

Our Approach

We evaluate each employee's gut microbiome using advanced shotgun metagenomic sequencing and translate findings into personalized, evidence-informed steps.

Results guide:

- Nutrition strategies for balance and focus.
- Stress-resilient daily habits.
- Targeted probiotic and lifestyle support.

What We Analyze

We evaluate 11 key parameters of the gut microbiome:

Top Abundant Species

Foundation Microbiota

Vitamin Production Potential

Pathogen Characterization

Neurotransmitter Production

Probiotic Characterization

Antibiotic Resistance Genes

Kingdom Distribution

Microbiota Recovery Potential

(SCFA) Production

Propensity to Disease Development

Scan the QR code to watch
how it is done



Potential Benefits Observed

- Improved digestive comfort
- Reduced anxiety & irritability
- Enhanced nutrient absorption for sustained energy
- Better sleep cycles
- Stronger stress resilience
- Higher focus & workplace productivity




Clinical evidence shows targeted Gut health optimization can reduce sick days by up to 45%, boost mental clarity by 20%, and significantly cut annual healthcare costs.

Book your test today!

Contact Us.

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Gut-Mind Balance for

CORPORATE WELLNESS

Microbiome insights & practical steps for stress, mood, and performance



Why the Gut Matters at Work

The gut isn't just for digestion—it's home to trillions of microbes that influence energy, focus, mood, and resilience. These microbes:

- Help produce neurotransmitters like serotonin, dopamine, and GABA.
- Regulate immune and inflammatory responses tied to stress.
- Support nutrient absorption critical for brain function.

Chronic stress, irregular meals, processed foods, caffeine overload, and lack of sleep—all common in corporate life—disrupt gut microbes and directly affect mental health, productivity, and emotional balance.

How the Gut Talks to the Mind



Neurotransmitters

Microbes influence serotonin (mood), dopamine (motivation), and GABA (calmness). Imbalances worsen anxiety, irritability, and sleep issues.



Short-chain fatty acids (SCFAs)

Butyrate supports gut lining and brain clarity; low levels are linked with fatigue and stress sensitivity.



Stress hormones

Gut imbalances raise cortisol and adrenaline, fueling burnout and emotional instability.



Inflammation

Stress + poor diet weaken the gut barrier, letting toxins into the blood and triggering brain fog, low mood, and fatigue.

Employee Wellbeing Issues

- **Stress & Anxiety:** Chronic deadlines and meetings elevate cortisol and alter gut bacteria.
- **Burnout & Fatigue:** Poor microbial diversity reduces energy and resilience.
- **Sleep Issues:** Disrupted gut flora affect melatonin and serotonin cycles.
- **Emotional Eating:** Cravings for sugar, caffeine, or alcohol linked to microbial shifts.
- **Digestive Discomfort:** IBS-like symptoms (bloating, reflux, constipation, diarrhea) common in high-stress lifestyles.

