

## Microbiome Information for: Graves' disease

### 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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[Our Facebook Discussion Page](#)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Graves' disease

*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	Bacteria Name	Rank	Shift	Taxonomy ID
Actinomycetes	class	High	1760	Bifidobacterium	genus	High	1678
Bacteroidia	class	High	200643	Blautia	genus	Low	572511
Clostridia	class	Low	186801	Collinsella	genus	High	102106
Coriobacteriia	class	High	84998	Dialister	genus	Low	39948
Erysipelotrichia	class	High	526524	Dorea	genus	Low	189330
Actinomycetaceae	family	Low	2049	Haemophilus	genus	High	724
Coriobacteriaceae	family	High	84107	Lactobacillus	genus	High	1578
Enterobacteriaceae	family	Low	543	Mogibacterium	genus	High	86331
Erysipelotrichaceae	family	High	128827	Oribacterium	genus	High	265975
Lachnospiraceae	family	Low	186803	Parabacteroides	genus	High	375288
Pasteurellaceae	family	High	712	Pediococcus	genus	High	1253
Peptostreptococcaceae	family	Low	186804	Prevotella	genus	High	838
Prevotellaceae	family	High	171552	Roseburia	genus	Low	841
Rikenellaceae	family	Low	171550	Actinomycetales	order	Low	2037
Tannerellaceae	family	High	2005525	Bacteroidales	order	High	171549
Veillonellaceae	family	Low	31977	Coriobacteriales	order	High	84999
Aggregatibacter	genus	High	416916	Erysipelotrichales	order	High	526525
Anaerostipes	genus	Low	207244	Eubacteriales	order	Low	186802
Bacteroides	genus	High	816	Haemophilus parainfluenzae species	High		729

## 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			
bacillus subtilis (probiotics)	10 BCFU/day		
Bofutsushosan			
Cacao	20 gram/day		
Conjugated Linoleic Acid			
Dangshen			
fat			
fish oil	4 gram/day		
fructo-oligosaccharides (prebiotic)	15 gram/day		
galacto-oligosaccharides (prebiotic)	10 gram/day		
Glucomannan	700 mg/day		
gum arabic (prebiotic)	30 gram/day		
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day		
lactobacillus acidophilus (probiotics)	20 BCFU/day		
lactobacillus casei (probiotics)	48 BCFU/day		
Lactobacillus Johnsonii (probiotic)	10 BCFU/day		
lactobacillus plantarum (probiotics)	60 BCFU/day		
lactobacillus sakei (probiotics)			
lactulose			
Limosilactobacillus fermentum (probiotic)	12 BCFU/day		
navy bean			
non-starch polysaccharides			
oligosaccharides (prebiotic)			
partially hydrolyzed guar gum	6 gram/day		
pectin			
pomegranate	1 gram/day		
Pulses			
Pumpkin			
quercetin	2 gram/day		
raffinose(sugar beet)			
red wine	250 ml/day		
resveratrol (grape seed/polyphenols/red wine)	2 gram/day		
soy	25 gram/day		
vitamin d	50000 IU/day		
wheat bran			
whey	60 gram/day		
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  
 theramedix / probiotic  
 Lake Avenue Nutrition / Probiotics 10 Strain Blend  
 Windlove Probiotics / Ecologic®825  
 HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC  
 jarrow formula / jarro-dophilus original  
 udo's choice /super 8 gold  
 renew life / ultimate flora  
 up4 / ultra  
 bioglan bio (au) / happy probiotic 100  
 Realdose  
 visbiome  
 renew life men's probiotic - ultimate  
 7 AM Ultra Probiotics  
 quantum wellness / restora flora  
 Jetson / FIT  
 Northwest Natural Products / PB8  
 SuperSmart / Probio Forte  
 Physician Choice /60 Billion Probiotics  
 jarrow formulas / jarro-dophilus® ultra  
 1 md / complete probiotics platinum  
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
 OMNI-BIOTIC®/ TRAVEL  
 Physis / Advance Probiotics  
 Dr. Mercola / Complete Probiotics  
 vinco / probiotic eight 65  
 bioglan bio (au) / happy probiotic 50  
 HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS  
 powerlabs (au) / ultra blend  
 SuperSmart / Vaginal Health  
 NaturalPharma / Profit Probiotics  
 NOW FOODS / Clinical GI Probiotic  
 ecology\_allergycare  
 OMNI-BIOTIC®/ 10 AAD  
 up4 /women's  
 Bromatech (IT) / Milonet  
 SuperSmart / Derma Relief  
 Wakunaga / Max Probiotic  
 Ombre / Healthy Gut  
 ISCON Elegance/ Ochek Capsule 10  
 just for tummies / live bacteria  
 Symprove™  
 HMF Metabolic  
 young living/life 9  
 Bromatech (IT) / Adomelle  
 custom probiotics / six strain probiotic powder  
 Bromatech (IT) / Citogenex  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 jarrow formula / ideal bowel support® Ip299v®  
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
 optibac / for every day  
 Sash Vitality /Bio-Cultures Probiotics for Adults  
 ferring / vsl#3

Resbiotic / resB® Lung Support  
 Thryve L.PCasei Th1, L.PCasei Th2, L.Ferm IBF1, L.acidoph  
 jarro formulas / jarro-dophilus eps  
 up4 / adult  
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
 nature's way (au) / restore probiotic bowel & colon health 30s  
 zint nutrition / probiotic collagen +  
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
 ProbioMax® Daily DF  
 spain (es) / vivomixx  
 bio-k+  
 Krauterhaus / Lactopro  
 LiveWell Nutrition / Pro-45  
 Bromatech(IT) / FEMELLE  
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
 SuperSmart / Candalb  
 custom probiotics / four strain lactobacilli  
 fürstenmed / lacto-bifido  
 Swiss BioEnergetics / Full Spectrum Probiotic Defence  
 blackmores (au) / probiotics + adults daily (90 capsules)  
 PharmExtracta (IT) / FG5 Forte In Sachets  
 natren / megadophilus  
 Bromatech (IT) / Aflugenex  
 aor / probiotic-3  
 vitamin angels / just thrive  
 CustomProbiotics.com / L. Casei Probiotic Powder  
 solgar / advanced multi-billion dophilus  
 nature's way (au) / restore probiotic daily health 90s  
 Metabolics / Lactobacillus Plantarum Powder  
 Nature's Lab Cardio  
 Immune Defense Daily Chewable Probiotic  
 microbiome labs / restorflora  
 genestra brands® hm  
 INVIVO THERAPEUTICS / Bio.Me IB +  
 Ombre / Ultimate Immunity  
 CustomProbiotics.com / L. Acidophilus Probiotic Powder  
 Purica Probiotic Intensive GI  
 quality health(au)/ fridge free probiotic 25b  
 optibac / for your cholesterol  
 jarro formulas / bifidus balance® + fos  
 bayer / trubiotics daily probiotic  
 Bromatech (IT) / Enterelle  
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
 organic 3 / primal soil  
 Floradapt Gut Comfort  
 SuperSmart / Bacillus Subtilis  
 Bromatech (IT) / Pilorex  
 Smidge / Sensitive Probiotic  
 HLH BIOPHARMA(DE) / LACTOBACT ® AAD  
 naturopathica (au) / gastrohealth probiotic adults 50+  
 HMF Intensive  
 Nature's Lab Intensive GI  
 Ombre / Mood Enhancer  
 Maple Life Science™ / Lactobacillus Johnsonii  
 BIO-BOTANICAL RESEARCH / Megacidin  
 reserveage nutrition / beautiflora  
 amy meyers / primal earth probiotic  
 Jetson / Gut Prep

UltraFlora® Balance  
Bromatech (IT) / Acronelle  
spain (es) / I3.1  
jamieson (can) / probiotic 10 bcfu  
optibac / for those on antibiotics  
shin biofermin (jp) /s  
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics  
naturopathica (au) / gastrohealth fibrepro  
Bromatech (IT) / Lautoselle  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
bioglan bio (au/ happy probiotic 25  
Materna® Opti-Lac® Breast Feeding Support  
Metabolics / Lactobacillus Acidophilus  
UltraFlora® Restore  
Seeking Health / Probiota HistaminX  
Nature's Bounty / Acidophilus Probiotic  
bravo europe / starter and complex  
bioglan (au) / healthy kids probiotic choc balls 50s  
Prescript-Assist®/SBO Probiotic  
solgar / advanced 40+ acidophilus  
Reduz melasma / Lactobacillus Johnsonii  
CVSHealth / Daily Probiotic  
Nu U (uk) / Bio-Cultures Complex  
biospec / probiotic-5  
corebiotic  
FloraVantage® Balance  
goodbelly drink  
enviromedica terrafloa sbo probiotic  
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support  
Jetson (US) / Mood Probiotics  
Ombre / Heart Health  
organic 3 / gutpro  
Lanto Health / Lanto Sinus Probiotic Powder  
bravo europe / freeze-dried bravo  
spain (es) / profaes4 viajeros  
mwsb / candida yeast support  
microbiome labs/ megasporebiotic  
optibac / bifidobacteria & fibre  
nature's way (au) / restore probiotic choc balls 60s  
klair labs / biospora  
Bromatech / ENTERELLE PLUS  
blackmores (au) / probiotics+ immune defence  
CustomProbiotics.com / L. Plantarum Probiotic Powder  
Maple Life Science™ / Lactobacillus fermentum  
optibac / for every day max  
UltraFlora® Immune Booster  
Nutrition Essentials / Probiotic (900 BCFU)  
spain (es) / profaes4 edad escolar  
microbiome labs / hu58  
anabolic laboratories / probiotic complete  
blackmore (au) / probiotics+ bowel support  
HMF Forte  
Energybalance / ColoBiotica 28 Colon Support  
BioGaia / Elactia  
perfect pass / perfect pass probiotic bacillus spore  
PharmExtracta (IT) / INatal Sachets  
Ombre / Harmony  
UltraFlora® Intensive Care

**Pädia GmbH (DE)/Mambiotic Kapseln**  
**quality health (au) / fridge free\* probiotic 60s**  
**trubiotics / one a day**  
**Maple Life Science™ / Lactobacillus plantarum**  
**cytoplan(uk) / dentavital bifidophilus**  
**natren / healthy trinity probiotic**  
**Purica Probiotic Cardio**  
**HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL**  
**nature's instincts / ultra spore probiotic**  
**Biorela® Daily**  
**spain (es) / lactanza hereditum**  
**gnc / ultra probiotic complex**  
**bio-botanical research / proflora4r restorative probiotic**  
**blackmore (au) / probiotics+ daily health**  
**NASOBIOTEX / L. SAKEI POWDER**  
**Bromatech (IT) / Ramnoselle**  
**speer labs / emuaid first defense**  
**global health trax / threelac**  
**solgar / advanced acidophilus plus**  
**nature's way (au) / restore probiotic 30 billion 30s**  
**Law of Nature / Best Days Formula**  
**HMF IBS Relief**  
**Floradapt Cardio**

**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.

bile (acid/salts)

chrysanthemum morifolium

Fisetin

lactobacillus brevis (probiotics)

lactobacillus kefir (NOT KEFIR)

lactobacillus reuteri (probiotics)

lauric acid(fatty acid in coconut oil,in palm kernel oil,)

mastic gum (prebiotic)

rare meat

refined wheat breads

salt (sodium chloride)

sodium butyrate

tea

Tributylin

vitamin B3,niacin

walnuts

wheat



## Sample of Literature Used

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

[Alteration of the Intestinal Microbial Flora and the Serum IL-17 Level in Patients with Graves` Disease Complicated with Vitamin D Deficiency.](#)

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Authors Ishaq HM,Mohammad IS,Shahzad M,Ma C,Raza MA,Wu X,Guo H,Shi P,Xu J

[Antitumor Effect and Gut Microbiota Modulation by Quercetin, Luteolin, and Xanthohumol in a Rat Model for Colorectal Cancer Prevention.](#)

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[Effect of Lactobacillus plantarum BFS1243 on a female frailty model induced by fecal microbiota transplantation in germ-free mice.](#)

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[Xylooligosaccharides produced from sugarcane leaf arabinoxylan using xylanase from Aureobasidium pullulans NRRL 58523 and its prebiotic activity toward Lactobacillus spp.](#)

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## 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  
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  
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