Summery and reviews about a genetic test called Viome

Viome Include 90 days nutrition plan and Personalized supplement recommendation for the Cost of $79. Viome test is sold to throw their site and Amazon. People either love it or heat it. The people they like changed their eating habits because they believed the information is accurate, especially if they understand what the result means. They are eating healthy food, supper food that posts the immune system. It answers so many of the questions that they have about their health that even doctors never did. Some of them lost weight following the suggested diet, so they think it is a great tool to give them tips on their body type. 38% thought it is great, and they are happy that they did it because it changed their life.

On the other hand, 35% of participation though it is west of money and time. The test did not make sense to them, so they did not understand the content of the result. Others did understand, but they think it is a joke, vague and bland. Many clients felt that it is just a business. One of the interesting comments was that there was uncommon food on the food plan. "the annoying part is I've never even heard nor ate 3 out of the five food items". Some people complained it takes too long 2-4 weeks, or never go the result. Customer service and going in is another issue.

Weakness:

* It is confusing and hard to understand
* Take long 3-6 weeks
* There is no personalized coaching after the test yet.
* Expensive
* Not available everywhere

Strength:

* Five a good result about a person's gut
* Customized diet plan
* There is detail instruction on food preparation
* Suggest supplements
* Info about Inflammation

This a blog that explains the test in detail:

<https://mariamarlowe.com/blog/viome-review-a-stool-test-that-can-tell-you-what-what-not-to-eat/>

About this paper

I gathered these information and send it over to miy presepter before a meeting about this ginitiv test.