

## Microbiome Information for: Heart Failure

### 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 *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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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Heart Failure

*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**

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Negativicutes class High 909932

## 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 coagulans (probiotics)** 10 BCFU/day

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

cholic acid (bile acid)

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

**enterococcus faecium (probiotic)** 1 BCFU/day

gallic acid (food additive)

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

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

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

partial sleep deprivation

**pediococcus acidilactic (probiotic)**

**Tudca**

**walnuts** 75 gram/day

## Retail Probiotics

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

probiotic pur (de) / realdose nutrition  
 theramedix / probiotic  
 aor / probiotic-3  
 Realdose  
 mwsb / candida yeast support  
 microbiome labs/ megasporebiotic  
 klair labs / biospora  
 Ombre / Heart Health  
 fairvital / microflora basic  
 perfect pass / perfect pass probiotic bacillus spore  
 Law of Nature / Best Days Formula  
 global health trax / threelac  
 bio-botanical research / proflo4r restorative probiotic  
 nature's instincts / ultra spore probiotic  
 Nature's Lab Intensive GI  
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes  
 BIO-BOTANICAL RESEARCH / Megacidin  
 reserveage nutrition / beautiflora  
 Purica Probiotic Intensive GI  
 INVIVO THERAPEUTICS / Bio.Me IB +  
 Ombre / Ultimate Immunity  
 organic 3 / primal soil  
 Floradapt Gut Comfort  
 vitamin angels / just thrive  
 Sun Wave Pharma/Bio Sun Instant  
 spain (es) / I3.1  
 nature's way (au) / restore probiotic bowel & colon health 30s  
 imagilin / NutriLots Replenish  
 jarow formula / ideal bowel support® lp299v®  
 Jetson / FIT  
 Imagilin / NutriLots  
 Physician Choice /60 Billion Probiotics  
 enviromedica terraflora sbo probiotic  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 corebiotic  
 HMF Metabolic  
 blackmores (au) / probiotics+ immune defence  
 CustomProbiotics.com / L. Plantarum Probiotic Powder  
 UltraFlora® Immune Booster  
 Nutrition Essentials / Probiotic (900 BCFU)  
 Bromatech (IT) / Adomelle  
 nature's bounty / probioti 10  
 schiff / digestive advantage  
 goodbelly drink  
 Pharmextracta (IT) / iNatal PED stick  
 SuperSmart / Lactobacillus reuteri  
 Microbiome Plus+™ Gastrointestinal  
 Seeking Health / Probiota HistaminX  
 Prescript-Assist®/SBO Probiotic  
 spain (es) / reuteri gotas  
 source naturals / duraflo  
 BioGaia / BioGaia Products  
 SuperSmart / Probio Forte  
 thome / bacillus coagulansvet 60 caps

organic 3 / gutpro  
Pendulum / Pendulum Glucose Control  
Schwabe Pharma Italia / EnteroDophilus  
Microbiome Labs / MEGA Genesis  
visbiome  
renew life men's probiotic - ultimate  
ferring / vsl#3  
naturopathica (au) / gastrohealth fibrepro  
nature's way (au) / adult vita gummies daily probiotic 80s  
microbiome labs / restorflora  
Smidge / Sensitive Probiotic  
Botica Alternativa / Lactobacilos Reuteri  
Metabolics / Lactobacillus Plantarum Powder  
Nature's Lab Cardio  
Jetson (US) / Immunity Probiotics  
spain (es) / vivomixx  
Pharmextracta (IT) / iNatal DUO sachets  
nature's way (au) / restore probiotic daily health 90s  
Bromatech (IT) / Rotanelle plus  
Immune Defense Daily Chewable Probiotic  
blackmores (au) / probiotics + adults daily (90 capsules)  
Windlove Probiotics / Ecologic®825  
Biomed / Bacillus Coagulans  
SuperSmart / Bacillus Subtilis  
PharmExtracta (IT) / Butirisan  
optibac / for your cholesterol  
jarrow formulas / bifidus balance® + fos  
Bromatech (IT) / Enterelle  
ProbioMax® Daily DF  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
amy meyers / primal earth probiotic  
Jetson / Gut Prep  
up4 / adult  
spain (es) / gastrus  
douglas laboratories / multi probiotic 40 billion  
SuperSmart / Lactoxira  
Purica Probiotic Cardio  
Maple Life Science™ / Lactobacillus reuteri  
spain (es) / gum periobalance  
Maple Life Science™ / Lactobacillus plantarum  
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
powerlabs (au) / ultra blend  
blackmore (au) / probiotics+ daily health  
Eden's / 3-in-1 Synbiotic Superblend  
nature's way (au) / restore probiotic 30 billion 30s  
SuperSmart / H. Pylori Fight  
BioGaia / BioGaia Osfortis  
Floradapt Cardio  
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS  
PharmExtracta (IT) / INatal Sachets  
NaturalPharma / Profit Probiotics  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
UltraFlora® Intensive Care  
speer labs / emuaid first defense  
bioflorin (deu) / bioflorin  
Energybalance / ColoBiotica 28 Colon Support  
microbiome labs / hu58  
Invivo / Bio.Me Femme UT

CustomProbiotics.com / L. Reuteri Probiotic Powder  
daiichi sankyo healthcare (jp) / panlacmin tablet  
spain (es) / casenbiotic  
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE  
ImmuneBiotech Medical Sweden AB / GutMagnific®  
miyartisan (jp) / miyartisan  
Bromatech / ENTERELLE PLUS

**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.

chitosan,(sugar)

cranberry bean flour

daesiho-tang

ganoderma lucidum mycelium

high red meat

lactobacillus rhamnosus (probiotics)

linseed(flaxseed)

oolong tea polyphenols

oolong teas

pomegranate

resveratrol (grape seed/polyphenols/red wine)

smoking

whole-grain barley

## Sample of Literature Used

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

### Gut microbiota signatures in inflammatory bowel disease.

United European gastroenterology journal , 2023 Dec 2

Authors Vestergaard MV,Allin KH,Eriksen C,Zakerska-Banaszak O,Arasaradnam RP,Alam MT,Kristiansen K,Brix S,Jess T

### Curated database of commensal, symbiotic and pathogenic microbiota

Generative Bioinformatics , Volume: Issue: 2014 Jun

Authors D'Adamo Peter

## Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

Abdominal Aortic Aneurysm

Acne

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

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

cdk15 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

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