

## Microbiome Information for: Atrial fibrillation

### 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 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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Atrial fibrillation

*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
Alcaligenaceae	family	High	506	Hungatella	genus	Low	1649459
Barnesiellaceae	family	Low	2005519	Klebsiella	genus	High	570
Acinetobacter	genus	High	469	Kluyvera	genus	High	579
Aeromonas	genus	High	642	Lachnabacterium	genus	Low	140625
Agathobacter	genus	High	1766253	Lachnoclostridium	genus	High	1506553
Bilophila	genus	Low	35832	Lachnospira	genus	High	28050
Blautia	genus	High	572511	Lactobacillus	genus	High	1578
Brevundimonas	genus	Low	41275	Lactococcus	genus	High	1357
Butyricicoccus	genus	Low	580596	Mitsuokella	genus	High	52225
Butyrivibrio	genus	Low	830	Oscillibacter	genus	Low	459786
Citrobacter	genus	Low	544	Parabacteroides	genus	High	375288
Coprococcus	genus	High	33042	Paraprevotella	genus	Low	577309
Desulfovibrio	genus	High	872	Prevotella	genus	Low	838
Dialister	genus	High	39948	Ruminococcus	genus	High	1263
Dorea	genus	High	189330	Sanguibacteroides	genus	Low	1635148
Eisenbergiella	genus	High	1432051	Sellimonas	genus	High	1769710
Enorma	genus	High	1472762	Shigella	genus	Low	620
Enterobacter	genus	High	547	Streptococcus	genus	High	1301
Enterococcus	genus	High	1350	Turicibacter	genus	Low	191303
Escherichia	genus	Low	561	Tyzzerella	genus	Low	1506577
Faecalibacterium	genus	Low	216851	Veillonella	genus	High	29465
Haemophilus	genus	High	724	Burkholderiales	order	High	80840
Holdemanella	genus	Low	1573535	Eubacterium ramulus	species	High	39490
Holdemania	genus	High	61170	Phocaeicola coprophilus	species	Low	387090
				Segatella copri	species	Low	165179

## 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.

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

**barley** 60 gram/day

**bifidobacterium longum (probiotics)** 10 BCFU/day

**fructo-oligosaccharides (prebiotic)** 15 gram/day

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

**lactobacillus paracasei (probiotics)** 40 BCFU/day

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

**lactulose**

**omega-3 fatty acids** 4 gram/day

**quebracho**

**raffinose(sugar beet)**

**resistant starch**

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

**walnuts** 75 gram/day

**wheat bran**

**whey** 60 gram/day

## Retail Probiotics

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

garden of life / primal defense  
naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
Physician Choice / 60 Billion Probiotics  
SuperSmart / Full Spectrum Probiotic Formula  
quantum wellness / restora flora  
Ombre / Healthy Gut  
OMNI-BIOTIC®/ 10 AAD  
Wakunaga / Max Probiotic  
nature's way (au) / restore probiotic bowel & colon health 30s  
renew life men's probiotic - ultimate  
douglas laboratories / multi probiotic 40 billion  
renew life / ultimate flora  
up4 / ultra  
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
bioglan bio (au) / happy probiotic 100  
fürstenmed / lacto-bifido  
newrhythm / probiotics 20 stains  
Lake Avenue Nutrition / Probiotics 10 Strain Blend  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
spain (es) / vivomix  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
organic 3 / primal gut  
Garden of Life / Dr. Formulated Once Daily Women's  
hyperbiotics / pro-15  
solaray / mycrobiome probiotic colon formula  
lifted naturals / mood boosting probiotic  
Physis / Advance Probiotics  
blackmore (au) / probiotics+ daily health  
Dr. Mercola / Complete Probiotics  
bioglan bio (au) / happy probiotic 50  
seed / male version  
MegaFood / MegaFlora  
Ombre / Metabolic Booster  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
Smidge / Sensitive Probiotic  
Krauterhaus / Lactopro  
udo's choice / super 8 gold  
microbiome labs / restorflora  
blackmores (au) / probiotics + adults daily (90 capsules)  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
Immune Defense Daily Chewable Probiotic  
Windove Probiotics / Ecologic®825  
ASEA VIA / BIOME  
Wholesome Wellness / Raw Probiotic  
ProbiMax® Daily DF  
jarrow formulas / bifidus balance® + fos  
elixia / probiotic  
bioray / cytoflora  
SuperSmart / Lactoxira  
up4 / adult  
Ombre / Mood Enhancer  
ferring / vsl#3  
jamieson (can) / probiotic 10 bcfu  
visbiome  
fairvital / microflora basic  
nature's bounty / probioti 10  
young living/life 9  
UltraFlora® Immune Booster  
Ombre / Heart Health  
jarrow formulas / jarro-dophilus® ultra  
seed / female version  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu

Bromatech (IT) / Serobiome  
Probiotic 10 Billion Active Cells Daily Maintenance  
Seeking Health / Probiota HistaminX  
bravo europe / starter and complex  
optibac / for every day  
organic 3 / gutpro  
jarrow formula / ideal bowel support® Ipf299v®  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
7 AM Ultra Probiotics  
Northwest Natural Products / PB8  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
custom probiotics / five strain bifidobacteria  
optibac / saccharomyces boulardii  
Bromatech (IT) / Bifiselle  
naturopathica (au) / gastrohealth antacid  
bravo europe / freeze-dried bravo  
Wakunaga / Daily Probiotic  
SuperSmart / Probio Forte  
goodbelly drink  
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support  
Microbiome Labs / ZENBIOME Dual  
canada (ca) / calmbiotic  
Jetson (US) / Mood Probiotics  
Prescript-Assist®/SBO Probiotic  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
solgar / advanced 40+ acidophilus  
UltraFlora® Restore  
Ombre / Endless Energy  
Align / Align® Chewables  
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic  
custom probiotics / d-lactate free probiotics powder  
jarrow formulas / jarro-dophilus eps  
naturopathica (au) / gastrohealth fibrepro  
philips / color health  
blackmores (au) / probiotics+ eczema relief  
imagilin / NutriLots Replenish  
HMF Metabolic  
blackmores (au) / probiotics+ immune defence  
CustomProbiotics.com / L Plantarum Probiotic Powder  
SuperSmart / Oral Health  
CVSHealth / Daily Probiotic  
spain (es) / ultralevura  
PoolPharma (IT) / ProbioTKMIO  
Wakunaga / 50+  
custom probiotics / six strain probiotic powder  
ImmuneBiotech Medical Sweden AB / GutMagnific®  
organic 3 / yeastbiotic  
klaire labs / ther-biotic factor 4  
Symprove™  
InnovixLabs / Mood Probiotic  
danactive drink  
PharmExtracta (IT) / Gliadines buccal stickpacks  
ISCON Elegance/ Ochek Capsule 10  
Bromatech (IT) / Adomelle  
up4 / women's  
optibac / bifidobacteria & fibre  
Sanogermina / AB-Kolicare  
Bromatech / ENTERELLE PLUS  
SuperSmart / Derma Relief  
Bioflora(MX) / Woman  
Energybalance / ColoBiotica 28 Colon Support  
jarrow formulas / jarro-dophilus mood  
SuperSmart / Saccharomyces Boulardii  
spain (es) / I3.1  
Thryve L PCasei Th1, L PCasei Th2,L.Ferm IBF1, L.acidoph

Bromatech (IT) / Lautoselle  
Resbiotic / resB® Lung Support  
florastor / florastor  
amy meyers / primal earth probiotic  
PrecisionBiotics / Zenflore  
PharmExtracta / Bowell  
Jetson / Gut Prep  
CustomProbiotics.com / L. Paracasei Probiotic Powder  
Purica Probiotic Intensive GI  
align / align  
Ombre / Ultimate Immunity  
Bromatech (IT) / Enterelle  
optibac / for your cholesterol  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pastuerized)  
Align® Extra Strength  
Floradapt Gut Comfort  
SuperSmart / Bacillus Subtilis  
HLH BIOPHARMA(DE) / LACTOBACT ® AAD  
naturopathica (au) / gastrohealth probiotic adults 50+  
Nature's Lab Intensive GI  
Schwabe Pharma Italia / MegaStress  
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC  
jarrow formula / jarro-dophilus original  
aor / probiotic-3  
solgar / advanced multi-billion dophilus  
nature's way (au) / restore probiotic daily health 90s  
optibac / for daily immunity  
Bromatech(IT) / FEMELLE  
Bromatech (IT) / Rotanelle plus  
Maple Life Science™ / Bifidobacterium longum  
Metabolics / Bifidobacterium Longum Powder  
zint nutrition / probiotic collagen +  
SuperSmart / Candalb  
custom probiotics / four strain lactobacilli  
Bromatech (IT) / Aflugenex  
Metabolics / Lactobacillus Plantarum Powder  
Nature's Lab Cardio  
Jetson (US) / Immunity Probiotics  
Seeking Health / Probiota Bifidobacterium  
INVIVO THERAPEUTICS / Bio.Me IB +  
OMNI-BIOTIC®/ TRAVEL  
nature's way (au) / restore probiotic 30 billion 30s  
spain (es) / axiboulardi  
Wakunaga / Pro+ Synbiotic  
microbiome labs / hu58  
Invivo / Bio.Me Femme UT  
blackmore (au) / probiotics+ bowel support  
Schwabe Pharma Italia / AxiBoulardi  
Probiotic Sticks  
NaturalPharma / Profit Probiotics  
vinco / probiotic eight 65  
NOW FOODS / Clinical GI Probiotic  
Purica Probiotic Cardio  
PrecisionBiotics / Immune  
Floradapt Cardio  
naturopathica (au)/ gastrohealth probiotic daily care  
UltraFlora® Intensive Care  
CustomProbiotics.com / B. Longum Probiotic Powder  
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
powerlabs (au) / ultra blend  
Genesis Bifidobacterium Complex BB Probiotic  
cytoplan(uk) / dentavital bifidophilus  
Maple Life Science™/ Lactobacillus plantarum

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.

bacillus coagulans (probiotics)	quercetin
bacillus laterosporus (probiotic)	quercetin, resveratrol
cinnamon (oil, spice)	saccharin
coriander oil	smoking
foeniculum vulgare,fennel	stevia
ginger	Sumac( <i>Rhus coriaria</i> )
glycerol monolaurate (Monolaurin)	syzygium aromaticum (clove)
L-glutamine	thyme (thymol, thyme oil)
naringenin(grapefruit) (Flavonoid)	trachyspermum ammi, Ajwain
neem	triphalia
peppermint (spice, oil)	vegetarians
pomegranate	xylaria hypoxylon (fungi)

## Sample of Literature Used

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

[Roles of gut microbiota in atrial fibrillation: insights from Mendelian randomization analysis and genetic data from over 430,000 cohort study participants.](#)

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[Antitumor effect of exopolysaccharide from Lactiplantibacillus plantarum WLPL09 on melanoma mice via regulating immunity and gut microbiota.](#)

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Authors Wang Q,Jiang B,Wei M,He Y,Wang Y,Zhang Q,Wei H,Tao X

[Effect of a Co-Feed Liquid Whey-Integrated Diet on Crossbred Pigs` Fecal Microbiota.](#)

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

Authors Sheng W,Ji G,Zhang L

[Supplementation of ginger root extract into broiler chicken diet: effects on growth performance and immunocompetence.](#)

**Poultry science**, Volume: 102 Issue: 10 2023 Jul 11

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[Effects of a \*Saccharomyces cerevisiae\* fermentation product on fecal characteristics, metabolite concentrations, and microbiota populations of dogs subjected to exercise challenge.](#)

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Authors Karakan T,Tuohy KM,Janssen-van Solingen G

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Anorexia Nervosa

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Asthma

Atherosclerosis

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Autism

Autoimmune Disease

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Chronic Lyme

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Chronic Urticaria (Hives)

Coagulation / Micro clot triggering bacteria

Colorectal Cancer

Constipation

Coronary artery disease

COVID-19

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**