

Microbiome Information for: myasthenia gravis

For prescribing Medical professionals Review

The suggestions below 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 over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies has found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is beleived to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are a *a priori suggestions* that are predicted to independently reduce microbiome dysfunction. 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

Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result in received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thome (<https://www.thome.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229

Email: Research@MicrobiomePrescription.com

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of myasthenia gravis

Nota Bena: Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.

Bacteria Name	Rank	Shift	Taxonomy	ID
Clostridiaceae	family	Low		31979
Defluviitaleaceae	family	Low		1185407

Bacteria Name	Rank	Shift	Taxonomy	ID
Enterobacteriaceae	family	Low		543
Barnesiella	genus	Low		397864
Lachnoclostridium	genus	High		1506553

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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

amikacin (antibiotic)		lactobacillus casei (probiotics)	48 BCFU/day
atorvastatin (prescription)	80 mg/day	lactobacillus paracasei (probiotics)	40 BCFU/day
bacillus subtilis (probiotics)	10 BCFU/day	lactobacillus plantarum (probiotics)	60 BCFU/day
benzylpenicillin sodium (antibiotic)		lactobacillus reuteri (probiotics)	22 BCFU/day
bifidobacterium longum (probiotics)	10 BCFU/day	lactobacillus rhamnosus gg (probiotics)	48 BCFU/day
chitosan,(sugar)	3 gram/day	meropenem (antibiotic)s	
cinnamon (oil. spice)	6 gram/day	mutaflor escherichia coli nissle 1917 (probiotics)	4 capsules/day
CIPROFLOXACIN (ANTIBIOTIC)S[CFS]		oregano (organum vulgare, oil) 	
CLINDAMYCIN (ANTIBIOTIC)S[CFS]		piperacillin-tazobactam (antibiotic)s	
clostridium butyricum (probiotics),Miya,Miyarisan	1 gram/day	reserpine,(prescription)	
Curcumin	3 gram/day	rosmarinus officinalis,rosemary	
fructo-oligosaccharides (prebiotic)	15 gram/day	soy	25 gram/day
garlic (allium sativum)	4 gram/day	tannic acid	
gentamicin (antibiotic)s		tea	
hyoscyamine (l),(prescription)		tobramycin (antibiotic)s	
imipenem (antibiotic)s		triphala	9000 mg/day
inulin (prebiotic)	32 gram/day	Vitamin B-12	10 mg/day
		whey	60 gram/day

Retail Probiotics

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

Global Healing Center / FloraTrex
 newrhythm / probiotics 20 stains
 garden of life / primal defense
 SuperSmart / Full Spectrum Probiotic Formula
 vita miracle / ultra-30 probiotics
 Physician Choice / 60 Billion Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 theramedix / probiotic
 fairvital / microflora basic
 organic 3 / primal gut
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 seed / female version
 quantum wellness / restora flora
 renew life men's probiotic - ultimate
 douglas laboratories / multi probiotic 40 billion
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 fürstenmed / lacto-bifido
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 bioglan bio (au) / happy probiotic 100
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 renew life / ultimate flora
 up4 / ultra
 Jetson (US) / Immunity Probiotics
 spain (es) / vivomixx
 Realdose
 SuperSmart / Lactoxira
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 Krauterhaus / Lactopro
 probiotic pur (de) / realdose nutrition
 Winlove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 Wholesome Wellness / Raw Probiotic
 nature's way (au) / restore probiotic bowel & colon health 30s
 visbiome
 7 AM Ultra Probiotics
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 jarro formulas / jarro-dophilus® ultra
 Ombre / Heart Health
 1 md / complete probiotics platinum
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Northwest Natural Products / PB8
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 OMNI-BIOTIC®/ 10 AAD
 seed / male version
 solaray / mycrobioime probiotic colon formula
 MegaFood / MegaFlora
 Physis / Advance Probiotics
 bioglan bio (au) / happy probiotic 50
 Dr. Mercola / Complete Probiotics

vinco / probiotic eight 65
blackmore (au) / probiotics+ daily health
lifted naturals / mood boosting probiotic
NOW FOODS / Clinical GI Probiotic
nature's bounty / probioti 10
SuperSmart / Derma Relief
young living/life 9
Ombre / Metabolic Booster
Invivo / Bio.Me Femme UT
OMNI-BIOTIC®/ TRAVEL
SuperSmart / Probio Forte
organic 3 / gutpro
SuperSmart / Oral Health
Ombre / Healthy Gut
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
solgar / advanced 40+ acidophilus
Seeking Health / Probiota HistaminX
bravo europe / starter and complex
optibac / for every day
jarrow formulas / jarro-dophilus eps
up4 / adult
ferring / vsl#3
jamieson (can) / probiotic 10 bcfu
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
jarrow formula / jarro-dophilus original
aor / probiotic-3
Bromatech (IT) / Rotanelle plus
Swiss BioEnergetics / Full Spectrum Probiotic Defence
blackmores (au) / probiotics + adults daily (90 capsules)
LiveWell Nutrition / Pro-45
Smidge / Sensitive Probiotic
solgar / advanced multi-billion dophilus
Ombre / Mood Enhancer
jarrow formulas / bifidus balance® + fos
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
JGL / Lactogyn
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
culturelle / culturelle
spain (es) / bivos
optibac / for your cholesterol
INVIVO THERAPEUTICS / Bio.Me IB +
jarrow formulas / fem dophilus
Ombre / Ultimate Immunity
PharmExtracta (IT) / Butirisan
spain (es) / aquilea intimus
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
PrecisionBiotics / Zenflora
PharmExtracta / Bowell
Jetson / Gut Prep
Bromatech (IT) / Psicobrain
Schwabe Pharma Italia / MegaStress
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
naturopathica (au) / gastrohealth probiotic adults 50+
nature's way (au) / restore probiotic daily health 90s

optibac / for daily immunity
Bromatech(IT) / FEMELLE
Sun Wave Pharma/Bio Sun Instant
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
Bromatech (IT) / Aflugenex
Botica Alternativa / Lactobacilos Reuteri
Metabolics / Lactobacillus Plantarum Powder
microbiome labs / restorflora
spain (es) / suerobivos
zint nutrition / probiotic collagen +
Metabolics / Bifidobacterium Longum Powder
vitamin angels / just thrive
CustomProbiotics.com / L. Casei Probiotic Powder
bio-k+
Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
Resbiotic /resB® Lung Support
custom probiotics / d-lactate free probiotics powder
klaire labs / target gb-x
mutaflor / mutaflor
Ombre / Restore
spain (es) / gastrus
CustomProbiotics.com / L. Paracasei Probiotic Powder
spain (es) / I3.1
naturopathica (au) / gastrohealth fibrepro
philips / colon health
Sash Vitality /Bio-Cultures Probiotics for Adults
blackmore (au) / probiotics+ eczema relief
SuperSmart / Vaginal Health
Schwabe Pharma Italia / EnteroDophilus
Microbiome Labs / MEGA Genesis
Jetson / FIT
Prescript-Assist®/SBO Probiotic
jarrow formula / ideal bowel support® Ip299v®
spain (es) / reuteri gotas
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
biospec / probiotic-5
corebiotic
blackmores (au) / probiotics+ immune defence
CustomProbiotics.com / L. Plantarum Probiotic Powder
PoolPharma (IT) / ProbioTKMIO
custom probiotics / six strain probiotic powder
Bromatech (IT) / Citogenex
spain (es) / casenbiotic
ImmuneBiotech Medical Sweden AB / GutMagnific®
PharmExtracta (IT) / Gliadines buccal stickpacks
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
danactive drink
Nutrition Essentials / Probiotic (900 BCFU)
klaire labs / ther-biotic factor 4
InnovixLabs / Mood Probiotic
blackmore (au) / probiotics+ womens flora balance
naturopathica (au) / gastrohealth antacid
Pendulum / Pendulum Glucose Control
SuperSmart / Lactobacillus reuteri
bravo europe / freeze-dried bravo

wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
Bromatech (IT) / Bifiselle
BioGaia / BioGaia Products
enviromedica terrafloa sbo probiotic
PureGG
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
jarrow formulas / fem-dophilus®
global health trax / threelac
nature's way (au) / restore probiotic 30 billion 30s
SuperSmart / H. Pylori Fight
Law of Nature / Best Days Formula
BioGaia / BioGaia Osfortis
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
Dr.Max / ProtectMax ATB
naturopathica (au)/ gastrohealth probiotic daily care
CustomProbiotics.com / L. Reuteri Probiotic Powder
digestive care
perfect pass / perfect pass probiotic bacillus spore
PharmExtracta (IT) / INatal Sachets
NaturalPharma / Profit Probiotics
spain (es) / ns florabiotic instant
optibac / for women
Bromatech (IT) / Adomelle
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
jarrow formulas / jarro-dophilus mood
mwsb / candida yeast support
microbiome labs/ megasporebiotic
optibac / bifidobacteria & fibre
Sanogermina / AB-Kolicare
klair labs / biospora
miyartisan (jp) / miyartisan
spain (es) / kaleidon
up4 /women's
RepHresh /Pro-B Probiotic Supplement for Women
ecology_allergycare
PrecisionBiotics / Immune
Genesis Bifidobacterium Complex BB Probiotic
spain (es) / gum peribalance
cytoplan(uk) /dentavital bifidophilus
SuperSmart / Lactobacillus rhamnosus GG
Eden's / 3-in-1 Synbiotic Superblend
nature's instincts / ultra spore probiotic
bio-botanical research / proflo4r restorative probiotic
microbiome labs /hu58
CustomProbiotics.com / B. Longum Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend

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.

aspartame (sweetner)

carob

Ferric citrate

ku ding cha tea

l-proline

macrolide ((antibiotic)s)

mannooligosaccharide (prebiotic)

non-starch polysaccharides

symbioflor 2 e.coli probiotics

tetracycline (antibiotic)s

vegetarians

vitamin a

Sample of Literature Used

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

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Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Bipolar Disorder
Brain Trauma
Breast Cancer
Carcinoma
Celiac Disease
Cerebral Palsy
Chronic Fatigue Syndrome
Chronic Kidney Disease
Chronic Lyme
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Chronic Urticaria (Hives)
Coagulation / Micro clot triggering bacteria
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
cystic fibrosis
deep vein thrombosis
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
Gout
Graves' disease
Hashimoto's thyroiditis
Heart Failure
Hidradenitis Suppurativa
Histamine Issues, Mast Cell Issue, DAO Insufficiency
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypoxia

IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Small Intestinal Bacterial Overgrowth (SIBO)
Stress / posttraumatic stress disorder
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Type 2 Diabetes
Ulcerative colitis
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