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Reference ▾

Information From Studies ▾

Videos ▾

... About

Simple UI My Profile Changing Microbiome US National Library Of Medicine Research Features ⚠️ KEGG Compounds ⚠️ ⚠️ KEGG Enzymes ⚠️

Multiple Samples Samples Maintenance LogOff Display Level: Public ▾ ? About Donations

Consensus Suggestions

What is the difference between "Just Give Me Suggestions"[Below] and "Cross Validated" Suggestions

BiomeSight:2022-01-24 Self 🚫 🤢 ▾ ⚠️ Suggests significant biofilm forming taxa, 🚫 severe
🤢 - possible d-lactic acidosis
🤢 Suggests significant histamine producing taxa, 🤢 severe Is detection rate reasonable? 📄 How to get
the names of these bacteria Hide {Antibiotics, Antivirals, Drugs}

📄 Video Walkthru of this Page

Newbie Introduction to the Microbiome Video - 2024 📄

Total items available 441 For information about this report, see this post

Priority: is an attempt to factor Take, Take Count, Avoid and Avoid Count into a single number. The calculation may evolve over time.

📄 Download 📄 Food Menu Planner 📄 🦠 Bacteria Retail Probiotic Suggestions 📄 How are suggestions determined

Select items with Suggested Dosages How are these suggestions computed? PDF Report for non-prescribing Medical Professionals

PDF Report for prescribing Medical Professionals PDF Informe para Profesional Médico no prescriptor PDF Informe para Profesionales Médicos prescriptores ?

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 stablize towards normal.

Checking Suggestions Are Reasonable

Check this box to filter to items with no counter indication for ANY bacteria selected. The number of suggestions can be greatly reduced as the number of bacteria selected increases.

Show All ▾ entries




















Search:























Summary of health impacts of top 15 suggestions






















Click on Priority to sort from Highest to Lowest





















Amino Acid and similar Antibiotics, Antivirals etc Common and OTC Supplements Diet Style Drug or "Non-drug"
Flavonoids, Polyphenols etc Food (excluding seasonings) Food Preservatives Herb or Spice



















Miscellaneous, food additives, and other odd items	Not Classified	Prebiotics and similar	Prescription - Other	Probiotics
Sugar and similar	Synthetic Impact	Vitamins, Minerals and similar		




















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
365.1	N-[2-(5-methoxy-1H-indol-3-yl)ethyl]acetamide {Melatonin}	Amino Acid and similar	18.25	4	1.43	0	
346.9	Riboflavin {Vitamin B2}	Vitamins, Minerals and similar	14.75	4	0.75	0	
343.2	Lentilactobacillus kefirii {Kefibios}	Probiotics	11.78	4	0	0	
309.8	bacillus subtilis natto {B.natto}	Probiotics	9.6	4	0	0	
305.8	raffinose {sugar beet}	Sugar and similar	9.35	4	0	0	
293.3	Escherichia coli Nissle 1917 {Mutaflor}	Probiotics	8.6	4	0	0	
290.1	Bifidobacterium animalis {B. animalis}	Probiotics	11.51	4	0.9	0	
268.2	2-Amino-4-(methylthio)butanoic acid {Methionine}	Flavonoids, Polyphenols etc	13.43	4	2.08	0	
268.1	Biotin {Vitamin B7}	Vitamins, Minerals and similar	13.52	3	0.19	0	
264.7	Mixture of Vitamin B? {B Vitamins}	Vitamins, Minerals and similar	23.17	4	6.73	0	
253.3	allium sativum {garlic}	Herb or Spice	7.56	4	0.31	0	
240.3	Momordica charantia {Bitter gourd}	Herb or Spice	13.77	3	1.01	0	
240	Fraxinus angustifolia {Narrow-leaved ash}	Herb or Spice	5.76	4	0	0	
235.9	Citrus polymethoxyflavone {Nobiletin (oranges and lemons)}	Flavonoids, Polyphenols etc	9.89	3	0	0	
229.3	Trametes versicolor {Turkey tail}	Food (excluding seasonings)	5.26	4	0	0	
222.6	Nicotine, Nicotine Patch	Food (excluding seasonings)	13.85	3	1.56	0	
219.8	Thiamine {Vitamin B1}	Vitamins, Minerals and similar	15.96	4	4.63	0	






















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
218.6	Sorghum {Broomcorn}	Food (excluding seasonings)	8.97	4	1.4	0	
217.2	Lactiseibacillus rhamnosus {l. rhamnosus}	Probiotics	31.54	4	13.95	0	
216.1	rosmarinus officinalis {rosemary}	Herb or Spice	14.97	4	4.24	0	
209.1	Trichosanic acid {pomegranate seed oil}	Amino Acid and similar	7.77	3	0	0	
206.9	Sucralose {Splenda}	Sugar and similar	8.59	4	1.48	0	
200.7	Carum carvi {Caraway}	Food (excluding seasonings)	4.03	4	0	0	
200.7	Menta x piperita {peppermint}	Herb or Spice	4.03	4	0	0	
200.7	Pimpinella anisum {Anise}	Herb or Spice	4.03	4	0	0	
191.6	Grifola frondosa {Hen of the Woods Mushroom}	Food (excluding seasonings)	13.02	4	3.99	0	
191.4	Lactiseibacillus paracasei shirota {Yakult}	Probiotics	6.51	3	0	0	
190.5	L-3-hydroxytrimethylaminobutanoate {carnitine}	Amino Acid and similar	6.45	3	0	0	
189.9	(2E,4E,6E,8E)-3,7-dimethyl-9-(2,6,6-trimethylcyclohex-1-en-1-yl)nona-2,4,6,8-tetraen-1-ol {Vitamin A}	Vitamins, Minerals and similar	16.95	4	6.25	1	
188.4	Lactiseibacillus casei {L. casei}	Probiotics	21.03	4	8.78	0	
188.4	vanillic acid {Vanilla}	Herb or Spice	6.31	3	0	0	
186.5	bifidobacterium	Probiotics	46.12	4	26.25	0	
185.6	Brassica oleracea {cabbage}	Food (excluding seasonings)	14.97	3	3.29	1	
175.1	Piper nigrum {black pepper}	Herb or Spice	6.68	3	0.34	0	
174.6	bifidobacterium pseudocatenulatum li09,bifidobacterium catenulatum li10	Probiotics	11.07	4	3.45	0	
173.7	Bifidobacterium longum subsp. longum BB536 {BB536}	Probiotics	6.33	4	1.16	0	
162.7	Bifidobacterium animalis subsp. lactis {B. Lactis}	Probiotics	20.84	4	9.89	0	




















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
162.2	chondrus crispus {Carrageen}	Food (excluding seasonings)	2.63	4	0	0	
162.2	Handroanthus impetiginosus {pink trumpet tree}	Herb or Spice	2.63	4	0	0	
162.2	sarcoditheca gaudichaudii {Red Seaweed}	Food (excluding seasonings)	2.63	4	0	0	
162.2	Schinus molle {Peruvian pepper}	Herb or Spice	2.63	4	0	0	
162.2	Triticum aestivum {Whole-grain wheat}	Food (excluding seasonings)	2.63	4	0	0	
145.8	fructo-oligosaccharides	Prebiotics and similar	22.19	4	11.7	0	
145.4	Ligilactobacillus salivarius {L. salivarius}	Probiotics	12.57	4	5.26	0	
144.8	Hypericum perforatum {St. John's Wort}	Herb or Spice	5.97	3	0.7	0	
144.6	Shen Ling Bai Zhu San {参苓白术散}	Herb or Spice	11.67	4	4.73	0	
144.5	(2S)-2-amino-5-carbamimidamidopentanoic acid {arginine}	Amino Acid and similar	10.29	4	3.9	0	
143.5	yogurt	Food (excluding seasonings)	32.63	4	19.53	0	
136.8	bifidobacterium bifidum {B. bifidum}	Probiotics	26.41	3	12.57	1	
136.7	Chamaemelum nobile {Camomile}	Herb or Spice	3.32	3	0	0	
135.1	bifidobacterium longum,lactobacillus helveticus	Probiotics	5.34	4	1.4	0	
134.8	low fodmap diet	Diet Style	6.68	4	2.1	0	
132	Eutrema japonicum {wasabi}	Food (excluding seasonings)	6.97	2	0	0	
129.2	Probiotic Mixture 2 {Vetafarm Probiotic}	Probiotics	21.39	4	12.05	0	
127.5	Clostridium butyricum MIYAIRI 588 {Miyarisan}	Probiotics	16.65	4	8.72	0	
126	Euterpe oleracea {Acai}	Food (excluding seasonings)	6.35	2	0	0	




















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
125	Citrus limon {Lemon}	Food (excluding seasonings)	8.83	4	3.6	0	
120.4	Cannabis sativa {Marijuana}	Herb or Spice	11.69	3	4.22	0	
117.2	Rhus chinensis {galla rhois}	Herb or Spice	5.49	2	0	0	
115.6	Citrus aurantiifolia {Lime}	Food (excluding seasonings)	4.96	4	1.57	0	
115.5	Ananas comosus {Pineapple}	Food (excluding seasonings)	2.37	3	0	0	
111.3	Zingiber officinale Roscoe {ginger}	Herb or Spice	13.23	4	7.03	1	
109.5	Prunus mume {Umeboshi}	Food (excluding seasonings)	6.82	4	2.79	0	
108.2	Brassica juncea {Mustard greens}	Herb or Spice	2.08	3	0	0	
107.4	bifidobacterium infantis {B. infantis}	Probiotics	4.61	2	0	0	
106.3	(2S)-2-amino-4-carbamoylbutanoic acid {Glutamine}	Amino Acid and similar	8.94	3	3.19	0	
103.4	ascorbic acid {Vitamin C}	Vitamins, Minerals and similar	7.13	4	3.15	0	
101.4	Arthrospira platensis {Spirulina}	Herb or Spice	8.11	4	3.85	0	
101.4	Sulforaphane {Dark Greens}	Food (excluding seasonings)	28.37	2	12.72	2	
100.2	Dihydroquercetin {Taxifolin}	Amino Acid and similar	4.1	3	0.84	0	
99.7	Cucurbita pepo {Pumpkin}	Food (excluding seasonings)	3.98	2	0	0	
98.6	Metha family {Mint}	Herb or Spice	1.19	4	0.06	0	
97.5	Phoenix dactylifera {dates}	Food (excluding seasonings)	3.8	2	0	0	
97.5	Rosa rugosa {Rugosa rose}	Herb or Spice	3.8	2	0	0	










Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
92.4	Arctostaphylos uva-ursi {Bearberry}	Food (excluding seasonings)	5.07	2	0.5	1	
92.1	4-hydroxyphenyl-beta-D-glucopyranoside {Arbutin}	Flavonoids, Polyphenols etc	6.41	2	1.01	1	
92.1	Selenomethionine {Selenium supplement}	Vitamins, Minerals and similar	3.39	2	0	0	
91.7	Bacteriophages LH01,T4D,LL12,LL5 {PreforPro}	Prebiotics and similar	6.3	2	0.98	0	
91.3	Pyridoxine {Vitamin B6}	Vitamins, Minerals and similar	3.75	2	0.11	1	
90	gynostemma pentaphyllum {Jiaogulan}	Herb or Spice	8.32	3	3.43	1	
88.7	Bacillus amyloliquefaciens group {B. Amyloliquefaciens}	Probiotics	18.92	4	12.51	0	
87.7	olive oil {olive oil}	Food (excluding seasonings)	25.23	4	17.73	0	
84.3	2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H- chromen-4-one {Luteolin}	Flavonoids, Polyphenols etc	23.06	3	14.31	1	
83.5	Allium cepa {Onion}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Apium graveolens {Celery}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Armoracia rusticana {Horseradish}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Coriandrum sativum {Coriander}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Cuminum cyminum {Cumin}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Cymbopogon citratus {Lemongrass}	Herb or Spice	2.79	2	0	0	
83.5	Dysphania ambrosioides {Epazote}	Food (excluding seasonings)	2.79	2	0	0	






















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
83.5	Eucalyptus {Gum Tree}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Flavan-3-ols {Epicatechin}	Food (excluding seasonings)	2.79	2	0	0	
83.5	foeniculum vulgare,fennel	Herb or Spice	2.79	2	0	0	
83.5	Ocimum tenuiflorum {Tulsi}	Herb or Spice	2.79	2	0	0	
83.5	Petroselinum crispum {Parsley}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Salvia officinalis {Sage}	Herb or Spice	2.79	2	0	0	
83.5	Sambucus nigra L. ssp. canadensis {Elderberry}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Sinapis alba {yellow mustard}	Food (excluding seasonings)	2.79	2	0	0	
83.5	Tea tree	Food (excluding seasonings)	2.79	2	0	0	
82.6	cobalamin {Vitamin B-12}	Vitamins, Minerals and similar	3.07	2	0.09	1	
79.1	bifidobacterium adolescentis {B. adolescentis}	Probiotics	20.07	3	12.42	1	
78.9	Lactobacillus Johnsonii {Lactobacillus Johnsonii}	Probiotics	8	4	4.51	0	
76.4	a-Gluco-oligosaccharides {GOS}	Prebiotics and similar	18.69	3	11.56	1	
76	psidium guajava {Guava}	Food (excluding seasonings)	2.31	2	0	0	
76	β -(1 \rightarrow 4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan}	Sugar and similar	24.86	4	18.28	0	
74	Euphausia superba {Krill Oil}	Food (excluding seasonings)	2.19	2	0	0	
74	Secale cereale {Rye}	Food (excluding seasonings)	4.73	2	0.9	2	


Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
71.8	Adeps suillus {Lard}	Food (excluding seasonings)	11.3	3	6.29	1	
69	arthamus tinctorius {Safflower}	Herb or Spice	4.18	4	2.07	0	
68.5	Artemisia absinthium {wormwood}	Herb or Spice	7.94	1	0.11	1	
67.6	lactobacillus helveticus,lactobacillus rhamnosus	Probiotics	6.92	4	4.09	0	
66	a-Amino-3-indolepropionic acid {Tryptophan}	Amino Acid and similar	4.37	3	1.78	1	
65.5	Phyllanthus emblica {Chinese gall}	Herb or Spice	12.04	3	7.2	1	
64.4	Levilactobacillus brevis {L.brevis}	Probiotics	2.27	4	0.91	0	
57.8	bacillus	Probiotics	42.49	3	33.51	1	
57.3	lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis	Probiotics	22.61	3	16.35	1	
57.3	whole-grain diet	Diet Style	43.11	3	34.13	1	
54.2	pediococcus acidilactic {RBB9 PEDIOCOCCUS ACIDILACTI}	Probiotics	11.95	4	8.71	0	
53.2	115 different soil based taxa {General Biotics Equilibrium}	Probiotics	4.53	1	0	0	
52.7	Thymus vulgaris {thyme}	Herb or Spice	4.93	3	2.56	1	
47.6	diosmin {diosmin}	Flavonoids, Polyphenols etc	0.63	3	0.07	1	
46.4	Ethanoic acid {Vinegar}	Amino Acid and similar	14.43	2	8.76	2	
45.3	henopodium quinoa {Quinoa}	Food (excluding seasonings)	11.69	3	8.18	1	
43.4	Catechol {Catecholamines}	Flavonoids, Polyphenols etc	3.02	1	0	0	
40.1	Citricidal {Grapefruit seed extract}	Food (excluding seasonings)	2.79	2	0.98	0	
40.1	Ocimum basilicum {Basil}	Herb or Spice	3.78	3	2.15	1	





















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
39.3	Morus {Mulberry }	Food (excluding seasonings)	14.53	2	9.56	2	
35	low carbohydrate diet	Diet Style	1.96	1	0	0	
34.7	Echinacea Moench {Echinacea}	Food (excluding seasonings)	6.5	2	3.72	2	
34.5	chitosan oligomers {chitooligosaccharides}	Prebiotics and similar	13.42	4	11.11	0	
34.4	Linum usitatissimum {Flaxseed}	Food (excluding seasonings)	20.43	3	16.67	1	
34.2	Nigella sativa {black cumin}	Herb or Spice	1.87	1	0	0	
33.2	Camellia Linnaeus {camellia}	Herb or Spice	15.86	3	12.69	1	
33	Under cooked animal protein {Rare meat}	Food (excluding seasonings)	4.09	3	2.63	1	
32.2	Bupleurum falcatum x Scutellaria baicalensis x Paeoniae radix {daesihō-tang}	Herb or Spice	1.66	1	0	0	
31.5	kefir	Food (excluding seasonings)	8.57	3	6.42	1	
31.3	ficus carica {fig}	Food (excluding seasonings)	1.57	1	0	0	
31.1	Hibiscus {Rose mallow}	Food (excluding seasonings)	2.79	1	0.41	1	
28.6	Whole Cow milk {Whole Milk}	Food (excluding seasonings)	4.85	3	3.42	1	
27.9	tomato powder	Food (excluding seasonings)	2.71	3	1.71	1	
27.7	L-Theanine {Theanine}	Amino Acid and similar	5.27	3	3.81	1	
26.5	Amorphophallus konjac {Konjaku flour}	Food (excluding seasonings)	10.9	2	7.88	2	
26.5	Probiotic Mixture 1 {Japanese Vet Probiotic}	Probiotics	19.71	3	16.8	1	



















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
26.2	(R)-(6-methoxyquinolin-4-yl)((2S,4S,8R)-8-vinylquinuclidin-2-yl)methanol {Quinine}	Herb or Spice	2.71	2	1.4	2	
25.2	Lactobacillus jensenii {L Jensenii}	Probiotics	3.48	2	2	2	
23.5	synthetic disaccharide derivative of lactose {Lactulose}	Sugar and similar	16.3	2	12.9	1	
23	Azadirachta indica {Neem}	Herb or Spice	2.79	1	0.81	1	
22	Humulus lupulus {Hops}	Food (excluding seasonings)	17.46	3	15.17	1	
21	amaranthus {amaranth}	Food (excluding seasonings)	5.86	2	4.13	2	
20.4	Calcium {Calcium Supplements}	Vitamins, Minerals and similar	5.72	3	4.55	1	
20.2	syzygium aromaticum {clove}	Herb or Spice	1.86	2	1.01	1	
20.1	lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}	Probiotics	21.78	2	18.33	2	
20	Vaccinium {Cranberry}	Food (excluding seasonings)	3.12	2	1.97	1	
19.4	Cinnamomum zeylanicum {Ceylon Cinnamon}	Herb or Spice	11.44	4	10.2	0	
19.1	Silver nanoparticles {Colloidal silver}	Vitamins, Minerals and similar	6.63	2	4.92	2	
19	terpenophenolics {cannabinoids}	Herb or Spice	11.95	2	9.58	2	
18.2	Helianthus tuberosus {jerusalem artichoke}	Prebiotics and similar	0.53	1	0	0	
14.5	2-Methyl-5-(1-methylethyl)phenol {Carvacrol}	Flavonoids, Polyphenols etc	4.71	3	3.94	1	
13.5	Far Infrared Therapy {Far infrared Sauna }	Food (excluding seasonings)	5.31	3	4.54	1	
13.4	Bixa orellana {annatto }	Herb or Spice	1.07	2	0.63	1	





















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
13.1	Laurencia tristicha {Marine red algae}	Food (excluding seasonings)	2.63	2	1.9	2	
13.1	Ribes nigrum {black currant}	Food (excluding seasonings)	2.63	2	1.9	2	
12.5	Abstention from eating {Fasting}	Food (excluding seasonings)	16.72	2	14.79	2	
12.2	Ayurvedic herbal formula {Triphala}	Herb or Spice	2.72	2	2.02	2	
11.7	Lactobacillus gasseri {L.gasseri}	Probiotics	6.33	2	5.25	2	
9.9	lactobacillus plantarum,xylooligosaccharides,	Probiotics	0.8	1	0.31	1	
9.6	Lactobacillus delbrueckii subsp. bulgaricus {L bulgaricus}	Probiotics	3.23	3	2.8	1	
9.5	Plant-based diet {Vegetarian diet}	Diet Style	1.54	1	0.82	1	
6.9	D-ribofuranoside {Ribose}	Sugar and similar	1.07	1	0.62	1	
6.9	Salvia hispanica {Chia Seeds}	Food (excluding seasonings)	1.07	1	0.62	1	
6.8	Enterococcus faecium sf 68 {bioflorin}	Probiotics	1.16	2	0.9	2	
6.3	Citrus Fruit Extract	Herb or Spice	5.45	3	5.07	1	
6.1	Fagopyrum esculentum {Buckwheat}	Food (excluding seasonings)	17.87	2	16.87	2	
5.2	Vsl#3 {Visibiome}	Probiotics	4.23	2	3.82	1	
4.8	Helianthus annuus {Sunflower}	Food (excluding seasonings)	0.53	1	0.31	1	
4.8	Larrea tridentata {Chaparral}	Herb or Spice	0.53	1	0.31	1	
4.4	Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}	Herb or Spice	3.47	2	3.16	2	
4.3	Humulus lupulus compound {Xanthohumol}	Flavonoids, Polyphenols etc	30.22	2	29.29	2	
4.2	Beta vulgaris {Beet}	Food (excluding seasonings)	3.42	2	3.12	2	




















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
4	Pleurotus ostreatus {Oyster mushroom}	Food (excluding seasonings)	3.7	3	3.5	1	
3.7	Coenzyme Q10 {CoQ 10}	Herb or Spice	1.88	1	1.51	1	
3.2	aspergillus oryzae {koji}	Probiotics	7.42	3	7.19	1	
3	blueberry	Food (excluding seasonings)	10.97	2	10.58	1	
2.7	Limosilactobacillus reuteri {L. Reuteri}	Probiotics	5.16	2	4.92	2	
0.4	β -lactoglobulin {Whey}	Food (excluding seasonings)	7.16	2	7.12	2	
0	Garcinia mangostana {Mangosteen}	Food (excluding seasonings)	2.79	2	2.79	2	
0	lactobacillus helveticus {L. helveticus}	Probiotics	2.79	2	2.79	2	
-0.9	2-hydroxypropane-1,2,3-tricarboxylic acid {Citric acid}	Food (excluding seasonings)	1.86	1	1.91	2	
-1.1	Nattokinase {Natto}	Amino Acid and similar	9.96	2	10.1	2	
-1.5	Lactose {Milk Sugar}	Sugar and similar	4.94	2	5.07	2	
-1.7	Codonopsis pilosula {Dangshen}	Herb or Spice	1.46	1	1.54	2	
-2.4	bifidobacterium longum {B.Longum }	Probiotics	11.56	2	11.89	2	
-2.6	Agave salmiana {Agavins}	Sugar and similar	2.71	2	2.88	2	
-2.8	Zea mays {maize}	Food (excluding seasonings)	9.04	2	9.38	2	
-3.2	Dodecanoic acid {Lauric acid}	Food (excluding seasonings)	6.19	2	6.51	2	
-3.3	non-starch polysaccharides	Sugar and similar	7.44	2	7.8	2	
-3.4	Heyndrickxia coagulans {B. coagulans}	Probiotics	22.21	2	22.86	2	
-4.2	Oenothera biennis {Evening Primrose Oil}	Herb or Spice	0.53	1	0.78	1	



















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-4.3	red wine polyphenols	Flavonoids, Polyphenols etc	10.7	1	10.56	3	
-4.5	Pentahydroxypentane {Xylitol}	Sugar and similar	2.83	3	2.87	1	
-4.8	Lentilactobacillus buchneri {Lactobacillus buchneri}	Probiotics	0.31	1	0.53	1	
-4.8	low-fat high-complex carbohydrate diet	Diet Style	0.31	1	0.53	1	
-4.8	Sodium hypochlorite {Chlorinated Drinking Water}	Vitamins, Minerals and similar	0.31	1	0.53	1	
-4.9	walnuts	Food (excluding seasonings)	19.42	2	20.28	2	
-5.5	Laurus nobilis {Bay Leaf}	Food (excluding seasonings)	1.85	2	2.15	2	
-5.5	Myristica fragrans {Nutmeg}	Food (excluding seasonings)	1.85	2	2.15	2	
-5.6	Crataegus {Hawthorn}	Herb or Spice	15.66	1	16.25	3	
-5.7	alpha-linolenic acid {Omega-3}	Food (excluding seasonings)	1.07	1	1.55	1	
-5.8	2-(3,4-Dihydroxyphenyl)-3,7-dihydroxychromen-4-one {Fisetin}	Flavonoids, Polyphenols etc	1.07	1	1.56	1	
-5.9	(2E,4E)-5-(1,3-Benzodioxol-5-yl)-1-(1-piperidinyl)-2,4-pentadien-1-one {Piperine}	Food (excluding seasonings)	3.73	1	4.19	2	
-6	Theobroma cacao {Cacao}	Food (excluding seasonings)	10.79	2	11.58	2	
-6.2	Bovine Milk Products {Dairy}	Food (excluding seasonings)	26.49	3	27.22	1	
-7.9	coptis chinensis {Chinese goldthread }	Herb or Spice	2.71	2	3.23	2	
-9.6	refined wheat breads	Food (excluding seasonings)	6.08	2	7.03	2	
-10.1	bacillus subtilis,lactobacillus acidophilus	Probiotics	15.9	2	17.51	2	





















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-11.2	Acacia senegal {gum arabic}	Prebiotics and similar	0.53	1	1.24	1	
-11.2	Gamma-Aminobutyric Acid {GABA}	Amino Acid and similar	0.53	1	1.24	1	
-11.3	resveratrol-pterostilbene {grapes, blueberries}	Flavonoids, Polyphenols etc	21.1	1	22.48	3	
-11.6	bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Probiotics	43.77	3	47.97	1	
-12.2	Inonotus obliquus {Chaga Mushroom}	Food (excluding seasonings)	12.82	1	13.99	3	
-12.5	High glycemic diet {High-sugar diet (HSD)}	Diet Style	7.05	3	7.84	1	
-13.1	Cichorium intybus {Chicory}	Prebiotics and similar	12.07	2	13.89	2	
-14.2	folate {Vitamin B9}	Vitamins, Minerals and similar	5.68	3	6.5	1	
-14.3	cranberry bean flour	Food (excluding seasonings)	5.33	1	4.65	3	
-15	Malus domestica {apple}	Food (excluding seasonings)	16.39	3	19.03	1	
-15.1	Ganoderma sichuanense {Reishi Mushroom}	Food (excluding seasonings)	35.31	3	41.1	1	
-16	Prunus avium {Cherry}	Food (excluding seasonings)	1.89	2	2.69	1	
-16.7	bacillus licheniformis {b. licheniformis}	Probiotics	5.92	2	7.56	2	
-17.7	Perna canaliculus {Green-lipped mussel}	Food (excluding seasonings)	2.63	2	3.8	2	
-18.2	Lactobacillus kefirnofaciens {Kefir Probiotic}	Probiotics	3.96	1	4.93	3	
-18.8	Lactacaseibacillus paracasei {L.paracasei}	Probiotics	24.11	2	27.82	2	
-18.9	Capra hircus milk {Goat milk}	Food (excluding seasonings)	0.9	2	1.65	2	
-19.2	lactobacillus acidophilus {L. acidophilus}	Probiotics	13.59	3	17.19	2	







Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-19.4	Arachis hypogaea {Peanut}	Food (excluding seasonings)	2.56	2	4.19	1	
-19.4	Fermented Brassica oleracea {Sauerkraut}	Food (excluding seasonings)	4.2	1	2.56	2	
-19.9	steviol glycosides {Stevia}	Sugar and similar	5.82	2	7.76	2	
-20.1	glycyrrhizic acid {licorice}	Herb or Spice	3.38	2	4.88	2	
-20.4	(2->1)-beta-D-fructofuranan {Inulin}	Prebiotics and similar	29.43	3	38.25	1	
-20.8	enterococcus faecium {E. faecium}	Probiotics	12.8	2	15.8	2	
-21.5	Bertholletia excelsa {Brazilian nuts}	Food (excluding seasonings)	1.49	2	2.69	1	
-22.3	Carica papaya {papaya}	Food (excluding seasonings)	1.4	1	2.12	3	
-22.5	nicotinic acid {Vitamin B-3}	Vitamins, Minerals and similar	5.55	0	6.97	3	
-23.3	cellulose	Prebiotics and similar	7.26	1	8.94	3	
-23.5	Brassica oleracea var. italica {Broccoli}	Food (excluding seasonings)	13.01	2	16.42	2	
-23.8	schisandra chinensis {magnolia berry}	Herb or Spice	4.78	3	6.76	1	
-24.3	alpha-tocopherol {Vitamin E}	Vitamins, Minerals and similar	7.23	3	10.36	1	
-24.4	red wine	Food (excluding seasonings)	19.7	2	24.05	2	
-26.6	pseudo-cereals {amaranth,quinoa, taro,buckwheat}	Food (excluding seasonings)	12.87	2	16.72	2	
-27.5	Avena sativa x Hordeum vulgare {barley,oat}	Food (excluding seasonings)	18.06	2	22.76	2	

Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-27.9	oolong teas	Food (excluding seasonings)	8.25	1	10.4	3	
-28	Outer Layers of Triticum aestivum {Wheat Bran}	Food (excluding seasonings)	7.91	2	20.19	1	
-28.4	restricted-fiber diet {low fiber diet}	Diet Style	4.86	1	6.55	3	
-30.2	vitamin d	Vitamins, Minerals and similar	22.79	1	26.65	3	
-31.6	eugenol {Eugenic acid}	Herb or Spice	2.3	2	4.31	2	
-31.6	Latilactobacillus sakei {Lactobacillus sakei}	Probiotics	5.38	1	8.38	2	
-32.9	Bacillus pumilus {B. pumilus}	Probiotics	1.16	0	1.89	4	
-32.9	Gallus domesticus {Chicken}	Food (excluding seasonings)	0	0	1.73	1	
-32.9	Limosilactobacillus fermentum {L. fermentum}	Probiotics	5.25	1	7.29	3	
-32.9	N-acetylneuraminic acid {Sialic acid}	Sugar and similar	0	0	1.73	1	
-35.2	Rhubarb x Peony {Rhubarb Peony Decoction}	Herb or Spice	5.43	2	8.81	2	
-35.8	magnolia officinalis {magnolia bark}	Herb or Spice	3.06	1	4.77	3	
-36.8	5,7-Dihydroxy-2-(4-hydroxyphenyl)-4H-1-benzopyran-4-one {Apigenin }	Flavonoids, Polyphenols etc	8.73	2	13.17	2	
-38.1	Litchi chinensis {lychee fruit}	Food (excluding seasonings)	3.99	2	7.17	2	
-38.3	Kimchi	Food (excluding seasonings)	2.21	1	4.65	2	
-38.3	Pyroguaiac acid {Guaiacol}	Flavonoids, Polyphenols etc	9.62	2	14.47	2	
-42	Ipomoea batata {Purple sweet potatoes}	Food (excluding seasonings)	2.62	2	5.53	2	
-42.1	Pisces {Fish}	Food (excluding seasonings)	0.27	1	1.48	2	






















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-43.4	helichrysum italicum {Immortelle}	Herb or Spice	0	0	3.02	1	
-44.6	Oryza sativa {Rice}	Food (excluding seasonings)	14.67	2	21.63	2	
-46.3	Monascus purpureus x Oryza sativa {Red yeast rice}	Herb or Spice	2.07	1	5	2	
-47.2	Silybum marianum {milk thistle}	Herb or Spice	0.9	2	3.03	2	
-47.4	Traditional Mediterranean diet {Mediterranean diet}	Diet Style	19.03	1	24.59	3	
-47.9	Menaquinone K2 {Vitamin K}	Vitamins, Minerals and similar	3.75	1	6.31	3	
-47.9	Propolis {Bee glue}	Food (excluding seasonings)	5.13	2	9.69	2	
-48.3	Prunus dulcis {Almonds}	Food (excluding seasonings)	10.65	2	17.13	2	
-48.8	Pistacia vera {Pistachio}	Food (excluding seasonings)	1.49	1	4.2	2	
-50.2	Taraxacum officinale {Dandelion}	Food (excluding seasonings)	4.07	1	8.39	2	
-52.8	origanum vulgare {oregano}	Herb or Spice	7.52	2	11.47	3	
-52.9	Bifidobacterium catenulatum subsp. catenulatum {Bifidobacterium catenulatum}	Probiotics	0.72	1	2.99	2	
-53.1	2-aminoethanesulfonic acid {Taurine}	Amino Acid and similar	6.81	1	12.62	2	
-53.3	Avena sativa {Oats}	Food (excluding seasonings)	3.88	0	6.03	4	
-55.9	Lupinus {Lupin[Warning]}	Food (excluding seasonings)	3.33	1	6.18	3	
-59	Vaccinium vitis-idaea {lingonberries}	Food (excluding seasonings)	4.24	1	7.62	3	
-59.6	Rheum × hybridum {Rhubarb}	Food (excluding seasonings)	8.98	2	16.46	2	





















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-61	high-fat sucrose	Food (excluding seasonings)	0.54	1	2	3	
-62	Conjugated Linoleic Acid {CLA}	Amino Acid and similar	1.41	1	3.59	3	
-62.7	Solanum tuberosum {Potatoes}	Food (excluding seasonings)	2.09	2	6.28	2	
-64.4	tea	Food (excluding seasonings)	21.12	1	29.11	3	
-65.1	wheat	Food (excluding seasonings)	11.21	2	20.31	2	
-68.1	high-fat diets	Diet Style	42.09	1	53.96	3	
-70.3	High-amylose maize starch {HAMS}	Prebiotics and similar	4.45	2	11	2	
-72	vegetable	Food (excluding seasonings)	1.31	1	3.83	3	
-75.2	2-hydroxyethyl)trimethylazanium {choline}	Amino Acid and similar	0	0	9.05	1	
-75.7	Cola aspartame {Diet Cola}	Food (excluding seasonings)	21.35	1	30.84	3	
-77	Curcuma longa {Turmeric}	Food (excluding seasonings)	10.73	1	17.67	3	
-77.9	3,5,7-trihydroxy flavanone-7-rhamnoglucoside {Hesperidin}	Flavonoids, Polyphenols etc	5.69	0	9.53	4	
-78	Agaricus bisporus {White button mushrooms}	Food (excluding seasonings)	2.56	2	8.47	2	
-78.3	eicosapentaenoic acid (EPA),docosahexaenoic acid (DHA) {Fish Oil}	Food (excluding seasonings)	8.26	1	17.95	2	
-79.4	Phaseolus vulgaris {Boston bean}	Food (excluding seasonings)	10.44	1	17.51	3	
-81.6	methionine-choline-deficient diet {methionine-choline deprivation" diet}	Diet Style	4.15	0	8.91	3	






















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-82.6	Rhodiola rosea {Rosavin}	Herb or Spice	1.26	1	6.21	2	
-83.5	Mentha spicata {Spearmint}	Herb or Spice	0	0	2.79	2	
-83.5	oligofructose-enriched inulin	Prebiotics and similar	0	0	2.79	2	
-83.5	Terminalia chebula {Haritaki}	Herb or Spice	0	0	2.79	2	
-83.5	β -2,6-polyfructose {Levan}	Sugar and similar	0	0	2.79	2	
-83.5	β -Carotene {Carrots}	Food (excluding seasonings)	0	0	2.79	2	
-84.4	Lactococcus lactis {Streptococcus lactis}	Probiotics	2.47	0	6.42	3	
-86.8	hypocaloric hyperproteic diet	Diet Style	22.22	1	33.36	3	
-87.6	2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}	Amino Acid and similar	8.32	1	15.38	3	
-87.8	Coffee	Food (excluding seasonings)	16.21	1	25.9	3	
-88.1	Sodium Chloride {Salt}	Food (excluding seasonings)	8.96	0	14.38	4	
-89.5	polyphenols	Flavonoids, Polyphenols etc	25.63	0	34.8	4	
-89.8	Lithium carbonate {Lithium}	Vitamins, Minerals and similar	1.92	1	5.75	3	
-91.8	Hericium erinaceus {Lion's Mane Mushroom }	Food (excluding seasonings)	16.4	1	26.61	3	
-93.1	pyrrolidine-2-carboxylic acid {proline}	Amino Acid and similar	2.97	1	7.75	3	
-93.3	Curcuma amada {Mango ginger}	Herb or Spice	7.35	1	14.49	3	
-93.3	nuts	Food (excluding seasonings)	10.13	1	18.4	3	
-95.8	d-galactose {milk sugar}	Sugar and similar	2.52	0	7.14	3	





















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-98.4	Quercetin-3-O-rutinoside {Rutin}	Flavonoids, Polyphenols etc	2.22	0	6.75	3	
-100.2	Orange Juice	Food (excluding seasonings)	13.23	1	23.34	3	
-100.7	grape seed extract	Herb or Spice	0	0	4.06	2	
-100.9	oligosaccharides {oligosaccharides}	Prebiotics and similar	31.83	1	47.31	3	
-101	Zinc {Zinc Supplements}	Vitamins, Minerals and similar	13.82	1	24.23	3	
-101.6	Pisum sativum {pea}	Diet Style	1.29	1	7.95	2	
-102	Sodium alginate	Amino Acid and similar	0.71	1	6.47	2	
-102.3	low-fat diets	Diet Style	2.63	1	7.71	3	
-102.5	Grape Polyphenols {Grape Flavonoids}	Flavonoids, Polyphenols etc	25.36	0	35.84	4	
-102.7	Abelmoschus {Okra}	Food (excluding seasonings)	2.16	1	6.88	3	
-102.9	Actinidia deliciosa/chinensis {kiwifruit}	Food (excluding seasonings)	0.54	1	6.06	2	
-104.4	bacillus subtilis {B.Subtilis }	Probiotics	29.46	0	40.95	4	
-107.5	Kluyveromyces marxianus (yeast)	Probiotics	0	0	4.62	2	
-107.8	fucoidan {Brown Algae Extract}	Herb or Spice	5.35	1	12.62	3	
-108.5	Caffeine	Food (excluding seasonings)	17.17	1	29.61	3	
-108.5	Pulses, Beans	Food (excluding seasonings)	5.14	2	16.74	2	
-112.2	low protein diet	Diet Style	2.75	1	8.53	3	
-113.1	Fragaria × ananassa {Strawberry}	Food (excluding seasonings)	0.29	0	3.25	3	

















Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-113.6	Hydrastis canadensis {Goldenseal}	Food (excluding seasonings)	12.54	1	23.82	3	
-114.4	Asparagus officinalis {Asparagus}	Food (excluding seasonings)	1.86	0	6.96	3	
-114.8	D-(-)-Fructose {Fruit sugar}	Sugar and similar	2.53	1	6.61	4	
-114.8	Plantago asiatica {Obako}	Herb or Spice	0.36	1	6.57	2	
-117.9	theabrownin {theabrownin}	Flavonoids, Polyphenols etc	5.27	1	13.27	3	
-118.4	Rubus {Raspberries}	Food (excluding seasonings)	10.82	0	21.85	3	
-121.6	Elaeis guineensis {Palm oil}	Food (excluding seasonings)	0.9	1	5.25	3	
-121.7	Diferuloylmethane {Curcumin}	Herb or Spice	15.92	1	29.49	3	
-122.7	Aloe vera {True Aloe}	Food (excluding seasonings)	1.16	1	5.92	3	
-123.4	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}	Flavonoids, Polyphenols etc	28.13	0	41.47	4	
-124.5	Bifidobacterium breve {B. breve}	Probiotics	4.03	1	11.66	3	
-124.5	partially hydrolysed guar gum	Prebiotics and similar	5.84	1	14.74	3	
-126.3	Panax ... {Ginseng}	Herb or Spice	2.06	2	6.26	4	
-128.3	quebracho	Flavonoids, Polyphenols etc	4.16	2	17.43	2	
-130.4	Morinda citrifolia {Noni}	Herb or Spice	3.59	0	9.07	4	
-132	Crocus sativus {Saffron}	Herb or Spice	0	0	6.97	2	
-133.4	Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}	Food (excluding seasonings)	2.18	1	13.59	2	

Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-133.5	Mannan oligosaccharides {Mannooligosaccharide}	Prebiotics and similar	2.67	1	9.75	3	
-134	High-protein diet {Atkins low-carbohydrate diet}	Diet Style	8.75	0	17.13	4	
-136.3	naringenin {grapefruit}	Flavonoids, Polyphenols etc	2.07	1	8.71	3	
-137.3	grapes	Food (excluding seasonings)	23.53	0	37.2	4	
-138.8	Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	Prebiotics and similar	7.72	2	19.07	3	
-139.6	Slow digestible carbohydrates. {Low Glycemic}	Diet Style	88.46	1	123.96	3	
-139.7	Lactiplantibacillus pentosus {L. pentosus}	Probiotics	0	0	7.81	2	
-141.1	3,4-dihydroxyphenyllactic acid {Rosmarinic acid}	Herb or Spice	1.33	0	5.42	4	
-141.2	Saccharomyces cerevisiae var boulardii {S. boulardii}	Probiotics	15.25	1	30.88	3	
-141.3	lactobacillus rhamnosus gg	Probiotics	5.22	1	15.07	3	
-141.4	Sesamum indicum {Sesame}	Food (excluding seasonings)	0	0	2	4	
-144.5	3β-hydroxyurs-12-en-28-oic acid {Ursolic acid}	Amino Acid and similar	0.71	1	10.85	2	
-145.9	Lycopene {Glucosamine (GS)}	Amino Acid and similar	0.21	0	4.55	3	
-147.2	Glycine max x Aspergillus oryzae {Miso}	Food (excluding seasonings)	0	0	3.85	3	
-147.5	2-aminoacetic acid {glycine}	Amino Acid and similar	2.83	1	11.04	3	
-148.2	Musa acuminata {Banana}	Food (excluding seasonings)	4.01	1	13.41	3	
-148.2	Perilla frutescens {Perilla}	Herb or Spice	0.9	1	6.7	3	
-150	gliadin, glutenin etc {Gluten}	Food (excluding seasonings)	9.7	0	19.63	4	
-151.9	Amylum {Starch}	Diet Style	10.3	2	33.24	2	

Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-154.1	high carbohydrate diet	Diet Style	0	0	4.22	3	
-157.7	Pentadigalloylglucose {Tannic Acid}	Herb or Spice	11.11	1	26.47	3	
-158.8	Ceratonia siliqua {carob}	Food (excluding seasonings)	0.47	0	4.03	4	
-160.4	5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	Herb or Spice	28.91	1	52.97	3	
-164.2	Dendrobium officinale Kimura {Tiepishihu}	Herb or Spice	1.63	1	9.55	3	
-164.7	Myrciaria dubia {Camu camu}	Herb or Spice	0	0	4.82	3	
-165.5	Polygonatum kingianum {Solomon's Seal}	Herb or Spice	0.88	1	14.07	2	
-165.9	Lentinula edodes {Shiitake Mushroom}	Food (excluding seasonings)	0	0	4.89	3	
-166.1	Genista tinctoria {Genistein}	Amino Acid and similar	0.36	0	6.19	3	
-166.3	ascophyllum nodosum {Rockweed}	Food (excluding seasonings)	0.9	1	7.81	3	
-170.2	Glycine max {Doenjang}	Food (excluding seasonings)	3.3	0	10.56	4	
-170.4	3,5,7-trihydroxy-2-(4-hydroxyphenyl)chromen-4-one {kaempferol}	Amino Acid and similar	1.57	0	9.83	3	
-178.5	Moringa Oleifera	Herb or Spice	5.96	0	15.72	4	
-182.4	A2 variant of beta-casein {A2 Milk}	Food (excluding seasonings)	1.85	0	8.27	4	
-184.8	Camellia sinensis {oolong tea}	Flavonoids, Polyphenols etc	1.4	0	7.37	4	
-188.9	Lactobacillus plantarum {L. plantarum}	Probiotics	35.14	1	66.54	3	
-195.4	Ginkgo biloba {Ginkgo}	Herb or Spice	2.55	1	14.1	3	
-195.9	green tea	Food (excluding seasonings)	3.19	0	11.72	4	

Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-197.4	laminaria hyperborea {Cuvie}	Food (excluding seasonings)	0	0	6.93	3	
-199	5,6-dihydroxy-7-O-glucuronide flavone {Baicalin }	Herb or Spice	2.46	1	14.19	3	
-203.9	Amorphophallus konjac {konjac}	Prebiotics and similar	2.46	1	14.6	3	
-205.5	Finnish Probiotic {Valio Probiotic}	Probiotics	1.32	0	8.13	4	
-209.8	A dairy product produced by coagulation of the milk protein casein {Cheese}	Food (excluding seasonings)	0	0	4.4	4	
-210.6	Hordeum vulgare {Barley}	Food (excluding seasonings)	31.14	0	55.64	4	
-211.1	Fiber of Vitis vinifera {Grape Fiber}	Diet Style	0	0	7.92	3	
-211.5	high-saturated fat diet	Diet Style	2.72	0	15.88	3	
-215.8	isoflavones {Dietary phytoestrogens}	Food (excluding seasonings)	1.53	0	9.15	4	
-216.7	Pediococcus pentosaceus {P. pentosaceus}	Probiotics	1.69	0	9.58	4	
-217.9	soy	Food (excluding seasonings)	12.75	0	29.73	4	
-219.6	Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Food (excluding seasonings)	1.97	1	14.7	3	
-223.7	xylooligosaccharide	Prebiotics and similar	2.21	1	15.69	3	
-225.6	Carrageenans {Carrageenan}	Prebiotics and similar	1.71	0	10.09	4	
-229.4	Punica granatum {pomegranate}	Food (excluding seasonings)	15.26	0	34.72	4	
-234.5	Ferrum {Iron Supplements}	Vitamins, Minerals and similar	8	0	23.19	4	
-240.3	β-glucan {Beta-Glucan}	Prebiotics and similar	4.01	0	16.04	4	
-245.3	Epicatechin {Green tea polyphenol}	Amino Acid and similar	2.66	0	13.43	4	
-251.2	High-fibre diet {Whole food diet}	Diet Style	22.18	0	47.58	4	

Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-258.5	fat	Food (excluding seasonings)	8.27	0	25.57	4	
-258.5	Poly[β-D-xylopyranose(1->4)] {Xylan}	Prebiotics and similar	1.74	0	11.99	4	
-263.5	Dextrin	Prebiotics and similar	2.07	1	19.08	3	
-264.3	resistant starch	Prebiotics and similar	14.89	1	46.64	3	
-268.8	Chrysanthemum × morifolium {Chrysanthemum}	Herb or Spice	0.69	0	9.63	4	
-283.2	Xanthomonas campestris {Xanthan gum}	Prebiotics and similar	0	0	8.02	4	
-285.3	Astragalus	Food (excluding seasonings)	3.12	0	17.06	4	
-289.1	Magnesium Compounds {Magnesium supplements}	Vitamins, Minerals and similar	0.9	0	11.45	4	
-292.2	fruit	Food (excluding seasonings)	53.7	0	98.51	4	
-297	vegetarians	Food (excluding seasonings)	6.27	0	24.8	4	
-302.5	Honey {Honey }	Food (excluding seasonings)	2.69	0	17.2	4	
-307.4	enterococcus durans {Streptococcus durans}	Probiotics	0	0	9.45	4	
-309.2	Vaccinium myrtillus {Bilberry}	Food (excluding seasonings)	2.86	0	18.09	4	
-310.7	dietary fiber	Diet Style	53.14	0	100.78	4	
-321.3	Plantago {Psyllium}	Prebiotics and similar	5.55	0	25.24	4	
-325.2	bifidobacterium pseudocatenulatum {B. pseudocatenulatum }	Probiotics	1.94	0	16.81	4	
-326	N,N,N-trimethylglycine {Betaine}	Amino Acid and similar	2.7	0	27.87	3	
-333.4	Sus domesticus {Pork}	Food (excluding seasonings)	6.29	0	27.86	4	

Priority 	Modifier	Modifier Type	Take Net	Take Count	Avoid Net	Avoid Count	PubMed 
-333.7	Lonicera periclymenum {Epazote}	Food (excluding seasonings)	3.29	0	20.97	4	
-336.6	brown algae	Food (excluding seasonings)	1.16	0	15.34	4	
-349.5	Fiber, total dietary	Diet Style	48.81	0	100.9	4	
-355.2	fruit/legume fibre	Food (excluding seasonings)	39.58	0	87.87	4	
-368.5	laminaria digitata {Oarweed}	Food (excluding seasonings)	2.28	0	21	4	
-386.4	high red meat	Food (excluding seasonings)	5.52	0	30.81	4	
-396.2	Pulvis ledebouriellae compositae {Bofutsushosan}	Herb or Spice	0	0	15.7	4	
-399.7	Polydextrose {polydextrose}	Sugar and similar	5.89	0	32.93	4	
-404.7	pectin {pectin}	Food (excluding seasonings)	9.02	0	40.51	4	
-407.2	D-glucose {Glucose}	Sugar and similar	2.86	0	25.86	4	
-456.3	Arctium lappa {Burdock Root}	Food (excluding seasonings)	0.22	0	21.68	4	
-471.9	arabinogalactan {arabinogalactan}	Prebiotics and similar	5.01	0	37.9	4	
-522.3	ketogenic diet	Diet Style	2.08	0	34.68	4	
-550.6	Ulmus rubra {slippery elm}	Herb or Spice	4.88	0	46.29	4	

Showing 1 to 441 of 441 entries

Previous 1 Next

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