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Sova Health unveils Asiaâ??s first personalised gut health solution

20 November 2024 | News

Sova X provides a microbiome test, expert consultation, and three months of tailored supplements



Gurugram-based gut-health startup Sova Health has announced the launch of Sova X, Asia’s first personalised gut health solution, based on each individual's unique microbiome.

While probiotics are popular for gut health, they don’t work the same for everyone. That’s because every person’s microbiome, a collection of trillions of bacteria, is as unique as a fingerprint, influenced by factors like diet, genetics, immune system, and lifestyle. Sova X bridges this gap by offering a subscription-based service that uses advanced robotic compounding technology to create custom probiotic formulations tailored to each user's specific gut needs.

Gut health has become increasingly important, with studies showing that a disrupted microbiome can lead to digestive issues, weakened immunity, and even mental health challenges. By addressing these imbalances with tailor-made probiotics, Sova X aims to help individuals regain balance and improve overall well-being.

Max Kushnir, Co-Founder & Chief Science Officer, Sova Health said “Microbiome testing revolutionizes personalised health by revealing the unique balance of bacteria in your body. This insight allows us to create probiotics that meet your specific needs, enhancing your gut health and overall well-being. Each sachet is a unique blend crafted just for you, featuring your name to emphasise our commitment to personalized care, empowering you to take precise control of your gut health”.

Users can unlock unique insights into their gut health with Sova X’s GMT, covering areas like brain health (neurotransmitter production), liver health (fatty liver), antibiotic resistance, vitamin production potential, and migraine causes.