



Oral Health Test Report

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Your Bristle Oral Health Report

ABOUT THE TEST

Your mouth is home to billions of bacteria and fungi, collectively your oral microbiome. Some of these species help keep you healthy, while others can cause issues like gum inflammation, cavities, and more.

The Bristle Oral Health Test analyzes the complete microbiome in your saliva (all 800+ species found in the mouth). Understanding the make up of your microbiome and the balance of species can help you & your provider determine an optimal care plan to achieve health & wellness.

ABOUT THE SCORES

** Scores below are examples and do not reflect your scores. See the next page for your Bristle test results.*

EXAMPLE



Optimal

SCORE

2.2/10

Tooth Decay

In the report, you will see 7 key scores related to your oral and overall health. Each score is calculated based on the bacterial & fungal species detected in your saliva and their levels.

EXAMPLE



At Risk

SCORE

8.0/10

Gut Impact

The scores included are: Beneficial Bacteria, Tooth Decay, Gum Inflammation, Halitosis, Gut Impact, Nitric Oxide, and Diversity.

YOUR MICROBES

Throughout the report, you will find individual microbes or species of bacteria & fungi that were detected in your saliva and their relation to different conditions.

The percentile or numerical score for each microbe signifies the levels it was detected at (0 being undetected, and 100 being very high).

YOUR CARE PLAN

Your healthcare provider may include a personalized care plan in your report based on the results of the saliva test and their clinical assessment. It is designed to help restore and maintain balance in your mouth.

Reach out to your provider directly if you have any questions regarding your care plan.

Disclaimer: Bristle is for individuals who want to learn about their oral health and microbiome. The Bristle test is intended exclusively for wellness purposes. Bristle cannot provide you with medical or dental advice, or diagnose you with any disease or condition. Any information provided by Bristle is not medical or dental advice, and is not intended to replace the advice of your doctor or dentist.

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Oral Health Insights

ⓘ

Average

Beneficial

4.8/10

YOU HAVE

- an average abundance of bacteria that cause gum inflammation.
- an **above average** abundance of bacteria that cause tooth decay.
- an average abundance of beneficial bacteria.

ⓘ

Average

Gum Inflammation

3.8/10

GUM INFLAMMATION

Your beneficial and gum inflammation causing bacteria are relatively in balance. Increasing your beneficial microbes can help prevent potential issues with gum disease and inflammation. If you have symptoms of gum disease, they are most likely not driven by your oral bacteria.

Your clinical symptoms will determine if any major treatment or changes to your oral care are needed.

ⓘ

Needs Improvement

Tooth Decay

6.9/10

TOOTH DECAY

Given the levels of beneficial bacteria and bacteria that cause tooth decay, any early cavities **are likely to progress quickly to irreversible decay, and should be treated before decay worsens.**

Additional Health & Wellness Insights

✔

Optimal

Halitosis (Bad Breath)

2.6/10

HALITOSIS (BAD BREATH)

The Halitosis score measures the levels of oral bacteria that cause bad breath by producing foul smelling chemicals in the mouth. **Your halitosis score is optimal.**

If you experience bad breath, the root-cause may be originating outside of your mouth (e.g., throat, gut).

✔

Optimal

Gut Impact

1.7/10

GUT IMPACT

The Gut Impact score measures the bacteria and fungi in the mouth that can cause issues in the gut. These microbes have been associated with conditions including IBS, IBD, Crohn's, and colorectal cancer.

Your Gut Impact score is optimal, indicating your oral bacteria are likely not causing gut health issues.

ⓘ

Needs Improvement

Nitric Oxide

1.8/10

NITRIC OXIDE

Certain species of oral bacteria help metabolize nitrate from our diets into nitric oxide, which is crucial for heart, brain, and immune health.

The Nitric Oxide score captures your oral microbiome's ability to metabolize nitrate into nitric oxide, and **yours needs improvement.**

Increasing your intake of nitrate through diet (e.g., beets, leafy greens) or supplements can help improve your Nitric Oxide score and in turn, your oral & overall health.

✔

Within Range

Diversity

3.5/10

DIVERSITY

The Diversity score accounts for the total number of species and their abundance levels.

Your Diversity is within range and no action is recommended.

Treatment Plan: Reduce Tooth Decay Bacteria

This protocol helps reduce risk of tooth decay and lowers the abundance of tooth decay-causing bacteria

Home Care

Instructions	Products	Usage
Brush 2x per day, in the morning and evening	Fygg Nano-Hydroxyapatite Toothpaste	twice per day
Floss 1x per day in the evening	Cocofloss	once per day
	Waterpik Water Flosser	once per day
Tongue scrape 1x per day	DrTung's Tongue Scraper	once per day
Use xylitol mouthwash 1x per day	RiseWell Balancing Mouthwash	once per day
Take 1 oral probiotic per day in the evening	Bristle Oral Health Probiotic	once per day
Take 1x Basic Bites after each meal	BasicBites	twice per day

Beneficial

Score: 4.8/10

Average

Commensal microbes, also known as beneficial microbes, are essential to a healthy oral microbiome. This score summarizes the abundance of commensal microbes in your oral microbiome. The oral commensal microbes are critically responsible for oral microbiome stability and homeostasis. People with a lower commensal scores may be more prone to changes in the oral microbiome, which can lead to dysbiosis. By contrast, people with high commensal scores may have more stable microbiomes, preventing new pathogenic microbes from invading the niches in the mouth and causing disease.

High commensal scores can help balance out other scores. For example, the commensal species *Streptococcus gordonii* and *sanguinis* directly compete with the cavity-causing *Streptococcus mutans*. Similarly, high levels of commensal bacteria can help dampen the immune response to periodontal pathogens, preventing gum inflammation. People with low commensal scores may have worse symptoms than those with high commensal scores.

NAME	Percentile ↓	ATTRIBUTES
Streptococcus cristatus	<div><div></div></div> 90th	Gram positiveChained CocciMicroaerophileInsensitive
Streptococcus mitis	<div><div></div></div> 87th	Gram positiveChained CocciFacultativeInsensitive
Veillonella atypica	<div><div></div></div> 77th	Gram negativeCocciAnaerobicInsensitive
Rothia aeria	<div><div></div></div> 77th	Gram positiveRodAerobicInsensitive
Prevotella salivae	<div><div></div></div> 68th	Gram negativeRodAnaerobicInsensitive
Streptococcus parasanguinis	<div><div></div></div> 68th	Gram positiveChained CocciFacultativeInsensitive
Streptococcus salivarius	<div><div></div></div> 65th	Gram positiveChained CocciFacultativeInsensitive
Streptococcus sanguinis	<div><div></div></div> 64th	Gram positiveChained CocciFacultativeInsensitive
Streptococcus infantis	<div><div></div></div> 53rd	Gram positiveChained CocciFacultativeInsensitive
Streptococcus gordonii	<div><div></div></div> 40th	Gram positiveChained CocciFacultativeInsensitive
Capnocytophaga granulosa	<div><div></div></div> 39th	Gram negativeRodAerobicInsensitive
Prevotella pallens	<div><div></div></div> 33rd	Gram negativeRodAnaerobicInsensitive
Rothia mucilaginosa	<div><div></div></div> 33rd	Gram positiveRodAerobicInsensitive
Neisseria mucosa	<div><div></div></div> 32nd	Gram negativeCocciAerobicInsensitive
Haemophilus parainfluenzae	<div><div></div></div> 28th	Gram negativeVariableFacultativeInsensitive
Haemophilus haemolyticus	<div><div></div></div> 7th	Gram negativeRodFacultativeInsensitive

Gum Inflammation

Score: 3.8/10

Average

Specific species in the oral microbiome cause gum inflammation, and these species contribute to the gum inflammation score. The microbes cause inflammation in a number of different ways. First, some species can cause damage to your gum and tooth tissues. Second, microbes can produce molecules, such as virulence factors, that promote inflammation. Some symptoms of gum inflammation may include red, sore, or bleeding gums.

The gum inflammation score can indicate the severity of gum inflammation, and also how quickly it can progress. In general, healthy people have 4-6 unique gum inflammation species, while people with gum disease have more than 6. You can read more about the data behind this score at our [blog here](#).

NAME	Percentile ↓	ATTRIBUTES
Streptococcus constellatus	<div><div></div></div> 78th	Gram positiveChained CocciFacultativeS. salivarius sensitive
Treponema socranskii	<div><div></div></div> 46th	Gram negativeSpirocheteAnaerobicL. reuteri sensitive
Fusobacterium nucleatum	<div><div></div></div> 43rd	Gram negativeChained RodAnaerobicL. reuteri sensitive
Eubacterium brachy	<div><div></div></div> 27th	Gram positiveChained RodAnaerobicL. reuteri sensitive
Porphyromonas endodontalis	<div><div></div></div> 18th	Gram negativeRodAnaerobicL. reuteri sensitive
Prevotella intermedia	<div><div></div></div> 5th	Gram negativeRodAnaerobicL. reuteri sensitive

Tooth Decay

Score: 6.9/10

Needs Improvement

The tooth decay score is calculated from the abundance of species in the oral microbiome that are known to be acid producers, or can influence the microbes that create acid. These bacteria ferment sugar (usually leftover from your diet), which results in acid production. The tooth decay score is an indicator of how quickly cavities can worsen if left alone.

For instance, an early stage cavity that has not penetrated beyond the enamel layer may be reversible through remineralization. However, once the cavity grows past the enamel into the dentin, it cannot be reversed and must be filled to prevent infection. Pathogenic cavity-causing bacteria can thrive in these early cavities. People with a high tooth decay score may progress to a severe cavity more quickly than those with a lower score.

NAME	Percentile ↓	ATTRIBUTES
Leptotrichia wadei	<div><div></div></div> 82nd	<div>Gram negative</div> <div>Chained Rod</div> <div>Anaerobic</div> <div>Insensitive</div>
Selenomonas sputigena	<div><div></div></div> 40th	<div>Gram negative</div> <div>Curved Rod</div> <div>Anaerobic</div> <div>Insensitive</div>
Candida sp	<div><div></div></div> 24th	<div>None</div> <div>Cocci</div> <div>Facultative</div> <div>L. reuteri sensitive</div>
Candida albicans	<div><div></div></div> 22nd	<div>None</div> <div>Cocci</div> <div>Facultative</div> <div>L. reuteri sensitive</div>
Prevotella denticola	<div><div></div></div> 12th	<div>Gram negative</div> <div>Rod</div> <div>Anaerobic</div> <div>Insensitive</div>

Halitosis (Bad Breath)

Score: 2.6/10

Optimal

Halitosis type: **Gum liners** 35.2% of Bristle users share your halitosis type.

Your halitosis score is driven by anaerobic bacteria living at your gum-line. They ferment debris, protein, and sugar in your saliva, creating volatile sulfur and other smelly organic compounds like putrescine and cadaverine that cause bad breath. This is one of the most common types of bad breath - and fortunately one of the easiest to solve.

The Halitosis score measures the levels of oral bacteria that cause bad breath by producing foul smelling chemicals in the mouth. **Your halitosis score is optimal.** If you experience bad breath, the root-cause may be originating outside of your mouth (e.g., throat, gut).

NAME	Percentile ↓	ATTRIBUTES
Granulicatella adiacens	<div><div></div></div> 94th	Gram negative Rod Facultative Insensitive
Leptotrichia wadei	<div><div></div></div> 82nd	Gram negative Chained Rod Anaerobic Insensitive
Fusobacterium nucleatum	<div><div></div></div> 43rd	Gram negative Chained Rod Anaerobic L. reuteri sensitive
Candida dubliniensis	<div><div></div></div> 29th	None Cocci Facultative L. reuteri sensitive
Eikenella corrodens	<div><div></div></div> 29th	Gram negative Variable Anaerobic Insensitive
Eubacterium brachy	<div><div></div></div> 27th	Gram positive Chained Rod Anaerobic L. reuteri sensitive
Candida sp	<div><div></div></div> 24th	None Cocci Facultative L. reuteri sensitive
Candida albicans	<div><div></div></div> 22nd	None Cocci Facultative L. reuteri sensitive
Porphyromonas endodontalis	<div><div></div></div> 18th	Gram negative Rod Anaerobic L. reuteri sensitive
Prevotella denticola	<div><div></div></div> 12th	Gram negative Rod Anaerobic Insensitive
Candida glabrata	<div><div></div></div> 11th	None Cocci Facultative L. reuteri sensitive
Prevotella intermedia	<div><div></div></div> 5th	Gram negative Rod Anaerobic L. reuteri sensitive
Atopobium parvulum	<div><div></div></div> 2nd	Gram positive Rod Anaerobic S. salivarius sensitive

Gut Impact

Score: 1.7/10

Optimal

The Gut Impact score measures the bacteria and fungi in the mouth that can cause issues in the gut. These microbes have been associated with conditions including IBS, IBD, Crohn's, and colorectal cancer.

Your Gut Impact score is optimal, indicating your oral bacteria are likely not causing gut health issues.

NAME	Percentile ↓	ATTRIBUTES
Fusobacterium nucleatum	<div><div></div></div> 43rd	Gram negativeChained RodAnaerobicL. reuteri sensitive
Campylobacter concisus	<div><div></div></div> 17th	Gram negativeCurved RodFacultativeL. plantarum sensitive

Nitric Oxide

Score: 1.8/10

Needs Improvement

Certain species of oral bacteria help metabolize nitrate from our diets into nitric oxide, which is crucial for heart, brain, and immune health. The Nitric Oxide score captures your oral microbiome's ability to metabolize nitrate into nitric oxide, and **yours needs improvement**. Increasing your intake of nitrate through diet (e.g., beets, leafy greens) or supplements can help improve your Nitric Oxide score and in turn, your oral & overall health.

NAME	Percentile ↓	ATTRIBUTES
Veillonella atypica	<div><div></div></div> 77th	<div>Gram negative</div> <div>Cocci</div> <div>Anaerobic</div> <div>Insensitive</div>
Veillonella dispar	<div><div></div></div> 75th	<div>Gram negative</div> <div>Cocci</div> <div>Anaerobic</div> <div>Insensitive</div>
Rothia mucilaginosa	<div><div></div></div> 33rd	<div>Gram positive</div> <div>Rod</div> <div>Aerobic</div> <div>Insensitive</div>
Haemophilus parainfluenzae	<div><div></div></div> 28th	<div>Gram negative</div> <div>Variable</div> <div>Facultative</div> <div>Insensitive</div>

Diversity

Score: 3.5/10

Within Range

The Diversity score accounts for the total number of species and their abundance levels.

Your Diversity is within range and no action is recommended.

NAME	Percentile ↓	ATTRIBUTES
Veillonella parvula	99th	
Streptococcus oralis	97th	
Streptococcus pseudopneumoniae	97th	
Streptococcus pneumoniae	95th	
Morococcus cerebrosus	95th	

Kat Suricata

Kit: BH2M73C8 (02/03/2024)

SHARE RESULTS

DOWNLOAD REPORT

Overview

Detailed Results

Care Plan

Compare

Raw Results

Kat Suricata's Raw Results

All Species Detected	Key Microbes	Tooth Decay	Halitosis	Beneficial	Gum Inflammation	Gut Impact
SPECIES ⓘ	RELATIVE ABUNDANCE ⓘ	PERCENTILE ⓘ	ASSOCIATIONS ⓘ			
Veillonella parvula	8.62%	<div><div></div></div> 99th				
Streptococcus oralis	8.95%	<div><div></div></div> 97th				
Streptococcus pseudopneumoniae	1.94%	<div><div></div></div> 97th				
Streptococcus pneumoniae	2.92%	<div><div></div></div> 95th				
Morococcus cerebrosus	2.15%	<div><div></div></div> 95th				
Granulicatella adiacens	1.11%	<div><div></div></div> 94th	Halitosis			
Bacillus cereus	0.56%	<div><div></div></div> 93rd				
Streptococcus cristatus	0.36%	<div><div></div></div> 90th	Healthy			
Actinomyces gerencseriae	0.20%	<div><div></div></div> 87th				
Streptococcus mitis	24.95%	<div><div></div></div> 87th	Healthy			
Rothia dentocariosa	2.81%	<div><div></div></div> 86th				
Streptococcus oligofermentans	0.19%	<div><div></div></div> 86th				
Prevotella histicola	4.74%	<div><div></div></div> 86th				
Streptococcus intermedius	0.32%	<div><div></div></div> 83rd				
Leptotrichia wadei	0.24%	<div><div></div></div> 82nd	Tooth DecayHalitosis			
Prevotella sp	3.80%	<div><div></div></div> 79th				
Actinomyces viscosus	0.67%	<div><div></div></div> 78th				
Streptococcus constellatus	0.18%	<div><div></div></div> 78th	Gum inflammation			
Veillonella atypica	3.26%	<div><div></div></div> 77th	HealthyNitrate			
Rothia aeria	0.72%	<div><div></div></div> 77th	Healthy			
Actinomyces graevenitzii	0.49%	<div><div></div></div> 75th				
Actinomyces naeslundii	0.14%	<div><div></div></div> 75th				
Veillonella dispar	1.53%	<div><div></div></div> 75th	Nitrate			
Streptococcus sp	5.42%	<div><div></div></div> 75th				
Haemophilus paraprohaemolyticus	0.25%	<div><div></div></div> 74th				
Neisseria sicca	1.20%	<div><div></div></div> 73rd				
Prevotella salivae	0.84%	<div><div></div></div> 68th	Healthy			
Streptococcus parasanguinis	2.31%	<div><div></div></div> 68th	Healthy			
Streptococcus salivarius	0.89%	<div><div></div></div> 65th	Healthy			
Streptococcus tigurinus	0.20%	<div><div></div></div> 65th				
Kingella denitrificans	0.15%	<div><div></div></div> 64th				
Streptococcus sanguinis	0.74%	<div><div></div></div> 64th	Healthy			
Leptotrichia hofstadii	0.05%	<div><div></div></div> 55th				
Streptococcus infantis	2.51%	<div><div></div></div> 53rd	Healthy			
Haemophilus sputorum	0.28%	<div><div></div></div> 51st				
Prevotella melaninogenica	3.04%	<div><div></div></div> 48th				
Corynebacterium matruchotii	0.11%	<div><div></div></div> 48th				
Catonella morbi	0.09%	<div><div></div></div> 47th				
Streptococcus vestibularis	0.12%	<div><div></div></div> 47th				
Treponema socranskii	0.04%	<div><div></div></div> 46th	Gum inflammation			
Actinomyces odontolyticus	0.22%	<div><div></div></div> 43rd				
Fusobacterium nucleatum	0.42%	<div><div></div></div> 43rd	HalitosisGum inflammation			
Atopobium sp	0.27%	<div><div></div></div> 42nd				
Atopobium rimae	0.04%	<div><div></div></div> 41st				
Actinomyces sp	2.41%	<div><div></div></div> 40th				
Streptococcus gordonii	0.06%	<div><div></div></div> 40th	Healthy			
Prevotella baroniae	0.04%	<div><div></div></div> 40th				
Selenomonas sputigena	0.04%	<div><div></div></div> 40th	Tooth Decay			
Capnocytophaga granulosa	0.07%	<div><div></div></div> 39th	Healthy			
Capnocytophaga ochracea	0.04%	<div><div></div></div> 38th				
Prevotella tannerae	0.16%	<div><div></div></div> 37th				
Megasphaera micronuciformis	0.25%	<div><div></div></div> 36th				
Stomatobaculum longum	0.05%	<div><div></div></div> 35th				
Streptococcus anginosus	0.04%	<div><div></div></div> 34th				
Gemella haemolysans	0.24%	<div><div></div></div> 34th				
Prevotella pallens	0.63%	<div><div></div></div> 33rd	Healthy			
Rothia mucilaginosa	1.68%	<div><div></div></div> 33rd	HealthyNitrate			
Neisseria mucosa	0.72%	<div><div></div></div> 32nd	Healthy			
Neisseria elongata	0.10%	<div><div></div></div> 31st				
Lachnospiraceae bacterium	0.08%	<div><div></div></div> 30th				
Candida dubliniensis	0.00%	<div><div></div></div> 29th	Halitosis			
Eikenella corrodens	0.04%	<div><div></div></div> 29th	Halitosis			
Haemophilus parainfluenzae	1.75%	<div><div></div></div> 28th	HealthyNitrate			
Eubacterium brachy	0.04%	<div><div></div></div> 27th	HalitosisGum inflammation			
Prevotella oris	0.07%	<div><div></div></div> 26th				
Candida	0.01%	<div><div></div></div> 24th	Tooth DecayHalitosis			
Candida albicans	0.00%	<div><div></div></div> 22nd	Tooth DecayHalitosis			
Capnocytophaga sputigena	0.04%	<div><div></div></div> 20th				
Neisseria sp	0.04%	<div><div></div></div> 20th				
Gemella morbillorum	0.05%	<div><div></div></div> 20th				
Haemophilus parahaemolyticus	0.04%	<div><div></div></div> 19th				
Actinomyces johnsonii	0.02%	<div><div></div></div> 18th				
Neisseria meningitidis	0.02%	<div><div></div></div> 18th				
Porphyromonas endodontalis	0.05%	<div><div></div></div> 18th	HalitosisGum inflammation			
Campylobacter concisus	0.11%	<div><div></div></div> 17th	Gut Impact			
Kingella oralis	0.02%	<div><div></div></div> 16th				
Gemella sanguinis	0.11%	<div><div></div></div> 15th				
Veillonella sp	0.45%	<div><div></div></div> 14th				
Capnocytophaga gingivalis	0.05%	<div><div></div></div> 12th				
Prevotella denticola	0.02%	<div><div></div></div> 12th	Tooth DecayHalitosis			
Streptococcus australis	0.05%	<div><div></div></div> 11th				
Candida glabrata	0.00%	<div><div></div></div> 11th	Halitosis			
Neisseria cinerea	0.02%	<div><div></div></div> 10th				
Campylobacter sp	0.02%	<div><div></div></div> 9th				
Helicobacter pylori	0.00%	<div><div></div></div> 8th				
Capnocytophaga sp	0.02%	<div><div></div></div> 8th				
Haemophilus haemolyticus	0.09%	<div><div></div></div> 7th	Healthy			
Haemophilus sp	0.02%	<div><div></div></div> 6th				
Oribacterium sinus	0.02%	<div><div></div></div> 6th				
Prevotella intermedia	0.02%	<div><div></div></div> 5th	HalitosisGum inflammation			
Porphyromonas sp	0.05%	<div><div></div></div> 4th				
Streptococcus peroris	0.02%	<div><div></div></div> 4th				
Atopobium parvulum	0.02%	<div><div></div></div> 2nd	Halitosis			