

Microbiome Information for: Graves' disease

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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Graves' disease

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 |
|-----------------------|--------|-------|-------------|------------------------------------|-------|-------|-------------|
| Actinomycetia | class | High | 1760 | Bifidobacterium | genus | High | 1678 |
| Bacteroidia | class | High | 200643 | Blautia | genus | Low | 572511 |
| Clostridia | class | Low | 186801 | Collinsella | genus | High | 102106 |
| Coriobacteria | class | High | 84998 | Dialister | genus | Low | 39948 |
| Erysipelotrichia | class | High | 526524 | Dorea | genus | Low | 189330 |
| Actinomycetaceae | family | Low | 2049 | Haemophilus | genus | High | 724 |
| Coriobacteriaceae | family | High | 84107 | Lactobacillus | genus | High | 1578 |
| Enterobacteriaceae | family | Low | 543 | Mogibacterium | genus | High | 86331 |
| Erysipelotrichaceae | family | High | 128827 | Oribacterium | genus | High | 265975 |
| Lachnospiraceae | family | Low | 186803 | Parabacteroides | genus | High | 375288 |
| Pasteurellaceae | family | High | 712 | Pediococcus | genus | High | 1253 |
| Peptostreptococcaceae | family | Low | 186804 | Prevotella | genus | High | 838 |
| Prevotellaceae | family | High | 171552 | Roseburia | genus | Low | 841 |
| Rikenellaceae | family | Low | 171550 | Actinomycetales | order | Low | 2037 |
| Tannerellaceae | family | High | 2005525 | Bacteroidales | order | High | 171549 |
| Veillonellaceae | family | Low | 31977 | Coriobacteriales | order | High | 84999 |
| Aggregatibacter | genus | High | 416916 | Erysipelotrichales | order | High | 526525 |
| Anaerostipes | genus | Low | 207244 | Eubacteriales | order | Low | 186802 |
| Bacteroides | genus | High | 816 | Haemophilus parainfluenzae species | High | | 729 |

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.

acetylsalicylic acid, aspirin

apple

arabinogalactan (prebiotic) 21 gram/day

bacillus subtilis (probiotics) 10 BCFU/day

Cacao 20 gram/day

Conjugated Linoleic Acid

fat

fructo-oligosaccharides (prebiotic) 15 gram/day

galacto-oligosaccharides (prebiotic) 10 gram/day

Glucomannan 700 mg/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

ketogenic diet

lactobacillus casei (probiotics) 48 BCFU/day

Lactobacillus Johnsonii (probiotic) 10 BCFU/day

lactobacillus plantarum (probiotics) 60 BCFU/day

lactulose

mediterranean diet

metformin (prescription)

navy bean

non-starch polysaccharides

oligosaccharides (prebiotic)

pectin

pomegranate 1 gram/day

Pulses

quercetin 2 gram/day

raffinose(sugar beet)

red wine 250 ml/day

resveratrol (grape seed/polyphenols/red wine) 2 gram/day

rifaximin (antibiotics) 1600 mg/day

soy 25 gram/day

vitamin d 50000 IU/day

wheat bran

whey 60 gram/day

xylan (prebiotic)

Retail Probiotics

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

garden of life / primal defense
 elixa / probiotic
 renew life men's probiotic - ultimate
 SuperSmart / Full Spectrum Probiotic Formula
 bioglan bio (au) / happy probiotic 100
 Realdose
 SuperSmart / Lactoxira
 douglas laboratories / multi probiotic 40 billion
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 jarrow formulas / jarro-dophilus eps
 vita miracle / ultra-30 probiotics
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 SuperSmart / Probio Forte
 Physician Choice /60 Billion Probiotics
 fürstenmed / lacto-bifido
 probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 newrhythm / probiotics 20 stains
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Windlove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
 jarrow formula / jarro-dophilus original
 udo's choice /super 8 gold
 Krauterhaus / Lactopro
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 bioray / cytoflora
 renew life / ultimate flora
 up4 / ultra
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 1 md / complete probiotics platinum
 SuperSmart / Derma Relief
 fairvital / microflora basic
 MegaFood / MegaFlora
 Invivo / Bio.Me Femme UT
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 OMNI-BIOTIC®/ TRAVEL
 organic 3 / primal gut
 Dr. Mercola / Complete Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 vinco / probiotic eight 65
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 Physis / Advance Probiotics
 bioglan bio (au) / happy probiotic 50
 visbiome
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 powerlabs (au) / ultra blend
 bio-botanical research / proflo4r restorative probiotic
 seed / male version
 solaray / mycrobioime probiotic colon formula

lifted naturals / mood boosting probiotic
nature's instincts / ultra spore probiotic
NOW FOODS / Clinical GI Probiotic
ecology_allergycare
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
global health trax / threelac
perfect pass / perfect pass probiotic bacillus spore
PharmExtracta (IT) / INatal Sachets
NaturalPharma / Profit Probiotics
microbiome labs / hu58
Energybalance / ColoBiotica 28 Colon Support
Nutrition Essentials / Probiotic (900 BCFU)
OMNI-BIOTIC®/ 10 AAD
up4 / women's
young living / life 9
Bromatech (IT) / Adomelle
nature's bounty / probioti 10
mwsb / candida yeast support
microbiome labs / megasporebiotic
optibac / bifidobacteria & fibre
klaire labs / biospora
custom probiotics / six strain probiotic powder
Bromatech (IT) / Citogenex
ImmuneBiotech Medical Sweden AB / GutMagnific®
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
biospec / probiotic-5
corebiotic
CustomProbiotics.com / L. Plantarum Probiotic Powder
Ombre / Healthy Gut
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
optibac / for your cholesterol
jarrow formulas / bifidus balance® + fos
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
INVIVO THERAPEUTICS / Bio.Me IB +
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
LiveWell Nutrition / Pro-45
Metabolics / Lactobacillus Plantarum Powder
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
microbiome labs / restorflora
zint nutrition / probiotic collagen +
Smidge / Sensitive Probiotic
aor / probiotic-3
vitamin angels / just thrive
CustomProbiotics.com / L. Casei Probiotic Powder
bio-k+
enviromedica terraflora sbo probiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
organic 3 / gutpro
Reduz melasma / Lactobacillus Johnsonii
jarrow formula / ideal bowel support® Ip299v®
Sash Vitality / Bio-Cultures Probiotics for Adults

SuperSmart / Vaginal Health
Jetson / FIT
Seeking Health / Probiota HistaminX
optibac / for every day
Prescript-Assist@/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Ombre / Mood Enhancer
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Jetson / Gut Prep
up4 / adult
nature's way (au) / restore probiotic bowel & colon health 30s
klaire labs / target gb-x
ferring / vsl#3
Resbiotic / resB@ Lung Support
Ombre / Ultimate Immunity
spain (es) / I3.1

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.

| | |
|--|--|
| (r) -naproxen sodium salt,(prescription) | mastic gum (prebiotic) |
| 5-fluorouracil,(prescription) | meclizine dihydrochloride,(prescription) |
| acenocoumarol,(prescription) | melatonin supplement |
| anethole-trithione,(prescription) | mifepristone,(prescription) |
| animal-based diet | mometasone furoate,(prescription) |
| anthralin,(prescription) | montelukast,(prescription) |
| aprepitant,(prescription) | moxalactam disodium salt (antibiotic) |
| aspartame (sweetner) | naproxen,(prescription) |
| atorvastatin (prescription) | neomycin (antibiotic)s[CFS] |
| azaguanine-8,(prescription) | nitrofurantoin (antibiotic) |
| azithromycin,(antibiotic)s[CFS] | omeprazole,(prescription) |
| bile (acid/salts) | oxibendazol,(prescription) |
| bosentan,(prescription) | oxiconazole nitrate,(prescription) |
| butoconazole nitrate,(prescription) | oxolinic acid (antibiotic) |
| carbenoxolone disodium salt,(prescription) | parbendazole,(prescription) |
| cefador hydrate (antibiotic) | paromomycin (antibiotic)s |
| cefadroxil (antibiotic) | pinaverium bromide,(prescription) |
| cephalosporanic acid; 7-amino (antibiotic) | pipemidic acid (antibiotic) |
| chloramphenicol (antibiotic)s | pivampicillin (antibiotic) |
| chlorotrianisene,(prescription) | pivmecillinam hydrochloride (antibiotic) |
| cinoxacin (antibiotic) | polysorbate 80 |
| clemizole hydrochloride,(prescription) | prednisone,(prescription) |
| clioquinol,(prescription) | quinethazone,(prescription) |
| clofazimine (antibiotic) | rabeprazole sodium salt,(prescription) |
| clofillum tosylate,(prescription) | rare meat |
| clomiphene citrate (z,e),(prescription) | reboxetine mesylate,(prescription) |
| colistin sulfate (antibiotic) | refined wheat breads |
| cyclobenzaprine hydrochloride,(prescription) | ribostamycin sulfate salt (antibiotic) |
| cyclosporin a,(prescription) | rifampicin (antibiotic)s |
| dopamine (prescription) | saccharomyces cerevisiae (probiotics) |
| enilconazole,(prescription) | salt (sodium chloride) |
| entacapone,(prescription) | sisomicin sulfate (antibiotic) |
| epirizole,(prescription) | sodium butyrate |
| ethaverine hydrochloride,(prescription) | spectinomycin dihydrochloride (antibiotic) |
| etomidate,(prescription) | spiperone,(prescription) |
| etoposide,(prescription) | stanozolol,(prescription) |
| fenbendazole,(prescription) | streptomycin (antibiotic)s |
| fentiazac,(prescription) | streptozotocin,(prescription) |
| Fisetin | sulconazole nitrate,(prescription) |
| floxacin (antibiotic) | suloctidil,(prescription) |
| formoterol fumarate,(prescription) | tea |
| gefitinib,(prescription) | telmisartan,(prescription) |
| gliquidone,(prescription) | tenatoprazole non-drug |
| Guaiacol (polyphenol) | tetracycline (antibiotic)s |
| halofantrine hydrochloride,(prescription) | thioguanosine,(prescription) |
| Hesperidin (polyphenol) | tribenoside,(prescription) |
| hexetidine | Tributylin |
| high salt | vancomycin (antibiotic)[CFS] |
| hydrocortisone base,(prescription) | vardefafil,(prescription) |
| ibuprofen | vecuronium bromide,(prescription) |

| | |
|--|--------------------------------|
| ketoconazole,(prescription) | vitamin B3,niacin |
| lacidipine,(prescription) | Vitamin C (ascorbic acid) |
| lactobacillus kefir (NOT KEFIR) | Vitamin E |
| lansoprazole,(prescription) | walnuts |
| lauric acid(fatty acid in coconut oil,in palm kernel oil,) | whole grain diet |
| leflunomide,(prescription) | whole-grain barley |
| lidoflazine,(prescription) | zidovudine; azt,(prescription) |
| mafenide hydrochloride (antibiotic) | zileuton,(prescription) |

Sample of Literature Used

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

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Acne
ADHD
Allergic Rhinitis (Hay Fever)
Allergies
Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)

Asthma
Atherosclerosis
Autism
Autoimmune Disease
Barrett esophagus cancer
Bipolar Disorder
Brain Trauma
Carcinoma
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
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
cystic fibrosis
deep vein thrombosis
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
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
Hidradenitis Suppurativa
Histamine Issues From Ubiome
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
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause

Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
Parkinson's Disease
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
Sjögren syndrome
Sleep Apnea
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