

## Microbiome Information for: rheumatoid arthritis (RA),Spondyloarthritis (SpA)

### 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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 is 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](mailto:Research@MicrobiomePrescription.com)

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of rheumatoid arthritis (RA),Spondyloarthritis (SpA)

**Nota Benia:** 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	Bacteria Name	Rank	Shift	Taxonomy ID
Actinomycetes	class High 1760	Klebsiella	genus	High 570	
Verrucomicrobiae	class High 203494	Lachnoclostridium	genus	Low 1506553	
Ackermannviridae	family High 2169529	Lachnospira	genus	High 28050	
Autographiviridae	family High 2731643	Lactobacillus	genus	Low 1578	
Bacteroidaceae	family High 815	Lactococcus	genus	Low 1357	
Barnesiellaceae	family Low 2005519	Megamonas	genus	Low 158846	
Bifidobacteriaceae	family High 31953	Methanobrevibacter	genus	High 2172	
Chaseviridae	family High 2731689	Mucispirillum	genus	High 248038	
Deferrribacteraceae	family High 191394	Mycobacterium	genus	High 1763	
Demerecviridae	family Low 2731690	Odoribacter	genus	Low 283168	
Desulfovibrionaceae	family High 194924	Oscillibacter	genus	High 459786	
Drexlerviridae	family Low 2731691	Oscillospira	genus	High 119852	
Enterobacteriaceae	family High 543	Oxalobacter	genus	High 846	
Enterococcaceae	family Low 81852	Oxobacter	genus	High 44261	
Gracilibacteraceae	family High 541019	Parabacteroides	genus	High 375288	
Helicobacteraceae	family High 72293	Parvimonas	genus	High 543311	
Herelleviridae	family High 2560065	Pelagibacterium	genus	High 1082930	
Lachnospiraceae	family High 186803	Peptococcus	genus	High 2740	
Lactobacillaceae	family Low 33958	Porphyromonas	genus	High 836	
Myoviridae	family High 10662	Prevotella	genus	High 838	
Oscillospiraceae	family High 216572	Proteus	genus	High 583	
Peptococcaceae	family High 186807	Pseudobutyryvibrio	genus	Low 46205	
phages with long non-contractile tails	family Low 10699	Pseudomonas	genus	High 286	
Planococcaceae	family High 186818	Pyramidobacter	genus	High 638847	
Prevotellaceae	family High 171552	Romboutsia	genus	Low 1501226	
Streptococcaceae	family Low 1300	Roseburia	genus	Low 841	
Veillonellaceae	family High 31977	Ruminococcus	genus	High 1263	
Victivallaceae	family High 255528	Shigella	genus	High 620	
Absiella	genus High 2057233	Slackia	genus	High 84108	
Acidaminococcus	genus Low 904	Solobacterium	genus	High 123375	
Actinomyces	genus High 1654	Staphylococcus	genus	High 1279	
Akkermansia	genus High 239934	Streptococcus	genus	High 1301	
Alistipes	genus Low 239759	Subdoligranulum	genus	High 292632	
Allobaculum	genus High 174708	Trichosporon	genus	Low 5552	
Alloprevotella	genus Low 1283313	Turicibacter	genus	High 191303	
Aspergillus	genus High 5052	Veillonella	genus	Low 29465	
Bacteroides	genus High 816	Wallechia	genus	High 148959	
Bilophila	genus High 35832	Eubacteriales	order	High 186802	
Blautia	genus High 572511	Hypocreales	order	High 5125	
Butyricicoccus	genus High 580596	Lactobacillales	order	High 186826	
		Malasseziales	order	Low 162474	

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Butyrivibrio	genus High	830	[Clostridium] leptum	species	Low	1535
Candida	genus High	5475	[Clostridium] scindens	species	High	29347
Citrobacter	genus High	544	[Ruminococcus] gnavus	species	High	33038
Clostridium	genus Low	1485	Actinomyces oris	species	High	544580
Coprococcus	genus High	33042	Aggregatibacter	species	High	714
Desulfovibrio	genus High	872	actinomycetemcomitans	species	High	84111
Eggerthella	genus High	1432051	Bacteroides fragilis	species	Low	817
Eisenbergiella	genus High	547	Blautia coccoides	species	Low	1532
Enterobacter	genus Low	1350	Collinsella aerofaciens	species	High	74426
Enterococcus	genus High	561	Faecalibacterium prausnitzii	species	Low	853
Escherichia	genus High	1730	Fusobacterium nucleatum	species	High	851
Eubacterium	genus Low	216851	Ligilactobacillus salivarius	species	High	1624
Faecalibacterium	genus Low	2353	Limosilactobacillus reuteri	species	Low	1598
Flexispira	genus High	848	Mycoplasmopsis fermentans	species	High	2115
Fusobacterium	genus Low	1378	Porphyromonas gingivalis	species	High	837
Gemella	genus Low	644652	Prevotella histicola	species	Low	470565
Gordonibacter	genus High	342658	Segatella copri	species	High	165179
Gracilibacter	genus High	724	Pseudomonas aeruginosa group	species	group	136841
Haemophilus	genus Low	209	Stenotrophomonas maltophilia group	species	group	995085
Helicobacter	genus High	33277	Porphyromonas gingivalis ATCC 33277	strain	High	431947

## 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.

apigenin	metformin (prescription)
arabinogalactan (prebiotic) 21 gram/day	navy bean
bacillus licheniformis,(probiotics) 1000 mg/day	non-starch polysaccharides
bacillus subtilis (probiotics) 10 BCFU/day	oligosaccharides (prebiotic)
berberine 1.5 gram/day	Olive Oil
bifidobacterium longum (probiotics) 10 BCFU/day	pea (fiber, protein)
bile (acid/salts)	Pulses
Bile Acid Sequestrant	Pumpkin
bofutsushosan	quebracho
cellulose (prebiotic)	red wine 250 ml/day
chestnut tannins	resistant starch
cranberry bean flour	saccharin 450 mg/day
fasting	saccharomyces boulardii (probiotics) 6 BCFU/day
high salt	salt (sodium chloride)
inulin (prebiotic) 32 gram/day	wheat
iron 400 mg/day	wheat bran
ketogenic diet	Xanthohumol
low protein diet	xylan (prebiotic)

## Retail Probiotics

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

probiotic pur (de) / realdose nutrition  
Realdose  
Global Healing Center / FloraTrex  
nature's way (au) / restore probiotic bowel & colon health 30s  
microbiome labs/ megasporebiotic  
Energybalance / ColoBiotica 28 Colon Support  
Ombre / Metabolic Booster  
nature's instincts / ultra spore probiotic  
naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
theramedix / probiotic  
microbiome labs / restorflora  
garden of life / primal defense  
Physician Choice / 60 Billion Probiotics  
Bromatech (IT) / Serobiome  
corebiotic  
blackmores (au) / probiotics+ immune defence  
SuperSmart / Oral Health  
Ombre / Healthy Gut  
PharmExtracta (IT) / Gliadines buccal stickpacks  
1 md / complete probiotics platinum  
OMNI-BiOTiC®/ 10 AAD  
Ombre / Harmony  
young living/life 9  
mwsb / candida yeast support  
enviromedica terraflora sbo probiotic  
Microbiome Labs / ZENBIOME Dual  
canada (ca) / calmbiotic  
Jetson (US) / Mood Probiotics  
Ombre / Heart Health  
klaire labs / ther-biotic factor 4  
InnovixLabs / Mood Probiotic  
seed / female version  
spain (es) / ultralevura  
PoolPharma (IT) / ProbioTKMIO  
Wakunaga / 50+  
organic 3 / yeastbiotic  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
CVSHealth / Daily Probiotic  
jamieson (can) / probiotic 10 bcfu  
Bromatech (IT) / Lautoselle  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
renew life men's probiotic - ultimate  
SuperSmart / Full Spectrum Probiotic Formula  
Align / Align® Chewables  
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic  
custom probiotics / d-lactate free probiotics powder  
naturopathica (au) / gastrohealth fibrepro  
philips / colon health  
blackmore (au) / probiotics+ eczema relief  
imagilin / NutriLots Replenish  
quantum wellness / restora flora  
Probiotic 10 Billion Active Cells Daily Maintenance

Ombre / Endless Energy  
Jetson / FIT  
Seeking Health / Probiota HistaminX  
bravo europe / starter and complex  
optibac / for every day  
Prescript-Assist®/SBO Probiotic  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
vita miracle / ultra-30 probiotics  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
optibac / saccharomyces boulardii  
Bromatech (IT) / Bifiselle  
Northwest Natural Products / PB8  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
custom probiotics / five strain bifidobacteria  
Smidge /Sensitive Probiotic  
Krauterhaus / Lactopro  
LiveWell Nutrition / Pro-45  
spain (es) / vivomixx  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
Seeking Health / Probiota Bifidobacterium  
INVIVO THERAPEUTICS / Bio.Me IB +  
eliax / probiotic  
align / align  
bioray / cytoflora  
renew life / ultimate flora  
up4 / ultra  
jarrow formulas / bifidus balance® + fos  
Bromatech (IT) / Enterelle  
newrhythm / probiotics 20 stains  
blackmores (au) / probiotics + adults daily (90 capsules)  
Lake Avenue Nutrition / Probiotics 10 Strain Blend  
Metabolics / Bifidobacterium Longum Powder  
ASEA VIA / BIOME  
Wholesome Wellness / Raw Probiotic  
aor / probiotic-3  
vitamin angels / just thrive  
nature's way (au) / restore probiotic daily health 90s  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
udo's choice /super 8 gold  
ProbioMax® Daily DF  
organic 3 / primal soil  
Align® Extra Strength  
SuperSmart / Bacillus Subtilis  
bioglan bio (au) / happy probiotic 100  
HLH BIOPHARMA(DE) / LACTOBACT ® AAD  
Maple Life Science™/ Bifidobacterium longum  
Bromatech (IT) / Rotanelle plus  
fürstenmed / lacto-bifido  
Schwabe Pharma Italia / MegaStress  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
Ombre / Mood Enhancer  
florastor / florastor  
BIO-BOTANICAL RESEARCH / Megacidin  
reserveage nutrition / beautiflora  
amy meyers / primal earth probiotic  
PrecisionBiotics / Zenflore

PharmExtracta / Bowell  
Jetson / Gut Prep  
up4 / adult  
Wakunaga / Daily Probiotic  
organic 3 / gutpro  
NOW FOODS / Clinical GI Probiotic  
PrecisionBiotics / Immune  
hyperbiotics / pro-15  
Genesis Bifidobacterium Complex BB Probiotic  
nature's way (au) / restore probiotic 100 billion  
seed / male version  
solaray / mycrobiome probiotic colon formula  
lifted naturals / mood boosting probiotic  
cytoplan(uk) /dentavital bifidophilus  
CustomProbiotics.com / B. Longum Probiotic Powder  
powerlabs (au) / ultra blend  
global health trax / threelac  
nature's way (au) / restore probiotic 30 billion 30s  
spain (es) / axiboulardi  
Law of Nature / Best Days Formula  
Wakunaga / Pro+ Synbiotic  
organic 3 / primal gut  
naturopathica (au)/ gastrohealth probiotic daily care  
Physis / Advance Probiotics  
bio-botanical research / proflora4r restorative probiotic  
blackmore (au) / probiotics+ daily health  
Eden's / 3-in-1 Synbiotic Superblend  
Dr. Mercola / Complete Probiotics  
Garden of Life / Dr. Formulated Once Daily Women's  
Wakunaga / Max Probiotic  
jarrow formulas / jarro-dophilus mood  
SuperSmart / Saccharomyces Boulardii  
MegaFood / MegaFlora  
microbiome labs / hu58  
blackmore (au) / probiotics+ bowel support  
Schwabe Pharma Italia / AxiBoulardi  
perfect pass / perfect pass probiotic bacillus spore  
Probiotic Sticks  
Sanogermina / AB-Kolicare  
klaire labs / biospora  
Bromatech / ENTERELLE PLUS  
Bioflora(MX) / Woman  
fairvital / microflora basic  
visbiome  
naturopathica (au) / gastrohealth probiotic adults 50+

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.

amikacin (antibiotic)s  
amoxicillin (antibiotic)s[CFS]  
ampicillin (antibiotic)s[CFS]  
azithromycin,(antibiotic)s[CFS]  
benzylpenicillin sodium (antibiotic)  
cefotaxime sodium salt (antibiotic)  
ceftazidime (antibiotic)s  
chloramphenicol (antibiotic)s  
cinnamon (oil, spice)  
ciprofloxacin (antibiotic)s[CFS]  
clarithromycin (antibiotic)s[CFS]  
clindamycin (antibiotic)s[CFS]  
doxycycline (antibiotic)s[CFS]

erythromycin (antibiotic)s[CFS]  
fluoroquinolone (antibiotic)s  
gentamicin (antibiotic)s  
imipenem (antibiotic)s  
meropenem (antibiotic)s  
metronidazole (antibiotic)s[CFS]  
oregano (origanum vulgare, oil) |  
piperacillin-tazobactam (antibiotic)  
resveratrol (grape seed/polyphenols/red wine)  
rifaximin (antibiotic)s  
thyme (thymol, thyme oil)  
tobramycin (antibiotic)s  
trimethoprim (antibiotic)s  
vancomycin (antibiotic)[CFS]

## Sample of Literature Used

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

[The potential pathogenic role of gut microbiota in rheumatic diseases: a human-centred narrative review.](#)

**Internal and emergency medicine , 2023 Dec 23**

Authors Bixio R,Bertelle D,Bertoldo E,Morciano A,Rossini M

[Fusobacterium nucleatum aggravates rheumatoid arthritis through FadA-containing outer membrane vesicles.](#)

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Authors Hong M,Li Z,Liu H,Zheng S,Zhang F,Zhu J,Shi H,Ye H,Chou Z,Gao L,Diao J,Zhang Y,Zhang D,Chen S,Zhou H,Li J

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Authors Kriegel MA

[Clonal IgA and IgG autoantibodies from individuals at risk for rheumatoid arthritis identify an arthritogenic strain of Subdoligranulum.](#)

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Authors Armour CR,Nayfach S,Pollard KS,Sharpton TJ

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Anorexia Nervosa

Antiphospholipid syndrome (APS)

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)  
Chronic Urticaria (Hives)  
Coagulation / Micro clot triggering bacteria  
Colorectal Cancer  
Constipation  
Coronary artery disease  
COVID-19  
Crohn's Disease  
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deep vein thrombosis  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
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Epilepsy  
erectile dysfunction  
Fibromyalgia  
Functional constipation / chronic idiopathic constipation  
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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**

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**Tourette syndrome**

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**Type 2 Diabetes**

**Ulcerative colitis**

**Unhealthy Ageing**