

## Microbiome Information for: ADHD

### 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

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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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of ADHD

*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	Bacteria Name	Rank	Shift	Taxonomy ID
Actinomycetes	class	High	1760	Gracilibacter	genus	Low	342658
Deltaproteobacteria	class	Low	28221	Lactobacillus	genus	Low	1578
Bifidobacteriaceae	family	High	31953	Neisseria	genus	High	482
Catabacteriaceae	family	Low	424536	Odoribacter	genus	High	283168
Gracilibacteraceae	family	Low	541019	Parabacteroides	genus	High	375288
Neisseriaceae	family	High	481	Phascolarctobacterium	genus	High	33024
Porphyromonadaceae	family	High	171551	Prevotella	genus	High	838
Prevotellaceae	family	Low	171552	Roseburia	genus	High	841
Rikenellaceae	family	High	171550	Ruminococcus	genus	High	1263
Selenomonadaceae	family	High	1843491	Streptococcus	genus	High	1301
Veillonellaceae	family	High	31977	Subdoligranulum	genus	Low	292632
Acetivibrio	genus	Low	35829	Succinivibrio	genus	High	83770
Acidaminococcus	genus	High	904	Bifidobacteriales	order	High	85004
Agathobacter	genus	High	1766253	Desulfovibrionales	order	Low	213115
Alistipes	genus	High	239759	Acinetobacter baumannii	species	High	470
Alloprevotella	genus	High	1283313	Anaerobutyricum hallii	species	Low	39488
Anaerotaenia	genus	Low	1843206	Bacteroides ovatus	species	High	28116
Bifidobacterium	genus	High	1678	Bacteroides uniformis	species	High	820
Coprococcus	genus	Low	33042	Bifidobacterium adolescentis	species	High	1680
Desulfovibrio	genus	High	872	Bifidobacterium longum	species	High	216816
Eggerthella	genus	Low	84111	Coprococcus eutactus	species	Low	33043
Enterobacter	genus	Low	547	Francisella tularensis	species	Low	263
Faecalibacterium	genus	Low	216851	Phocaeicola coprocola	species	Low	310298
Fusobacterium	genus	High	848	Staphylococcus aureus	species	High	1280
				Sutterella stercoricanis	species	High	234908

## 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.

**(2->1)-beta-D-fructofuranan {Inulin}** 32 gram/day  
 dietary fiber  
 Fiber, total dietary  
**fructo-oligosaccharides** 15 gram/day  
 fruit

**Human milk oligosaccharides (prebiotic, Holigos, Stachyose)** 2  
 gram/day  
**Lactobacillus plantarum {L. plantarum}** 60 BCFU/day  
**oligosaccharides {oligosaccharides}**  
 Slow digestible carbohydrates. {Low Glycemic}  
 synthetic disaccharide derivative of lactose {Lactulose}

## Retail Probiotics

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

theramedix / probiotic  
 nature's way (au) / restore probiotic bowel & colon health 30s  
 jarrow formulas / bifidus balance® + fos  
 Global Healing Center / FloraTrex  
 jarrow formula / ideal bowel support® Ip299v®  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
 Physician Choice / 60 Billion Probiotics  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 SuperSmart / Probio Forte  
 organic 3 / gutpro  
 goodbelly drink  
 Ombre / Heart Health  
 Symprove™  
 seed / female version  
 jarrow formulas / jarro-dophilus® ultra  
 custom probiotics / six strain probiotic powder  
 ImmuneBiotech Medical Sweden AB / GutMagnific®  
 UltraFlora® Intensive Care  
 OMNI-BIOTIC®/ TRAVEL  
 nature's way (au) / restore probiotic 30 billion 30s  
 organic 3 / primal gut  
 Floradapt Cardio  
 Physis / Advance Probiotics  
 blackmore (au) / probiotics+ daily health  
 Dr. Mercola / Complete Probiotics  
 Garden of Life / Dr. Formulated Once Daily Women's  
 vinco / probiotic eight 65  
 Purica Probiotic Cardio  
 hyperbiotics / pro-15  
 nature's way (au) / restore probiotic 100 billion  
 seed / male version  
 solaray / microbiome probiotic colon formula  
 Maple Life Science™ / Lactobacillus plantarum  
 lifted naturals / mood boosting probiotic  
 bioglan bio (au) / happy probiotic 50  
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
 biospec / probiotic-5  
 HMF Metabolic  
 blackmores (au) / probiotics+ immune defence  
 CustomProbiotics.com / L. Plantarum Probiotic Powder  
 Ombre / Healthy Gut  
 ISCON Elegance/ Ochek Capsule 10  
 1 md / complete probiotics platinum  
 UltraFlora® Immune Booster  
 Nutrition Essentials / Probiotic (900 BCFU)  
 OMNI-BIOTIC®/ 10 AAD  
 up4 / women's  
 young living / life 9  
 Bromatech (IT) / Adomelle  
 nature's bounty / probioti 10  
 optibac / bifidobacteria & fibre  
 SuperSmart / Derma Relief  
 fairvital / microflora basic

Wakunaga / Max Probiotic  
MegaFood / MegaFlora  
Invivo / Bio.Me Femme UT  
NaturalPharma / Profit Probiotics  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
Next Generation  
Northwest Natural Products / PB8  
Realdose  
Nature's Lab Intensive GI  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
Ombre / Mood Enhancer  
up4 / adult  
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
ProbioMax® Daily DF  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
Floradapt Gut Comfort  
bioglan bio (au) / happy probiotic 100  
Immune Defense Daily Chewable Probiotic  
fürstenmed / lacto-bifido  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
probiotic pur (de) / realdose nutrition  
visbiome  
garden of life / primal defense  
Bulk Probiotics / L. Plantarum Probiotic Powder  
spain (es) / I3.1  
renew life men's probiotic - ultimate  
ferring / vsl#3  
Resbiotic / resB® Lung Support  
SuperSmart / Full Spectrum Probiotic Formula  
jarrow formulas / jarro-dophilus eps  
naturopathica (au) / gastrohealth fibrepro  
blackmore (au) / probiotics+ eczema relief  
7 AM Ultra Probiotics  
quantum wellness / restora flora  
Seeking Health / Probiota HistaminX  
optibac / for every day  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
vita miracle / ultra-30 probiotics  
newrhythm / probiotics 20 stains  
blackmores (au) / probiotics + adults daily (90 capsules)  
Lake Avenue Nutrition / Probiotics 10 Strain Blend  
Windlove Probiotics / Ecologic®825  
ASEA VIA / BIOME  
jarrow formula / jarro-dophilus original  
nature's way (au) / restore probiotic daily health 90s  
Bromatech(IT) / FEMELLE  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
SuperSmart / Candalb  
custom probiotics / four strain lactobacilli  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
udo's choice /super 8 gold  
zint nutrition / probiotic collagen +  
Smidge / Sensitive Probiotic  
Krauterhaus / Lactopro  
LiveWell Nutrition / Pro-45  
Metabolics / Lactobacillus Plantarum Powder  
Nature's Lab Cardio

spain (es) / vivomixx  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
elixa / probiotic  
Ombre / Ultimate Immunity  
bioray / cytoflora  
Purica Probiotic Intensive GI  
renew life / ultimate flora  
up4 / ultra  
optibac / for your cholesterol

**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.

2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one

{Luteolin}

allium sativum {garlic}

amoxicillin [CFS]

ampicillin [CFS]

Azadirachta indica {Neem}

azithromycin,[CFS]

bacitracin (antibiotic)

benzylpenicillin sodium (antibiotic)

Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}

cefotaxime sodium salt (antibiotic)

cefuroxime sodium salt (antibiotic)

chloramphenicol

chlorhexidine

ciprofloxacin [CFS]

clarithromycin [CFS]

clindamycin [CFS]

doxycycline [CFS]

erythromycin [CFS]

Ferrum {Iron Supplements}

gatifloxacin (antibiotic)

gentamicin

Honey {Honey }

Humulus lupulus compound {Xanthohumol}

imipenem

linezolid (antibiotic)

low protein diet

meropenem

Metha family {Mint}

minocycline [CFS]

moxifloxacin (antibiotic)

nitrofurantoin (antibiotic)

piperacillin-tazobactam

Propolis {Bee glue}

rifampicin

rifaximin

Thymus vulgaris {thyme}

tobramycin

trimethoprim

vancomycin (antibiotic)[CFS]

vegetarians

Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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

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Abdominal Aortic Aneurysm  
Acne  
Addison's Disease (hypocortisolism)  
ADHD  
Age-Related Macular Degeneration and Glaucoma  
Allergic Rhinitis (Hay Fever)  
Allergies  
Allergy to milk products  
Alopecia (Hair Loss)  
Alzheimer's disease  
Amyotrophic lateral sclerosis (ALS) Motor Neuron  
Ankylosing spondylitis  
Anorexia Nervosa  
Antiphospholipid syndrome (APS)  
Asthma  
Atherosclerosis  
Atrial fibrillation  
Autism  
Autoimmune Disease  
Barrett esophagus cancer  
benign prostatic hyperplasia  
Biofilm  
Bipolar Disorder  
Brain Trauma  
Breast Cancer  
Cancer (General)  
Carcinoma  
cdk15 deficiency disorder  
Celiac Disease  
Cerebral Palsy  
Chronic Fatigue Syndrome  
Chronic Kidney Disease  
Chronic Lyme  
Chronic Obstructive Pulmonary Disease (COPD)  
Chronic Urticaria (Hives)  
Coagulation / Micro clot triggering bacteria  
Cognitive Function  
Colorectal Cancer  
Constipation  
Coronary artery disease  
COVID-19  
Crohn's Disease  
Cushing's Syndrome (hypercortisolism)  
cystic fibrosis  
d-lactic acidosis (one form of brain fog)  
deep vein thrombosis  
Denture Wearers Oral Shifts  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy

erectile dysfunction  
Fibromyalgia  
Food Allergy  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)  
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
giant cell arteritis  
Glioblastoma  
Gout  
Graves' disease  
Gulf War Syndrome  
Halitosis  
Hashimoto's thyroiditis  
Heart Failure  
hemorrhagic stroke  
Hemorrhoidal disease, Hemorrhoids, Piles  
Hidradenitis Suppurativa  
High Histamine/low DAO  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypothyroidism  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Intracranial aneurysms  
Irritable Bowel Syndrome  
ischemic stroke  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
Lymphoma  
Mast Cell Issues / mastitis  
ME/CFS with IBS  
ME/CFS without IBS  
membranous nephropathy  
Menopause  
Metabolic Syndrome  
Mood Disorders  
multiple chemical sensitivity [MCS]  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
myasthenia gravis  
neuropathic pain  
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  
Peanut Allergy  
Polycystic ovary syndrome  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
primary biliary cholangitis  
Primary sclerosing cholangitis  
Psoriasis  
rheumatoid arthritis (RA), Spondyloarthritis (SpA)  
Rosacea  
Schizophrenia  
scoliosis  
sensorineural hearing loss  
Sjögren syndrome  
Sleep Apnea  
Slow gastric motility / Gastroparesis  
Small Intestinal Bacterial Overgrowth (SIBO)  
Stress / posttraumatic stress disorder  
Systemic Lupus Erythematosus  
Tic Disorder  
Tourette syndrome  
Type 1 Diabetes  
Type 2 Diabetes  
Ulcerative colitis  
Unhealthy Ageing  
Vitiligo