

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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[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
Thermosulfuriphilus ammonigenes	species		1936021	Leptotrichia buccalis	species		40542
Thermosulfurimonas marina	species		2047767	Ammonifex degensii	species		42838
Thermodesulfobacterium commune	species		1741	Sulfurospirillum barnesii	species		44674
Desulfonema magnum	species		45655	Thermosiphon melanesiensis	species		46541
Desulfonema limicola	species		45656	Desulfotobacterium hafniense	species		49338
Desulfofundulus kuznetsovii	species		58135	Desulfurobacterium thermolithotrophum	species		64160
Thermodesulfobium narugense	species		184064	Desulfocapsa sulfexigens	species		65555
Solidesulfobacterium magneticum	species		184917	Hippea maritima	species		84405
Thermovibrio ammonificans	species		228745	Campylobacter hyointestinalis subsp. hyointestinalis	subspecies		91352
Solidesulfobacterium carbinolicum	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	Pseudodesulfobacterium 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
Megalodesulfobacterium 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
Thermosiphon africanus	species		2421	Sulfuritalea hydrogenivorans	species		748811
Fervidobacterium islandicum	species		2423	Desulfosporosinus acidiphilus	species		885581
Fervidobacterium nodosum	species		2424	Desulfosarcina ovata subsp. sediminis	species		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 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'.

arabinogalactan (prebiotic) 21 gram/day

barley 60 gram/day

berberine 1.5 gram/day

Burdock Root

foeniculum vulgare, fennel

inulin (prebiotic) 32 gram/day

lactobacillus acidophilus (probiotics) 20 BCFU/day

Lactobacillus Johnsonii (probiotic) 10 BCFU/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
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Physician Choice / 60 Billion Probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 jarrow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 Northwest Natural Products / PB8
 SuperSmart / Probio Forte
 young living/life 9
 Bromatech (IT) / Adomelle
 blackmores (au) / probiotics+ immune defence
 Ombre / Healthy Gut
 NaturalPharma / Profit Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 OMNI-BIOTIC®/ TRAVEL
 nature's way (au) / restore probiotic 30 billion 30s
 Physis / Advance Probiotics
 blackmore (au) / probiotics+ daily health
 Dr. Mercola / Complete Probiotics
 vinco / probiotic eight 65
 hyperbiotics / pro-15
 seed / male version
 bioglan bio (au) / happy probiotic 50
 visbiome
 bioglan bio (au) / happy probiotic 100
 renew life men's probiotic - ultimate
 ferring / vsl#3
 Resbiotic / resB® Lung Support
 SuperSmart / Full Spectrum Probiotic Formula
 naturopathica (au) / gastrohealth fibrepro
 up4 / adult
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 newrhythm / probiotics 20 stains
 blackmores (au) / probiotics + adults daily (90 capsules)
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Windlove Probiotics / Ecologic®825
 HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
 jarrow formula / jarro-dophilus original
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 zint nutrition / probiotic collagen +
 nature's way (au) / restore probiotic daily health 90s
 Bromatech(IT) / FEMELLE
 SuperSmart / Candalb
 custom probiotics / four strain lactobacilli
 spain (es) / vivomixx
 elixa / probiotic
 renew life / ultimate flora
 up4 / ultra
 bioray / cytoflora

ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
CustomProbiotics.com / L. Acidophilus Probiotic Powder
quality health(au)/ fridge free probiotic 25b
optibac / for your cholesterol
jarrow formulas / bifidus balance® + fos
bayer / trubiotics daily probiotic
Bromatech (IT) / Enterelle
Ombre / Ultimate Immunity
genestra brands® hm
Bromatech (IT) / Aflugenex
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
Bromatech (IT) / Pilorex
Smidge / Sensitive Probiotic
Krauterhaus / Lactopro
Metabolics / Lactobacillus Plantarum Powder
Jetson (US) / Immunity Probiotics
solgar / advanced multi-billion dophilus
PharmExtracta (IT) / FG5 Forte In Sachets
bio-k+
natren / megadophilus
Seeking Health / Probiota HistaminX
Nature's Bounty / Acidophilus Probiotic
bravo europe / starter and complex
optibac / for every day
bioglan (au) / healthy kids probiotic choc balls 50s
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
solgar / advanced 40+ acidophilus
jarrow formula / ideal bowel support® lp299v®
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Schwabe Pharma Italia / EnteroDophilus
Bromatech (IT) / Acronelle
Sash Vitality / Bio-Cultures Probiotics for Adults
blackmore (au) / probiotics+ eczema relief
Metabolics / Lactobacillus Acidophilus
SuperSmart / Vaginal Health
bioglan bio (au/ happy probiotic 25
jarrow formulas / jarro-dophilus eps
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
naturopathica (au) / gastrohealth probiotic adults 50+
Bromatech (IT) / Psicobrain
Ombre / Mood Enhancer
spain (es) / I3.1
jamieson (can) / probiotic 10 bcfu
optibac / for those on antibiotics
shin biofermin (jp) /s
Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
Bromatech (IT) / Lautoselle
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend
trubiotics / one a day
cytoplan(uk) /dentavital bifidophilus
Biorela® Daily
gnc / ultra probiotic complex
NOW FOODS / Clinical GI Probiotic
natren / healthy trinity probiotic
ecology_allergycare
Bromatech (IT) / Ramnoselle

HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
speer labs / emuaid first defense
solgar / advanced acidophilus plus
Ombre / Harmony
Ombre / Metabolic Booster
quality health (au) / fridge free* probiotic 60s
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
CustomProbiotics.com / L. Plantarum Probiotic Powder
nature's way (au) / restore probiotic choc balls 60s
Bromatech / ENTERELLE PLUS
SuperSmart / Derma Relief
fairvital / microflora basic
naturopathica (au) / gastrohealth women's probiotic with cranberry
spain (es) / profaes4 edad escolar
anabolic laboratories / probiotic complete
blackmore (au) / probiotics+ bowel support
Bromatech (IT) / Milonet
organic 3 / gutpro
bravo europe / freeze-dried bravo
spain (es) / profaes4 viajeros
fürstenmed / lacto-bifido
Reduz melasma / Lactobacillus Johnsonii
Bromatech (IT) / Citogenex
CVSHealth / Daily Probiotic
Nu U (uk) / Bio-Cultures Complex
Ombre / Heart Health
optibac / for every day max
seed / female version

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.

alanine	laminaria hyperborea(tangle/cuvie - seaweed)
alcoholic beverages	luteolin (flavonoid)
annatto	mastic gum (prebiotic)
Arbutin (polyphenol)	melatonin supplement
aspartame (sweetner)	N-Acetyl Cysteine (NAC),
bacillus coagulans (probiotics)	neem
bifidobacterium longum,lactobacillus helveticus (probiotics)	Prescript Assist (2018 Formula)
Cacao	red alga Laurencia tristicha
cadium	retinoic acid,(Vitamin A derivative)
carboxymethyl cellulose (prebiotic)	saccharin
chitosan,(sugar)	salt (sodium chloride)
Cranberry	sorghum
diosmin,(polyphenol)	stevia
galla chinensis (herb)	sulfites food additives
Guaiacol (polyphenol)	tea
Hesperidin (polyphenol)	Umeboshi (Japanese Apricot or Prunus mume)
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	Vitamin B1,thiamine hydrochloride
inosine	Vitamin B-12
lactobacillus brevis (probiotics)	vitamin B3,niacin
lactobacillus kefir (NOT KEFIR)	Vitamin B6,pyridoxine hydrochloride
lactose	vitamin B7, biotin

Sample of Literature Used

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

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