

Microbiome Information for: Schizophrenia

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

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Schizophrenia

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	Haemophilus	genus	Low	724
Bacteroidia	class	High	200643	Holdemania	genus	High	61170
Clostridia	class	High	186801	Intestinibacter	genus	High	1505657
Deltaproteobacteria	class	High	28221	Klebsiella	genus	High	570
Gammaproteobacteria	class	High	1236	Lachnoclostridium	genus	High	1506553
Alcaligenaceae	family	Low	506	Lachnospira	genus	Low	28050
Bifidobacteriaceae	family	Low	31953	Lactobacillus	genus	High	1578
Chlamydiaceae	family	High	809	Lactonifactor	genus	High	420345
Desulfovibrionaceae	family	High	194924	Megamonas	genus	High	158846
Enterococcaceae	family	Low	81852	Megasphaera	genus	High	906
Lachnospiraceae	family	High	186803	Methanobrevibacter	genus	High	2172
Leuconostocaceae	family	Low	81850	Mogibacterium	genus	High	86331
Oscillospiraceae	family	High	216572	Morganella	genus	High	90690
Peptostreptococcaceae	family	High	186804	Morganella	genus	High	108061
Prevotellaceae	family	High	171552	Morganella	genus	High	581
Rhodocyclaceae	family	Low	75787	Odoribacter	genus	High	283168
Rikenellaceae	family	Low	171550	Parabacteroides	genus	High	375288
Ruminococcaceae	family	High	541000	Paraprevotella	genus	High	577309
Sphingomonadaceae	family	High	41297	Prevotella	genus	High	838
Veillonellaceae	family	Low	31977	Roseburia	genus	Low	841
Verrucomicrobiaceae	family	High	203557	Ruminococcus	genus	Low	1263
Acidaminococcus	genus	High	904	Sellimonas	genus	High	1769710
Actinomyces	genus	High	1654	Senegalimassilia	genus	High	1473205
Adlercreutzia	genus	Low	447020	Solobacterium	genus	High	123375
Akkermansia	genus	Low	239934	Staphylococcus	genus	High	1279
Anaerococcus	genus	High	165779	Streptococcus	genus	High	1301
Anaerofustis	genus	High	264995	Subdoligranulum	genus	Low	292632
Anaerostipes	genus	Low	207244	Succinivibrio	genus	High	83770
Anaerotruncus	genus	High	244127	Weissella	genus	High	46255
Aspergillus	genus	High	5052	Actinomycetales	order	High	2037
Atopobium	genus	High	1380	Bacteroidales	order	High	171549
Bacteroides	genus	High	816	Bifidobacteriales	order	Low	85004
Barnesiella	genus	High	397864	Eubacteriales	order	High	186802
Bilophila	genus	High	35832	Lactobacillales	order	High	186826
Blautia	genus	Low	572511	Rhodocyclales	order	Low	206389
Bulleidia	genus	High	118747	Sphingomonadales	order	High	204457
Butyricoccus	genus	Low	580596	[Clostridium] symbiosum	species	High	1512
Candidatus Epulonipiscium	genus	High	2383	[Eubacterium] siraeum	species	High	39492
Candidatus Saccharimonas	genus	Low	1331051	Akkermansia muciniphila	species	High	239935
Chlamydia	genus	High	810	Alkaliphilus oremlandii	species	High	461876
Clostridium	genus	High	1485	Anaerobutyricum hallii	species	High	39488

Bacteria Name	Rank Shift Taxonomy ID	Bacteria Name	Rank Shift Taxonomy ID
Collinsella	<i>genus</i> High 102106	Bacteroides uniformis	<i>species</i> High 820
Comamonas	<i>genus</i> High 283	Bartonella rochalimae	<i>species</i> High 395923
Coprococcus	<i>genus</i> Low 33042	Bifidobacterium adolescentis	<i>species</i> High 1680
Corynebacterium	<i>genus</i> High 1716	Bifidobacterium longum	<i>species</i> High 216816
Desulfovibrio	<i>genus</i> High 872	Candida albicans	<i>species</i> High 5476
Dialister	<i>genus</i> Low 39948	Clostridium perfringens	<i>species</i> High 1502
Eggerthella	<i>genus</i> High 84111	Cronobacter sakazakii	<i>species</i> High 28141
Enterococcus	<i>genus</i> Low 1350	Cronobacter turicensis	<i>species</i> High 413502
Eubacterium	<i>genus</i> High 1730	Enterococcus faecium	<i>species</i> High 1352
Faecalibacterium	<i>genus</i> Low 216851	Lactobacillus gasseri	<i>species</i> High 1596
Flavonifractor	<i>genus</i> High 946234	Neisseria gonorrhoeae	<i>species</i> High 485
Fusicatenibacter	<i>genus</i> Low 1407607	Phocaeicola plebeius	<i>species</i> High 310297
Fusobacterium	<i>genus</i> High 848	Streptococcus vestibularis	<i>species</i> High 1343
Gemmiger	<i>genus</i> Low 204475	Treponema pallidum	<i>species</i> High 160
		Veillonella parvula	<i>species</i> High 29466

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]quinolizinium {Berberine} 1.5 gram/day	Lactobacillus acidophilus {L. acidophilus} 20 BCFU/day
3,3',4',5,7-pentahydroxyflavone {Quercetin} 2 gram/day	Lactobacillus plantarum {L. plantarum} 60 BCFU/day
Abstention from eating {Fasting}	Ligilactobacillus salivarius {L. salivarius} 9 BCFU/day
α-Glucosaccharides {GOS}	Limosilactobacillus fermentum {L. fermentum} 12 BCFU/day
Avena sativa {Oats}	Linum usitatissimum {Flaxseed} 30 mg/day
Avena sativa x Hordeum vulgare {barley,oat}	Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}
bacillus	Malus domestica {apple}
bacillus subtilis {B.Subtilis} 10 BCFU/day	oligosaccharides {oligosaccharides}
Bifidobacterium animalis subsp. lactis {B. Lactis} 1 BCFU/day	Outer Layers of Triticum aestivum {Wheat Bran}
bifidobacterium bifidum {B. bifidum} 1 BCFU/day	pectin {pectin}
Bovine Milk Products {Dairy}	Pediococcus pentosaceus {P. pentosaceus}
fat	Phaseolus vulgaris {Boston bean}
fructo-oligosaccharides 15 gram/day	polyphenols 3 gram/day
fruit	Probiotic Mixture 1 {Japanese Vet Probiotic}
fruit/legume fibre	pseudo-cereals {amaranth,quinoa, taro,buckwheat}
fucoidan {Brown Algae Extract} 8.8 gram/day	red wine 250 ml/day
Ganoderma sichuanense {Reishi Mushroom} 3.4 gram/day	β-glucan {Beta-Glucan} 500 mg/day
Grape Polyphenols {Grape Flavonoids}	Sulforaphane {Dark Greens}
grapes	Tobacco consumption {Smoking}
Hordeum vulgare {Barley} 60 gram/day	yogurt
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day	β-lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

SuperSmart / Full Spectrum Probiotic Formula
quantum wellness / restora flora
organic 3 / primal gut
Garden of Life / Dr. Formulated Once Daily Women's
hyperbiotics / pro-15
garden of life / primal defense
douglas laboratories / multi probiotic 40 billion
renew life men's probiotic - ultimate
renew life / ultimate flora
bioglan bio (au) / happy probiotic 100
Windlove Probiotics / Ecologic@825
ASEA VIA / BIOME
Wholesome Wellness / Raw Probiotic
udo's choice /super 8 gold
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixa / probiotic
bioray / cytoflora
solaray / mycrobioime probiotic colon formula
newrhythm / probiotics 20 stains
Physis / Advance Probiotics
Dr. Mercola / Complete Probiotics
OMNI-BIOTIC®/ 10 AAD
nature's bounty / probioti 10
young living/life 9
MegaFood / MegaFlora
OMNI-BIOTIC®/ TRAVEL
klaire labs / target gb-x
Next Generation
Northwest Natural Products / PBS
organic 3 / gutpro
custom probiotics / six strain probiotic powder
HMF Metabolic
Nu U (uk) /Bio-Cultures Complex
seed / female version
jarrow formulas / jarro-dophilus® ultra
spain (es) / profaes4 viajeros
bravo europe / starter and complex
optibac / for every day
Probiotic 10 Billion Active Cells Daily Maintenance
Seeking Health / Probiota HistaminX
7 AM Ultra Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
Invivo / Bio.Me Femme UT
blackmore (au) / probiotics+ bowel support
Wakunaga / Max Probiotic
spain (es) / profaes4 edad escolar
HMF Forte
ISCON Elegance/ Ochek Capsule 10
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
HMF IBS Relief
vinco / probiotic eight 65
NOW FOODS / Clinical GI Probiotic
ecology_allergycare
Lake Avenue Nutrition / Probiotics 10 Strain Blend

lifted naturals / mood boosting probiotic
Smidge / Sensitive Probiotic
genestra brands® hm
custom probiotics / four strain lactobacilli
fürstenmed / lacto-bifido
HMF Intensive
SuperSmart / Lactoxira
up4 / ultra
ferring / vsl#3
jamieson (can) / probiotic 10 bcfu
up4 / adult
Bromatech (IT) / Acronelle
visbiome
shin biofermin (jp) /s
Resbiotic / resB® Lung Support
Thryve L.PCasei Th1, L.PCasei Th2, L.Ferm IBF1, L.acidoph
Bromatech (IT) / Lautoselle
quality health(au) / fridge free probiotic 25b
ProbioMax® Daily DF
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
zint nutrition / probiotic collagen +
jarrow formula / jarro-dophilus original
Bromatech(IT) / FEMELLE
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
Krauterhaus / Lactopro
gnc / ultra probiotic complex
seed / male version
cytoplan(uk) / dentavital bifidophilus
bioglan bio (au) / happy probiotic 50
powerlabs (au) / ultra blend
natren / healthy trinity probiotic
up4 / women's
optibac / bifidobacteria & fibre
Bromatech (IT) / Adomelle
Bromatech (IT) / Milonet
NaturalPharma / Profit Probiotics
speer labs / emuaid first defense
Sash Vitality / Bio-Cultures Probiotics for Adults
jarrow formula / ideal bowel support® Ip299v®
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
SuperSmart / Vaginal Health
SuperSmart / Probio Forte
klair labs / ther-biotic factor 4
Symprove™
bravo europe / freeze-dried bravo
optibac / for every day max
FloraVantage® Balance
ImmuneBiotech Medical Sweden AB / GutMagnific®
CVSHealth / Daily Probiotic
Maple Life Science™ / Lactobacillus salivarius
CustomProbiotics.com / L. Plantarum Probiotic Powder
SuperSmart / Oral Health
Bromatech (IT) / Citogenex
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE

PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
Maple Life Science™ / Lactobacillus fermentum
goodbelly drink
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Jetson (US) / Mood Probiotics
Ombre / Heart Health
Bromatech (IT) / Bifiselle
bioglan (au) / healthy kids probiotic choc balls 50s
Prescript-Assist®/SBO Probiotic
solgar / advanced 40+ acidophilus
Bulk Probiotics / B. Bifidum Probiotic Powder (Anxiety Support)
Optibac Probiotics / Bifidobacterium lactis HNO19
CustomProbiotics.com / L. Salivarius Probiotic Powder
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
Wakunaga / Daily Probiotic
Metabolics / Lactobacillus Acidophilus
Schwabe Pharma Italia / EnteroDophilus
Nature's Bounty / Acidophilus Probiotic
UltraFlora® Restore
Materna® Opti-Lac® Breast Feeding Support
jarrow formulas / jarro-dophilus eps
spain (es) / ns defenbiotic kids
philips / colon health
bioglan bio (au/ happy probiotic 25
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-lactate free probiotics powder
solgar / advanced acidophilus plus
wakamoto (jp) / strong wakamoto w
UltraFlora® Intensive Care
Pädia GmbH (DE)/Mambiotic Kapseln
quality health (au) / fridge free* probiotic 60s
Metabolics / Bifidobacterium Bifidum Powder
microbiome labs / hu58
anabolic laboratories / probiotic complete
Bulk Probiotics / L. Salivarius Probiotic Powder
natren / bifido factor
Bioflora(MX) / Woman
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
custom probiotics / b. lactis & b. bifidum probiotic powder
BioGaia / Elactia
nature's way (au) / restore probiotic choc balls 60s
Sanogermina / AB-Kolicare
SuperSmart / Derma Relief
Ombre / Harmony
just for tummies / live bacteria
UltraFlora® Immune Booster
Purica Probiotic Cardio
Activia®
UltraFlora® Control
Biorela® Daily
Bulk Probiotics / L. Acidophilus Probiotic Powder
spain (es) / lactanza hereditum
Maple Life Science™ / Bifidobacterium Animalis
Wakunaga / Pro+ Synbiotic

Floradapt Cardio
 Metabolics / Lactobacillus Salivarius Powder
 Bromatech (IT) / Ramnoselle
 Bromatech (IT) / Rotanelle plus
 Immune Defense Daily Chewable Probiotic
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 natren / megadophilus
 VSL Pharmaceuticals / Oxadrop
 Genesis Bifidobacterium Complex BB Probiotic
 FloraVantage® Control
 trubiotics / one a day
 Maple Life Science™ / Lactobacillus plantarum
 Maple Life Science™ / Bifidobacterium Bifidum
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 Nature's Lab Cardio
 CustomProbiotics.com / L. Acidophilus Probiotic Powder
 Purica Probiotic Intensive GI
 Ombre / Ultimate Immunity
 Seeking Health / Probiota Bifidobacterium
 reg'activ / immune & vitality
 INVIVO THERAPEUTICS / Bio.Me IB +
 aor / probiotic-3
 solgar / advanced multi-billion dophilus
 Bromatech (IT) / Pilorex
 Bromatech (IT) / Aflugenex
 Bulk Probiotics / Bacillus Subtilis Probiotic
 bio-k+
 Bulk Probiotics / L. Fermentum Probiotic Powder
 PharmExtracta (IT) / FG5 Forte In Sachets
 customprobiotics.com / B. Bifidum Probiotic Powder
 naturopathica (au) / gastrohealth probiotic adults 50+
 Bromatech (IT) / Psicobrain
 Nature's Lab Intensive GI
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 Floradapt Gut Comfort
 SuperSmart / Bacillus Subtilis
 optibac / for your cholesterol
 bayer / trubiotics daily probiotic
 Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
 optibac / for those on antibiotics
 Bulk Probiotics / L. Plantarum Probiotic Powder
 spain (es) / I3.1
 Ombre / Mood Enhancer
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 UltraFlora® Balance

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}

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

Diferuloylmethane {Curcumin}

Disodium fumarate {Fumaric acid disodium salt}

Heyndrickxia coagulans {B. coagulans}

nuts

Propolis {Bee glue}

Saccharomyces cerevisiae var boulardii {S. boulardii}

Shen Ling Bai Zhu San {参苓白术散}

sodium butyrate

Sodium Chloride {Salt}

Solanum tuberosum {Potatoes}

Sus domesticus {Pork}

terpenophenolics {cannabinoids}

Thymus vulgaris {thyme}

walnuts

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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Authors D'Adamo Peter

Curcumin consumption reduces gut microbial diversity among patients with colorectal adenomas

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Additional APriori Analysis Available

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

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