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

A Microbiome Analysis Company

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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*
				Porphyromonas cangingivalis	*species*		*36874*
Pasteurella dagmatis	*species*		*754*	Methylobacterium mesophilicum	*species*		*39956*
Rodentibacter pneumotropicus	*species*		*758*	Streptococcus equi subsp. zooepidemicus	*subspecies*		*40041*
Porphyromonas gingivalis	*species*		*837*				
Fusobacterium gonidiaformans	*species*		*849*	Rubrobacter radiotolerans	*species*		*42256*
Fusobacterium mortiferum	*species*		*850*	Vreelandella 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*

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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'.

Cichorium intybus {Chicory} 1800 mg/day
Coffee
Dodecanoic acid {Lauric acid}

Lacticaseibacillus casei {L. casei} 48 BCFU/day
lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis
yogurt

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Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

- **Wholesome Wellness / Raw Probiotic**
- **Invivo / Bio.Me Femme UT**
- **Bromatech (IT) / Citogenex**
- **NOW FOODS / Clinical GI Probiotic**
- **Krauterhaus / Lactopro**
- **Dr. Mercola / Complete Probiotics**
- **Lake Avenue Nutrition / Probiotics 10 Strain Blend**
- **MegaFood / MegaFlora**
- **SuperSmart / Probio Forte**
- **SuperSmart / Full Spectrum Probiotic Formula**
- **SuperSmart / Derma Relief**
- **SuperSmart / Lactoxira**
- **SuperSmart / Vaginal Health**
- **PharmExtracta (IT) / INatal Sachets**
- **Northwest Natural Products / PB8**
- **Probiotic 10 Billion Active Cells Daily Maintenance**
- **Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains**
- **Bulk Probiotics / L. Casei Probiotic Powder (Candida Support)**
- **Next Generation**
- **natviehealthcare.com/Renewbiome Mega**
- **renew life men's probiotic - ultimate**
- **vita miracle / ultra-30 probiotics**
- **bioray / cytoflora**
- **seed / female version**
- **quantum wellness / restora flora**
- **nature's bounty / probioti 10**
- **fairvital / microflora basic**
- **fürstenmed / lacto-bifido**
- **jarrow formulas / jarro-dophilus eps**
- **klaire labs / target gb-x**
- **udo's choice /super 8 gold**
- **bio-k+**
- **visbiome**
- **organic 3 / primal gut**
- **up4 / ultra**
- **douglas laboratories / multi probiotic 40 billion**
- **vinco / probiotic eight 65**
- **just for tummies / live bacteria**
- **elixa / probiotic**
- **1 md / complete probiotics platinum**
- **renew life / ultimate flora**
- **garden of life / primal defense**
- **hyperbiotics / pro-15**
- **jarrow formula / jarro-dophilus original**
- **jarrow formulas / jarro-dophilus® ultra**
- **newrhythm / probiotics 20 stains**
- **bioglan bio (au) / happy probiotic 100**
- **bioglan bio (au) / happy probiotic 50**
- **nature's way (au) / restore probiotic 100 billion**
- **Winclove Probiotics / Ecologic®825**
- **Jetson (US) / Immunity Probiotics**
- **ecology_allergycare**
- **ASEA VIA / BIOME**
- **CustomProbiotics.com / L. Casei Probiotic Powder**

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HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
OMNi-BiOTiC®/ TRAVEL
7 AM Ultra Probiotics
Physis / Advance Probiotics
Sash Vitality /Bio-Cultures Probiotics for Adults
Advanced Bio-Cultures / Advance Multi Strain Probiotics
Garden of Life / Dr. Formulated Once Daily Women's

Note: Some of these are only available regionally – search the web for sources.

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Substance to Consider Reducing or Eliminating

These are the most signigicant 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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
(2->1)-beta-D-fructofuranan {Inulin}
Abstention from eating {Fasting}
Avena sativa x Hordeum vulgare {barley,oat}
fruit
fruit/legume fibre
grapes
Hydrastis canadensis {Goldenseal}
oligosaccharides {oligosaccharides}
pectin {pectin}
Poly[β-D-xylopyranose(1->4)] {Xylan}
wheat

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