

Comprehensive Salivary Oral Microbiome Testing

Improve your oral and overall health with oral microbiome testing

Bristle is the first comprehensive oral microbiome test to identify all bacterial species in your saliva and how they impact your oral & overall health.

- **Measure** all 100+ unique bacterial species and fungi in your saliva, both beneficial and harmful
- **Understand** how your microbes impact health conditions like cavities, gum disease, bad breath, gut inflammation, and more.
- **Improve** with prevention-focused diet, hygiene, and oral care ingredient & product recommendations based on your test results.
- **Monitor** progress over time and track how changes you adopt impact your health with follow-up testing.



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What is the oral microbiome?

The **oral microbiome** is the collection of bacteria, fungi, and viruses living in one's mouth.

On average, an individual has **75+ unique species** of beneficial and harmful oral bacteria.

Oral infections like cavities and gum disease are caused by high levels of pathogenic oral bacteria.



How does it affect your overall health?

Research has found **associations between the oral microbiome and conditions** including Alzheimer's disease, diabetes, cardiovascular disease, adverse pregnancy outcomes, gut disorders, and other chronic conditions.

Who is this for



You should consider testing **if you have any oral disease/condition or other co-occurring conditions** like:

- Autoimmune disease
- SIBO/gut health issues
- Diabetes
- Cardiac health issues