

## Microbiome Information for: Multiple system atrophy (MSA)

### 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

892 Lake Samish Rd, Bellingham WA 98229  
Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

[Our Facebook Discussion Page](#)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Multiple system atrophy (MSA)

*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
Aggregatibacter	genus	Low	416916	Akkermansia muciniphila	species	High	239935
Akkermansia	genus	High	239934	Alistipes onderdonkii	species	High	328813
Bifidobacterium	genus	Low	1678	Bifidobacterium pseudocatenulatum	species	Low	28026
Blautia	genus	Low	572511	Granulicatella adiacens	species	Low	46124
Gordonibacter	genus	High	644652	Megamonas funiformis	species	Low	437897
Lactobacillus	genus	High	1578	Phocaeicola coprocola	species	Low	310298
Megamonas	genus	Low	158846	Phocaeicola plebeius	species	Low	310297
Ruminococcus	genus	Low	1263	Roseburia hominis	species	High	301301
[Clostridium] nexile	species	Low	29361	Staphylococcus xylosus	species	High	1288
				Streptococcus parasanguinis	species	High	1318

## 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[*g*]-1,3-benzodioxolo[5,6-*a*]quinolinium {Berberine}** 15 gram/day  
**chitosan oligomers {chitooligosaccharides}** 600 mg/day  
**(2E,4E,6E,8E)-3,7-dimethyl-9-(2,6,6-trimethylcyclohex-1-en-1-yl)nona-2,4,6,8-tetraen-1-ol {Vitamin A}** 25000 IU/day  
**Abstention from eating {Fasting}**  
**Akkermansia muciniphila {Pendulum Probiotic}** 10 BCFU/day  
**allium sativum {garlic}** 4 gram/day  
**Arthrosira platensis {Spirulina}**  
**Avena sativa {Oats}**  
**bacillus subtilis {B.Subtilis }** 10 BCFU/day  
**Brassica oleracea var. italica {Broccoli}**  
**cranberry bean flour**  
**Dendrobium officinale Kimura {Tiepishihu}**  
**eicosapentaenoic acid (EPA),docosahexaenoic acid (DHA) {Fish Oil}** 4 gram/day  
**Epicatechin {Green tea polyphenol}**  
**fruit**  
**fruit/legume fibre**  
**Grape Polyphenols {Grape Flavonoids}**  
**grapes**  
**Hordeum vulgare {Barley}** 60 gram/day

**Lactcaseibacillus paracasei {L.paracasei}** 40 BCFU/day  
**Lactcaseibacillus rhamnosus {L. rhamnosus}** 48 BCFU/day  
**Lactobacillus delbrueckii subsp. bulgaricus {L bulgaricus}**  
**laminaria digitata {Oarweed}**  
**Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}**  
**Morinda citrifolia {Noni}** 6 gram/day  
**N-[2-(5-methoxy-1H-indol-3-yl)ethyl]acetamide {Melatonin}** 10 mg/day  
**Panax ... {Ginseng}** 2000 mg/day  
**Pediococcus pentosaceus {P. pentosaceus}**  
**polyphenols** 3 gram/day  
**Punica granatum {pomegranate}** 1 gram/day  
**red wine polyphenols** 600 mg/day  
**resveratrol-pterostilbene {grapes, blueberries}** 2 gram/day  
**resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}**  
**β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan}** 3 gram/day  
**Sulforaphane {Dark Greens}**  
**Vaccinium myrtillus {Bilberry}** 40 g/day Vaccinium myrtillus powder  
**Vaccinium vitis-idaea {lingonberries}**  
**Zinc {Zinc Supplements}** 300 mg/day

## Retail Probiotics

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

fürstenmed / lacto-bifido  
newrhythm / probiotics 20 stains  
renew life / ultimate flora  
garden of life / primal defense  
SuperSmart / Full Spectrum Probiotic Formula  
bravo europe / starter and complex  
vita miracle / ultra-30 probiotics  
Next Generation  
bravo europe / freeze-dried bravo  
Garden of Life / Dr. Formulated Once Daily Women's  
nature's way (au) / restore probiotic 100 billion  
solaray / microbiome probiotic colon formula  
organic 3 / primal gut  
hyperbiotics / pro-15  
bioglan bio (au) / happy probiotic 50  
Physis / Advance Probiotics  
MegaFood / MegaFlora  
nature's bounty / probioti 10  
OMNI-BIOTIC®/ 10 AAD  
1 md / complete probiotics platinum  
Wakunaga / Max Probiotic  
Jetson (US) / Mood Probiotics  
Ombre / Healthy Gut  
jarrow formulas / jarro-dophilus® ultra  
LiveWell Nutrition / Pro-45  
Probiotic 10 Billion Active Cells Daily Maintenance  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
7 AM Ultra Probiotics  
quantum wellness / restora flora  
jamieson (can) / probiotic 10 bcfu  
bioglan bio (au) / happy probiotic 100  
douglas laboratories / multi probiotic 40 billion  
up4 / ultra  
spain (es) / vivomixx  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
Lake Avenue Nutrition / Probiotics 10 Strain Blend  
ASEA VIA / BIOME  
bio-k+  
jarrow formula / jarro-dophilus original  
aor / probiotio-3  
vitamin angels / just thrive  
solgar / advanced multi-billion dophilus  
optibac / for daily immunity  
Bromatech(IT) / FEMELLE  
Pregnancy Care Probiotic  
Windclove Probiotics / Ecologic®825  
spain (es) / muvagyn probiotico  
probiotic pur (de) / realdose nutrition  
Bulk Probiotics / Bacillus Subtilis Probiotic  
udo's choice /super 8 gold  
SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)  
microbiome labs / restorflora

zint nutrition / probiotic collagen +  
Bromatech (IT) / Pilorex  
Krauterhaus / Lactopro  
SuperSmart / Candalb  
custom probiotics / four strain lactobacilli  
Bromatech (IT) / Aflugenex  
ProGoes® Forte  
INVIVO THERAPEUTICS / Bio.Me IB +  
elixa / probiotic  
bioray / cytoflora  
jarrow formulas / fem dophilus  
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
JGL / Lactogyn  
organic 3 / primal soil  
SuperSmart / Bacillus Subtilis  
CustomProbiotics.com / L. Paracasei Probiotic Powder  
Ombre / Mood Enhancer  
spain (es) / aquilea intimus  
BIO-BOTANICAL RESEARCH / Megacidin  
reserveage nutrition / beautiflora  
amy meyers / primal earth probiotic  
Jetson / Gut Prep  
Ombre / Restore  
visbiome  
naturopathica (au) / gastrohealth probiotic adults 50+  
Realdose  
Metabolics / Lactobacillus Rhamnosus Powder  
Bromatech (IT) / Psicobrain  
optibac / for those on antibiotics  
Thryve L.PCasei Th1, L.PCasei Th2,L.Ferm IBF1, Lacidoph  
natren / digesta-lac  
Pendulum / akkermansia muciniphila  
renew life men's probiotic - ultimate  
ferring / vsl#3  
Resbiotic / resB® Lung Support  
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic  
custom probiotics / d-lactate free probiotics powder  
jarrow formulas / jarro-dophilus eps  
spain (es) / ns defenbiotic kids  
Sash Vitality /Bio-Cultures Probiotics for Adults  
CustomProbiotics.com / L. Rhamnosus Probiotic Powder  
SuperSmart / Vaginal Health  
UltraFlora® Restore  
Ombre / Endless Energy  
Jetson / FIT  
optibac / for every day  
Prescript-Assist®/SBO Probiotic  
solgar / advanced 40+ acidophilus  
Jetson (US) / Immunity Probiotics  
Bulk Probiotics / L Bulgaricus Probiotic Powder  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
Northwest Natural Products / PB8  
blackmore (au) / probiotics+ womens flora balance  
naturopathica (au) / gastrohealth antacid  
Pendulum / Pendulum Glucose Control  
Metabolics / Lactobacillus Bulgaricus Powder  
custom probiotics / six strain probiotic powder  
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE

CVSHealth / Daily Probiotic  
Nu U (uk) / Bio-Cultures Complex  
biospec / probiotic-5  
corebiotic  
SuperSmart / Oral Health  
ISCON Elegance/ Ochek Capsule 10  
just for tummies / live bacteria  
Symprove™  
seed / female version  
Bulk Probiotics / L Rhamnosus Probiotic Powder  
enviromedica terraflora sbo probiotic  
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support  
jarrow formulas / jarro-dophilus mood  
UltraFlora® Immune Booster  
danactive drink  
up4 / women's  
RepHresh / Pro-B Probiotic Supplement for Women  
Ombre / Harmony  
young living/life 9  
Bulk Probiotics / L Paracasei Probiotic Powder  
mwsb / candida yeast support  
microbiome labs/ megasporebiotic  
Sanogermina / AB-Kolicare  
klaire labs / biospora  
SuperSmart / Derma Relief  
Bioflora(MX) / Woman  
Energybalance / ColoBiotica 28 Colon Support  
naturopathica (au) / gastrohealth women's probiotic with cranberry  
microbiome labs / hu58  
anabolic laboratories / probiotic complete  
Pendulum / Metabolic Daily  
perfect pass / perfect pass probiotic bacillus spore  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
Ombre / Metabolic Booster  
spain (es) / ns florabiotic instant  
optibac / for women  
OMNI-BiOTiC®/ TRAVEL  
jarrow formulas / fem-dophilus®  
global health trax / threelac  
Law of Nature / Best Days Formula  
Wakunaga / Pro+ Synbiotic  
bio-botanical research / proflora4r restorative probiotic  
Eden's / 3-in-1 Synbiotic Superblend  
Bromatech (IT) / Ramnoselle  
Dr. Mercola / Complete Probiotics  
vinco / probiotic eight 65  
nature's instincts / ultra spore probiotic  
Biorela® Daily  
NOW FOODS / Clinical GI Probiotic  
natren / healthy trinity probiotic  
powerlabs (au) / ultra blend  
Immune Defense Daily Chewable Probiotic  
CustomProbiotics.com / L Bulgaricus Probiotic Powder  
naturopathica (au)/ gastrohealth probiotic daily care  
lifted naturals / mood boosting probiotic  
cytoplan(uk) /dentavital bifidophilus  
seed / male version

**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->1)-beta-D-fructofuranan {Inulin}

partially hydrolysed guar gum

resistant starch

synthetic disaccharide derivative of lactose {Lactulose}

wheat

Cichorium intybus {Chicory}

oligosaccharides {oligosaccharides}

## Sample of Literature Used

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

### Alterations of the Gut Microbiota in Multiple System Atrophy Patients.

**Frontiers in neuroscience , Volume: 13 2019**

**Authors Wan L,Zhou X,Wang C,Chen Z,Peng H,Hou X,Peng Y,Wang P,Li T,Yuan H,Shi Y,Hou X,Xu K,Xie Y,He L,Xia K,Tang B,Jiang H**

### Fecal and Blood Microbial 16s rRNA Gene Alterations in Chinese Patients with Multiple System Atrophy and Its Subtypes.

**Journal of Parkinson`s disease , Volume: 9 Issue: 4 2019**

**Authors Du J,Huang P,Qian Y,Yang X,Cui S,Lin Y,Gao C,Zhang P,He Y,Xiao Q,Chen S**

Type 3 resistant starch prepared from euryale ferox alleviated the obesity symptoms via gut microbiota regulation.

**International journal of biological macromolecules , 2025 May 5**

**Authors Zhang Y,Huang J,Qin Y,Chen X,Xu F,Zhu K,Zhang X,Wu Z,Zhang J,Zhang Y**

Inulin Modulates Gut Microbiota and Increases Short-Chain Fatty Acids Levels to Inhibit Colon Tumorigenesis in Rat Models: A Systematic Review and Meta-Analysis.

**Journal of food science , Volume: 90 Issue: 5 2025 May**

**Authors Yu Y,He J,Fu H,Mi Y,Wu H,Gao Y,Li M**

Inulin Diet Alleviates Abdominal Aortic Aneurysm by Increasing Akkermansia and Improving Intestinal Barrier.

**Biomedicines , Volume: 13 Issue: 4 2025 Apr 9**

**Authors Guo S,Yang F,Zhang J,Liao Y,Xia N,Tang T,Wang C,Wang QK,Chen C,Hu D,Shan Z,Cheng X**

Dietary resistant starch protects against post-antibiotic intestinal damage by restoring microbial homeostasis and preserving intestinal barrier function in meat duck.

**Poultry science , Volume: 104 Issue: 7 2025 Apr 24**

**Authors Qin S,Zhu Y,Tian G,Jensen MB,Zhang K,Ding X,Bai S,Wang J,Xuan Y,Zeng Q**

Buckwheat resistant starch alleviates hyperlipidaemia in mice by inhibiting lipid accumulation and regulating gut microbiota.

**International journal of biological macromolecules , 2025 Apr 22**

**Authors Tao J,Chen Z,Xie Q,Bai H,Li Z,Jia Y,Zhang X,Xiao Y,Bu T,Yuan M,Li Q,Tang Z**

The regulatory effects of epigallocatechin gallate on growth performance, systemic antioxidant status, immune response, and gut microbiota structure in geese.

**Poultry science , Volume: 104 Issue: 7 2025 Apr 16**

**Authors Liu M,Ge Y,Xu E,Zhu T,Ruan H,Zheng J**

Effects of combined prebiotic fiber supplementation and weight loss counseling in adults with metabolic dysfunction-associated steatotic liver disease: a randomized controlled trial.

**European journal of nutrition , Volume: 64 Issue: 4 2025 Apr 2**

**Authors Mayengbam S,Raman M,Parnell JA,Eksteen B,Lambert JE,Eller LK,Nicolucci AC,Aktary ML,Reimer RA**

Maternal dietary inulin intake during late gestation and lactation ameliorates intestinal oxidative stress in piglets with the involvements of gut microbiota and bile acids metabolism.

**Animal nutrition (Zhongguo xu mu shou yi xue hui) , Volume: 20 2025 Mar**

**Authors Lu D,Feng C,Pi Y,Ye H,Wu Y,Huang B,Zhao J,Han D,Soede N,Wang J**

Soymilk yogurt prepared using *Pediococcus pentosaceus* TOKAI 759m ameliorates cognitive function through gut microbiota modulation in high-fat diet mice.

**Current research in food science , Volume: 10 2025**

**Authors Nakashima Y,Hibi T,Urakami M,Hoshino M,Morii T,Sugawa H,Katsuta N,Tominaga Y,Takahashi H,Otomo A,Hadano S,Yasuda S,Hokamura A,Imai S,Kinoshita H**

Gut microbiota modulation and inflammation mitigation in a murine model through a hull-less and purple grain barley genotype.

**Food & function , 2025 Feb 25**

**Authors Cortijo-Alfonso ME,Laghoudaouta H,Pena RN,Martínez M,Yuste S,Rubió-Piqué L,Piñol-Felis C**

Carbon dioxide enhances *Akkermansia muciniphila* fitness and anti-obesity efficacy in high-fat diet mice.

**The ISME journal , 2025 Feb 23**

**Authors Wang X,Yang Q,Shi C,Wang Y,Guo D,Wan X,Dong P,Zhang Q,Hu Y,Zhang R,Yang H,Chen W,Liu Z**

The efficacy and underlying mechanisms of berberine in the treatment of recurrent *Clostridioides difficile* infection.

**International journal of antimicrobial agents , Volume: 65 Issue: 5 2025 Feb 20**

**Authors Wang L,Xu T,Wu S,Zhao C,Huang H**

Effect of dietary supplementation of *Bacillus subtilis* QST 713 on constipation, reproductive performance and offspring growth performance of sows.

**Animal reproduction science , Volume: 274 2025 Mar**

**Authors Li F,Wu D,Ma K,Wei T,Wu J,Zhou S,Xiang S,Zhu Z,Zhang X,Tan C,Luo H,Deng J**

Resveratrol and β-hydroxy-β-methylbutyric acid supplementation promotes ileal development and digestive function by altering microbial community abundance and metabolites in Tibetan sheep.

**Frontiers in veterinary science , Volume: 11 2024**

**Authors Gan J,Ji Q,Su Q,Hou S,Gui L**

Polyphenols-rich Portulaca oleracea L (purslane) alleviates ulcerative colitis through restoring the intestinal barrier, gut microbiota and metabolites.

**Food chemistry , Volume: 468 2025 Mar 15**

**Authors Li Z,Chu T,Sun X,Zhuang S,Hou D,Zhang Z,Sun J,Liu Y,Li J,Bian Y**

Ginsenosides From Panax ginseng Improves Hepatic Lipid Metabolism Disorders in HFD-Fed Rats by Regulating Gut Microbiota and Cholesterol Metabolism Signaling Pathways.

**Phytotherapy research : PTR , 2024 Dec 11**

**Authors Zhu Y,Zhang KX,Bu QY,Song SX,Chen Y,Zou H,You XY,Zhao GP**

Polysaccharides from Lycium barbarum, yam, and sunflower ameliorate colitis in a structure and intrinsic flora-dependent manner.

**Carbohydrate polymers , Volume: 349 Issue: Pt A 2025 Feb 1**

**Authors Zhang S,Zhou R,Xie X,Xiong S,Li L,Li Y**

Chitin promotes equol production via n-acetylglucosamine in human fecal cultures.

**Anaerobe , Volume: 91 2024 Nov 26**

**Authors Kodera M,Nakamura K,Yokoyama S**

Tea Polyphenols Reduced Obesity by Modulating Gut Microbiota-SCFAs-Barrier and Inflammation in High-Fat Diet-Induced Mice.

**Molecular nutrition & food research , Volume: 68 Issue: 24 2024 Dec**

**Authors Tian B,Huang P,Pan Y,Gu H,Yang K,Wei Z,Zhang X**

Galacto-oligosaccharides regulate intestinal mucosal sialylation to counteract antibiotic-induced mucin dysbiosis.

**Food & function , Volume: 15 Issue: 24 2024 Dec 9**

**Authors Xu L,Li X,Han S,Mu C,Zhu W**

Akkermansia muciniphila ONE effectively ameliorates dextran sulfate sodium (DSS)-induced ulcerative colitis in mice.

**NPJ science of food , Volume: 8 Issue: 1 2024 Nov 19**

**Authors Zhang H,Pan Y,Jiang Y,Chen M,Ma X,Yu X,Ren D,Jiang B**

Impact of resistant starch type 3 on fecal microbiota and stool frequency in Thai adults with chronic constipation randomized clinical trial.

**Scientific reports , Volume: 14 Issue: 1 2024 Nov 14**

**Authors Luk-In S,Leepiyasakulchai C,Saelee C,Keeratichamroen A,Srisangwan N,Ponprachanuvut P,Chammari K,Chatsuwan T,Wannigama DL,Shein AMS,Kueakulpattana N,Srisakul S,Sranacharoenpong K**

Oral administration of cranberry-derived exosomes attenuates murine premature ovarian failure in association with changes in the specific gut microbiota and diminution in ovarian granulosa cell PANoptosis.

**Food & function , Volume: 15 Issue: 23 2024 Nov 25**

**Authors Cui Z,Liu T,Wen Y,Li W,Xu J,Chen Y,Chen D,Zhu Y**

Intermittent Fasting Improves Insulin Resistance by Modulating the Gut Microbiota and Bile Acid Metabolism in Diet-Induced Obesity.

**Molecular nutrition & food research , 2024 Nov 9**

**Authors Lei S,Liu G,Wang S,Zong G,Zhang X,Pan L,Han J**

A Novel Synbiotic Protects Against DSS-Induced Colitis in Mice via Anti-inflammatory and Microbiota-Balancing Properties.

**Probiotics and antimicrobial proteins , 2024 Nov 7**

**Authors Yang Y,Qiao Y,Liu G,Chen W,Zhang T,Liu J,Fan W,Tong M**

Pediococcus pentosaceus RC007 and Saccharomyces boulardii RC009 as antibiotic alternatives for gut health in post-weaning pigs.

**Journal of applied microbiology , 2024 Nov 5**

**Authors Parada J,Magnoli A,Poloni V,Isgro MC,Cavagliari LR,Luna MJ,Carranza A,Cavagliari L**

Microbiota-Focused Dietary Approaches to Support Health: A Systematic Review.

**The Journal of nutrition , Volume: 155 Issue: 2 2025 Feb**

**Authors Hindle VK,Veasley NM,Holscher HD**

Bifidogenic Effect of Human Milk Oligosaccharides on Pediatric IBD Fecal Microbiota.

**Microorganisms , Volume: 12 Issue: 10 2024 Sep 30**

**Authors Otaru N,Bajic D,Van den Abbeele P,Vande Velde S,Van Biervliet S,Steinert RE,Rehman A**

Mechanistic insights into EGCG's preventive effects on obesity-induced precocious puberty through multi-omics analyses.

**Food & function , Volume: 15 Issue: 22 2024 Nov 11**

Authors Gu Q,Du Q,Xia L,Lu X,Wan X,Shao Y,He J,Wu P

Impact of Long-term Fasting on Breath Volatile Sulphur Compounds, Inflammatory Markers and Saliva Microbiota Composition.

**Oral health & preventive dentistry , Volume: 22 2024 Oct 24**

Authors Louré A,Grundler F,Wilhelmi de Toledo F,Giannopoulou C,Mesnage R

Lacticaseibacillus paracasei NCU-O4 relieves constipation and the depressive-like behaviors induced by loperamide in mice through the microbiome-gut-brain axis.

**Current research in food science , Volume: 9 2024**

Authors Li S,Li Y,Cai Y,Yan Z,Wei J,Zhang H,Yue F,Chen T

Analysis of the fermentation kinetics and gut microbiota modulatory effect of dried chicory root reveals the impact of the plant-cell matrix rationalizing its conversion in the distal colon.

**Microbiome research reports , Volume: 3 Issue: 3 2024**

Authors Puhlmann ML,van de Rakt E,Kerezoudi EN,Rangel I,Brummer RJ,Smidt H,Kaper FS,de Vos WM

A comprehensive update on the immunoregulatory mechanisms of Akkermansia muciniphila: insights into active ingredients, metabolites, and nutrient-driven modulation.

**Critical reviews in food science and nutrition , 2024 Oct 16**

Authors Mei L,Wang J,Hao Y,Zeng X,Yang Y,Wu Z,Ji Y

Effects of xylo-oligosaccharide supplementation on the production performance, intestinal morphology, cecal short-chain fatty acid levels, and gut microbiota of laying hens.

**Poultry science , Volume: 103 Issue: 12 2024 Dec**

Authors Xiong S,Zhang K,Wang J,Bai S,Zeng Q,Liu Y,Peng H,Xuan Y,Mu Y,Tang X,Ding X

Potato resistant starch improves type 2 diabetes by regulating inflammation, glucose and lipid metabolism and intestinal microbial environment.

**International journal of biological macromolecules , Volume: 281 Issue: Pt 3 2024 Nov**

Authors Liu X,Ma Q,Feng Y,Wang F,Wang W,Wang J,Sun J

Sulforaphane Improves Liver Metabolism and Gut Microbiota in Circadian Rhythm Disorder Mice Models Fed With High-Fat Diets.

**Molecular nutrition & food research , Volume: 68 Issue: 21 2024 Nov**

Authors He C,Chen M,Jiang X,Ren J,Ganapathiraju SV,Lei P,Yang H,Pannu PR,Zhao Y,Zhang X

Garlic Bioconverted by Bacillus subtilis Stimulates the Intestinal Immune System and Modulates Gut Microbiota Composition.

**Molecular nutrition & food research , Volume: 68 Issue: 20 2024 Oct**

Authors Tonog G,Yu H,Moon SK,Lee S,Jeong H,Kim HS,Kim KB,Suh HJ,Kim H

Alginic Oligosaccharides Enhance Gut Microbiota and Intestinal Barrier Function, Alleviating Host Damage Induced by Deoxynivalenol in Mice.

**The Journal of nutrition , Volume: 154 Issue: 11 2024 Nov**

Authors Mi J,Tong Y,Zhang Q,Wang Q,Wang Y,Wang Y,Lin G,Ma Q,Li T,Huang S

Berberine alleviates ETEC-induced intestinal inflammation and oxidative stress damage by optimizing intestinal microbial composition in a weaned piglet model.

**Frontiers in immunology , Volume: 15 2024**

Authors Wang Y,Zhang Z,Du M,Ji X,Liu X,Zhao C,Pang X,Jin E,Wen A,Li S,Zhang F

Effects of saponins R(b1) and R(e) in American ginseng intervention on intestinal microbiota of aging model.

**Frontiers in nutrition , Volume: 11 2024**

Authors Shi M,Fan H,Liu H,Zhang Y

Effect of Purified Resveratrol Butyrate Ester Monomers against Hypertension after Maternal High-Fructose Intake in Adult Offspring.

**Nutrients , Volume: 16 Issue: 18 2024 Sep 17**

Authors Tain YL,Hou CY,Tzeng HT,Lin SF,Chang-Chien GP,Lee WC,Wu KLH,Yu HR,Chan JYH,Hsu CN

Lingonberry (*Vaccinium vitis-idaea L.*) Fruit Phenolic Bioactivities-A Review of In Vitro and In Vivo Human Studies.

**Microorganisms , Volume: 12 Issue: 9 2024 Sep 6**

Authors Pärnänen P,Niikko S,Lähteenmäki H,Räisänen IT,Tervahartiala T,Sorsa T,Ranki A

Effect of Lacticaseibacillus rhamnosus IDCC 3201 on irritable bowel syndrome with constipation: a randomized, double-blind, and placebo-controlled trial.

**Scientific reports , Volume: 14 Issue: 1 2024 Sep 27**

Authors Kwon H,Nam EH,Kim H,Jo H,Bang WY,Lee M,Shin H,Kim D,Kim J,Kim H,Lee J,Jung YH,Yang J,Won DD,Shin M

Aged garlic oligosaccharides modulate host metabolism and gut microbiota to alleviate high-fat and high-cholesterol diet-induced atherosclerosis in ApoE(-/-) mice.

**Food chemistry , Volume: 463 Issue: Pt 3 2025 Jan 15**

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Addison's Disease (hypocortisolism)

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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-Hlactic 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