

## Microbiome Information for: Intelligence

### For prescribing Medical professionals Review

The suggestions below are based on an Expert System (Artificial Intelligence) modelled after the MYCIN Expert System produced at Stanford University School of Medicine in 1972. The system uses over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies has found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is beleived to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are a *a priori suggestions* that are predicted to independently reduce microbiome dysfunction. Suggestions should *only be done after a review* by a medical professional factoring in patient's conditions, allergies and other issues.

**This report may be freely shared by a patient to their medical professionals**

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Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result in received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thome (<https://www.thome.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

### Analysis Provided by Microbiome Prescription

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[Our Facebook Discussion Page](#)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Intelligence

*Nota Bena:* Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Burkholderiaceae	family	High	119060	Fusicatenibacter	genus	High	1407607
Coriobacteriaceae	family	Low	84107	Oscillibacter	genus	Low	459786
Corynebacteriaceae	family	High	1653	Oscillospira	genus	High	119852
Lachnospiraceae	family	High	186803	Oxalobacter	genus	Low	846
Oscillospiraceae	family	High	216572	Prevotella	genus	Low	838
Porphyromonadaceae	family	Low	171551	Subdoligranulum	genus	Low	292632
Prevotellaceae	family	Low	171552	Sutterella	genus	Low	40544
Catenibacterium	genus	Low	135858	Bacteroides uniformis	species	High	820
Clostridium	genus	High	1485	Faecalibacterium prausnitzii	species	Low	853
Coprococcus	genus	High	33042	Ruminococcus callidus	species	High	40519
Dialister	genus	Low	39948	Segatella copri	species	Low	165179
				Veillonella dispar	species	High	39778

## Substance to Consider Adding or Taking

These are the most significant substances that are likely to improve the microbiome dysfunction. Dosages are based on the dosages used in clinical studies. For more information see: <https://microbiomeprescription.com/library/dosages>. These are provided as examples only

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

**bacillus subtilis (probiotics)** 10 BCFU/day

**barley** 60 gram/day

**bile (acid/salts)**

**chrysanthemum morifolium**

**clostridium butyricum (probiotics),Miya,Miyarisan** 1.gram/day

**high salt**

**high-fat diets**

**inulin (prebiotic)** 32 gram/day

**iron** 400 mg/day

**ku ding cha tea**

**lactobacillus plantarum (probiotics)** 60 BCFU/day

**lactobacillus reuteri (probiotics)** 22 BCFU/day

**mastic gum (prebiotic)** 1000 mg/day

**Moringa Oleifera**

**resistant starch**

**saccharomyces boulardii (probiotics)** 6 BCFU/day

**salt (sodium chloride)**

**vitamin B3,niacin** 3000 mg/day

**wheat**

**Xanthohumol**

## Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

microbiome labs / restorflora  
 aor / probiotic-3  
 nature's way (au) / restore probiotic bowel & colon health 30s  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 jarow formula / ideal bowel support® Ip299v®  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 Ombre / Healthy Gut  
 Ombre / Metabolic Booster  
 nature's instincts / ultra spore probiotic  
 seed / male version  
 solaray / mycrobioime probiotic colon formula  
 Maple Life Science™ / Lactobacillus plantarum  
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
 powerlabs (au) / ultra blend  
 Purica Probiotic Cardio  
 Maple Life Science™ / Lactobacillus reuteri  
 spain (es) / gum periobalance  
 optibac / for women  
 jarow formulas / fem-dophilus®  
 global health trax / threelac  
 nature's way (au) / restore probiotic 30 billion 30s  
 spain (es) / axiboulardi  
 SuperSmart / H. Pylori Fight  
 Law of Nature / Best Days Formula  
 BioGaia / BioGaia Osfortis  
 Floradapt Cardio  
 bio-botanical research / proflo4r restorative probiotic  
 blackmore (au) / probiotics+ daily health  
 Eden's / 3-in-1 Synbiotic Superblend  
 UltraFlora® Immune Booster  
 OMNI-BIOTIC®/ 10 AAD  
 RepHresh / Pro-B Probiotic Supplement for Women  
 young living/life 9  
 Bromatech (IT) / Adomelle  
 mwsb / candida yeast support  
 microbiome labs/ megasporebiotic  
 klaire labs / biospora  
 miyarian (jp) / miyarian  
 Bromatech / ENTERELLE PLUS  
 Bioflora(MX) / Woman  
 Energybalance / ColoBiotica 28 Colon Support  
 naturopathica (au) / gastrohealth women's probiotic with cranberry  
 SuperSmart / Saccharomyces Boulardii  
 microbiome labs / hu58  
 CustomProbiotics.com / L. Reuteri Probiotic Powder  
 Schwabe Pharma Italia / AxiBoulardi  
 perfect pass / perfect pass probiotic bacillus spore  
 UltraFlora® Intensive Care  
 Bromatech (IT) / Serobiome  
 biospec / probiotic-5  
 corebiotic  
 CustomProbiotics.com / L. Plantarum Probiotic Powder  
 SuperSmart / Oral Health  
 spain (es) / reuteri gotas

optibac / saccharomyces boulardii  
BioGaia / BioGaia Products  
blackmore (au) / probiotics+ womens flora balance  
Pendulum / Pendulum Glucose Control  
SuperSmart / Lactobacillus reuteri  
Microbiome Plus+™ Gastrointestinal  
goodbelly drink  
enviromedica terraflorea sbo probiotic  
Jetson (US) / Mood Probiotics  
Ombre / Heart Health  
Symprove™  
spain (es) / ultralevura  
custom probiotics / six strain probiotic powder  
spain (es) / casenbiotic  
ImmuneBiotech Medical Sweden AB / GutMagnific®  
organic 3 / yeastbiotic  
spain (es) / I3.1  
Bromatech (IT) / Lautoselle  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
Resbiotic / resB® Lung Support  
naturopathica (au) / gastrohealth fibrepro  
blackmore (au) / probiotics+ eczema relief  
imagilin / NutriLots Replenish  
Schwabe Pharma Italia / EnteroDophilus  
Microbiome Labs / MEGA Genesis  
Ombre / Endless Energy  
Jetson / FIT  
Seeking Health / Probiota HistaminX  
Prescript-Assist®/SBO Probiotic  
vitamin angels / just thrive  
nature's way (au) / restore probiotic daily health 90s  
Sun Wave Pharma/Bio Sun Instant  
SuperSmart / Candalb  
custom probiotics / four strain lactobacilli  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
Bromatech (IT) / Rotanelle plus  
Immune Defense Daily Chewable Probiotic  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
blackmores (au) / probiotics + adults daily (90 capsules)  
zint nutrition / probiotic collagen +  
Botica Alternativa / Lactobacilos Reuteri  
Metabolics / Lactobacillus Plantarum Powder  
Nature's Lab Cardio  
spain (es) / vivomixx  
INVIVO THERAPEUTICS / Bio.Me IB +  
Ombre / Ultimate Immunity  
PharmExtracta (IT) / Butirisan  
jarow formulas / fem dophilus  
Purica Probiotic Intensive GI  
optibac / for your cholesterol  
Bromatech (IT) / Enterelle  
ProbioMax® Daily DF  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
JGL / Lactogyn  
organic 3 / primal soil  
Floradapt Gut Comfort  
SuperSmart / Bacillus Subtilis  
Nature's Lab Intensive GI

**Bromatech (IT) / Psicobrain**  
**Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes**  
**Ombre / Mood Enhancer**  
**spain (es) / aquilea intimus**  
**florastor / florastor**  
**BIO-BOTANICAL RESEARCH / Megacidin**  
**reserveage nutrition / beautiflora**  
**amy meyers / primal earth probiotic**  
**Jetson / Gut Prep**  
**up4 / adult**  
**Ombre / Restore**  
**spain (es) / gastrus**

**Note: Some of these are only available regionally – search the web for sources.**

## Substance to Consider Reducing or Eliminating

These are the most significant substances have been identified as probably contributing to the microbiome dysfunction.

In some cases blood work may show low levels of some vitamins, etc. listed below. This may be due to *greedy* bacteria reported at a high level above. Viewing bacteria data on the Kyoto Encyclopedia of Genes and Genomes (<https://www.kegg.jp/>) may provide better insight on the course of action to take.

acarbose,(prescription)	Lactobacillus jensenii
acetylsalicylic acid,aspirin	lactulose
amoxicillin (antibiotic)s[CFS]	lard
azithromycin,(antibiotic)s[CFS]	L-glutamine
Baking Soda, Sodium Bicarbonate	linezolid (antibiotic)
bifidobacterium animalis lactis (probiotics)	linseed(flaxseed)
blackcurrant	luteolin (flavonoid)
Cacao	lymecycline (antibiotic)[CFS]
candida albicans (prescription)	mediterranean diet
chitosan,(sugar)	meropenem (antibiotic)s
ciprofloxacin (antibiotic)s[CFS]	metronidazole (antibiotic)s[CFS]
clarithromycin (antibiotic)s[CFS]	monensin sodium salt,(prescription)
clindamycin (antibiotic)s[CFS]	moxifloxacin (antibiotic)
colostrum	navy bean
cranberry bean flour	norfloxacin (antibiotic)s
doxycycline (antibiotic)s[CFS]	oligosaccharides (prebiotic)
epinephrine	oxytetracycline dihydrate (antibiotic)
erythromycin (antibiotic)s[CFS]	partial sleep deprivation
ethacrynic acid,(prescription)	pomegranate
fat	Pulses
fish oil	raffinose(sugar beet)
fructo-oligosaccharides (prebiotic)	Rapamycin
galacto-oligosaccharides (prebiotic)	red wine
gatifloxacin (antibiotic)	resveratrol (grape seed/polyphenols/red wine)
gluten-free diet	rifaximin (antibiotic)s
heme	risperidone,(prescription)
humic substances	smoking
ketogenic diet	sodium stearyl lactylate
lactobacillus casei (probiotics)	thiamphenicol (antibiotic)
lactobacillus gasseri (probiotics)	vancomycin (antibiotic)[CFS]
	wasabi

## Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

### Relationships of the gut microbiome with cognitive development among healthy school-age children.

**Frontiers in pediatrics** , Volume: 11 2023

Authors Lapidot Y,Maya M,Reshef L,Cohen D,Ornoy A,Gophna U,Muhsen K

### Glutamate interactions with obesity, insulin resistance, cognition and gut microbiota composition.

**Acta diabetologica** , Volume: 56 Issue: 5 2019 May

Authors Palomo-Buitrago ME,Sabater-Masdeu M,Moreno-Navarrete JM,Caballano-Infantes E,Arnoriaga-Rodríguez M,Coll

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**Scientific reports** , Volume: 6 2016 Dec 6

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D,Hylemon PB,Stewart KE,Keradman R,Liu EJ,Wang J,Gillevet PM,Sikaroodi M,Moeller FG,Wade JB

Antitumor Effect and Gut Microbiota Modulation by Quercetin, Luteolin, and Xanthohumol in a Rat Model for Colorectal Cancer Prevention.

**Nutrients** , Volume: 16 Issue: 8 2024 Apr 13

Authors Pérez-Valero Á,Magadán-Corpas P,Ye S,Serna-Diestro J,Sordon S,Huszczka E,Poplonski J,Villar CJ,Lombó F

Modeling Dynamics of Human Gut Microbiota Derived from Gluten Metabolism: Obtention, Maintenance and Characterization of Complex Microbial Communities.

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Gut Microbiota and Inflammation Modulation in a Rat Model for Ulcerative Colitis after the Intraperitoneal Administration of Apigenin, Luteolin, and Xanthohumol.

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**Gut microbes** , Volume: 16 Issue: 1 2024 Jan-Dec

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Glutamine attenuates bisphenol A-induced intestinal inflammation by regulating gut microbiota and TLR4-p38/MAPK-NF- $\kappa$ B pathway in piglets.

**Ecotoxicology and environmental safety** , Volume: 270 2023 Dec 26

Authors Liu Z,Liu M,Wang H,Qin P,Di Y,Jiang S,Li Y,Huang L,Jiao N,Yang W

Gut microbiome supplementation as therapy for metabolic syndrome.

**World journal of diabetes** , Volume: 14 Issue: 10 2023 Oct 15

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Antitumor effect of exopolysaccharide from Lactiplantibacillus plantarum WLPL09 on melanoma mice via regulating immunity and gut microbiota.

**International journal of biological macromolecules** , Volume: 254 Issue: Pt 1 2023 Oct 31

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Rapamycin attenuates experimental colitis by modulating the gut microbiota.

**Journal of gastroenterology and hepatology** , 2023 Nov 2

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**In vivo (Athens, Greece)** , Volume: 37 Issue: 5 2023 Sep-Oct

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Immunomodulatory effects of inulin and its intestinal metabolites.

**Frontiers in immunology** , Volume: 14 2023

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Dietary Prebiotic Oligosaccharides and Arachidonate Alter the Fecal Microbiota and Mucosal Lipid Composition of Suckling Pigs.

**The Journal of nutrition** , 2023 Jun 20

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**Journal of animal science** , 2022 Dec 27

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Rifaximin Modifies Gut Microbiota and Attenuates Inflammation in Parkinson`s Disease: Preclinical and Clinical Studies.

**Cells** , Volume: 11 Issue: 21 2022 Nov 2

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[Alleviation Effects of \*Bifidobacterium animalis\* subsp. \*lactis\* XLTG11 on Dextran Sulfate Sodium-Induced Colitis in Mice.](#)

**Microorganisms , Volume: 9 Issue: 10 2021 Oct 3**

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[The Protection of \*Lactiplantibacillus plantarum\* CCFM8661 Against Benzopyrene-Induced Toxicity via Regulation of the Gut Microbiota.](#)

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**Food & function** , 2021 Jun 25

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**Journal of animal science and biotechnology** , Volume: 12 Issue: 1 2021 Jun 10

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*Authors Rondanelli M,Gasparri C,Peroni G,Faliva MA,Naso M,Perna S,Bazire P,Sajuox I,Maugeri R,Rigon C*

A multi-omics approach for understanding the effects of moderate wine consumption on human intestinal health.

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Clearance of Clostridioides difficile Colonization Is Associated with Antibiotic-Specific Bacterial Changes.

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*Authors Lesniak NA,Schubert AM,Sinani H,Schloss PD*

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Anorexia Nervosa  
Antiphospholipid syndrome (APS)  
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Atherosclerosis  
Atrial fibrillation  
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Chronic Obstructive Pulmonary Disease (COPD)  
Chronic Urticaria (Hives)  
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Colorectal Cancer  
Constipation  
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cystic fibrosis  
deep vein thrombosis  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy  
erectile dysfunction  
Fibromyalgia  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)

Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
giant cell arteritis  
Glioblastoma  
Gout  
Graves' disease  
Halitosis  
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Hemorrhoidal disease, Hemorrhoids, Piles  
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Histamine Issues  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypothyroidism  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Intracranial aneurysms  
Irritable Bowel Syndrome  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
Mast Cell Issues / mastitis  
ME/CFS with IBS  
ME/CFS without IBS  
membranous nephropathy  
Menopause  
Metabolic Syndrome  
Mood Disorders  
multiple chemical sensitivity [MCS]  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
myasthenia gravis  
neuropathic pain  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
NonCeliac Gluten Sensitivity  
Obesity  
obsessive-compulsive disorder  
Osteoarthritis  
Osteoporosis  
pancreatic cancer  
Parkinson's Disease  
Polycystic ovary syndrome  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
primary biliary cholangitis  
Psoriasis  
rheumatoid arthritis (RA),Spondyloarthritis (SpA)

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**Schizophrenia**  
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**sensorineural hearing loss**  
**Sjögren syndrome**  
**Sleep Apnea**  
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**Stress / posttraumatic stress disorder**  
**Systemic Lupus Erythematosus**  
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