

## Microbiome Information for: Gout

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

These are *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 is received.

In the USA

Ombre (<https://www.ombrelab.com/>)  
Thorne (<https://www.thorne.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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[Our Facebook Discussion Page](#)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Gout

**Nota Benia:** 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
Anaerolineae	class	High	292625	Clostridium	genus	Low	1485
Bacteroidia	class	High	200643	Coprococcus	genus	Low	33042
Chloroflexia	class	High	32061	Desulfovibrio	genus	High	872
Erysipelotrichia	class	High	526524	Enterococcus	genus	High	1350
Negativicutes	class	High	909932	Erysipelatoclostridium	genus	High	1505663
Ackermannviridae	family	Low	2169529	Helicobacter	genus	Low	209
Anaerolineaceae	family	High	292628	Phascolarctobacterium	genus	High	33024
Bacteroidaceae	family	High	815	Prevotella	genus	High	838
Bifidobacteriaceae	family	Low	31953	Rhodococcus	genus	High	1827
Demerecviridae	family	Low	2731690	Ruminococcus	genus	High	1263
Erysipelotrichaceae	family	High	128827	Shigella	genus	Low	620
Fusobacteriaceae	family	High	203492	Streptococcus	genus	High	1301
Lachnospiraceae	family	Low	186803	Anaerolineales	order	High	292629
Nocardiaceae	family	High	85025	Bacteroidales	order	High	171549
Porphyromonadaceae	family	High	171551	Bifidobacteriales	order	Low	85004
Prevotellaceae	family	High	171552	Erysipelotrichales	order	High	526525
Rikenellaceae	family	Low	171550	Selenomonadales	order	High	909929
Ruminococcaceae	family	High	541000	Bacteroides caccae	species	High	47678
Selenomonadaceae	family	High	1843491	Bacteroides xylanisolvans	species	High	371601
Victivallaceae	family	High	255528	Helicobacter pylori	species	High	210
Bacteroides	genus	High	816	Mycobacterium kansasii	species	High	1768
Butyricicoccus	genus	Low	580596	Pasteurella multocida	species	High	747
				Staphylococcus aureus	species	High	1280

## 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.

5,6-dihydro-9,10-dimethoxybenzo[ <i>g</i> ]-1,3-benzodioxol[5,6- <i>a</i> ]quinolinium {Berberine}	15 gram/day	laminaria digitata {Oarweed}
2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin}	450 mg/day	Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}
Abstention from eating {Fasting}		Malus domestica {apple}
amaranthus {amaranth}		oligosaccharides {oligosaccharides}
arabinogalactan {arabinogalactan}	21 gram/day	Outer Layers of Triticum aestivum {Wheat Bran}
brown algae		partially hydrolysed guar gum
cellulose		pectin {pectin}
Ethyl alcohol {Grain alcohol}		Phaseolus vulgaris {Boston bean}
Ferrum {Iron Supplements}	400 mg/day	Poly[ $\beta$ -D-Xylopyranose(1->4)] {Xylan}
fruit		pseudo-cereals {amaranth, quinoa, taro, buckwheat}
fruit/legume fibre		Pulses, Beans
fucoidan {Brown Algae Extract}	8.8 gram/day	Pulvis ledebouriellae compositae {Bofutsushosan}
Ganoderma sichuanense {Reishi Mushroom}	3.4 gram/day	red wine 250 ml/day
grapes		resistant starch
henopodium quinoa {Quinoa}		Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day	$\beta$ -glucan {Beta-Glucan} 500 mg/day
Hydrastis canadensis {Goldenseal}		$\beta$ -lactoglobulin {Whey} 60 gram/day

## Retail Probiotics

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

probiotic pur (de) / realdose nutrition  
microbiome labs / restorflora  
Bromatech (IT) / Enterelle  
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
Global Healing Center / FloraTrex  
Realdose  
florastor / florastor  
Bromatech (IT) / Lautoselle  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
imagilin / NutriLots Replenish  
Ombre / Endless Energy  
Next Generation  
optibac / saccharomyces boulardii  
spain (es) / ultralevura  
organic 3 / yeastbiotic  
Bromatech (IT) / Serobiome  
Ombre / Healthy Gut  
Ombre / Harmony  
Bromatech / ENTERELLE PLUS  
SuperSmart / Saccharomyces Boulardii  
blackmore (au) / probiotics+ bowel support  
Schwabe Pharma Italia / AxiBoulardi  
Ombre / Metabolic Booster  
spain (es) / axiboulardi  
Eden's / 3-in-1 Synbiotic Superblend  
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)  
nature's instincts / ultra spore probiotic

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.

*Allium sativum* {garlic}

*Azadirachta indica* {Neem}

*Cinnamomum zeylanicum* {Ceylon Cinnamon}

*Diferuloylmethane* {Curcumin}

*Propolis* {Bee glue}

*rosmarinus officinalis* {rosemary}

*Thymus vulgaris* {thyme}

*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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**Journal of medical virology** , Volume: 97 Issue: 4 2025 Apr

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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  
cdkl5 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