

Dear Ellen, your MAT result is in!

**Name:** Ellen Smith

**Test Code:** ABC123

**Email:** ellen@gmail.com

**Date:** 02/17/2026

## 1. About the MAT score

The community of bacteria living in your gut affects your overall body health.

Your Microbiome Activity Tracker (MAT) score is calculated based on measured fecal pH and reflects how your daily choices — including what you eat, exercise, stress, sleep, and the medications you take — influence your gut microbes.

The MAT score is **not a diagnosis** of any medical condition. A lower score suggests that your current gut environment may be less supportive of beneficial bacteria, while a higher score reflects conditions that promote their healthy activity.

## 2. Your result explained

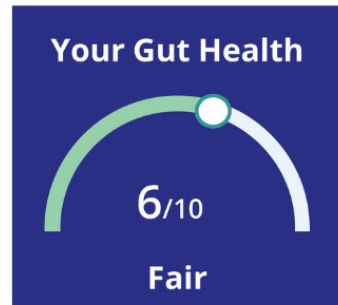
Your result is presented on a scale from 1 to 10, where 10 represents the most favorable range. The MAT score is derived from your measured fecal pH and translated into a meaningful number that is easy to track.

Across our full dataset, **a score of 6 sits just below the overall midpoint**, meaning that about half of people score higher. This is a common starting place — and an important one — because it shows there is real opportunity for improvement.

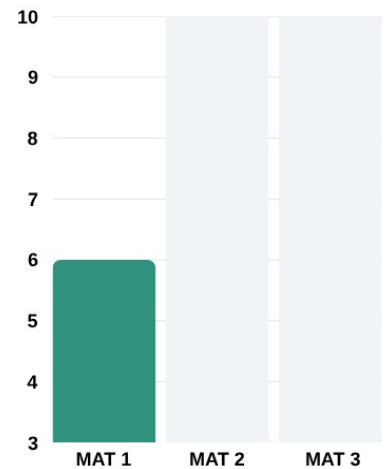
When we compare your result only with other women, your score of 6 falls in the middle range — roughly one-third score higher, one-third lower, and one-third similar to you.

Disclaimer: The Coprata Microbiome Activity Tracker (MAT) kit, its website, and related services are intended for informational and educational purposes only. They are not medical devices and are not designed to diagnose, treat, cure, or prevent any disease or health condition. Always seek the guidance of a qualified healthcare provider regarding any medical condition or before making health-related decisions.

This test



Your Results Over Time



## 3. What's next?

You are well positioned to move upward!

To help you get started, we offer several suggestions on the next page. Think of this first test as a starting point. Small, consistent changes could lead to measurable progress. Re-testing with 2<sup>nd</sup> and 3<sup>rd</sup> MAT tests will help you see what works and what doesn't over time.

A few points to note: supplements and probiotics can influence your gut microbiome while you take them, although results vary from individual to individual. Gender also matters: because hormones interact with the microbiome, women tend to show slightly different patterns than men.

## 4. Stay Informed

Knowledge of what benefits the microbiome is growing rapidly. To stay up-to-date with evidence-based gut-health tips, visit our website ([coprata.com](https://coprata.com)) or follow us on social media.



## 5. Tell Us About Your Experience

Your feedback is greatly appreciated and will help us refine the MAT experience.

Could you spare a few minutes to share your thoughts?  
[Survey Sparrow Link](#)

Dear Ellen, your MAT result is in!

**Name:** Ellen Smith

**Test Code:** ABC234

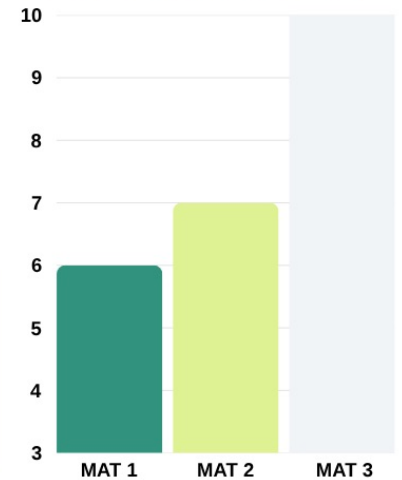
**Email:** ellen@gmail.com

**Date:** 03/02/2026

Test 2: Moderate



Your Results Over Time



## 1. Your updated result explained

Your Microbiome Activity Tracker (MAT) score is calculated based on measured fecal pH and reflects how your daily choices — including diet, exercise, stress, sleep, and the medications you take — influence your gut microbes.

**MAT Test 2 Score = 7**

**Congratulations!** A score of 7 is an improvement over your first MAT result. This means that your commitment to making changes to your lifestyle are having a positive impact on your gut health.

Across our dataset, a score of 7 is the overall midpoint, meaning that about half of people score higher and half score lower.

### Your History

Test Date	Time Interval	score
02/17/2026	-	6
03/02/2026	13 days	7

## 2. Next steps

Great job! Your gut health score improved after two weeks of small, consistent changes.

For the next weeks, we encourage you to **continue** to implement the changes to your daily choices that you started at the beginning of the program. If you would like, you could also consider **adding in** a second set of recommendations over the next two weeks.

## 3. Tips

Implementing new habits can be challenging. If you had any difficulty adopting the changes recommended after your first test, explore how you can make the habit as easy as possible to start. This might mean meal-prep over the weekend or calendar reminders to exercise.

## 4. Stay informed

If you haven't already, we encourage you to stay up-to-date with evidence-based gut-health tips shared on our website (coprata.com) and social media.



## 5. Tell us how it is going

The survey will take less than 5 minutes to complete.

[Survey Sparrow Link](#)

## Dear Ellen, your MAT result is in!

**Name:** Ellen Smith

**Test Code:** ABC345

**Email:** ellen@gmail.com

**Date:** 04/26/2026

### 1. Your updated result in context

Your Microbiome Activity Tracker (MAT) score is calculated based on measured fecal pH and reflects how your daily choices — including diet, exercise, stress, sleep, and the medications you take — influence your gut microbes.

**MAT Test 3 Score = 8**

**Great job!** A score of 8 is an improvement over your previous MAT results.

Across our dataset, a score of 8 is less common, with 8% of users at this level. Most users (84%) have a lower score, while 8% have a higher score.

Among women-only data set, the score is also reflected in 8% of the women who have taken the test.

### 2. Tell us what you think changed

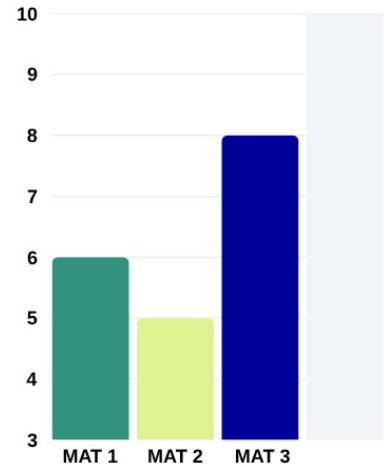
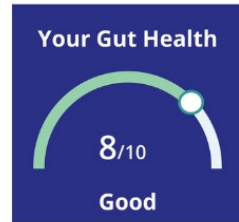
Have you been consistent with healthy behaviors that promote a happy gut microbiome? Or did something else happen?

**Please take a moment to answer a few questions on what you think changed the score**

[What changed - Survey](#)

### Your Results Over Time

#### This test



### 3. Raw fecal pH values

Date	fecal pH	MAT score
04/08/2026	7.25	6
04/15/2026	7.5	5
<b>4/26/2026</b>	<b>6.75</b>	<b>8</b>
...	...	...

### 4. What's next?

You are on track with an opportunity to continue supporting your gut through consistent daily choices.

In the coming weeks, stay consistent with the changes you've already put in place. This is where meaningful progress happens.

And repeat the test when you are ready!

## Recommendations

Gut microbial health is well known to benefit from a diet centered on fiber-rich whole foods such as legumes, seeds, whole grains, fruits, and vegetables. Ultra-processed foods are not helpful. Another key principle is variety: aim to include as many different types of plants as you can each week (around 30 is ideal).

If a busy schedule has recently made it hard to eat healthily, this is a good time to revisit these principles and measure your progress again. To help you get started, here are three gut-friendly suggestions.



### ADD

#### Flax seeds

Flax seeds feature a mild nutty flavor and easily blend into recipes — adding subtle texture and a wholesome note without overpowering other flavors. Add 2 tablespoon per day: flax seeds contain 5 grams fiber and aid in detox.

#### Add them to:

- baked goods
- smoothies
- grain bowls
- yogurt

#### Important

Because whole flax seeds often pass through the body undigested, choose ground flax seeds (also called flax meal) to get the most benefit. You can also use a coffee grinder to grind whole seeds just before use.

#### Source

<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-sources-fiber>



### SWAP

#### Rice for lentils

Rice, especially white rice, has very little fiber. Swap for lentils for a more filling and gut-friendly starch. 1/2 cup of cooked lentils have about 8 grams of fiber while 1/2 cup of cooked rice has only 2 grams of fiber.

#### How to use in your diet

Lentils are the only dry legume that can be cooked without soaking. Swap for rice in your favorite recipe.

#### Did you know?

Lentils come in various colors, including brown, green, red, and black, which affect their flavor and cooking properties. Brown and green lentils are often used in hearty dishes because they hold their shape, while red and yellow lentils break down more easily and are best for pureed soups and curries. Black or "beluga" lentils have a firm texture and are great for salads.

#### Source

<https://iffigd.org/manage-your-health/diet-and-treatments/dietary-fiber/>



### REDUCE

#### Crackers, even if whole wheat

Most crackers are made with refined white flour, added oils, and excess salt, which makes them ultra-processed and low in nutrients. From a metabolic-health standpoint, many crackers cause quick spikes in blood sugar without providing much fiber or lasting fullness — leaving you wanting more soon after.

#### Fun fact

In nutrition studies, crackers are often used as the control food when comparing the effects of healthier snack options.

#### How about whole wheat crackers?

Even versions labeled whole grain are often made with highly processed ingredients and less-than-ideal oils or sodium. So, while they do add a satisfying crunch alongside soups or cheese, it's best to enjoy them only occasionally.

#### Source

<https://pubmed.ncbi.nlm.nih.gov/40409246/>