstein-Barr Virus (EBV)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	

Within reference · Borderline · Outside reference

Protozoa (commensal & potentially pathogenic) (copies/g)

Blastocystis hominis (Bh)	4.20×10^3	$< 2.00 \times 10^3$	
Chilomastix mesnili (Cm)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Cyclospora spp. (Cyc)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Dientamoeba fragilis (Df)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Endolimax nana (En)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Entamoeba coli (Ec)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Pentatrichomonas hominis (Ph)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	

Worms (helminths) (copies/g)

Ancylostoma duodenale (Ad)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Ascaris lumbricoides (Al)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Necator americanus (Nec)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Trichuris trichiura (Tri)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	
Taenia spp. (Tn)	$< 1.00 \times 10^2$	$< 1.00 \times 10^2$	

Within reference · Borderline · Outside reference

Intestinal health markers

Steatocrit (Sct)	8%	< 15%	
Pancreatic Elastase 1 (PE-1)	480 µg/g	> 200 µg/g	
Beta-glucuronidase (β-g)	1300 U/mL	< 2486 U/mL	
Occult Blood (FIT) (FIT)	< 10 µg/g	< 10 µg/g	
Secretory IgA (sIgA)	280 µg/mL	510 – 2010 µg/mL	
Anti-gliadin IgA (AGA)	8 U/L	< 175 U/L	
Eosinophil Activation Protein (EDN)	1.10 µg/g	< 2.34 µg/g	
Calprotectin (Cal)	95 µg/g	< 173 µg/g	

Add-on

Zonulin (intestinal permeability) (Zon)	115 ng/g	< 175 ng/g	

HOW TO READ THE CHART

Five things to notice.

qPCR-style reports look intimidating because of the scientific notation, but the structure is actually simpler than a standard blood panel. These are the five cues that turn the chart into information.

1. **The threshold column.** Each row has an **upper-limit reference** in qPCR copies per gram. "< 1.00 × 10^3" is the lab's "below the floor of clinical relevance" notation.

2. **The detection state.** A tick in the **green zone** means not detected or detected below clinical threshold. A tick in the **brick zone** means detected at a level that warrants follow-up.

3. **Virulence factors over presence.** Around half the adult population carries some **H. pylori** asymptomatically. The **CagA** and **VacA** virulence-factor genes are what raise the ulcer and gastric-cancer risk, not the bacterium alone.

4. **Commensals are two-sided.** A **low** reading for a beneficial Bifidobacterium can matter as much as a **high** reading for a problem genus. Essential-style bars on the second panel reflect this.

5. **Inflammation contextualises everything.** **Calprotectin** says whether the system is actively inflamed. **Secretory IgA** says whether the mucosal barrier is intact. Together they decide whether a detection is urgent or watchable.

READING THE REPORT

With help, in one hour.

Every GI MAP kit at Deepcare includes a 60-minute video consultation with Dimitris Messinis, PhD. He walks through the panel with you, decides what is worth acting on, and considers whether neurofeedback, biofeedback, or photobiomodulation sessions would help based on the findings, chronic gut inflammation often pulls on autonomic regulation, sleep, and mood in ways the Optimization toolkit addresses directly.

- If H. pylori reads positive with virulence factors, the next step is usually a clinical confirmation test (urea breath or stool antigen) with a GP before considering eradication.
- If a parasite reads positive, the question is whether to treat. Many adult Blastocystis carriers are asymptomatic. The Health Map call weighs symptoms against the cost of treatment.
- If commensals look depleted (low Bifidobacterium, low Lactobacillus), the answer is rarely a probiotic. It is usually a question about fibre, fermented foods, and what is suppressing them (medication, stress, recent antibiotics).

> *We do not recommend reading this report on your own. A positive does not always mean a problem; a negative does not always mean none.*

COLLECTION AT HOME

Five steps over two days.

Stool collection needs a frozen gel pack to preserve DNA integrity in transit. Once your kit arrives, plan a two-day window when you will be at home, then ship the same morning you finish the second sample.

STEP 01

Plan a two-day window

Two consecutive mornings when you will be at home and able to ship by 11:00 on day two. The lab can hold the kit for up to a year before you open it.

STEP 02

Freeze the gel pack

24 hours before collection, put the supplied gel pack in your freezer. It needs to be solid by the morning of day one.

STEP 03

Collect on day one

Use the supplied collection vial. Half-fill. Overfilling can dilute the preservative. Cap and place the vial in the refrigerator with the gel pack.

STEP 04

Collect on day two

Same procedure with the second supplied vial. Two samples in two days raises sensitivity for intermittent shedders.

STEP 05

Box and ship by 11:00

Place both vials and the frozen gel pack in the supplied insulated box. DHL the same morning using the prepaid label.

ABOUT THE METHOD

qPCR at Diagnostic Solutions.

The lab is Diagnostic Solutions Lab in Georgia, USA. The instrument is real-time quantitative PCR (qPCR), which detects specific DNA sequences from a sample with much higher sensitivity than stool culture and without the overgrowth bias that culture introduces.

qPCR is the standard for clinical pathogen detection where speed and sensitivity matter. The same technology used in hospital labs for C. difficile and clinical norovirus testing. Diagnostic Solutions is FDA-registered and CLIA-certified.

Methodology references available on request. qPCR for stool pathogen detection: standard clinical laboratory literature in gastroenterology and infectious disease.

What this does not show

qPCR detects DNA, not necessarily live organisms. A recent infection can leave detectable DNA for weeks after the organism itself has cleared. For an acute clinical question, confirmation testing (culture, urea breath for H. pylori, stool antigen) with a GP or specialist is sometimes warranted. GI MAP also does not measure the full microbiome diversity. For that question, a multi-method tool (such as GI360) would fit better; the Health Map call can route you there if the question warrants it.

WHAT HAPPENS NEXT

Four steps from order to consultation.

TODAY

Order on deepcare.ch

Pay through the Stripe checkout linked from /kits. Confirmation arrives by email within minutes.

WITHIN 3 WORKING DAYS

Kit ships

An insulated box arrives at your address with the collection vials, the gel pack, instructions, and the prepaid DHL return label.

WHEN YOU HAVE YOUR TWO-DAY WINDOW

Collect and ship

Plan, freeze, collect on two consecutive days, ship same-morning. About fifteen minutes of your time across two mornings.

21 DAYS AFTER ARRIVAL

Results + Health Map call

We invite you to book a 60-minute video consultation with Dimitris when your report is in. You leave with a written priority list.

Order this kit

deepcare.ch/kits