Microbiome Information for: ADHD

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 *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/)
Thorne (https://www.thorne.com/products/dp/gut-health-test)
***Worldwide*: BiomeSight (https://biomesight.com) - Discount Code 'MICRO'**

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229
Email: Research@MicrobiomePrescription.com

Our Facebook Discussion Page

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of ADHD

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.**

Bacteria Name	Rank	Shift	Taxonomy ID
Actinomycetes	*class*	High	*1760*
Clostridia	*class*	Low	*186801*
Deltaproteobacteria	*class*	Low	*28221*
Bifidobacteriaceae	*family*	High	*31953*
Catabacteriaceae	*family*	Low	*424536*
Gracilibacteraceae	*family*	Low	*541019*
Lachnospiraceae	*family*	Low	*186803*
Neisseriaceae	*family*	High	*481*
Porphyromonadaceae	*family*	High	*171551*
Prevotellaceae	*family*	Low	*171552*
Rikenellaceae	*family*	High	*171550*
Ruminococcaceae	*family*	Low	*541000*
Selenomonadaceae	*family*	High	*1843491*
Veillonellaceae	*family*	High	*31977*
Acetivibrio	*genus*	Low	*35829*
Acidaminococcus	*genus*	High	*904*
Agathobacter	*genus*	High	*1766253*
Alistipes	*genus*	High	*239759*
Anaerotaenia	*genus*	Low	*1843206*
Bifidobacterium	*genus*	High	*1678*
Coprococcus	*genus*	Low	*33042*
Desulfovibrio	*genus*	High	*872*
Eggerthella	*genus*	Low	*84111*
Faecalibacterium	*genus*	Low	*216851*
Fusobacterium	*genus*	High	*848*
Gracilibacter	*genus*	Low	*342658*
Lactobacillus	*genus*	Low	*1578*
Megamonas	*genus*	High	*158846*
Neisseria	*genus*	High	*482*
Odoribacter	*genus*	High	*283168*
Parabacteroides	*genus*	High	*375288*
Phascolarctobacterium	*genus*	High	*33024*
Prevotella	*genus*	High	*838*
Roseburia	*genus*	High	*841*
Ruminococcus	*genus*	High	*1263*
Subdoligranulum	*genus*	Low	*292632*
Bifidobacteriales	*order*	High	*85004*
Desulfovibrionales	*order*	Low	*213115*
Bacteroides ovatus	*species*	High	*28116*
Bacteroides uniformis	*species*	High	*820*
Bifidobacterium adolescentis	*species*	High	*1680*
Bifidobacterium longum	*species*	High	*216816*
Coprococcus eutactus	*species*	Low	*33043*
Francisella tularensis	*species*	Low	*263*
Phocaeicola coprocola	*species*	Low	*310298*
Sutterella stercoricanis	*species*	High	*234908*

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.

arabinogalactan (prebiotic) 21 gram/day
fructo-oligosaccharides (prebiotic) 15 gram/day
Glucomannan 700 mg/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day
inulin (prebiotic) 32 gram/day
lactulose
partially hydrolyzed guar gum 6 gram/day
wheat bran
whey 60 gram/day

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

- **jarrow formulas / bifidus balance® + fos**
- **nature's way (au) /restore probiotic bowel & colon health 30s**
- **naturopathica (au) / gastrohealth fibrepro**
- **blackmore (au) / probiotics+ eczema relief**
- **optibac / for every day**
- **Thryve Inside/ L.Reu,Rham,Casi; B.Lactis**
- **naturopathica (au) / gastrohealth probiotic dairy free 50 billion**
- **Physician Choice /60 Billion Probiotics**
- **naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu**
- **blackmores (au) / probiotics+ immune defence**
- **ISCON Elegance/ Ochek Capsule 10**
- **Nutrition Essentials / Probiotic (900 BCFU)**
- **optibac / bifidobacteria & fibre**
- **Bio Schwartz / Advance Strength Probiotics (40 BCFU)**
- **nature's way (au) / restore probiotic 30 billion 30s**
- **blackmore (au) / probiotics+ daily health**
- **Swiss BioEnergetics / Full Spectrum Probiotic Defence**
- **theramedix / probiotic**
- **blackmores (au) / probiotics + adults daily (90 capsules)**
- **nature's way (au) / restore probiotic daily health 90s**

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

Substance to Consider Reducing or Eliminating

These are the most signigicant 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.

5-fluorouracil,(prescription)
alexidine dihydrochloride
amoxicillin (antibiotic)s[CFS]
ampicillin (antibiotic)s[CFS]
aprepitant,(prescription)
auranofin,(prescription)
azithromycin,(antibiotic)s[CFS]
azlocillin sodium salt (antibiotic)
bacampicillin hydrochloride (antibiotic)
bacitracin (antibiotic)
benzathine benzylpenicillin (antibiotic)
benzbromarone,(prescription)
benzethonium chloride
benzylpenicillin sodium (antibiotic)
bepridil hydrochloride,(prescription)
butenafine hydrochloride,(prescription)
carbadox,(prescription)
cefaclor hydrate (antibiotic)
cefazolin sodium salt (antibiotic)
cefdinir (antibiotic)
cefixime (antibiotic)
cefmetazole sodium salt (antibiotic)
cefoperazone dihydrate (antibiotic)
cefotaxime sodium salt (antibiotic)
cefotiam hydrochloride (antibiotic)
Cefoxitin sodium salt
cefuroxime sodium salt (antibiotic)
cephalothin sodium salt (antibiotic)
chloramphenicol (antibiotic)s
chlorhexidine
chlorprothixene hydrochloride,(prescription)
Chlortetracycline hydrochloride
cinnarizine,(prescription)
clarithromycin (antibiotic)s[CFS]
clemizole hydrochloride,(prescription)
clinafloxacin (antibiotic)
clindamycin (antibiotic)s[CFS]
clofazimine (antibiotic)
closantel,(prescription)
clotrimazole,(prescription)
colistin sulfate (antibiotic)
cyclobenzaprine hydrochloride,(prescription)
daunorubicin hydrochloride,(prescription)
dehydroisoandosterone 3-acetate,(prescription)
Demeclocycline hydrochloride
dequalinium dichloride
desloratadine,(prescription)
diclofenac sodium,(prescription)
dicloxacillin sodium salt hydrate (antibiotic)
dienestrol,(prescription)
lomefloxacin hydrochloride (antibiotic)
loracarbef (antibiotic)
luteolin (flavonoid)
lymecycline (antibiotic)[CFS]
Meclocycline sulfosalicylate
meclozine dihydrochloride,(prescription)
mefloquine hydrochloride,(prescription)
merbromin
meropenem (antibiotic)s
Methacycline hydrochloride
methiothepin maleate,(prescription)
methyl benzethonium chloride
metronidazole (antibiotic)s[CFS]
minocycline (antibiotic)s[CFS]
monensin sodium salt,(prescription)
moxalactam disodium salt (antibiotic)
moxifloxacin (antibiotic)
nadifloxacin (antibiotic)
nafcillin sodium salt monohydrate (antibiotic)
niclosamide,(prescription)
nifuroxazide (antibiotic)
nifurtimox,(prescription)
nimesulide,(prescription)
niridazole,(prescription)
nitrofural,(prescription)
nitrofurantoin (antibiotic)
norgestimate,(prescription)
novobiocin sodium salt,(prescription)
ornidazole (antibiotic)s
oxethazaine,(prescription)
oxybutynin chloride,(prescription) [Can cause cognitive issues]
oxytetracycline dihydrate (antibiotic)
pefloxacine (antibiotic)
pentamidine isethionate,(prescription)
perphenazine,(prescription)
phenethicillin potassium salt (antibiotic)
pimethixene maleate,(prescription)
pioglitazone,(prescription)
piperacillin-tazobactam (antibiotic)s
proadifen hydrochloride non-drug
pyrimethamine,(prescription)
pyrvinium pamoate,(prescription)
quinacrine dihydrochloride dihydrate,(prescription)
Rifabutin
rifampicin (antibiotic)s
rifapentine (antibiotic)
rifaximin (antibiotic)s
roxithromycin (antibiotic)s
rufloxacin (antibiotic)
saccharomyces boulardii (probiotics)

diethylstilbestrol,(prescription)
dirithromycin (antibiotic)
doxorubicin hydrochloride,(prescription)
doxycycline (antibiotic)s[CFS]
ebselen non-drug
econazole nitrate,(prescription)
efavirenz,(prescription)
enoxacin (antibiotic)
erythromycin (antibiotic)s[CFS]
felodipine,(prescription)
florfenicol
flucloxacillin sodium (antibiotic)
flufenamic acid,(prescription)
flumequine (antibiotic)
flunixin meglumine,(prescription)
furaltadone hydrochloride,(prescription)
furazolidone (antibiotic)
garlic (allium sativum)
gatifloxacin (antibiotic)
hexachlorophene
hexestrol,(prescription)
hycanthone,(prescription)
imipenem (antibiotic)s
isoconazole,(prescription)
josamycin (antibiotic)
ketoconazole,(prescription)
lincomycin (antibiotic)s
linezolid (antibiotic)
sarafloxacin (antibiotic)
secnidazole,(prescription)
sparfloxacin (antibiotic)
spiramycin (antibiotic)
talampicillin hydrochloride (antibiotic)
tamoxifen citrate,(prescription)
tea
terfenadine,(prescription)
thiamphenicol (antibiotic)
thimerosal (mercury vacine perservative)
thiostrepton,(prescription)
thonzonium bromide,(pharmacological additive)
ticarcillin sodium (antibiotic)
tinidazole (antibiotic)
tioconazole,(prescription)
Tiratricol, 3,3',5-triiodothyroacetic acid
tolfenamic acid,(prescription)
Tosufloxacin hydrochloride
triclosan
trimethoprim (antibiotic)s
troleandomycin (antibiotic)
tylosin,(prescription)
vancomycin (antibiotic)[CFS]
vegetarians
walnuts
Xanthohumol
zafirlukast,(prescription)
Zidovudine, AZT
zuclopenthixol dihydrochloride,(prescription)

Sample of Literature Used

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

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Amyotrophic lateral sclerosis (ALS) Motor Neuron
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Asthma
Atherosclerosis
Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdkl5 deficiency disorder
Celiac Disease
Cerebral Palsy

Chronic Fatigue Syndrome
Chronic Kidney Disease
Chronic Lyme
Chronic Obstructive Pulmonary Disease (COPD)
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Coagulation / Micro clot triggering bacteria
Colorectal Cancer
Constipation
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Crohn's Disease
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
Hashimoto's thyroiditis
Heart Failure
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
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)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Small Intestinal Bacterial Overgrowth (SIBO)
Stress / posttraumatic stress disorder
Systemic Lupus Erythematosus
Tic Disorder
Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
Ulcerative colitis
Unhealthy Ageing