

ABSTRACT

A method for providing a personalized solution for improving an intestinal environment based on a postbiotic-based health index includes receiving registration of a kit for collecting a sample from a user device; calculating a postbiotic-based health index of at least one culture in which the sample is treated with at least one intestinal environment-improving candidate material; and recommending at least one product for improving an intestinal environment, including the at least one intestinal environment-improving candidate material based on the postbiotic-based health index of the at least one culture.