

## Microbiome Information for: erectile dysfunction

### For non-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

A Microbiome Analysis Company

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of erectile dysfunction

*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.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy</b>	<b>ID</b>
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Lachnospiraceae	family	High		186803
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Oscillospiraceae	family	Low		216572
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<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy</b>	<b>ID</b>
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Oscillibacter	genus	High		459786
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Senegalimassilia	genus	High		1473205
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Tyzzereella	genus	High		1506577
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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.

**arabinogalactan (prebiotic)** 21 gram/day

**berberine** 1.5 gram/day

**Fisetin** 20 mg/day

**inulin (prebiotic)** 32 gram/day

**lactobacillus reuteri (probiotics)** 22 BCFU/day

**vitamin d** 50000 UI/day

**walnuts** 75 gram/day

**wheat**

## Retail Probiotics

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

Thyve Inside/ L.Reu,Rham,Casi; B.Lactis  
 spain (es) / reuteri gotas  
 BioGaia / BioGaia Products  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 blackmore (au) / probiotics+ womens flora balance  
 SuperSmart / Lactobacillus reuteri  
 Physician Choice /60 Billion Probiotics  
 seed / female version  
 spain (es) / casenbiotic  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 blackmores (au) / probiotics+ immune defence  
 SuperSmart / Oral Health  
 RepHresh /Pro-B Probiotic Supplement for Women  
 fairvital / microflora basic  
 naturopathica (au) / gastrohealth women's probiotic with cranberry  
 CustomProbiotics.com / L. Reuteri Probiotic Powder  
 Ombre / Metabolic Booster  
 optibac / for women  
 jarrow formulas / fem-dophilus®  
 nature's way (au) / restore probiotic 30 billion 30s  
 SuperSmart / H. Pylori Fight  
 BioGaia / BioGaia Osfortis  
 blackmore (au) / probiotics+ daily health  
 Garden of Life / Dr. Formulated Once Daily Women's  
 hyperbiotics / pro-15  
 spain (es) / gum peribalance  
 seed / male version  
 Bromatech (IT) / Rotanelle plus  
 Swiss BioEnergetics / Full Spectrum Probiotic Defence  
 newrhythm / probiotics 20 stains  
 blackmores (au) / probiotics + adults daily (90 capsules)  
 nature's way (au) / restore probiotic daily health 90s  
 Botica Alternativa / Lactobacilos Reuteri  
 Jetson (US) / Immunity Probiotics  
 Advanced Bio-Cultures / Advance Multi Strain Probiotics  
 elixa / probiotic  
 bioray / cytoflora  
 jarrow formulas / fem dophilus  
 jarrow formulas / bifidus balance® + fos  
 JGL / Lactogyn  
 Bromatech (IT) / Psicobrain  
 spain (es) / aquilea intimus  
 Ombre / Restore  
 spain (es) / gastrus  
 nature's way (au) /restore probiotic bowel & colon health 30s  
 SuperSmart / Full Spectrum Probiotic Formula  
 naturopathica (au) / gastrohealth fibrepro  
 blackmore (au) / probiotics+ eczema relief  
 Schwabe Pharma Italia / EnteroDophilus  
 Microbiome Labs / MEGA Genesis

**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.

Arbutin (polyphenol)	N-Acetyl Cysteine (NAC),
bacillus coagulans (probiotics)	quercetin, resveratrol
Baking Soda, Sodium Bicarbonate	resveratrol (grape seed/polyphenols/red wine)
Caffeine	retinoic acid, (Vitamin A derivative)
chitooligosaccharides (prebiotic)	Vitamin B1, thiamine hydrochloride
diosmin, (polyphenol)	Vitamin B-12
lactobacillus rhamnosus	vitamin B3, niacin
gg.lactobacillus, rhamnosus, propionibacterium	Vitamin B6, pyridoxine hydrochloride
freudenreichii, bifidobacterium breve (probiotics)	Vitamin C (ascorbic acid)
luteolin (flavonoid)	

## Sample of Literature Used

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

### Causal effects of gut microbiota on erectile dysfunction: a two-sample Mendelian randomization study.

**Frontiers in microbiology** , Volume: 14 2023

Authors Zhang Y,Chen Y,Mei Y,Xu R,Zhang H,Feng X

The regulatory effects of specific polyphenols on Akkermansia are dependent on uridine.

**Food chemistry** , Volume: 410 2023 Jun 1

Authors Gao X,Yue C,Tian R,Yu L,Tian F,Zhao J,Chen W,Zhai Q

The Association between Vitamin D and Gut Microbiota: A Systematic Review of Human Studies.

**Nutrients** , Volume: 13 Issue: 10 2021 Sep 26

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Authors Sadovnikova IS,Gureev AP,Ignatyeva DA,Gryaznova MV,Chernyshova EV,Krutskikh EP,Novikova AG,Popov VN

Vitamin D ameliorates high-fat-diet-induced hepatic injury via inhibiting pyroptosis and alters gut microbiota in rats.

**Archives of biochemistry and biophysics** , Volume: 705 2021 Jul 15

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Cholecalciferol Supplementation Does Not Prevent the Development of Metabolic Syndrome or Enhance the Beneficial Effects of Omega-3 Fatty Acids in Obese Mice.

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Fisetin regulates gut microbiota to decrease CCR9<sup>+</sup>/CXCR3<sup>+</sup>/CD4<sup>+</sup> T-lymphocyte count and IL-12 secretion to alleviate premature ovarian failure in mice.

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Authors Lin J,Nie X,Xiong Y,Gong Z,Chen J,Chen C,Huang Y,Liu T

Bacillus coagulans R11 maintained intestinal villus health and decreased intestinal injury in lead-exposed mice by regulating the intestinal microbiota and influenced the function of faecal microRNAs.

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Resveratrol attenuates high-fat diet-induced non-alcoholic steatohepatitis by maintaining gut barrier integrity and inhibiting gut inflammation through regulation of the endocannabinoid system.

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**Frontiers in microbiology** , Volume: 8 2017

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*Authors Li, Bing*

*Curated database of commensal, symbiotic and pathogenic microbiota*

**Generative Bioinformatics** , Volume: Issue: 2014 Jun

*Authors D'Adamo Peter*

## Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

Abdominal Aortic Aneurysm

Acne

ADHD

Age-Related Macular Degeneration and Glaucoma

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

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

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  
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**  
**Systemic Lupus Erythematosus**  
**Tic Disorder**  
**Tourette syndrome**  
**Type 1 Diabetes**  
**Type 2 Diabetes**  
**Ulcerative colitis**  
**Unhealthy Ageing**