

## MapMyGenome announces launch of at-home microbiome test

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### The test gives a detailed view of the microbial species in one's gut

MapMyGenome, a Hyderabad-based preventive genomics company, has announced the launch of Mapmybiome, a DNA based at-home test for understanding and improving your gut health. The test gives you a detailed view of the microbial species in your gut and how they affect your health, energy, and mood.

"Mapmybiome is a simple and affordable test that analyses your stool sample and gives you a detailed report on your gut microbiome. You can also get a consultation with a certified genetic counselor who will explain your results and give you practical advice on how to optimise your microbiome for better health and wellness", said Anu Acharya, Founder & CEO, MapMyGenome.

Microbiome is a complex community of bacteria, fungi, viruses, and other microorganisms that inhabit one's gut, skin, mouth, and other parts of the body. They help to digest food, fight infections, regulate the immune system, and even influence the mood and behaviour.

But not all microbes are friendly. Some of them can cause diseases or disrupt the balance of your microbiome, which can lead to various health problems, such as obesity, diabetes, allergies, asthma, inflammatory bowel disease, depression, and autism.

Post-COVID, the company has renewed its focus on preventive healthcare and has grown 4X (excluding the COVID sales), with new launches in the pipeline.