

Kyoto Encyclopedia of Genes and Genomes derived Suggestions

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 almost 2 million facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine. Note: That many of the bacteria species used are *NOT* reported on many tests.

These are suggestions that are predicted to independently Increasing Butanoic acid | Butanoate Butyrate Butyric acid C4H8O2 by impacting the bacteria listed on [KEGG: Kyoto Encyclopedia of Genes and Genomes](#). 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

This is an experimental feature – manual validations is recommended. For background, see this [post](#)

There is a separate report for probiotics. That report use the enzymes in probiotic species.

Analysis Provided by Microbiome Prescription

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Bacteria being targeted by suggestions.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Methylocystis parvus	species		134	Brevibacillus laterosporus	species		1465
Azospirillum lipoferum	species		193	Peribacillus simplex	species		1478
Bradyrhizobium japonicum	species		375	Rubrivivax gelatinosus	species		28068
Bradyrhizobium sp.	species		376	Porphyromonas asaccharolytica	species		28123
Citrobacter koseri	species		545	Vibrio nigripulchritudo	species		28173
Citrobacter freundii	species		546	Pectobacterium atrosepticum	species		29471
Escherichia fergusonii	species		564	Beijerinckia indica subsp. indica	subspecies		31994
Shigella sonnei	species		624	Phascolarctobacterium faecium	species		33025
Yersinia intermedia	species		631	Leptothrix cholodnii	species		34029
Edwardsiella tarda	species		636	Citrobacter amalonaticus	species		35703
Vibrio harveyi	species		669	Rhodovulum sulfidophilum	species		35806
Aggregatibacter actinomycetemcomitans	species		714	Caldibacillus thermoamylovorans	species		35841
Pasteurella dagmatis	species		754	Porphyromonas cangingivalis	species		36874
Rodentibacter pneumotropicus	species		758	Methylobacterium mesophilicum	species		39956
Porphyromonas gingivalis	species		837	Streptococcus equi subsp. zooepidemicus	subspecies		40041
Fusobacterium gonidiaformans	species		849	Rubrobacter radiotolerans	species		42256
Fusobacterium mortiferum	species		850	Halomonas venusta	species		44935
Fusobacterium varium	species		856	Streptococcus cristatus	species		45634
Fusobacterium periodonticum	species		860	Bibersteinia trehalosi	species		47735
Fusobacterium ulcerans	species		861	Serratia fonticola	species		47917
Megasphaera elsdenii	species		907	Brevibacillus agri	species		51101
Nitrobacter hamburgensis	species		912	Thalassovita gelatinovora	species		53501
Rhodospirillum rubrum	species		1085	Brevibacillus choshinensis	species		54911
Streptococcus pyogenes	species		1314	Brevibacillus formosus	species		54913
Streptococcus anginosus	species		1328	Pectobacterium wasabiae	species		55208
Streptococcus canis	species		1329	Brenneria nigrifluens	species		55210
Streptococcus uberis	species		1349	Brenneria rubrifaciens	species		55213
Brevibacillus brevis	species		1393	Edwardsiella ictaluri	species		67780
Paenibacillus polymyxa	species		1406	Citrobacter farmeri	species		67824
Peribacillus psychrosaccharolyticus	species		1407	Citrobacter werkmanii	species		67827

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 stablize 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'.

Cacao 20 gram/day

chitosan,(sugar) 3 gram/day

cinnamon (oil. spice) 6 gram/day

Curcumin 3 gram/day

foeniculum vulgare,fennel

gallate (food additive)

garlic (allium sativum) 4 gram/day

green tea

lactobacillus casei (probiotics) 48 BCFU/day

lactobacillus gasseri (probiotics) 10 BCFU/day

lactobacillus paracasei (probiotics) 40 BCFU/day

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

peppermint (spice, oil)

rosmarinus officinalis,rosemary

salvia officinalis (sage)

syzygium aromaticum (clove)

thyme (thymol, thyme oil)

trametes versicolor(Turkey tail mushroom)

Retail Probiotics

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

newrhythm / probiotics 20 stains
 douglas laboratories / multi probiotic 40 billion
 SuperSmart / Full Spectrum Probiotic Formula
 quantum wellness / restora flora
 Probiotic 10 Billion Active Cells Daily Maintenance
 vita miracle / ultra-30 probiotics
 organic 3 / primal gut
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 bioglan bio (au) / happy probiotic 50
 nature's bounty / probioti 10
 renew life men's probiotic - ultimate
 7 AM Ultra Probiotics
 jarrow formulas / jarro-dophilus® ultra
 1 md / complete probiotics platinum
 Wakunaga / Max Probiotic
 MegaFood / MegaFlora
 garden of life / primal defense
 fürstenmed / lacto-bifido
 renew life / ultimate flora
 up4 / ultra
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 bioglan bio (au) / happy probiotic 100
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Winlove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 Wholesome Wellness / Raw Probiotic
 HLH BIOPHARMA(DE) / LACTOBACT® PREMIUM
 Jetson (US) / Immunity Probiotics
 spain (es) / vivomixx
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 Bromatech (IT) / Aflugenex
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 Smidge / Sensitive Probiotic
 Krauterhaus / Lactopro
 LiveWell Nutrition / Pro-45
 bio-k+
 HLH BIOPHARMA(DE) / LACTOBACT® METABOLIC
 jarrow formula / jarro-dophilus original
 CustomProbiotics.com / L. Casei Probiotic Powder
 solgar / advanced multi-billion dophilus
 optibac / for daily immunity
 Realdose
 SuperSmart / Lactoxira
 spain (es) / muvagyn probiotico
 probiotic pur (de) / realdose nutrition
 CustomProbiotics.com / L. Paracasei Probiotic Powder
 visbiome
 jamieson (can) / probiotic 10 bcfu
 Thryve LPCasei Th1, LPCasei Th2, L.Ferm IBF1, Lacidoph

Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
klair labs / target gb-x
jarro formulas / jarro-dophilus eps
philips / colon health
Sash Vitality / Bio-Cultures Probiotics for Adults
SuperSmart / Vaginal Health
Invivo / Bio.Me Femme UT
PharmExtracta (IT) / INatal Sachets
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
SuperSmart / Lactobacillus Gasseri
OMNI-BIOTIC®/ TRAVEL
Wakunaga / Pro+ Synbiotic
UltraFlora® Immune Booster
danactive drink
OMNI-BIOTIC®/ 10 AAD
up4 /women's
Wakunaga / 50+
Bromatech (IT) / Citogenex
Ombre / Healthy Gut
just for tummies / live bacteria
Immune Defense Daily Chewable Probiotic
ferring / vsl#3
UltraFlora® Restore
bravo europe / starter and complex
solgar / advanced 40+ acidophilus
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Northwest Natural Products / PB8
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
Wakunaga / Daily Probiotic
SuperSmart / Probio Forte
organic 3 / gutpro
naturopathica (au) / gastrohealth antacid
bravo europe / freeze-dried bravo
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
seed / female version
CustomProbiotics.com / L. Gasseri Probiotic Powder
SuperSmart / Derma Relief
fairvital / microflora basic
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
Physis / Advance Probiotics
Eden's / 3-in-1 Synbiotic Superblend
Dr. Mercola / Complete Probiotics
solaray / microbiome probiotic colon formula
vinco / probiotic eight 65
NOW FOODS / Clinical GI Probiotic
ecology_allergycare

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.

arabinogalactan (prebiotic)	non-starch polysaccharides
barley	pectin
berberine	Pulses
bile (acid/salts)	red wine
Bile Acid Sequestrant	saccharin
Bofutsushosan	Slippery Elm
high red meat	sugar
inulin (prebiotic)	vegetarians
iron	vitamin a
l-citrulline	Vitamin B9,folic acid
linseed(flaxseed)	vitamin d
lupin seeds (anaphylaxis risk, toxic if not prepared properly)	xylan (prebiotic)

Sample of Literature Used

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

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Veterinary research communications , 2024 Feb 7

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