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

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

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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'.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} 1.5 gram/day
(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day
arabinogalactan {arabinogalactan} 21 gram/day
Avena sativa x Hordeum vulgare {barley,oat}
bacillus
bacillus subtilis {B.Subtilis } 10 BCFU/day
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
foeniculum vulgare,fennel
fructo-oligosaccharides 15 gram/day
fruit
fruit/legume fibre
Grape Polyphenols {Grape Flavonoids}
grapes
Hordeum vulgare {Barley} 60 gram/day
Hydrastis canadensis {Goldenseal} 3 g/day
Lacticaseibacillus rhamnosus {l. rhamnosus} 48 BCFU/day
Lactobacillus plantarum {L. plantarum} 60 BCFU/day
long-term, moderate-intensity exercise {exercise}
Malus domestica {apple}
nuts
oligosaccharides {oligosaccharides} 12 gm/day
origanum vulgare {oregano}
Outer Layers of Triticum aestivum {Wheat Bran}
pectin {pectin}
polyphenols 2 gm/day
Prunus dulcis {Almonds} 90 gram/day
resveratrol-pterostilbene {grapes, blueberries} 2 gram/day
walnuts 75 gram/day
β-lactoglobulin {Whey} 60 gram/day

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Retail Probiotics

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

Global Healing Center / FloraTrex
Next Generation
garden of life / primal defense
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
bioglan bio (au) / happy probiotic 100
bioglan bio (au) / happy probiotic 50
nature's way (au) /restore probiotic bowel & colon health 30s
nature's way (au) / restore probiotic 100 billion
hyperbiotics / pro-15
jarrow formula / jarro-dophilus original
jarrow formula / ideal bowel support® lp299v®
1 md / complete probiotics platinum
renew life / ultimate flora
naturopathica (au) /gastrohealth probiotic ultimate daily care 100billion
Realdose
blackmore (au) / probiotics+ eczema relief
Jetson (US) / Mood Probiotics
ASEA VIA / BIOME
OMNi-BiOTiC®/ 10 AAD
OMNi-BiOTiC®/ TRAVEL
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
7 AM Ultra Probiotics
LiveWell Nutrition / Pro-45
Physis / Advance Probiotics
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Advanced Bio-Cultures / Advance Multi Strain Probiotics
Physician Choice /60 Billion Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
Ombre / Mood Enhancer
Ombre / Healthy Gut
Krauterhaus / Lactopro
Dr. Mercola / Complete Probiotics
Lake Avenue Nutrition / Probiotics 10 Strain Blend
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
MegaFood / MegaFlora
custom probiotics / four strain lactobacilli
custom probiotics / six strain probiotic powder
lifted naturals / mood boosting probiotic
bioray / cytoflora
seed / female version
seed / male version
quantum wellness / restora flora
solaray / mycrobiome probiotic colon formula
udo's choice /super 8 gold
fürstenmed / lacto-bifido
jarrow formulas / jarro-dophilus eps
vita miracle / ultra-30 probiotics
young living/life 9
optibac / for every day
probiotic pur (de) / realdose nutrition
vinco / probiotic eight 65

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theramedix / probiotic
biospec / probiotic-5
zint nutrition / probiotic collagen +
organic 3 / primal gut
up4 / ultra
up4 /women's
elixa / probiotic
jarrow formulas / bifidus balance® + fos
jarrow formulas / jarro-dophilus® ultra
newrhythm / probiotics 20 stains
Wakunaga / Max Probiotic
natviehealthcare.com/Renewbiome Mega
Symprove™
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
Resbiotic /resB® Lung Support
SuperSmart / Full Spectrum Probiotic Formula
SuperSmart / Candalb
SuperSmart / Derma Relief
ISCON Elegance/ Ochek Capsule 10
Bromatech(IT) / FEMELLE
Northwest Natural Products / PB8
Law of Nature / Best Days Formula
Floradapt Cardio
Floradapt Gut Comfort
HMF Metabolic
Immune Defense Daily Chewable Probiotic
Nature's Lab Cardio
Nature's Lab Intensive GI
Pregnancy Care Probiotic
Probiotic 10 Billion Active Cells Daily Maintenance
ProGoes® Forte
Purica Probiotic Cardio
Purica Probiotic Intensive GI
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
SuperSmart / Lactoxira
SuperSmart / Oral Health
SuperSmart / Vaginal Health
Energybalance / ColoBiotica 28 Colon Support
SuperSmart / Probio Forte
SuperSmart / Bacillus Subtilis
Bioflora(MX) / Woman
Bulk Probiotics / L. Rhamnosus Probiotic Powder
Bulk Probiotics / L. Plantarum Probiotic Powder
Bulk Probiotics / Bacillus Subtilis Probiotic
UltraFlora® Immune Booster
UltraFlora® Intensive Care
Maple Life Science™ / Lactobacillus plantarum
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
Wakunaga / Pro+ Synbiotic
natviehealthcare.com/Renewbiome Bacillus
corebiotic
naturopathica (au) / gastrohealth fibrepro
naturopathica (au)/ gastrohealth probiotic daily care
naturopathica (au) / gastrohealth probiotic adults 50+
naturopathica (au) / gastrohealth women’s probiotic with cranberry
amy meyers / primal earth probiotic
douglas laboratories / multi probiotic 40 billion
up4 / adult

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organic 3 / primal soil
powerlabs (au) / ultra blend
bio-botanical research / proflora4r restorative probiotic
reserveage nutrition / beautiflora
just for tummies / live bacteria
bravo europe / starter and complex
bravo europe / freeze-dried bravo
microbiome labs /hu58
microbiome labs / restorflora
organic 3 / gutpro
optibac / for your cholesterol
optibac / for those on antibiotics
optibac / bifidobacteria & fibre
optibac / for women
global health trax / threelac
jarrow formulas / jarro-dophilus mood
cytoplan(uk) /dentavital bifidophilus
klaire labs / biospora
spain (es) / ns florabiotic instant
spain (es) / l3.1
spain (es) / vivomixx
spain (es) / aquilea intimus
spain (es) / muvagyn probiotico
spain (es) / ns defenbiotic kids
bio-k+
goodbelly drink
visbiome
jamieson (can) / probiotic 10 bcfu
mwsb / candida yeast support
ferring / vsl#3
fairvital / microflora basic
enviromedica terraflora sbo probiotic
nature's instincts / ultra spore probiotic
nature's bounty / probioti 10
jarrow formulas / fem dophilus
vitamin angels / just thrive
microbiome labs/ megasporebiotic
perfect pass / perfect pass probiotic bacillus spore
aor / probiotic-3
renew life men's probiotic - ultimate
ProbioMax® Daily DF
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
CVSHealth / Daily Probiotic
Ombre / Metabolic Booster
Ombre / Endless Energy
Ombre / Heart Health
Ombre / Ultimate Immunity
Ombre / Restore
Ombre / Harmony
INVIVO THERAPEUTICS / Bio.Me IB +
BIO-BOTANICAL RESEARCH / Megacidin
NOW FOODS / Clinical GI Probiotic
RepHresh /Pro-B Probiotic Supplement for Women
Prescript-Assist®/SBO Probiotic
Metabolics / Lactobacillus Plantarum Powder
Metabolics / Lactobacillus Rhamnosus Powder
Invivo / Bio.Me Femme UT
JGL / Lactogyn

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ImmuneBiotech Medical Sweden AB / GutMagnific®
Bromatech (IT) / Adomelle
Bromatech (IT) / Lautoselle
Bromatech (IT) / Psicobrain
Bromatech (IT) / Ramnoselle
Bromatech (IT) / Serobiome
Smidge /Sensitive Probiotic
Biorela® Daily
Wholesome Wellness / Raw Probiotic
Nutrition Essentials / Probiotic (900 BCFU)
Sash Vitality /Bio-Cultures Probiotics for Adults
NaturalPharma / Profit Probiotics
Seeking Health / Probiota HistaminX
CustomProbiotics.com / L. Plantarum Probiotic Powder
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
Jetson / Gut Prep
blackmore (au) / probiotics+ womens flora balance
blackmore (au) / probiotics+ daily health
Nu U (uk) /Bio-Cultures Complex
Winclove Probiotics / Ecologic®825
Jetson / FIT
custom probiotics / d-lactate free probiotics powder
jarrow formulas / fem-dophilus®
nature's way (au) / restore probiotic daily health 90s
nature's way (au) / restore probiotic 30 billion 30s
blackmores (au) / probiotics + adults daily (90 capsules)
blackmores (au) / probiotics+ immune defence

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.

Animal cohabitation {Owning a Pet}
Azadirachta indica {Neem}
chlorhexidine
Cola aspartame {Diet Cola}
Ethyl alcohol {Grain alcohol}
glycyrrhizic acid {licorice}
Laurencia tristicha {Marine red algae}
Menta × piperita {peppermint}
Metha family {Mint}
N-[2-(5-methoxy-1H-indol-3-yl)ethyl]acetamide {Melatonin}
Oenothera biennis {Evening Primrose Oil}
Propolis {Bee glue}
Prunus mume {Umeboshi}
Sodium Chloride {Salt}
ß-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan}
tea

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Sample of Literature Used

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