



Vaginal Health Test Report

The attached results are from the Vaginal Health microbiome test. This test uses shotgun metagenomic sequencing to identify all microbes (i.e., bacteria, viruses, fungi, archaea) present during sampling.

This microbiome report is intended to be used exclusively for wellness purposes and to educate you about the microbes in your body. This test is not intended to diagnose or treat disease, nor is it a substitute for a physician's consultation. The microbes referenced in your report and their associations are based on emerging scientific research. These insights were determined by evaluating current research and may change over time to reflect the most up-to-date research available.

About Tiny Health

Tiny Health provides at-home gut microbiome testing for all ages and vaginal microbiome testing for ages 18 and older, with specific insights tailored for each phase of life: infants, toddlers, children, and adults. We also have specific insights for those who are pregnant or trying to conceive.

Tiny Health metrics are based on tens of thousands of samples reflecting both publicly available reference samples and proprietary Tiny Health customer data.

About our technology

This test uses shotgun metagenomic sequencing, the gold standard in microbiome research. Our report produces a comprehensive, high resolution picture of the microbiome compared to more traditional PCR tests, which are limited to a subset of microbes, or 16S methods, which have limited resolution.

All our tests are processed in a CLIA-certified lab using customized, proprietary technology. With strain-level precision, our test can detect over 120,000 microbes (i.e., bacteria, viruses, fungi, archaea, and many parasites) commonly found in gut and vaginal microbiomes.

For practitioners

We're building a community of practitioners who want to help patients understand the root cause of symptoms and conditions and be supported by the latest evidence-based microbiome research.

If you want to access our practitioner resources or have any questions for our scientific and clinical team, please contact us at practitioners@tinyhealth.com.

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Patient name: Jane Doe
DOB: July 1, 1986
Sex: Female

Kit ID: YYK172
System version: 4.0.0

Sample Collected: June 15, 2023
Sequence Sample Received: June 20, 2023
Sequence Results Ready: July 7, 2023
Report Generated: April 22, 2025

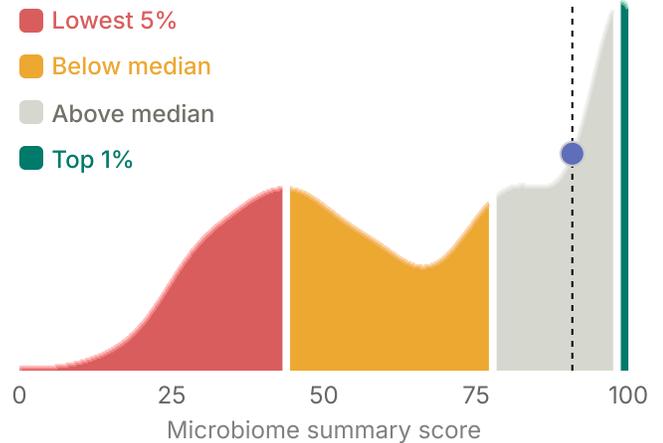
Microbiome Summary Score

Your gut microbiome score evaluates all the relevant metrics for your age range into a single number, giving you a clear picture of how your microbiome stacks up. The score ranges from 0 to 100. A score closer to 100 suggests your microbiome is in excellent shape compared to the reference population. Conversely, a score closer to 0 indicates more areas for improvement.

We calculate this score by looking at various factors in your gut/vaginal microbiome, such as the balance of beneficial bacteria versus opportunistic pathogens. We then compare these factors to a wide range of individuals. Our dataset includes publicly available reference samples and proprietary data from Tiny Health customers.

To determine your percentile, we compare your Microbiome Summary Score to others in the same age range to help you understand what is typical and where your sample falls. For example, if you are in the 41st percentile, 41% of comparable samples have a lower Microbiome Summary Score and 59% have a higher score.

90 Microbiome summary score



Sample at a glance ⚠️ 1 Needs support ⚠️ 0 Needs improvement

Bacterial Vaginosis-Associated Bacteria

⚠️ Gardnerella vaginalis 6.915%

Results Summary

	Metrics	Clinical indication examples
Beneficial microbes	<ul style="list-style-type: none"> ✔ For Your Overall Vaginal Health ✔ Common Lactobacillus Species 	<ul style="list-style-type: none"> • Oral probiotic support • Vaginal suppository support • Hygiene suggestions (e.g., product use, no douching) • Alternatives to antimicrobials
Disruptive microbes	<ul style="list-style-type: none"> ⚠ Bacterial Vaginosis-Associated Bacteria ✔ Aerobic Bacteria ✔ Candida Yeasts ✔ Sexually Transmitted Microbes ✔ Ureaplasma ✔ Group B Strep 	<ul style="list-style-type: none"> • Dietary, supplement, and nutritional support • Close monitoring post-antibiotics to track recovery • Vaginal oral probiotic support • Vaginal suppository support • Products (e.g., Vitamin C tablets, boric acid suppositories, tea tree oil suppositories) • Review symptoms/conditions • Consider additional confirmatory testing (e.g., BV, culture, STI)

Detailed Vaginal Health Test Results

Legend: (p) Phylum (f) Family (g) Genus (sp) Species

Beneficial microbes

For Your Overall Vaginal Health

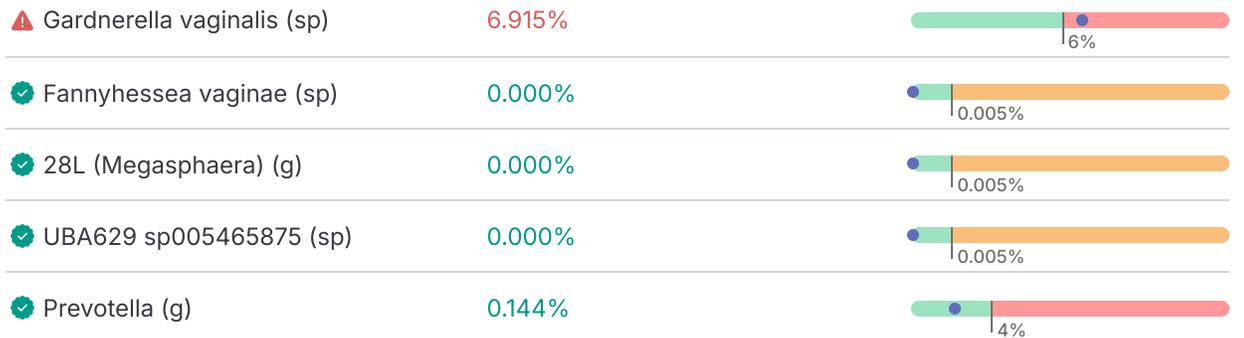


Common Lactobacillus Species

✓ Lactobacillus crispatus (sp)	90.303%
✓ Lactobacillus gasseri (sp)	0.000%
✓ Lactobacillus iners (sp)	0.000%
✓ Lactobacillus jensenii (sp)	0.000%
✓ Lactobacillus paragasseri (sp)	0.000%
✓ Lactobacillus delbrueckii (sp)	0.000%
✓ Lactobacillus mulieris (sp)	0.000%
✓ Lactobacillus acidophilus (sp)	0.000%
✓ Lactobacillus rhamnosus (sp)	0.000%
✓ Lactobacillus johnsonii (sp)	0.000%
✓ Lactobacillus helveticus (sp)	0.231%

Disruptive microbes

Bacterial Vaginosis-Associated Bacteria



Disruptive microbes	Aerobic Bacteria		
	✔ Total aerobic bacteria	1.108%	1.4%
	Candida Yeasts		
	✔ Candida albicans (sp)	0.000%	0.005%
	✔ Candida dubliniensis (sp)	0.000%	0.005%
	✔ Candida parapsilosis (sp)	0.000%	0.005%
	✔ Candida tropicalis (sp)	0.000%	0.005%
	Sexually Transmitted Microbes		
	✔ Trichomonas vaginalis (sp)	0.000%	0.005%
	✔ Chlamydia trachomatis (sp)	0.000%	0.005%
	✔ Neisseria gonorrhoeae (sp)	0.000%	0.005%
	✔ Mycoplasma genitalium (sp)	0.000%	0.005%
	✔ Treponema pallidum (sp)	0.000%	0.005%
	Ureaplasma		
	✔ Ureaplasma urealyticum (sp)	0.000%	0.005%
	✔ Ureaplasma parvum (sp)	0.000%	0.005%
	Group B Strep		
	✔ Streptococcus agalactiae (GBS) (sp)	0.000%	0.005%

Microbiome Breakdown

- **Protective:** These support microbiome health and overall health.
- **Disruptive:** These microbes can cause issues and some are linked with symptoms and disease states. This should make up a minority of the microbiome, kept in check by protective and variable microbes. Any Disruptive microbes out of range will be flagged in the "Detailed Vaginal Health Test Results" section above.
- **Variable:** These can be protective or disruptive depending on their levels and what other microbes are around them. Lower levels are usually ok, and higher levels can cause issues.
- **Unknown:** These are lesser known microbes. Not enough is known to classify them as protective, disruptive or variable at this time.

Your breakdown



Top 20 species

Metric	Result	Description
● Lactobacillus crispatus	90.303%	<p><i>L. crispatus</i> is your vagina's best friend. It is an expert producer of lactic acid, which keeps the vaginal pH low and ensures a protective environment.</p> <p>This beneficial Lactobacillus is very good at:</p> <ul style="list-style-type: none"> • Preventing the growth of harmful microbes that cause vaginal infections. • Protecting you against HIV, herpes simplex virus type 2, and human papillomavirus. • Reducing the risk of preterm delivery. <p>Sometimes though, <i>L. crispatus</i> can become too cozy and cause cytolytic vaginosis.</p>
● Bifidobacterium vaginale_E	3.309%	<p><i>G. vaginalis</i> are often found in healthy women in low amounts. When their levels go up, it's worth keeping an eye on.</p> <p>One of their main skills is the production of biofilm, a sticky layer of infectious bacteria that serves as a fort for other harmful buddies such as <i>Fannyhessea</i> and <i>Prevotella</i>.</p> <p>So when <i>G. vaginalis</i> are found along with other harmful bacteria, chances are you may have bacterial vaginosis (BV).</p> <p>In the context of BV, <i>G. vaginalis</i> have been associated with pregnancy complications and increased risk of sexually transmitted infections.</p>

● Bifidobacterium vaginale_C	3.253%	<p><i>G. vaginalis</i> are often found in healthy women in low amounts. When their levels go up, it's worth keeping an eye on.</p> <p>One of their main skills is the production of biofilm, a sticky layer of infectious bacteria that serves as a fort for other harmful buddies such as <i>Fannyhessea</i> and <i>Prevotella</i>.</p> <p>So when <i>G. vaginalis</i> are found along with other harmful bacteria, chances are you may have bacterial vaginosis (BV).</p> <p>In the context of BV, <i>G. vaginalis</i> have been associated with pregnancy complications and increased risk of sexually transmitted infections.</p>
● Lactobacillus amylovorus	0.493%	<p><i>L. amylovorus</i> has been found in healthy vaginal microbiomes. Even if it's not very common, it is probably associated with good vaginal health.</p> <p>That's because all lactobacilli produce lactic acid, to a greater or lesser extent. This lowers the vaginal pH, creating an acidic environment that is not favorable for disruptive microbes that cause infection.</p>
● Limosilactobacillus vaginalis_A	0.344%	<p><i>L. vaginalis</i> has been found in healthy vaginal microbiomes.</p> <p>Laboratory experiments show that this beneficial bacterium has antifungal properties that may help keep <i>Candida</i> yeasts at bay.</p> <p>But <i>L. vaginalis</i> likes to tease immune cells, which may promote inflammation. So it may be that this species is not as protective as others.</p>
● Bifidobacterium vaginale_G	0.274%	<p><i>G. vaginalis</i> are often found in healthy women in low amounts. When their levels go up, it's worth keeping an eye on.</p> <p>One of their main skills is the production of biofilm, a sticky layer of infectious bacteria that serves as a fort for other harmful buddies such as <i>Fannyhessea</i> and <i>Prevotella</i>.</p> <p>So when <i>G. vaginalis</i> are found along with other harmful bacteria, chances are you may have bacterial vaginosis (BV).</p> <p>In the context of BV, <i>G. vaginalis</i> have been associated with pregnancy complications and increased risk of sexually transmitted infections.</p>
● Lactobacillus helveticus	0.231%	<p><i>L. helveticus</i> has been found in healthy vaginal microbiomes.</p> <p>This beneficial bacterium can inhibit the growth of disruptive bacteria that may cause urinary tract infection or bacterial vaginosis, such as <i>Escherichia coli</i>, <i>Gardnerella vaginalis</i>, and <i>Prevotella bivia</i>. It may also protect against yeast infection.</p>
● Finegoldia magna_H	0.198%	<p><i>Finegoldia</i> species are normal inhabitants of the skin and mucous membranes. On occasion, they can cause trouble.</p> <p>Not much is known about their role in the vagina. They are more often found in women whose vaginal community is not dominated by <i>Lactobacillus</i>.</p>
● Corynebacterium minutissimum_A	0.175%	
● Streptococcus anginosus	0.165%	<p><i>S. anginosus</i> is a common member of the mouth, vagina, urinary tract, and gut microbiome. But under certain conditions it can cause infection.</p> <p>It can, for example, cause aerobic vaginitis (AV). Women with AV have higher abundance of <i>S. anginosus</i> than healthy women or women with bacterial vaginosis.</p> <p>It has also been associated with urinary tract infections and urinary incontinence, or poor bladder control.</p> <p><i>S. anginosus</i> might be resistant to some common antibiotics, such as erythromycin and clindamycin.</p>

● <i>Corynebacterium tuscaniense</i>	0.159%	
● <i>Corynebacterium coyleae</i>	0.129%	
● <i>Phocaeicola vulgatus</i>	0.119%	<p>We don't know much about the role of <i>P. vulgatus</i> in the vagina. This bacterium was previously known as <i>Bacteroides vulgatus</i>. And we know that <i>Bacteroides</i> species, in low numbers, can be found in healthy vaginal microbiomes.</p> <p>However, they are more frequently detected in women with low numbers of lactobacilli. So they are often detected in women with bacterial vaginosis</p>
● <i>Peptoniphilus_A harei_A</i>	0.116%	
● <i>Pseudoglutamicibacter albus_A</i>	0.086%	
● <i>Bifidobacterium vaginale</i>	0.079%	<p><i>G. vaginalis</i> are often found in healthy women in low amounts. When their levels go up, it's worth keeping an eye on.</p> <p>One of their main skills is the production of biofilm, a sticky layer of infectious bacteria that serves as a fort for other harmful buddies such as <i>Fannyhessea</i> and <i>Prevotella</i>.</p> <p>So when <i>G. vaginalis</i> are found along with other harmful bacteria, chances are you may have bacterial vaginosis (BV).</p> <p>In the context of BV, <i>G. vaginalis</i> have been associated with pregnancy complications and increased risk of sexually transmitted infections.</p>
● <i>Corynebacterium riegelii</i>	0.076%	
● <i>Helcococcus sueciensis</i>	0.063%	
● <i>Lactobacillus kitasatonis</i>	0.056%	<p><i>L. kitasatonis</i> has been found in healthy vaginal microbiomes. Even if it's not very common, it is probably associated with good vaginal health.</p> <p>That's because all lactobacilli produce lactic acid, to a greater or lesser extent. This lowers the vaginal pH, creating an acidic environment that is not favorable for disruptive microbes that cause infection.</p>
● <i>Fastidiosipila sanguinis</i>	0.053%	

All species

● Corynebacterium kefirresidentii	0.053%	● Bifidobacterium breve	0.050%
● Corynebacterium sp001767255	0.046%	● Bifidobacterium bifidum	0.046%
● Bifidobacterium sp002884815	0.046%	● Corynebacterium phoceense	0.040%

Our high confidence detection limit is 0.01% abundance. Very low abundance organisms can be important members of the microbiome but also very difficult to accurately detect. Detections below 0.01% abundance have an increased risk of being false positives. However, in our testing, we have observed that most false positive identifications are closely related to a detected species.

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