

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Gut Health Score MCP

Get clear data on your digestive wellness and nutrition.

Gut Health Score MCP lets your AI client analyze your digestive patterns and nutritional habits. It uses specific metrics like the Bristol Stool Scale and fiber intake to provide a clear picture of your gut stability and identify potential health risks.

A+ Quality Score 100/100

gut-health

nutrition

digestive-health

dietary-analysis

wellness-tracking



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Gut Health Score MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to turn your daily health observations into actionable data. Instead of guessing how your diet affects your digestion, you can feed your habits directly into your AI client to get a structured assessment. It handles the math and the logic, looking at how things like hydration, fiber, and fermented foods interact with your body. You can check your transit efficiency using the Bristol Stool Scale or look for specific threats to your gut stability. It is a straightforward way to track how your lifestyle choices impact your digestive system without manual spreadsheets.

Core Capabilities

01 — Digestive Scoring

Your agent uses this to provide a single health score based on multiple physiological inputs.

03 — Nutritional Analysis

Your agent uses this to check how fiber and hydration levels impact your gut.

02 — Transit Monitoring

Your AI client uses this to evaluate intestinal movement efficiency via the Bristol Stool Scale.

04 — Risk Identification

Your AI client uses this to pinpoint specific threats to your digestive stability.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/gut-health-score — connect your AI agent in three steps.

- 01
- Connect the Gut Health Score MCP to your AI client via Vinkius.
- 02
- Provide your dietary and physiological data to your agent.
- 03
- The agent calls the necessary tools to process your inputs.
- 04
- Receive a detailed report on your gut score, transit health, or risk factors.

Connect the MCP to your client and start feeding it your health data.

Built For

This MCP is for anyone tracking digestive wellness through data rather than guesswork.

Health Enthusiasts

People who want to log dietary habits and get immediate feedback on gut stability.

Nutritionists

Professionals who want to hand off dietary data to an AI to find nutritional imbalances.

Wellness Researchers

Users tracking the relationship between specific foods and transit health.

What Changes When You Connect

- 01
- Converts qualitative stool observations into quantitative transit data.
- 02
- Identifies specific dietary imbalances in fiber and hydration.
- 03
- Flags potential gut stability risks from recent antibiotic use or symptoms.

04 Provides a structured score to track wellness over time.

Real-World Applications

Daily Wellness Tracking

Log your daily fiber and water intake to see how it affects your gut score.

Dietary Adjustment

Check how increasing fermented foods or fiber changes your transit health.

Post-Antibiotic Recovery

Identify risks to your gut stability after a course of medication.

Symptom Correlation

Connect bloating or other symptoms to specific risk factors in your gut profile.

4 Tools Available

#	TOOL	DESCRIPTION
01	analyze_transit_health	This tool evaluates how efficiently your intestines are moving based on stool consistency.
02	calculate_gut_score	Use this to get a complete assessment of your current digestive health status.
03	evaluate_dietary_impact	This tool examines the specific relationship between your fiber, fermentation, and hydration levels.
04	identify_risk_factors	This tool isolates and describes the primary threats currently affecting your gut stability.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

- U** Calculate my gut health score. I eat 30g of fiber, 3 servings of fermented foods a week, drink 2 liters of water, haven't used antibiotics recently, have no symptoms, and my Bristol scale type is 4.



Your gut health score is 85/100. Your digestive system is in an optimal state with healthy transit and balanced nutrition.

- U** Check my transit health. My Bristol scale type is 2.



Your transit status is Slow. You may need to increase your water intake and fiber consumption to improve regularity.

- U** What are my primary gut health risks? I recently took antibiotics and I am experiencing bloating.



Your primary risks are recent antibiotic use and gastrointestinal symptoms, resulting in a High severity level for gut stability.

Frequently Asked Questions

01 How do I use this MCP with my AI?

You connect it once through Vinkius. After that, any MCP-compatible client like Claude or Cursor can use the tools directly.

02 What data do I need to provide for a gut score?

You should provide details like fiber intake, fermented food servings, water consumption, recent antibiotic use, and your Bristol Stool Scale type.

03 Can this MCP help with constipation?

Yes. By using the transit health tool with your Bristol Scale type, the agent can identify slow transit and suggest increases in water or fiber.

04 Does this MCP track my diet?

It evaluates the impact of your diet by analyzing the relationship between fiber, fermentation, and hydration.

05 Is this a manual log?

No. You provide the information to your AI client, and the MCP performs the calculations and analysis for you.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"gut-health-score": { "url": "..."} }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

Ask ChatGPT

Ask Claude

Ask Perplexity

Ask Gemini

Ask Grok

READY TO CONNECT

Gut Health Score is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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