

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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[Our Facebook Discussion Page](#)

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	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

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'.

allium sativum {garlic} 4 gram/day

Amorphophallus konjac {Konjaku flour}

Azadirachta indica {Neem} 120 mg/day

bifidobacterium lactis, streptococcus thermophilus probiotic

chlorhexidine

Cichorium intybus {Chicory} 1800 mg/day

Cinnamomum zeylanicum {Ceylon Cinnamon} 6 gram/day

Citrus limon {Lemon}

Dodecanoic acid {Lauric acid}

Eucalyptus {Gum Tree}

foeniculum vulgare, fennel

gallic acid {gallate}

green tea

Lactocaseibacillus casei {L. casei} 48 BCFU/day

Lactocaseibacillus paracasei {L. paracasei} 40 BCFU/day

Lactobacillus gasseri {L. gasseri} 10 BCFU/day

lactobacillus paracasei, lactobacillus acidophilus, bifidobacterium animalis

Menta × piperita {peppermint}

Momordica charantia {Bitter gourd}

Rhus chinensis {galla rhois}

rosmarinus officinalis {rosemary}

Secale cereale {Rye}

β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine

{Chitosan} 3 gram/day

syzygium aromaticum {clove}

tea

Theobroma cacao {Cacao} 20 gram/day

Thymus vulgaris {thyme}

Trametes versicolor {Turkey tail}

yogurt

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
vita miracle / ultra-30 probiotics
hyperbiotics / pro-15
Garden of Life / Dr. Formulated Once Daily Women's
organic 3 / primal gut
MegaFood / MegaFlora
nature's way (au) / restore probiotic 100 billion
SuperSmart / Full Spectrum Probiotic Formula
quantum wellness / restora flora
Probiotic 10 Billion Active Cells Daily Maintenance
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Jetson (US) / Immunity Probiotics
ASEA VIA / BIOME
Wholesome Wellness / Raw Probiotic
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
fürstenmed / lacto-bifido
spain (es) / vivomixx
Advanced Bio-Cultures / Advance Multi Strain Probiotics
renew life / ultimate flora
up4 / ultra
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
bioglan bio (au) / happy probiotic 100
visbiome
garden of life / primal defense
bravo europe / starter and complex
solgar / advanced 40+ acidophilus
renew life men's probiotic - ultimate
ferring / vsl#3
Windlove Probiotics / Ecologic®825
7 AM Ultra Probiotics
bravo europe / freeze-dried bravo
jarrow formulas / jarro-dophilus® ultra
bioglan bio (au) / happy probiotic 50
1 md / complete probiotics platinum
nature's bounty / probioti 10
Wakunaga / Max Probiotic
Dr. Mercola / Complete Probiotics
NOW FOODS / Clinical GI Probiotic
ecology_allergycare
Genesis Bifidobacterium Complex BB Probiotic
vinco / probiotic eight 65
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
UltraFlora® Immune Booster
danactive drink
Bulk Probiotics / L. Gasseri Probiotic Powder (Weight & Fat Loss Support)
OMNI-BIOTIC® / 10 AAD
up4 / women's
young living / life 9

Bulk Probiotics / L. Paracasei Probiotic Powder
anabolic laboratories / probiotic complete
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
seed / male version
solaray / microbiome probiotic colon formula
Wakunaga / 50+
Bromatech (IT) / Citogenex
Nu U (uk) / Bio-Cultures Complex
Ombre / Healthy Gut
just for tummies / live bacteria
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Bulk Probiotics / L. Casei Probiotic Powder (Candida Support)
seed / female version
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Northwest Natural Products / PBB
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
Wakunaga / Daily Probiotic
SuperSmart / Probio Forte
organic 3 / gutpro
naturopathica (au) / gastrohealth antacid
UltraFlora® Restore
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
klaire labs / target gb-x
jarrow formulas / jarro-dophilus eps
Lab One / N ° 1 SportBiotic
philips / colon health
Sash Vitality / Bio-Cultures Probiotics for Adults
SuperSmart / Vaginal Health
jamieson (can) / probiotic 10 bcfu
Thryve LPCasei Th1, LPCasei Th2,LFerm IBF1, Lacidoph
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
VSL Pharmaceuticals / Oxadrop
CustomProbiotics.com / L. Paracasei Probiotic Powder
Realdose
SuperSmart / Lactoxira
elixa / probiotic
bioray / cytoflora
spain (es) / muvagyn probiotico
probiotic pur (de) / realdose nutrition
Metabolics / Streptococcus Thermophilus Powder
Immune Defense Daily Chewable Probiotic
bio-k+
jarrow formula / jarro-dophilus original
CustomProbiotics.com / L. Casei Probiotic Powder
solgar / advanced multi-billion dophilus
optibac / for daily immunity
Bromatech (IT) / Aflugenex
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice /super 8 gold
CustomProbiotics.com / S. Thermophilus Probiotic Powder
Smidge / Sensitive Probiotic
Krauterhaus / Lactopro

LiveWell Nutrition / Pro-45

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
(2->1)-beta-D-fructofuranan {Inulin}
2H-1,6,2-benzothiazol-1,1,3-trione {Saccharin}
arabinogalactan {arabinogalactan}
Ferum {Iron Supplements}
fruit
fruit/legume fibre
grapes
high red meat
Hordeum vulgare {Barley}

laminaria digitata {Oarweed}
Linum usitatissimum {Flaxseed}
Outer Layers of Triticum aestivum {Wheat Bran}
pectin {pectin}
Poly[β-D-xylopyranose(1->4)] {Xylan}
pseudo-cereals {amaranth, quinoa, taro, buckwheat}
Pulses, Beans
red wine
Ulmus rubra {slippery elm}
vegetarians
wheat

Sample of Literature Used

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

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