



**SIMPLY TEST**<sup>®</sup>  
FUNCTIONAL HEALTH

## ORAL SYSTEMIC

Your mouth isn't separate from your body.  
It's a gateway to overall health.

### WHY TEST?

#### The Oral-Systemic Connection

The mouth is a central part of the body's interconnected systems, not a separate environment. It hosts a diverse microbial ecosystem of bacteria, fungi, and viruses that actively communicate with the immune system and influence inflammatory balance throughout the body.

A healthy mouth supports immune regulation, mucosal barrier integrity, and controlled inflammatory signaling; three key processes that protect systemic health. When microbial balance is disrupted, a state known as oral dysbiosis, harmful bacteria can damage oral tissues and enter the bloodstream, activating inflammatory and immune pathways that affect the entire body.

#### Systemic Risks Connected to Oral Bacteria

Chronic inflammation that begins in the mouth can influence multiple systems throughout the body, contributing to cardiovascular, metabolic, immune, and cognitive health conditions. Oral pathogens and their inflammatory mediators and endotoxins have been identified in arterial plaque, brain tissue, gut mucosa, and other distant sites. These findings indicate that chronic oral inflammation can contribute to systemic inflammatory burden, adverse pregnancy outcomes, and cancer-related risk. For functional providers, oral dysbiosis represents an early biomarker of systemic imbalance, offering insight into inflammatory and microbial shifts before clinical symptoms emerge.

## IDENTIFYING & ADDRESSING ORAL INFLAMMATION CAN HELP

- Decrease cardiovascular and metabolic risk factors
- Support gut microbial diversity and mucosal integrity
- Modulate immune and inflammatory balance
- Protect cognitive and hormonal health
- Improve maternal outcomes and reduce pregnancy complications

### WHY IT MATTERS?

Oral inflammation is an often-overlooked source of systemic immune activation. Even in the absence of symptoms, microbial imbalance in the mouth can contribute to low-grade, chronic inflammation. This shared mechanism identifies underlying risk across cardiovascular, metabolic, neurodegenerative, autoimmune, and gastrointestinal disorders.

Within a functional medicine framework, these microbial and inflammatory dynamics serve as measurable markers of root-cause dysfunction, connecting oral, gut, immune, and metabolic health into one unified picture.

The oral microbiome communicates with several interconnected systems, including gut, endocrine, and immune pathways, influencing everything from metabolic control to pregnancy outcomes. Pathogens and inflammatory mediators originating in the mouth can amplify oxidative stress, alter endothelial function, and disrupt microbiota balance throughout the body.

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# WHY SIMPLYTEST® ORAL SYSTEMIC

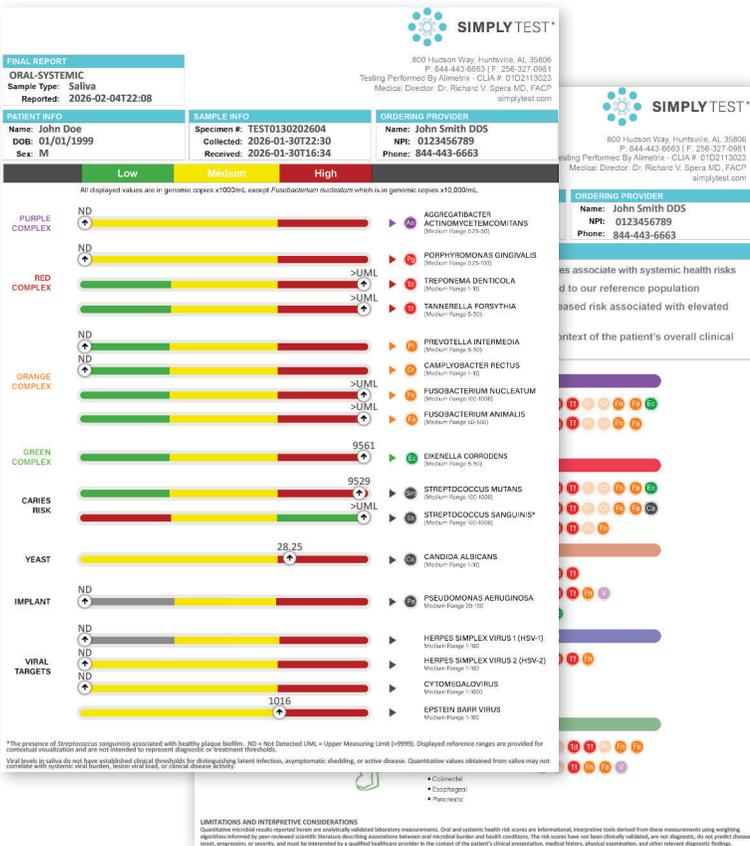
SimplyTest® Oral-Systemic is a comprehensive, saliva-based panel that detects bacterial, fungal, and viral targets from the mouth associated with chronic inflammation and systemic disease states that traditional methods may overlook. These insights help providers identify microbial contributors to inflammation earlier, supporting a proactive, root-cause approach to whole-body health.

## WHO TO TEST

Include the Oral-Systemic saliva test as part of a comprehensive assessment of chronic inflammation and imbalance. Oral dysbiosis is common, often asymptomatic, and can amplify inflammatory load across multiple systems.

### Prioritize testing in patients with:

- Cardiometabolic or inflammatory conditions, including diabetes, insulin resistance, autoimmune disease, or unexplained systemic inflammation (elevated hsCRP, IL-6, TNF- )
- Hormonal or life-stage transitions (fertility planning, pregnancy, perimenopause, menopause)
- Gut–oral axis disruption or persistent symptoms, including gut dysbiosis, intestinal permeability, GI inflammation, chronic fatigue, delayed recovery
- Neurocognitive concerns or neurologic risk, such as brain fog, cognitive changes, or family history of neurodegenerative disease
- Procedural dental risk, including implants, crowns, grafts, or other restorative interventions



## HOW TO TEST

### Collect

Collect 1 mL of patient saliva, place in postage paid box and send sample off to the lab.

### Review

Review results on secure HIPPA compliant web portal including option to share with patients. Review findings with the patient and outline next steps.

### Evaluate

Evaluate actionable clinical insights and collaborate with medical providers to develop an informed treatment and follow-up plan.



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Molecular Testing by SimplyTest® | CAP #9450297 | CLIA #01D2113023  
MKTG-DOC-003 v2.0

### Supporting Research

Lockhart PB, Bolger AF, Papananou PN, et al. Periodontal disease and atherosclerotic vascular disease. *Circulation*. 2012; Sanz M, Marco Del Castillo A, Jepsen S, et al. Periodontitis and cardiovascular diseases. *J Clin Periodontol*. 2020; Preshaw PM, Alba AL, Herrera D, et al. Periodontitis and diabetes: A two-way relationship. *Diabetologia*. 2012; Lamont RJ, Koo H, Hajishengallis G. The oral microbiota: Dynamic communities and host interactions. *Nat Rev Microbiol*. 2018; Hajishengallis G. Periodontitis: From microbial immune subversion to systemic inflammation. *Nat Rev Immunol*. 2015; Brennan CA, Garrett WS. *Fusobacterium nucleatum*—symbiont, opportunist, and oncobacterium. *Nat Rev Microbiol*. 2019.