Microbiome Information for: Polycystic ovary syndrome

For non-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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Polycystic ovary syndrome

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
Gammaproteobacteria	*class*	High	*1236*
Clostridiaceae	*family*	High	*31979*
Enterobacteriaceae	*family*	High	*543*
Erysipelotrichaceae	*family*	High	*128827*
Lachnospiraceae	*family*	High	*186803*
Nocardiaceae	*family*	High	*85025*
Planococcaceae	*family*	High	*186818*
Prevotellaceae	*family*	High	*171552*
Rikenellaceae	*family*	Low	*171550*
Akkermansia	*genus*	Low	*239934*
Alistipes	*genus*	Low	*239759*
Allobaculum	*genus*	High	*174708*
Alloprevotella	*genus*	High	*1283313*
Anaerococcus	*genus*	Low	*165779*
Bacteroides	*genus*	High	*816*
Bifidobacterium	*genus*	Low	*1678*
Blautia	*genus*	High	*572511*
Catenibacterium	*genus*	High	*135858*
Clostridium	*genus*	High	*1485*
Escherichia	*genus*	High	*561*
Faecalibacterium	*genus*	Low	*216851*
Kandleria	*genus*	High	*1279388*
Lactobacillus	*genus*	High	*1578*
Lactococcus	*genus*	High	*1357*
Odoribacter	*genus*	Low	*283168*
Oscillibacter	*genus*	High	*459786*
Parabacteroides	*genus*	High	*375288*
Paraprevotella	*genus*	High	*577309*
Porphyromonas	*genus*	High	*836*
Prevotella	*genus*	High	*838*
Roseburia	*genus*	Low	*841*
Ruminococcus	*genus*	High	*1263*
Shigella	*genus*	High	*620*
Bacillales	*order*	High	*1385*
Faecalibacterium prausnitzii	*species*	High	*853*
Phocaeicola coprophilus	*species*	High	*387090*
Phocaeicola vulgatus	*species*	High	*821*
Ruminococcus bromii	*species*	Low	*40518*

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.

apple
arabinogalactan (prebiotic) 21 gram/day
Astragalus
berberine 1.5 gram/day
bile (acid/salts)
Bile Acid Sequestrant
blackcurrant
Bofutsushosan
Conjugated Linoleic Acid
fasting
fat
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day
inulin (prebiotic) 32 gram/day
iron 400 mg/day
lactobacillus plantarum (probiotics) 60 BCFU/day
levan
l-proline
lupin seeds (anaphylaxis risk, toxic if not prepared properly)
navy bean
non-starch polysaccharides
oligosaccharides (prebiotic)
pea (fiber, protein)
pectin
Pulses
red wine 250 ml/day
resistant maltodextrin 50 gram/day
resistant starch
saccharin 450 mg/day
Slippery Elm
vegetarians
xylan (prebiotic)

Retail Probiotics

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

- optibac / for your cholesterol
- Swiss BioEnergetics / Full Spectrum Probiotic Defence
- jarrow formula / ideal bowel support® lp299v®
- naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
- Bromatech (IT) / Serobiome
- CustomProbiotics.com / L. Plantarum Probiotic Powder
- up4 /women's
- young living/life 9
- Bromatech (IT) / Adomelle
- NaturalPharma / Profit Probiotics
- UltraFlora® Intensive Care
- nature's way (au) / restore probiotic 30 billion 30s
- Floradapt Cardio
- Purica Probiotic Cardio
- Maple Life Science™ / Lactobacillus plantarum
- HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
- goodbelly drink
- custom probiotics / six strain probiotic powder
- ImmuneBiotech Medical Sweden AB / GutMagnific®
- nature's way (au) / restore probiotic daily health 90s
- SuperSmart / Candalb
- custom probiotics / four strain lactobacilli
- zint nutrition / probiotic collagen +
- Metabolics / Lactobacillus Plantarum Powder
- Nature's Lab Cardio
- jarrow formulas / bifidus balance® + fos
- ProbioMax® Daily DF
- SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
- up4 / adult
- Bromatech (IT) / Lautoselle
- Resbiotic /resB® Lung Support
- naturopathica (au) / gastrohealth fibrepro
- blackmore (au) / probiotics+ eczema relief

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.

- bacillus coagulans (probiotics)
- bifidobacterium animalis lactis (probiotics)
- bifidobacterium infantis,(probiotics)
- Bismuth Salts
- cannabinoids
- chitooligosaccharides (prebiotic)
- cinnamon (oil. spice)
- clostridium butyricum (probiotics),Miya,Miyarisan
- Curcumin
- enterococcus faecium (probiotic)
- foeniculum vulgare,fennel
- galla chinensis (herb)
- galla rhois
- garlic (allium sativum)
- gluten
- green tea
- Hesperidin (polyphenol)
- lactobacillus casei (probiotics)
- Lactobacillus jensenii
- lactobacillus kefiri (NOT KEFIR)
- lactobacillus paracasei (probiotics)
- lactobacillus reuteri (probiotics)
- lactobacillus rhamnosus gg (probiotics)
- lactose
- lauric acid(fatty acid in coconut oil,in palm kernel oil,)
- Limosilactobacillus fermentum (probiotic)
- luteolin (flavonoid)
- mastic gum (prebiotic)
- mutaflor escherichia coli nissle 1917 (probiotics)
- naringenin(grapefruit) (Flavonoid)
- neem
- nigella sativa seed (black cumin)
- oregano (origanum vulgare, oil) |
- pediococcus acidilactic (probiotic)
- peppermint (spice, oil)
- polyphenols
- propyl gallate(corn)
- rosa rugosa
- rosmarinus officinalis,rosemary
- selenium
- sorghum
- soy
- sucralose
- syzygium aromaticum (clove)
- tea
- thyme (thymol, thyme oil)
- vitamin b2,Riboflavin
- vitamin d
- whey
- whole-grain barley

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Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
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Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
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Cerebral Palsy

Chronic Fatigue Syndrome
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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
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Histamine Issues
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hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure
Hypothyroidism
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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
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Small Intestinal Bacterial Overgrowth (SIBO)
Stress / posttraumatic stress disorder
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Tic Disorder
Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
Ulcerative colitis
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