

Microbiome Samples for:

BiomeSight - BiomeSight:2023-07-11 myself

Thryve - Thryve:2023-07-11 myself

Thorne - Thorne:2023-07-11 myself

Review Overview

These suggestions 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 1,875,411 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

These are 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

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229

Email: Research@MicrobiomePrescription.com

Bacteria being targeted because of atypical values.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Aves	class	Low	8782	[Clostridium] innocuum	species	High	1522
Bacilli	class	High	91061	[Clostridium] polysaccharolyticum	species	High	29364
Bacteroidia	class	Low	200643	[Clostridium] scindens	species	High	29347
Betaproteobacteria	class	Low	28216	[Clostridium] symbiosum	species	Low	1512
Clostridia	class	Low	186801	[Clostridium] viride	species	High	47246
Cytophagia	class	Low	768503	[Ruminococcus] torques	species	High	33039
Epsilonproteobacteria	class	High	29547	Acetivibrio alkalicellulosi	species	High	320502
Erysipelotrichia	class	Low	526524	Acidaminococcus intestini	species	Low	187327
Flavobacteria	class	High	117743	Adlercreutzia equolifaciens	species	High	446660
Gemmatimonadetes	class	Low	219685	Agathobaculum desmolans	species	High	39484
Negativicutes	class	Low	909932	Alistipes communis	species	High	2585118
Tissierella	class	High	1737404	Alistipes finegoldii	species	High	214856
Acholeplasmataceae	family	Low	2146	Alistipes putredinis	species	Low	28117
Acidaminococcaceae	family	Low	909930	Alistipes shahii	species	High	328814
Actinomycetaceae	family	High	2049	Aminicella lysinilytica	species	High	433323
Aerococcaceae	family	High	186827	Anaerococcus lactolyticus	species	High	33032
Alcaligenaceae	family	Low	506	Anaerococcus murdochii	species	High	411577
Amoebophilaceae	family	High	1501348	Anaerococcus prevotii	species	High	33034
Aphanizomenonaceae	family	High	1892259	Anaerococcus vaginalis	species	High	33037
Atopobiaceae	family	High	1643824	Anaerostipes butyraticus	species	High	645466
Azospirillaceae	family	High	2829815	Anaerostipes hadrus	species	High	649756
Bacillaceae	family	High	186817	Anaerovibrio lipolyticus	species	High	82374
Bacillales Family X. Incertae Sedis	family	High	539003	Arcanobacterium phocae	species	High	131112
Bacteroidaceae	family	Low	815	Bacteroides caecimuris	species	High	1796613
Blattabacteriaceae	family	Low	39782	Bacteroides faecis	species	Low	674529
Burkholderiaceae	family	Low	119060	Bacteroides finegoldii	species	Low	338188
Campylobacteraceae	family	High	72294	Bacteroides heparinolyticus	species	High	28113
Christensenellaceae	family	High	990719	Bacteroides intestinalis	species	High	329854
Clostridiaceae	family	High	31979	Bacteroides ovatus	species	High	28116
Coprobacillaceae Verbarg et al. 2014	family	Low	2810280	Bacteroides reticulotermis	species	Low	1133319
Coriobacteriaceae	family	Low	84107	Bacteroides rodentium	species	Low	691816
Corynebacteriaceae	family	High	1653	Bacteroides salyersiae	species	Low	291644
Eggerthellaceae	family	High	1643826	Bacteroides stercorisoris	species	Low	871324
Enterococcaceae	family	High	81852	Bacteroides stercoris	species	Low	46506
Erysipelotrichaceae	family	Low	128827	Bacteroides thetaiotaomicron	species	High	818
Eubacteriaceae	family	High	186806	Bacteroides xylanisolvens	species	High	371601
Eubacteriales Family XIII. Incertae Sedis	family	High	543314	Barnesiella intestinihominis	species	Low	487174
Lachnospiraceae	family	High	186803	Barnesiella viscericola	species	High	397865
Lactobacillaceae	family	High	33958	Bifidobacterium animalis	species	Low	28025
Lawsonellaceae	family	Low	2805586	Bifidobacterium bifidum	species	Low	1681
Microcoleaceae	family	High	1892252	Bifidobacterium choerinum	species	Low	35760
				Bifidobacterium pseudocatenulatum	species	Low	28026

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Nostocaceae	family	High	1162	Bilophila wadsworthia	species	Low	35833
Odoribacteraceae	family	High	1853231	Blautia coocoides	species	High	1532
Oscillospiraceae	family	Low	216572	Blautia faecis	species	High	871665
Paenibacillaceae	family	High	186822	Blautia glucerasea	species	High	536633
Peptococcaceae	family	High	186807	Blautia hansenii	species	High	1322
Peptoniphilaceae	family	High	1570339	Blautia hydrogenotrophica	species	High	53443
Rhodospirillaceae	family	Low	41295	Blautia producta	species	High	33035
Rhodothermaceae	family	High	563843	Blautia schinkii	species	High	180164
Rikenellaceae	family	High	171550	Butyricoccus sp. GAM44	species	Low	2109686
Selenomonadaceae	family	High	1843491	Butyricimonas faecihominis	species	Low	1472416
Sporomusaceae	family	High	1843490	Butyricimonas virosa	species	Low	544645
Succinivibrionaceae	family	Low	83763	Butyrivibrio proteoclasticus	species	High	43305
Sutterellaceae	family	Low	995019	Campylobacter ureolyticus	species	High	827
Syntrophomonadaceae	family	Low	68298	Candidatus Amoebophilus asiaticus	species	High	281120
Tannerellaceae	family	Low	2005525	Caproiciproducens sp. NJN-50	species	Low	2507162
Thalassospiraceae	family	Low	2844866	Casaltella massiliensis	species	High	938278
Thermoanaerobacteraceae	family	High	186814	Catonella morbi	species	High	43997
Thermoanaerobacterales Family III. Incertae Sedis	family	High	543371	Cloacibacillus porcorum	species	Low	1197717
Thiotrichaceae	family	Low	135617	Clostridium carboxidivorans	species	Low	217159
unclassified Burkholderiales	family	Low	119065	Clostridium estertheticum	species	Low	238834
Veillonellaceae	family	High	31977	Clostridium fermenticellae	species	Low	2068654
Acetivibrio	genus	High	35829	Clostridium frigris	species	High	205327
Acetobacterium	genus	High	33951	Clostridium intestinale	species	Low	36845
Acholeplasma	genus	Low	2147	Clostridium sp. CT4	species	Low	2320868
Actinobacillus	genus	Low	713	Clostridium sp. JN-1	species	Low	2483110
Adlercreutzia	genus	High	447020	Clostridium sp. JN-9	species	Low	2507159
Agathobaculum	genus	High	2048137	Collinsella aerofaciens	species	Low	74426
Alistipes	genus	High	239759	Coprococcus catus	species	Low	116085
Alkaliphilus	genus	Low	114627	Corynebacterium epidermidicanis	species	Low	1050174
Aminicella	genus	High	1637744	Corynebacterium kroppenstedtii	species	Low	161879
Amoebophilus	genus	High	281119	Corynebacterium ureicelerivorans	species	High	401472
Anaerococcus	genus	High	165779	Corynebacterium xerosis	species	High	1725
Anaerocolumna	genus	High	1843210	Dehalobacter restrictus	species	Low	55583
Anaerofilum	genus	High	52784	Desulfomicrobium orale	species	Low	132132
Anaerostipes	genus	High	207244	Desulfovibrio fairfieldensis	species	High	44742
Anaerotignum	genus	Low	2039240	Desulfovibrio legallii	species	High	571438
Anaerovibrio	genus	High	82373	Dialister invisus	species	High	218538
Arthromitus	genus	Low	49082	Dorea formicigenerans	species	High	39486
Bacteroides	genus	Low	816	DSM 105863	species	Low	2041044
Bilophila	genus	Low	35832	Effusibacillus pohliae	species	High	232270
Blattabacterium	genus	Low	34098	Eggerthella lenta	species	High	84112
Blautia	genus	High	572511	Enterobacter hormaechei	species	Low	158836
Butyricoccus	genus	Low	580596	Enterocloster bolteae	species	High	208479
Butyrivibrio	genus	High	830	Enterocloster citroniae	species	Low	358743
Caloramator	genus	Low	44258	Enterocloster clostridioformis	species	Low	1531
Campylobacter	genus	High	194				

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Casaltella	genus	High	1715793	Ethanoligenens harbinense	species	High	253239
Catonella	genus	High	43996	Eubacterium coprostanoligenes	species	High	290054
Cellulosilyticum	genus	High	698776	Eubacterium oxidoreducens	species	High	1732
Christensenella	genus	High	990721	Eubacterium ruminantium	species	High	42322
Clostridium	genus	High	1485	Eubacterium xylanophilum	species	High	39497
Collinsella	genus	Low	102106	Ezakiella coagulans	species	High	46507
Coprobacillus	genus	Low	100883	Ezakiella peruensis	species	High	1464038
Coprococcus	genus	Low	33042	Facklamia ignava	species	High	137730
Corynebacterium	genus	High	1716	Faecalicatena orotica	species	High	1544
Dehalobacter	genus	Low	56112	Faecalitalea cylindroides	species	High	39483
Dehalobacterium	genus	High	51514	Fenollaria massiliensis	species	High	938288
Desulfitobacterium	genus	High	36853	Finegoldia magna	species	High	1260
Desulfosporosinus	genus	High	79206	Fusobacterium gonidiaformans	species	Low	849
Desulfovibrio	genus	High	872	Fusobacterium ulcerans	species	Low	861
Dialister	genus	High	39948	Gemella cuniculi	species	High	150240
Dolichospermum	genus	High	748770	Geobacillus thermodenitrificans	species	Low	33940
Dorea	genus	High	189330	Geobacter pickeringii	species	Low	345632
Effusibacillus	genus	High	1502725	Geosporobacter ferrireducens	species	Low	1424294
Eggerthella	genus	High	84111	Gordonibacter pamelaee	species	High	471189
Enterocloster	genus	High	2719313	Haemophilus parainfluenzae	species	Low	729
Enterococcus	genus	High	1350	Hathewayia histolytica	species	Low	1498
Ethanoligenens	genus	High	253238	Herbaspirillum seropedicae	species	Low	964
Eubacterium	genus	High	1730	Hungatella effluvii	species	High	1096246
Ezakiella	genus	High	1582879	Hungatella hathewayi	species	High	154046
Facklamia	genus	High	66831	Hungatella xylanolytica	species	High	384636
Faecalicatena	genus	High	2005359	Intestinimonas butyriciproducens	species	High	1297617
Faecalitalea	genus	High	1573534	Johnsonella ignava	species	High	43995
Fenollaria	genus	High	1686313	Kallipyga massiliensis	species	High	1472764
Fermentimonas	genus	Low	1784836	Klebsiella oxytoca	species	Low	571
Finegoldia	genus	High	150022	Lachnocostridium phocaeense	species	High	1871021
Flavobacterium	genus	Low	237	Lachnocostridium sp. YL32	species	Low	1834196
Fretibacterium	genus	Low	1434006	Lachnospira eligens	species	High	39485
Gemella	genus	High	1378	Lachnospira pectinoschiza	species	High	28052
Gordonibacter	genus	High	644652	Lachnospiraceae bacterium	species	High	1898203
Haemophilus	genus	Low	724	Lacrimispora saccharolytica	species	High	84030
Halanaerobium	genus	High	2330	Lactiplantibacillus plantarum	species	Low	1590
Hathewayia	genus	High	1769729	Lactobacillus jensenii	species	Low	109790
Hungatella	genus	High	1649459	Lactobacillus rogosae	species	High	706562
Intestinibacter	genus	Low	1505657	Lactonifactor longoviformis	species	High	341220
Intestinimonas	genus	High	1392389	Lawsonella clevelandensis	species	Low	1528099
Johnsonella	genus	High	43994	Levyella massiliensis	species	High	938289
Kluyvera	genus	Low	579	Marvinbryantia formatexigens	species	High	168384
Lachnocostridium	genus	High	1506553	Megasphaera hominis	species	High	159836
Lachnospira	genus	High	28050	Microvirgula aerodenitrificans	species	Low	57480
Lactobacillus	genus	High	1578	Mogibacterium vescum	species	High	86333
Lactonifactor	genus	High	420345	Moryella indoligenes	species	High	371674

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Lawsonella	genus	Low	1847725	Murdochiella vaginalis	species	High	1852373
Lelliottia	genus	Low	1330545	Negativicoccus succinicivorans	species	High	620903
Levyella	genus	High	1715798	Niastella koreensis	species	Low	354356
Mediterraneibacter	genus	High	2316020	Odoribacter splanchnicus	species	Low	28118
Megasphaera	genus	High	906	Olsenella profusa	species	High	138595
MLOs	genus	Low	33926	Oscillibacter ruminantium	species	High	1263547
Mogibacterium	genus	High	86331	Oxalobacter formigenes	species	Low	847
Natronincola	genus	Low	89958	Paeniclostridium sordellii	species	Low	1505
Negativicoccus	genus	High	909928	Parabacteroides johnsonii	species	Low	387661
Niastella	genus	Low	354354	Parabacteroides merdae	species	Low	46503
Odoribacter	genus	High	283168	Paradesulfitobacterium aromaticivorans	species	High	872276
Olsenella	genus	High	133925	Paraprevotella xylaniphila	species	High	454155
Oscillibacter	genus	High	459786	Parasporobacterium paucivorans	species	High	115544
Oxalobacter	genus	Low	846	Peptococcus niger	species	High	2741
Paenibacillus	genus	High	44249	Peptoniphilus asaccharolyticus	species	High	1258
Parabacteroides	genus	Low	375288	Peptoniphilus coxii	species	High	755172
Paradesulfitobacterium	genus	High	2881027	Peptoniphilus harei	species	High	54005
Parasporobacterium	genus	High	115543	Peptoniphilus methioninivorax	species	High	907224
Parasutterella	genus	Low	577310	Peptoniphilus obesi	species	High	1472765
Pectinatus	genus	Low	864	Peptoniphilus timonensis	species	High	1268254
Pelotomaculum	genus	Low	191373	Phascolarctobacterium faecium	species	Low	33025
Peptoclostridium	genus	Low	1481960	Phocaeicola dorei	species	Low	357276
Peptococcus	genus	High	2740	Phocaeicola salanitronis	species	High	376805
Peptoniphilus	genus	High	162289	Phocaeicola sartorii	species	High	671267
Phascolarctobacterium	genus	Low	33024	Pontibacter korlensis	species	Low	400092
Phocaeicola	genus	Low	909656	Porphyromonas asaccharolytica	species	High	28123
Porphyromonas	genus	High	836	Porphyromonas bennonis	species	High	501496
Propioniferax	genus	High	53456	Prevotella baroniae	species	High	305719
Proteus	genus	Low	583	Prevotella copri	species	Low	165179
Pseudobutyrvibrio	genus	Low	46205	Prevotella corporis	species	Low	28128
Pseudoclostridium	genus	High	2304693	Propioniferax innocua	species	High	1753
Pseudoflavonifractor	genus	High	1017280	Pseudobutyrvibrio xylanivorans	species	Low	185007
Rhodospirillum	genus	Low	1081	Pseudoclostridium thermosuccinogenes	species	High	84032
Rhodothermus	genus	High	29548	Pseudoflavonifractor capillosus	species	High	106588
Robinsoniella	genus	High	588605	Rhodothermus clarus	species	High	374811
Romboutsia	genus	Low	1501226	Robinsoniella peoriensis	species	High	180332
Rubrivivax	genus	Low	28067	Roseburia hominis	species	High	301301
Ruminiclostridium	genus	High	1508657	Roseburia intestinalis	species	Low	166486
Ruminococcus	genus	High	1263	Roseburia inulinivorans	species	Low	360807
Ruthenibacterium	genus	High	1905344	Ruminiclostridium cellobioparum	species	High	29355
Saccharofermentans	genus	High	1200657	Ruminococcus albus	species	High	1264
Sedimentibacter	genus	High	190972	Ruminococcus flavefaciens	species	High	1265
Shuttleworthia	genus	High	177971	Ruminococcus gnavus	species	High	33038
Skermanella	genus	High	204447	Ruthenibacterium lactatiformans	species	High	1550024
Slackia	genus	Low	84108				
Sporobacter	genus	High	44748				

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Sporolactobacillus	genus	High	2077	Saccharofermentans acetigenes	species	High	319644
Sutterella	genus	Low	40544	Sedimentibacter hydroxybenzoicus	species	High	29345
Terrisporobacter	genus	Low	1505652	Serratia marcescens	species	Low	615
Thalassospira	genus	Low	168934	Skermanella aerolata	species	High	393310
Thiomonas	genus	Low	32012	Slackia isoflavonicvertens	species	Low	572010
Tindallia	genus	High	69894	Sporobacter termitidis	species	High	44749
Tychonema	genus	High	54312	Sporolactobacillus putidus	species	High	492735
Tyzzereella	genus	High	1506577	Staphylococcus lugdunensis	species	Low	28035
Veillonella	genus	High	29465	Streptococcus australis	species	Low	113107
Neognathae	infraclass	Low	8825	Streptococcus parasanguinis	species	Low	1318
Bacillales Family XI. Incertae Sedis	norank	High	539738	Streptococcus vestibularis	species	Low	1343
environmental samples	norank	High	48479	Terrisporobacter glycolicus	species	Low	36841
environmental samples	norank	Low	59619	Tindallia magadiensis	species	High	69895
environmental samples	norank	Low	189703	Tolumonas auensis	species	Low	43948
Eubacteriales incertae sedis	norank	High	538999	Turicibacter sanguinis	species	Low	154288
Hungatella hathewayi WAL-18680	norank	High	742737	Tychonema bourrelyi	species	High	54313
Moorella group	norank	High	42857	Tyzzereella nexilis	species	Low	29361
Oscillospiraceae incertae sedis	norank	Low	552397	uncultured bacterium	species	High	77133
Tissierella incertae sedis	norank	High	1737407	uncultured Eubacteriales bacterium	species	Low	172733
unclassified Bacteria	norank	Low	49928	uncultured Lachnospiraceae bacterium	species	Low	297314
unclassified Burkholderiales	norank	Low	80841	Varibaculum cambriense	species	High	184870
unclassified Caproiciproducens	norank	Low	2643836	Veillonella criceti	species	Low	103891
unclassified Clostridiaceae	norank	Low	189971	Veillonella montpellierensis	species	High	187328
unclassified Corynebacterium	norank	High	2624378	Veillonella parvula	species	Low	29466
unclassified Desulfovibrio	norank	Low	2593640	[Clostridium] cf. saccharolyticum K10	strain	High	717608
unclassified Erwinia	norank	Low	2622719	[Clostridium] saccharolyticum WM1	strain	High	610130
unclassified Firmicutes sensu stricto	norank	Low	84086	[Eubacterium] eligens ATCC 27750	strain	High	515620
unclassified Gemella	norank	Low	2624949	Alistipes finegoldii DSM 17242	strain	High	679935
unclassified Lachnospiraceae	norank	Low	2608895	Alistipes shahii WAL 8301	strain	High	717959
unclassified Lactobacillus	norank	Low	2620435	Anaerococcus prevotii DSM 20548	strain	High	525919
unclassified Leptotrichia	norank	Low	2633022	Bacteroides finegoldii DSM 17565	strain	Low	483215
unclassified Peptoniphilus	norank	Low	2637196	Bacteroides fragilis 638R	strain	Low	862962
unclassified Streptococcus	norank	Low	2608887	Bacteroides fragilis YCH46	strain	Low	295405
unclassified Turicibacter	norank	Low	2638206	Bacteroides rodentium JCM 16496	strain	Low	1236512
Acholeplasmatales	order	Low	186329	Bacteroides stercoris ATCC 43183	strain	Low	449673
Acidaminococcales	order	Low	1843488	Bacteroides xylanisolvens XB1A	strain	High	657309
Actinomycetales	order	High	2037	Bifidobacterium catenulatum subsp. kashiwanohense JCM 15439 = DSM 21854	strain	Low	1150460
Bacteroidales	order	Low	171549	Blautia hydrogenotrophica DSM 10507	strain	Low	476272
Bacteroidetes Order II. Incertae sedis	order	High	1100069	Blautia obeum ATCC 29174	strain	Low	411459
Bifidobacteriales	order	Low	85004	Blautia producta ATCC 27340 = DSM 2950	strain	High	1121114
Burkholderiales	order	Low	80840	Clostridium botulinum BKT015925	strain	Low	929506
Campylobacteriales	order	High	213849				
Charadriiformes	order	Low	8906				
Chromatiales	order	High	135613				
Coriobacteriales	order	Low	84999				
Corynebacteriales	order	High	85007				

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Cytophagales	order	Low	768507	Clostridium carboxidivorans P7	strain	Low	536227
Eggerthellales	order	High	1643822	Clostridium cellulovorans 743B	strain	Low	573061
				Clostridium novyi NT	strain	Low	386415
Erysipelotrichales	order	Low	526525	Clostridium pasteurianum BC1	strain	Low	86416
Eubacteriales	order	Low	186802	Collinsella aerofaciens ATCC 25986	strain	Low	411903
Flavobacteriales	order	High	200644	Faecalibacterium prausnitzii A2-	strain	Low	411483
Lactobacillales	order	High	186826	165			
Micrococcales	order	High	85006	Faecalibacterium prausnitzii L2-6	strain	Low	718252
Nostocales	order	High	1161	Faecalibacterium prausnitzii SL3/3	strain	Low	657322
Oscillatoriales	order	High	1150	Gottschalkia acidurici 9a	strain	Low	1128398
Pseudomonadales	order	High	72274	Lachnospirillum	strain	Low	357809
Rhodobacterales	order	High	204455	phytofermentans ISDg			
Thermoanaerobacterales	order	Low	68295	Megamonas hypermegale	strain	Low	657316
Tissierellales	order	High	1737405	ART12/1			
Veillonellales	order	High	1843489	Ornithobacterium rhinotracheale	strain	Low	1401325
[Clostridium] colinum	species	High	36835	ORT-UMN 88			
[Clostridium] hylemonae	species	High	89153	Parabacteroides johnsonii DSM 18315	strain	Low	537006
				Porphyromonas asaccharolytica DSM 20707	strain	High	879243
				Roseburia inulinivorans DSM 16841	strain	Low	622312
				Streptococcus salivarius 57.I	strain	Low	1046629
				Tyzzera nexilis DSM 1787	strain	Low	500632
				Oscillatoriophycideae	subclass	High	1301283
				Alistipes onderdonkii subsp. vulgaris	subspecies	Low	2585117
				Bifidobacterium catenulatum subsp. kashiwanohense	subspecies	Low	630129
				Bifidobacterium longum subsp. longum	subspecies	Low	1679
				Clostridium estertheticum subsp. estertheticum	subspecies	Low	1552
				Ruminoclostridium cellobioparum subsp. termitidis	subspecies	High	29371

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.

The recommended process to obtain a *persistent shift* of the microbiome is:

Generate 4 lists from the suggestions with nothing repeated on another list

Emphasize one list each week

After 8 weeks (2 cycles), retest the microbiome to obtains the next set of *course corrections*

This approach allows the microbiome to stabilize towards normal.

Pick only as many suggestions that suits you; there is no need to do all of them. Suggestions are based on your specific bacteria and not marketing concepts such as 'healthy choices'.

aloe vera

Arbutin (polyphenol) 100 mg/day

bifidobacterium pseudocatenulatum li09, bifidobacterium
catenulatum li10 (probiotics)

cadium

Caffeine

cannabinoids

chitooligosaccharides (prebiotic) 600 mg/day

Cranberry

diosmin, (polyphenol) 1500 mg/day

gallate (food additive)

glycyrrhizic acid (licorice) 32 gram/day

Hesperidin (polyphenol) 1.5 gram/day

L-glutamine 5 gram/day

linseed (flaxseed) 30 mg/day

luteolin (flavonoid) 400 mg/day

mastic gum (prebiotic) 1000 mg/day

melatonin supplement 10 mg/day

N-Acetyl Cysteine (NAC), 2400 mg/day

Polyethylene glycol

retinoic acid, (Vitamin A derivative)

Vitamin B1, thiamine hydrochloride 1.8 gram/day

Vitamin B-12 10 mg/day

vitamin B3, niacin 3000 mg/day

Vitamin B6, pyridoxine hydrochloride 200 mg/day

vitamin B7, biotin 300 mg/day

Vitamin C (ascorbic acid) 30 g/day

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.

arabinogalactan (prebiotic)

barley,oat

berberine

Burdock Root

cholic acid (bile acid)

genistein

inulin (prebiotic)

lactobacillus plantarum (probiotics)

lactobacillus rhamnosus gg (probiotics)

lupin seeds (anaphylaxis risk, toxic if not prepared properly)

pea (fiber, protein)

Prescript Assist (2018 Formula)

Pulses

resistant starch

saccharomyces boulardii (probiotics)

Slippery Elm

walnuts

wheat bran

Sample of Literature Used

The following are the most significant of the 1325 studies used to generate these suggestions.

Influences of wheat bran fiber on growth performance, nutrient digestibility, and intestinal epithelium functions in Xiangcun pigs.

Heliyon , Volume: 9 Issue: 7 2023 Jul

Authors Liu J,Luo Y,Kong X,Yu B,Zheng P,Huang Z,Mao X,Yu J,Luo J,Yan H,He J

Targeted modification of gut microbiota and related metabolites via dietary fiber.

Carbohydrate polymers , Volume: 316 2023 Sep 15

Authors Nie Q,Sun Y,Li M,Zuo S,Chen C,Lin Q,Nie S

Gut microbiota-derived metabolites mediate the neuroprotective effect of melatonin in cognitive impairment induced by sleep deprivation.

Microbiome , Volume: 11 Issue: 1 2023 Jan 31

Authors Wang X,Wang Z,Cao J,Dong Y,Chen Y

The regulatory effects of specific polyphenols on Akkermansia are dependent on uridine.

Food chemistry , Volume: 410 2023 Jun 1

Authors Gao X,Yue C,Tian R,Yu L,Tian F,Zhao J,Chen W,Zhai Q

Lactobacillus rhamnosus GG protects against atherosclerosis by improving ketone body synthesis.

Applied microbiology and biotechnology , Volume: 106 Issue: 24 2022 Dec

Authors Zhai T,Ren W,Wang P,Zheng L

Licorice extract ameliorates hyperglycemia through reshaping gut microbiota structure and inhibiting TLR4/NF- κ B signaling pathway in type 2 diabetic mice.

Food research international (Ottawa, Ont.) , Volume: 153 2022 Mar

Authors Zhang Y,Xu Y,Zhang L,Chen Y,Wu T,Liu R,Sui W,Zhu Q,Zhang M

Substitution of Refined Conventional Wheat Flour with Wheat High in Resistant Starch Modulates the Intestinal Microbiota and Fecal Metabolites in Healthy Adults: A Randomized, Controlled Trial.

The Journal of nutrition , 2022 Jan 31

Authors Gondalia SV,Wymond B,Benassi-Evans B,Berbezzy P,Bird AR,Belobrajdic DP

A Comparison of Production Performance, Egg Quality, and Cecal Microbiota in Laying Hens Receiving Graded Levels of Vitamin B₁₂.

Frontiers in veterinary science , Volume: 8 2021

Authors Wang R,Bai Y,Yang Y,Wu X,Li R

Effects of fermented wheat bran and yeast culture on growth performance, immunity and intestinal microflora in growing-finishing pigs.

Journal of animal science , 2021 Oct 23

Authors He W,Gao Y,Guo Z,Yang Z,Wang X,Liu H,Sun H,Shi B

Supplementation with *Lactiplantibacillus plantarum* IMC 510 Modifies Microbiota Composition and Prevents Body Weight Gain Induced by Cafeteria Diet in Rats.

International journal of molecular sciences , Volume: 22 Issue: 20 2021 Oct 16

Authors Micioni Di Bonaventura MV,Coman MM,Tomassoni D,Micioni Di Bonaventura E,Botticelli L,Gabrielli MG,Rossolini GM,Di Pilato V,Cecchini C,Amedei A,Silvi S,Verdenelli MC,Cifani C

An Osmotic Laxative Renders Mice Susceptible to Prolonged *Clostridioides difficile* Colonization and Hinders Clearance.

mSphere , Volume: 6 Issue: 5 2021 Oct 27

Authors Tomkovich S,Taylor A,King J,Colovas J,Bishop L,McBride K,Royzenblat S,Lesniak NA,Bergin IL,Schloss PD

The Prebiotic Potential of Inulin-type Fructans: A Systematic Review.

Advances in nutrition (Bethesda, Md.) , 2021 Sep 23

Authors Hughes RL,Alvarado DA,Swanson KS,Holscher HD

The Protection of *Lactiplantibacillus plantarum* CCFM8661 Against Benzopyrene-Induced Toxicity via Regulation of the Gut Microbiota.

Frontiers in immunology , Volume: 12 2021

Authors Yu L,Zhang L,Duan H,Zhao R,Xiao Y,Guo M,Zhao J,Zhang H,Chen W,Tian F

Concentrated Raw Fibers Enhance the Fiber-Degrading Capacity of a Synthetic Human Gut Microbiome.

International journal of molecular sciences , Volume: 22 Issue: 13 2021 Jun 25

Authors Steimle A,Neumann M,Grant ET,Turner JD,Desai MS

Effect of Dietary Inulin Supplementation on the Gut Microbiota Composition and Derived Metabolites of Individuals Undergoing Hemodialysis: A Pilot Study.

Journal of renal nutrition : the official journal of the Council on Renal Nutrition of the National Kidney

Foundation , 2021 Jun 11

Authors Biruete A,Cross TL,Allen JM,Kistler BM,de Loor H,Evenepoel P,Fahey GC Jr,Bauer L,Swanson KS,Wilund KR

Aberrant Gut Microbiome Contributes to Intestinal Oxidative Stress, Barrier Dysfunction, Inflammation and Systemic Autoimmune Responses in MRL/lpr Mice.

Frontiers in immunology , Volume: 12 2021

Authors Wang H,Wang G,Banerjee N,Liang Y,Du X,Boor PJ,Hoffman KL,Khan MF

Potato resistant starch inhibits diet-induced obesity by modifying the composition of intestinal microbiota and their metabolites in obese mice.

International journal of biological macromolecules , Volume: 180 2021 Mar 9

Authors Liang D,Zhang L,Chen H,Zhang H,Hu H,Dai X

Pretreatment with chitosan oligosaccharides attenuate experimental severe acute pancreatitis via inhibiting oxidative stress and modulating intestinal homeostasis.

Acta pharmacologica Sinica , 2021 Jan 25

Authors Mei QX,Hu JH,Huang ZH,Fan JJ,Huang CL,Lu YY,Wang XP,Zeng Y

Exercise and food supplement of vitamin C ameliorate hypertension through improvement of gut microflora in the spontaneously hypertensive rats.

Life sciences , Volume: 269 2021 Mar 15

Authors Li Y,Zafar S,Salih Ibrahim RM,Chi HL,Xiao T,Xia WJ,Li HB,Kang YM

Berberine alters gut microbial function through modulation of bile acids.

BMC microbiology , Volume: 21 Issue: 1 2021 Jan 11

Authors Wolf PG,Devendran S,Doden HL,Ly LK,Moore T,Takei H,Nitto H,Murai T,Kurosawa T,Chlipala GE,Green SJ,Kakiyama G,Kashyap P,McCracken VJ,Gaskins HR,Gillevet PM,Ridlon JM

Probiotic *Lactobacillus rhamnosus* GG Promotes Mouse Gut Microbiota Diversity and T Cell Differentiation.

Frontiers in microbiology , Volume: 11 2020

Authors Shi CW,Cheng MY,Yang X,Lu YY,Yin HD,Zeng Y,Wang RY,Jiang YL,Yang WT,Wang JZ,Zhao DD,Huang HB,Ye LP,Cao X,Yang GL,Wang CF

Exopolysaccharides from *Lactobacillus plantarum* YW11 improve immune response and ameliorate inflammatory bowel disease symptoms.

Acta biochimica Polonica , Volume: 67 Issue: 4 2020 Dec 17

Authors Min Z,Xiaona H,Aziz T,Jian Z,Zhennai Y

Administration of *Saccharomyces boulardii* maffio-1701 improves feed conversion ratio, promotes antioxidant capacity, alleviates intestinal inflammation and modulates gut microbiota in weaned piglets.

Journal of animal science and biotechnology , Volume: 11 Issue: 1 2020 Dec 4

Authors Zhang W,Bao C,Wang J,Zang J,Cao Y

Adjunctive treatment with probiotics partially alleviates symptoms and reduces inflammation in patients with irritable bowel syndrome.

European journal of nutrition , 2020 Nov 22

Authors Xu H,Ma C,Zhao F,Chen P,Liu Y,Sun Z,Cui L,Kwok LY,Zhang H

Modulation of the Gut Microbiome and Obesity Biomarkers by *Lactobacillus Plantarum* KC28 in a Diet-Induced Obesity Murine Model.

Probiotics and antimicrobial proteins , 2020 Nov 14

Authors Huang E,Kim S,Park H,Park S, Ji Y,Todorov SD,Lim SD,Holzappel WH

Synergistic Effect of Berberine-Based Chinese Medicine Assembled Nanostructures on Diarrhea-Predominant Irritable Bowel Syndrome *In Vivo*.

Frontiers in pharmacology , Volume: 11 2020

Authors Li L,Cui H,Li T,Qi J,Chen H,Gao F,Tian X,Mu Y,He R,Lv S,Chu F,Xu B,Wang P,Lei H,Xu H,Wang C

Intervention with kimchi microbial community ameliorates obesity by regulating gut microbiota.

Journal of microbiology (Seoul, Korea) , 2020 Sep 2

Authors Park SE,Kwon SJ,Cho KM,Seo SH, Kim EJ,Unno T,Bok SH,Park DH,Son HS

Impacts of Habitual Diets Intake on Gut Microbial Counts in Healthy Japanese Adults.

Nutrients , Volume: 12 Issue: 8 2020 Aug 12

Authors Sugimoto T,Shima T,Amamoto R,Kaga C,Kado Y,Watanabe O,Shiinoki J,Iwazaki K,Shigemura H,Tsuji H,Matsumoto S

Nuts and their Effect on Gut Microbiota, Gut Function and Symptoms in Adults: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.

Nutrients , Volume: 12 Issue: 8 2020 Aug 6

Authors Creedon AC,Hung ES,Berry SE,Whelan K

Effect of chitoooligosaccharides on human gut microbiota and antiglycation.

Carbohydrate polymers , Volume: 242 2020 Aug 15

Authors Liu W, Li X, Zhao Z, Pi X, Meng Y, Fei D, Liu D, Wang X

The ameliorative effect of Lactobacillus plantarum Y44 oral administration on inflammation and lipid metabolism in obese mice fed with a high fat diet.

Food & function , Volume: 11 Issue: 6 2020 Jun 24

Authors Liu Y, Gao Y, Ma F, Sun M, Mu G, Tuo Y

Conserved and variable responses of the gut microbiome to resistant starch type 2

Nutrition research (New York, N.Y.) , Volume: 77 2020 Feb 22

Authors Bendiks ZA, Knudsen KEB, Keenan MJ, Marco ML

Beneficial effects of flaxseed polysaccharides on metabolic syndrome via gut microbiota in high-fat diet fed mice.

Food research international (Ottawa, Ont.) , Volume: 131 2020 May

Authors Yang C, Xu Z, Deng Q, Huang Q, Wang X, Huang F

Effect of Berberine on Atherosclerosis and Gut Microbiota Modulation and Their Correlation in High-Fat Diet-Fed ApoE^{-/-} Mice.

Frontiers in pharmacology , Volume: 11 2020

Authors Wu M, Yang S, Wang S, Cao Y, Zhao R, Li X, Xing Y, Liu L

Anti-inflammatory activity of alkali-soluble polysaccharides from Arctium lappa L. and its effect on gut microbiota of mice with inflammation.

International journal of biological macromolecules , Volume: 154 2020 Jul 1

Authors Zhang X, Zhang N, Kan J, Sun R, Tang S, Wang Z, Chen M, Liu J, Jin C

Effect of Dose and Timing of Burdock (<i>Arctium lappa</i>) Root Intake on Intestinal Microbiota of Mice.

Microorganisms , Volume: 8 Issue: 2 2020 Feb 6

Authors Watanabe A, Sasaki H, Miyakawa H, Nakayama Y, Lyu Y, Shibata S

Dietary prophage inducers and antimicrobials: toward landscaping the human gut microbiome.

Gut microbes , 2020 Jan 13

Authors Boling L, Cuevas DA, Grasis JA, Kang HS, Knowles B, Levi K, Maughan H, McNair K, Rojas MI, Sanchez SE, Smurthwaite C, Rohwer F

Food for thought about manipulating gut bacteria.

Nature , Volume: 577 Issue: 7788 2020 Jan

Authors Delzenne NM, Bindels LB

Dietary resistant starch modifies the composition and function of caecal microbiota of broilers.

Journal of the science of food and agriculture , Volume: 100 Issue: 3 2020 Feb

Authors Zhang Y, Liu Y, Li J, Xing T, Jiang Y, Zhang L, Gao F

The effect of inulin and resistant maltodextrin on weight loss during energy restriction: a randomised, placebo-controlled, double-blinded intervention.

European journal of nutrition , 2019 Oct 11

Authors Hess AL, Benítez-Páez A, Blædel T, Larsen LH, Iglesias JR, Madera C, Sanz Y, Larsen TM, MyNewGut Consortium.

Regulatory Function of Buckwheat-Resistant Starch Supplementation on Lipid Profile and Gut Microbiota in Mice Fed with a High-Fat Diet.

Journal of food science , Volume: 84 Issue: 9 2019 Sep

Authors Zhou Y, Zhao S, Jiang Y, Wei Y, Zhou X

Additional Effect of Dietary Fiber in Patients with Type 2 Diabetes Mellitus Using Metformin and Sulfonylurea: An Open-Label, Pilot Trial.

Diabetes & metabolism journal , 2019 Apr 23

Authors Lee SE, Choi Y, Jun JE, Lee YB, Jin SM, Hur KY, Ko GP, Lee MK

Walnuts and Vegetable Oils Differentially Affect the Gut Microbiome and Associations with Cardiovascular Risk Factors (OR29-06-19).

Current developments in nutrition , Volume: 3 Issue: Suppl 1 2019 Jun

Authors Tindall A, McLimans C, Petersen K, Kris-Etherton P, Lamendella R

In vivo and in vitro anti-inflammatory effects of water-soluble polysaccharide from Arctium lappa.

International journal of biological macromolecules , Volume: 135 2019 Aug 15

Authors Zhang N, Wang Y, Kan J, Wu X, Zhang X, Tang S, Sun R, Liu J, Qian C, Jin C

The role of short-chain fatty acids in microbiota-gut-brain communication.

Nature reviews. Gastroenterology & hepatology , Volume: 16 Issue: 8 2019 Aug

Authors Dalile B, Van Oudenhove L, Vervliet B, Verbeke K

Fermented Momordica charantia L. juice modulates hyperglycemia, lipid profile, and gut microbiota in type 2 diabetic rats.

Food research international (Ottawa, Ont.) , Volume: 121 2019 Jul

Authors Gao H, Wen JJ, Hu JL, Nie QX, Chen HH, Xiong T, Nie SP, Xie MY

Structural characterization of water-soluble polysaccharide from Arctium lappa and its effects on colitis mice.

Carbohydrate polymers , Volume: 213 2019 Jun 1

Authors Wang Y,Zhang N,Kan J,Zhang X,Wu X,Sun R,Tang S,Liu J,Qian C,Jin C

Arabinoxylan from Argentinian whole wheat flour promote the growth of Lactobacillus reuteri and Bifidobacterium breve.

Letters in applied microbiology , Volume: 68 Issue: 2 2019 Feb

Authors Paesani C,Salvucci E,Moiraghi M,Fernandez Canigía L,Pérez GT

Inulin-type fructans improve active ulcerative colitis associated with microbiota changes and increased short-chain fatty acids levels.

Gut microbes , 2018 Nov 5

Authors Valcheva R,Koleva P,Martínez I,Walter J,Gänzle MG,Dieleman LA

Metagenomic Insights into the Degradation of Resistant Starch by Human Gut Microbiota.

Applied and environmental microbiology , Volume: 84 Issue: 23 2018 Dec 1

Authors Vital M,Howe A,Bergeron N,Krauss RM,Jansson JK,Tiedje JM

Introducing insoluble wheat bran as a gut microbiota niche in an in vitro dynamic gut model stimulates propionate and butyrate production and induces colon region specific shifts in the luminal and mucosal microbial community.

Environmental microbiology , Volume: 20 Issue: 9 2018 Sep

Authors De Paepe K,Verspreet J,Verbeke K,Raes J,Courtin CM,Van de Wiele T

Inulin fiber dose-dependently modulates energy balance, glucose tolerance, gut microbiota, hormones and diet preference in high-fat-fed male rats.

The Journal of nutritional biochemistry , Volume: 59 2018 Sep

Authors Singh A,Zapata RC,Pezeshki A,Reidelberger RD,Chelikani PK

Transient Osmotic Perturbation Causes Long-Term Alteration to the Gut Microbiota.

Cell , Volume: 173 Issue: 7 2018 Jun 14

Authors Tropini C,Moss EL,Merrill BD,Ng KM,Higginbottom SK,Casavant EP,Gonzalez CG,Fremin B,Bouley DM,Elias JE,Bhatt AS,Huang KC,Sonnenburg JL

Niacin alters the ruminal microbial composition of cattle under high-concentrate condition.

Animal nutrition (Zhongguo xu mu shou yi xue hui) , Volume: 3 Issue: 2 2017 Jun

Authors Luo D,Gao Y,Lu Y,Qu M,Xiong X,Xu L,Zhao X,Pan K,Ouyang K

Walnut Consumption Alters the Gastrointestinal Microbiota, Microbially Derived Secondary Bile Acids, and Health Markers in Healthy Adults: A Randomized Controlled Trial.

The Journal of nutrition , Volume: 148 Issue: 6 2018 Jun 1

Authors Holscher HD,Guetterman HM,Swanson KS,An R,Matthan NR,Lichtenstein AH,Novotny JA,Baer DJ

Lactobacillus plantarum MTCC 9510 supplementation protects from chronic unpredictable and sleep deprivation-induced behaviour, biochemical and selected gut microbial aberrations in mice.

Journal of applied microbiology , Volume: 125 Issue: 1 2018 Jul

Authors Dhaliwal J,Singh DP,Singh S,Pinnaka AK,Boparai RK,Bishnoi M,Kondepudi KK,Chopra K

Prebiotic Potential of Herbal Medicines Used in Digestive Health and Disease.

Journal of alternative and complementary medicine (New York, N.Y.) , Volume: 24 Issue: 7 2018 Jul

Authors Peterson CT,Sharma V,Uchitel S,Denniston K,Chopra D,Mills PJ,Peterson SN

Extensive impact of non-antibiotic drugs on human gut bacteria.

Nature , Volume: 555 Issue: 7698 2018 Mar 29

Authors Maier L,Pruteanu M,Kuhn M,Zeller G,Telzerow A,Anderson EE,Brochado AR,Fernandez KC,Dose H,Mori H,Patil KR,Bork P,Typas A

Wheat-derived arabinoxylan oligosaccharides with bifidogenic properties abolishes metabolic disorders induced by western diet in mice.

Nutrition & diabetes , Volume: 8 Issue: 1 2018 Mar 7

Authors Neyrinck AM,Hiel S,Bouzin C,Campayo VG,Cani PD,Bindels LB,Delzenne NM

Inulin-type fructan improves diabetic phenotype and gut microbiota profiles in rats.

PeerJ , Volume: 6 2018

Authors Zhang Q,Yu H,Xiao X,Hu L,Xin F,Yu X

Prebiotic Wheat Bran Fractions Induce Specific Microbiota Changes.

Frontiers in microbiology , Volume: 9 2018

Authors D`hoe K,Conterno L,Fava F,Falony G,Vieira-Silva S,Vermeiren J,Tuohy K,Raes J

Potential of Lactobacillus plantarum ZDY2013 and Bifidobacterium bifidum WBIN03 in relieving colitis by gut microbiota, immune, and anti-oxidative stress.

Canadian journal of microbiology , 2018 Feb 5

Authors Wang Y,Guo Y,Chen H,Wei H,Wan C

[Assessment of the impact of vitamin and dietary fiber content in the diet on the characteristics of protective colon microbiota populations of rats].

Voprosy pitanii , Volume: 84 Issue: 6 2015

Authors Markova YM,Sheveleva SA

Evaluation of the effects of different diets on microbiome diversity and fatty acid composition of rumen liquor in dairy goat.

Animal : an international journal of animal bioscience , 2018 Jan 8

Authors Cremonesi P,Conte G,Severgnini M,Turri F,Monni A,Capra E,Rapetti L,Colombini S,Chessa S,Battelli G,Alves SP,Mele M,Castiglioni B

Impact of genistein on the gut microbiome of humanized mice and its role in breast tumor inhibition.

PLoS one , Volume: 12 Issue: 12 2017

Authors Paul B,Royston KJ,Li Y,Stoll ML,Skibola CF,Wilson LS,Barnes S,Morrow CD,Tollefsbol TO

Blockade of CB1 cannabinoid receptor alters gut microbiota and attenuates inflammation and diet-induced obesity.

Scientific reports , Volume: 7 Issue: 1 2017 Nov 15

Authors Mehrpouya-Bahrami P,Chitralla KN,Ganewatta MS,Tang C,Murphy EA,Enos RT,Velazquez KT,McCellan J,Nagarkatti M,Nagarkatti P

Dietary Pea Fiber Supplementation Improves Glycemia and Induces Changes in the Composition of Gut Microbiota, Serum Short Chain Fatty Acid Profile and Expression of Mucins in Glucose Intolerant Rats.

Nutrients , Volume: 9 Issue: 11 2017 Nov 12

Authors Hashemi Z,Fouhse J,Im HS,Chan CB,Willing BP

Lactobacillus plantarum HNU082-derived improvements in the intestinal microbiome prevent the development of hyperlipidaemia.

Food & function , Volume: 8 Issue: 12 2017 Dec 13

Authors Shao Y,Huo D,Peng Q,Pan Y,Jiang S,Liu B,Zhang J

Effects of microencapsulated Lactobacillus plantarum LIP-1 on the gut microbiota of hyperlipidaemic rats.

The British journal of nutrition , Volume: 118 Issue: 7 2017 Oct

Authors Song JJ,Tian WJ,Kwok LY,Wang YL,Shang YN,Menghe B,Wang JG

Effects of microencapsulated Lactobacillus plantarum LIP-1 on the gut microbiota of hyperlipidaemic rats.

The British journal of nutrition , Volume: 118 Issue: 7 2017 Oct

Authors Song JJ,Tian WJ,Kwok LY,Wang YL,Shang YN,Menghe B,Wang JG