

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 Decreasing Hydrogen sulfide | Hydrogen-sulfide H2S Sulfide H2S 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
Thermosulfuriphilus ammonigenes	species		1936021	Leptotrichia buccalis	species		40542
Thermosulfurimonas marina	species		2047767	Ammonifex degensii	species		42838
Thermodesulfobacterium commune	species		1741	Sulfurospirillum bamesii	species		44674
Desulfonema magnum	species		45655	Thermosipho melanesiensis	species		46541
Desulfonema limicola	species		45656	Desulfitobacterium hafniense	species		49338
Desulfofundulus kuznetsovii	species		58135	Desulfurobacterium thermolithotrophum	species		64160
Thermodesulfobium narugense	species		184064	Desulfocapsa sulfexigens	species		65555
Solidesulfovibrio magneticus	species		184917	Hipaea maritima	species		84405
Thermovibrio ammonificans	species		228745	Campylobacter hyointestinalis subsp. hyointestinalis	subspecies		91352
Solidesulfovibrio carbinolicus	species		296842	Fervidobacterium pennivorans	species		93466
Thermodesulfobacterium geofontis	species		1295609	Geovibrio thiophilus	species		139438
Caldimicrobium thiodismutans	species		1653476	Leptotrichia wadei	species		157687
Thermodesulfobium acidiphilum	species		1794699	Leptotrichia hofstadii	species		157688
Desulfobulbus oligotrophicus	species		1909699	Leptotrichia shahii	species		157691
Thermodesulfobacterium sp. TA1	species		2234087	Thermodesulfatator indicus	species		171695
Campylobacter curvus	species		200	Pseudodesulfovibrio aespoeensis	species		182210
Campylobacter mucosalis	species		202	Malaciobacter halophilus	species		197482
Wolinella succinogenes	species		844	Sulfurospirillum sp. JPD-1	species		220622
Fusobacterium periodonticum	species		860	Prosthecochloris sp. GSB1	species		281093
Megalodesulfovibrio gigas	species		879	Caminibacter mediatlanticus	species		291048
Desulfobulbus propionicus	species		894	Alkalilimnicola ehrlichii	species		351052
Desulfococcus multivorans	species		897	Thermosulfidibacter takaii	species		412593
Halorhodospira halophila	species		1053	Calditerrivibrio nitroreducens	species		477976
Prosthecochloris aestuarii	species		1102	Malaciobacter marinus	species		505249
Flexistipes sinusarabici	species		2352	Malaciobacter mytili	species		603050
Desulfomonile tiedjei	species		2358	Leptotrichia sp. oral taxon 498	species		712368
Thermosipho africanus	species		2421	Sulfuritalea hydrogenivorans	species		748811
Fervidobacterium islandicum	species		2423	Desulfosporosinus acidiphilus	species		885581
Fervidobacterium nodosum	species		2424	Desulfosarcina ovata subsp. sediminis	subspecies		885957
Desulfurella acetivorans	species		33002	Desulfurispirillum indicum	species		936456

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'.

arabinogalactan (prebiotic) 21 gram/day

barley 60 gram/day

berberine 1.5 gram/day

foeniculum vulgare,fennel

inulin (prebiotic) 32 gram/day

lactobacillus plantarum (probiotics) 60 BCFU/day

lactulose

oregano (origanum vulgare, oil) |

raffinose(sugar beet)

resveratrol (grape seed/polyphenols/red wine) 2 gram/day

thyme (thymol, thyme oil)

walnuts 75 gram/day

Retail Probiotics

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

nature's way (au) / restore probiotic bowel & colon health 30s
 jarrow formula / ideal bowel support® lp299v®
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 HMF Metabolic
 blackmores (au) / probiotics+ immune defence
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 up4 / women's
 young living/life 9
 Bromatech (IT) / Adomelle
 SuperSmart / Derma Relief
 fairvital / microflora basic
 NaturalPharma / Profit Probiotics
 UltraFlora® Intensive Care
 OMNI-BIOTIC®/ TRAVEL
 nature's way (au) / restore probiotic 30 billion 30s
 Floradapt Cardio
 Physis / Advance Probiotics
 Dr. Mercola / Complete Probiotics
 vinco / probiotic eight 65
 Purica Probiotic Cardio
 seed / male version
 Maple Life Science™ / Lactobacillus plantarum
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Northwest Natural Products / PB8
 SuperSmart / Probio Forte
 organic 3 / gutpro
 goodbelly drink
 Ombre / Heart Health
 Symprove™
 seed / female version
 custom probiotics / six strain probiotic powder
 visbiome
 spain (es) / I3.1
 Resbiotic / resB® Lung Support
 jarrow formulas / jarro-dophilus eps
 naturopathica (au) / gastrohealth fibrepro
 blackmore (au) / probiotics+ eczema relief
 Seeking Health / Probiota HistaminX
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
 jarrow formula / jarro-dophilus original
 nature's way (au) / restore probiotic daily health 90s
 Bromatech(IT) / FEMELLE
 SuperSmart / Candalb
 custom probiotics / four strain lactobacilli
 udo's choice /super 8 gold
 zint nutrition / probiotic collagen +
 Smidge / Sensitive Probiotic
 Krauterhaus / Lactopro
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 elixa / probiotic

Ombre / Ultimate Immunity
bioray / cytoflora
Purica Probiotic Intensive GI
optibac / for your cholesterol
jarrow formulas / bifidus balance® + fos
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
Floradapt Gut Comfort
Nature's Lab Intensive GI
Ombre / Mood Enhancer
up4 / adult

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.

annatto	mastic gum (prebiotic)
aspartame (sweetner)	melatonin supplement
bacillus coagulans (probiotics)	neem
bifidobacterium longum,lactobacillus helveticus (probiotics)	polyphenols
chitosan,(sugar)	Prescript Assist (2018 Formula)
galla chinensis (herb)	red alga Laurencia tristicha
glycyrrhizic acid (licorice)	saccharin
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	salt (sodium chloride)
lactobacillus brevis (probiotics)	sorghum
lactobacillus casei shirota (probiotics)	stevia
lactobacillus kefir (NOT KEFIR)	sucralose
lactobacillus paracasei (probiotics)	sulfites food additives
lactose	Sumac(Rhus coriaria)
laminaria hyperborea(tangle/cuvie - seaweed)	tea
luteolin (flavonoid)	Umeboshi (Japanese Apricot or Prunus mume)

Sample of Literature Used

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