

You, decoded.



V I O M E

About Viome

Founded in 2016, Viome is dedicated to making the advancements in science, technology, and medicine accessible and more readily available to consumers, helping to create a disease free world where people can take control of their own health from the comfort of their own home. Viome is working to prevent, predict, diagnose, and reverse debilitating illnesses like cancer, Alzheimer's, depression, IBS and more. This year, we reached a milestone of helping over 250,000 people to improve their health and wellness through the world's first mRNA at-home Health Intelligence Test for precision health insights, food recommendations, and supplements.

Learn more about our leadership team and our Scientific Advisory Board members here: <https://viome.com/company>

Our Manifesto

Viome is a company that enables individuals to take control of their own health **using data rather than opinions**. We believe in **education** instead of confusion. **Empowerment**, not fear. Our goal is to **demystify health** with transparency and accessibility, simplifying the information from your body and **making it actionable**.

Regulatory Guidance

Purpose: Viome dietary supplements and tests are intended for only general wellness use (relates to maintaining or encouraging a general state of health or a healthy activity or intended use that relates the role of healthy lifestyle with helping to impact health outcomes. To be compliant with FDA regulations and the requirements of DSHEA (Dietary Supplement Health & Education Act) we must speak about our products such as *maintaining or supporting health* and do not make any reference to diseases or conditions.

Acceptable phrases	Unacceptable (Not compliant)
Weight management	Obesity
Physical fitness	Cardiovascular disease
Relaxation or stress management, self esteem	Anxiety, depression
Mental acuity	Alzheimer's
Sleep management	Insomnia, sleep apnea
Maintaining blood glucose levels already within the normal range	Diabetes

The information Viome provides is for informational purposes only and with the understanding that Viome is not engaged in rendering medical advice or recommendations. Viome provides this educational information to share the exciting developments being reported in the scientific literature about the human microbiome and your health. Viome products are not intended to diagnose, treat, or prevent any disease.

Helpful Links & Articles

Skin Articles

1. <https://www.viome.com/blog/secret-life-skin>
2. <https://www.viome.com/blog/gut-health-and-acne-how-your-microbiome-impacts-your-skin-health>

Aging Articles

1. <https://www.viome.com/blog/optimizing-your-cellular-and-mitochondrial-health-may-be-key-slower-aging>
2. <https://www.viome.com/blog/health-intelligence-biological-age-score-gains-new-ground>
3. <https://www.viome.com/blog/your-biological-age-your-true-age>

Articles for Viome's Products

1. <https://www.viome.com/blog/perks-precision-supplements>
2. <https://www.viome.com/blog/10-things-viomes-health-intelligence-test-can-tell-you>
3. <https://www.viome.com/blog/exploring-new-health-intelligence-scores-biohacker-ben-greenfields-results>
4. <https://www.viome.com/blog/what-makes-viome-best-gut-microbiome-testing-company>

At-Home Test Competitor Overview

DNA Testing



Viome measures dynamic gene expression instead of static DNA, which does not change throughout your life.

Unlike Viome, DNA-based nutrition recommendations do not account for changes in diet, lifestyle, medical history, or other external factors.

Gut Testing



With our metatranscriptomic technology, Viome can not only see what microbes are there, but what they are doing inside of your gut microbiome.

We can also see the interaction between a person's gut microbiome and the rest of their body, learning more about how it impacts that individual's immune system, stress response, cellular health, biological age, and more.

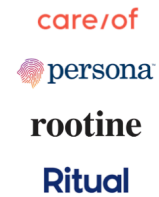
Food Sensitivity Testing



A food sensitivity blood test measures your IgG reactivity levels for different kinds of food, using a small sample of blood.

Food sensitivities are a symptom of a leaky gut and a weak gut lining. When you address an imbalance in your gut microbiome (dysbiosis) with Viome, you can address the root cause of food sensitivities.

Quiz-Based & One-Size-Fits-all Supplements



Quiz-based supplements do not take into account an individual's unique biology.

What Makes Viome the Best Gut Microbiome Testing Company?

We compared the technology of our tests against the technology used by other tests on the market like Day Two, BIOHM, GI-MAP, Genova Diagnostics, Onegevity Health, Everlywell, Atlas Biomed, and Ubiome. Combined with our unique sequencing technology, the strength of our platform, our AI engine, and the incredible minds that helped build it, we're sure there is no better test on the market.

<https://www.viome.com/blog/what-makes-viome-best-gut-microbiome-testing-company>

Review of 'Personalized' Supplement Companies

There are companies out there that sell multivitamins and there are others that understand your needs vary from the crowd. These 'personalized' vitamin and mineral companies have the right idea to offer subscription-recommendations that are better than others on the market - but not best.

From 5-minute questionnaires to expensive DNA or blood tests that neglect your gut microbiome, these 7 companies shoot for the moon but fall short of precision supplements.

Read more here: https://docs.google.com/document/d/1Xk_GLYif3M7LxpW2TNRrX73c_3h3FSbjEGskr1h1q7o/edit

Frequently Asked Questions

Who is Viome's Health Intelligence Test for?

Because Viome's goal is to address underlying causes of imbalance and identify signs of low-grade inflammation, Viome's Health Intelligence Test is for anyone looking to improve or take control of their health, used by a variety of different consumers. You don't need to be overweight, underweight, experiencing health issues, or be healthy to benefit from the results and recommendations you receive from taking this test.

Is Viome used for weight loss?

Viome's Health Intelligence Test helps individuals to gain control of their health and wellness. While we do have customers that experience a side effect of weight loss as a result of following their new food and supplement regimen, every body is different and experiences unique changes.

Viome's Health Intelligence test provides insights and an actionable nutrition recommendations to help your body's systems work at peak performance, fighting inflammation, and optimizing how your body functions internally. While some individuals may use Viome's results and recommendations to help them begin a weight loss regimen Viome's Health Intelligence test is not exclusively a weight-loss tool.

Where do I send back my sample? (Is a return label included?)

Each Health Intelligence test kit arrives with a mailer to send your completed samples to Viome's state-of-the-art laboratory for processing. Before mailing your results, please ensure that you have registered your kit at <https://my.viome.com/registration/welcome> and that you have sealed the brown capped tube inside the rigid safety bag, and sealed the rigid safety bag inside of the return mailer.

Viome customers in the United States are provided with a self-addressed, pre-paid return mailer as part of their kit.

If you are located outside of the United States (international), customers are responsible for the cost of shipping samples to Viome's lab. Be sure to include any necessary customs forms when returning your sample. International customers should send their test sample to:

Viome
Accessioning Department
11724 NE 195th Street, Suite 101
Bothell, WA 98011
USA

How long does it take to get my results?

Results and recommendations from the Health Intelligence Test will be delivered to your Viome account 3-4 weeks after your sample reaches Viome's lab.

This timeframe can vary based on any individual sample, through factors like variation in the quality or consistency of the samples. Sample analysis can only be completed after you have completed all questionnaires in your Viome account, to provide the most comprehensive view of your health and wellness.

How do I access my results?

When your test results are available you will receive a notification to the email that you used to register your Viome account. Log into your account via the web or download Viome's mobile app ([Apple iOS](#) or [Android](#)). After logging into your account, access your results by clicking on the "topbar" icons:

- NUTRITION contains your foods list (Avoid and Minimize, Superfoods) and supplements list. You can also share your recommendations in this section.
- RESULTS will provide your scores, microbe activity, and sample information

How do I register my Viome kit?

To register your Viome kit, visit <https://my.viome.com/registration/welcome>

Will food allergies be included in my results?

Viome's Health Intelligence Test does not test for food allergies or food sensitivities. Stool samples do not contain the necessary immune markers needed to pinpoint specific food allergens. In other words, stool testing does not detect your immune reaction to foods. We do not currently test for food sensitivities or incorporate known allergies when providing food recommendations.

If you receive a food recommendation to which you have an allergy, do not eat that food. Viome wants you to feel your best, so known allergies and sensitivities should be taken into account when you follow your Viome recommendations.

The Human Gene Expression (included with our Health Intelligence Test) does require a blood sample; however, it does not test for food allergies or food sensitivities.

To learn more about potential food allergies, please consult your doctor.

Do I have to fast before collecting my sample?

You do not need to fast before collecting your stool sample, and it can be collected at any time of the day.

You do need to fast before collecting your blood sample. Please drink a glass of water prior to collection, per the instructions card included with the kit.

Do the test kits expire?

It is recommended that you complete the testing process, which includes registering your kit and submitting your sample to Viome's lab, as soon as you are able. The contents of your Health Intelligence test kit are good for six months. In addition, after collecting your sample for shipment to Viome's lab, your sample is good for up to 4 weeks.

I was not able to submit my sample in six months — do you offer refunds?

Upon customer request, Viome may ship a replacement for a kit purchased by a customer due to non-usability, damage, or defect in the kit being replaced, provided that you have not submitted your sample using the kit subject to replacement and provided that the kit is not expired. Requesting a replacement kit will result in a \$25 (USD) processing fee.

This includes replacement kit requests due to shipping address changes, spilled test kit liquid, etc. Viome will not charge any fees in connection with this replacement if it is determined that the cause for such replacement is attributable solely to Viome (such as, your sample fails testing and a new sample is needed).

Is Viome FDA approved?

Viome's Health Intelligence Test is classified as a low risk general wellness product, which the FDA generally does not review. Separately, Viome received FDA approval in May 2021 for its unique mRNA technology and AI platform to detect cancers. This FDA approval validates Viome's Health Intelligence Test, as its mRNA analysis technology and state of the art AI platform power the Test and support consumers to discover deeper health insights about their own gut microbiome health, cellular health, immune system health, stress response, and even biological aging.

Is Viome safe to use while taking medication from a doctor?

Yes, you can use Viome if you take medication. You'll have an opportunity to input which medications you're taking in our questionnaires, and this will be considered when your recommendations are generated.

Some short-term medications, such as antibiotics and antivirals, can affect your microbiome. Visit <https://support.viome.com/s/article/Medications-Health-Conditions-and-More> for additional information. Do not discontinue any medications before talking to your healthcare provider.

Can Viome replace my doctor/healthcare professional?

Our goal is to empower you with the tools to maximize your personal wellness. Viome's service does not take the place of any health practitioner or physician, and should not replace your regular check-ups.

How long should I follow Viome's recommendations?

We recommend following Viome's recommendations for 4-6 months. It is important to note that Viome's recommendations are not your food recommendations for life and that as your body changes, it is important to check in with yourself. Our studies show that we can see more lasting changes to the gut microbiome within 90 days, however we do have customers that begin to notice changes within a few days. Every body is different so you are your own best baseline! In addition to your new Viome recommendations, other things that can have a significant impact on your body from within and might warrant a retest include: stress (big life changes), antibiotics or new medications, traveling, pregnancy, or becoming sick.

How does Viome's technology differ from other gut microbiome testing companies?

There are a number of companies that analyze the DNA of microbes present in a sample through various methods. Some of the most common ones you'll find incorporate metagenomics (whole shotgun sequencing of DNA), PCR (polymerase chain reaction) quantification specifically of DNA, or other DNA sequencing techniques.

Viome sequences the complete 'transcriptome' or RNA expression of each person's entire microbial community. This allows us to see who is present and alive, and their activity. This is very different from other gut tests that use 'metagenomics' that examine microbial DNA. mRNA activity can vary significantly from one person to another and make the greatest difference in your health. Other methods often include organisms no longer living inside you and can give you false information about the microbial colonies in your gut ecosystem. They also won't be able to give you valuable insight about who is doing what, and how that's impacting the rest of your body. This is the same method Viome uses in the new FDA breakthrough device for Oral and Throat Cancer test. Focusing

on what our microbial cells (and our own cells) are actively doing can give us a better idea of how well - or poorly - they're functioning.

Viome's Technology Vs Other Microbiome-Testing Technologies

	Viome Metatranscriptome Sequencing	16S Sequencing	Metagenomic Analysis
Identify all organisms including RNA viruses such as Flu, SARS, MERS	✓	✗	✗
Differentiate live from dead microorganisms	✓	✗	✗
Identify and quantify microbial gene expression (functions)	✓	✗	✗
Dynamic functional changes as chronic diseases or cancers progress	✓	✗	✗
Common sample preparation for all types	✓	✗	✗

Viome is the only licensed commercial lab to use Metatranscriptomics (mRNA) Technology
measuring different types of gene expressions in the human body

What does Viome do with my sample after I receive my results?

Your sample is analyzed in our state-of-the-art AI intelligence platform that accumulates your mRNA data and generates trends and patterns used to make our system better every day. That means you are directly inspiring and improving the lives of hundreds of thousands of people with every test! But when it comes to privacy, Viome believes every person deserves protection.

Which is why we don't store your DNA in our system. Because we examine and monitor mRNA activity, we don't analyze samples based on DNA. The activity and trends we see in mRNA change over time, unlike your DNA - and mRNA isn't linked to specific individuals. So you can feel rest assured that your privacy is met with the respect it deserves.

Viome customer support is here to help:

support.viome.com or 855-95-VIOME (855-958-4663).