

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

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
Actinomycetia	class	High	1760	Holdemania	genus	High	61170
Bacteroidia	class	High	200643	Intestinibacter	genus	High	1505657
Clostridia	class	High	186801	Klebsiella	genus	High	570
Deltaproteobacteria	class	High	28221	Lachnoclostridium	genus	High	1506553
Alcaligenaceae	family	Low	506	Lachnospira	genus	High	28050
Bifidobacteriaceae	family	Low	31953	Lactobacillus	genus	High	1578
Christensenellaceae	family	High	990719	Lactonifactor	genus	High	420345
Enterobacteriaceae	family	Low	543	Megasphaera	genus	High	906
Enterococcaceae	family	Low	81852	Methanobrevibacter	genus	High	2172
Lachnospiraceae	family	High	186803	Mogibacterium	genus	High	86331
Leuconostocaceae	family	Low	81850	Morganella	genus	High	581
Peptostreptococcaceae	family	High	186804	Odoribacter	genus	High	283168
Prevotellaceae	family	High	171552	Parabacteroides	genus	High	375288
Rhodocyclaceae	family	Low	75787	Roseburia	genus	Low	841
Rikenellaceae	family	Low	171550	Saccharimonas	genus	Low	1331051
Ruminococcaceae	family	High	541000	Solobacterium	genus	High	123375
Sphingomonadaceae	family	High	41297	Succinivibrio	genus	High	83770
Veillonellaceae	family	Low	31977	Sutterella	genus	Low	40544
Actinomyces	genus	High	1654	Turicibacter	genus	High	191303
Adlercreutzia	genus	Low	447020	Actinomycetales	order	High	2037
Anaerococcus	genus	High	165779	Bacteroidales	order	High	171549
Anaerofustis	genus	High	264995	Bifidobacteriales	order	Low	85004
Anaerostipes	genus	Low	207244	Eubacteriales	order	High	186802
Anaerotruncus	genus	High	244127	Rhodocyclales	order	Low	206389
Atopobium	genus	High	1380	Sphingomonadales	order	High	204457
Bacteroides	genus	High	816	[Clostridium] symbiosum	species	High	1512
Bilophila	genus	High	35832	[Eubacterium] siraeum	species	High	39492
Blautia	genus	Low	572511	Akkermansia muciniphila	species	High	239935
Clostridium	genus	Low	1485	Alkaliphilus oremlandii	species	High	461876
Collinsella	genus	High	102106	Anaerobutyricum hallii	species	High	39488
Comamonas	genus	High	283	Bacteroides uniformis	species	High	820
Corynebacterium	genus	High	1716	Bifidobacterium adolescentis	species	High	1680
Desulfovibrio	genus	High	872	Bifidobacterium longum	species	High	216816
Eggerthella	genus	High	84111	Clostridium perfringens	species	High	1502
Enterococcus	genus	Low	1350	Cronobacter sakazakii	species	High	28141
Epulopiscium	genus	High	2383	Cronobacter turicensis	species	High	413502
Eubacterium	genus	High	1730	Enterococcus faecium	species	High	1352
Faecalibacterium	genus	Low	216851	Lactobacillus gasseri	species	High	1596
Flavonifractor	genus	High	946234	Phocaeicola plebeius	species	High	310297
Haemophilus	genus	Low	724	Streptococcus vestibularis	species	High	1343
				Veillonella parvula	species	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.

arabinogalactan (prebiotic)	21 gram/day	lactobacillus acidophilus (probiotics)	20 BCFU/day
bacillus subtilis (probiotics)	10 BCFU/day	lactobacillus casei (probiotics)	48 BCFU/day
barley	60 gram/day	lactobacillus fermentum (probiotics)	12 BCFU/day
berberine	1.5 gram/day	Lactobacillus Johnsonii (probiotic)	10 BCFU/day
Burdock Root		lactobacillus paracasei (probiotics)	40 BCFU/day
Cacao	20 gram/day	lactobacillus plantarum (probiotics)	60 BCFU/day
clostridium butyricum (probiotics), Miya, Miyarisan	1 gram/day	lactobacillus reuteri (probiotics)	22 BCFU/day
Conjugated Linoleic Acid		pomegranate	1 gram/day
fasting		red wine	250 ml/day
fat		resistant starch	
fructo-oligosaccharides (prebiotic)	15 gram/day	resveratrol (grape seed/polyphenols/red wine)	2 gram/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day	soy	25 gram/day
inulin (prebiotic)	32 gram/day	vitamin d	50000 UI/day
		wheat bran	

Retail Probiotics

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

Global Healing Center / FloraTrex
 SuperSmart / Full Spectrum Probiotic Formula
 vita miracle / ultra-30 probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 nature's way (au) / restore probiotic 100 billion
 hyperbiotics / pro-15
 garden of life / primal defense
 Physician Choice /60 Billion Probiotics
 newrhythm / probiotics 20 stains
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Windlove Probiotics / Ecologic®825
 Wholesome Wellness / Raw Probiotic
 Jetson (US) / Immunity Probiotics
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 douglas laboratories / multi probiotic 40 billion
 elixa / probiotic
 bioray / cytoflora
 renew life / ultimate flora
 up4 / ultra
 bioglan bio (au) / happy probiotic 100
 seed / female version
 jarro formulas / jarro-dophilus® ultra
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 renew life men's probiotic - ultimate
 theramedix / probiotic
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 bioglan bio (au) / happy probiotic 50
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 organic 3 / primal gut
 Physis / Advance Probiotics
 blackmore (au) / probiotics+ daily health
 OMNI-BIOTIC®/ TRAVEL
 nature's bounty / probioti 10
 fairvital / microflora basic
 MegaFood / MegaFlora
 Invivo / Bio.Me Femme UT
 seed / male version
 solaray / mycrobioime probiotic colon formula
 vinco / probiotic eight 65
 Dr. Mercola / Complete Probiotics
 Jetson / FIT
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 ferring / vsl#3
 nature's way (au) /restore probiotic bowel & colon health 30s
 visbiome
 Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
 SuperSmart / Probio Forte
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 Ombre / Healthy Gut
 OMNI-BIOTIC®/ 10 AAD
 1 md / complete probiotics platinum
 Realdose
 spain (es) / vivomixx

HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice / super 8 gold
ASEA VIA / BIOME
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
jarrow formula / jarro-dophilus original
blackmores (au) / probiotics + adults daily (90 capsules)
fürstenmed / lacto-bifido
probiotic pur (de) / realdose nutrition
Bromatech (IT) / Rotanelle plus
Swiss BioEnergetics / Full Spectrum Probiotic Defence
aor / probiotic-3
bio-k+
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
Bromatech (IT) / Aflugenex
solgar / advanced multi-billion dophilus
nature's way (au) / restore probiotic daily health 90s
zint nutrition / probiotic collagen +
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
SuperSmart / Lactoxira
Bromatech (IT) / Psicobrain
up4 / adult
jarrow formulas / bifidus balance® + fos
ProbioMax® Daily DF
young living/life 9
Bromatech (IT) / Adomelle
up4 / women's
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
blackmores (au) / probiotics+ immune defence
bravo europe / freeze-dried bravo
custom probiotics / six strain probiotic powder
Bromatech (IT) / Citogenex
Bromatech (IT) / Lautoselle
jamieson (can) / probiotic 10 bcfu
Resbiotic / resB® Lung Support
klair labs / target gb-x
jarrow formulas / jarro-dophilus eps
naturopathica (au) / gastrohealth fibrepro
Sash Vitality / Bio-Cultures Probiotics for Adults
solgar / advanced 40+ acidophilus
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
SuperSmart / Vaginal Health
bravo europe / starter and complex
optibac / for every day
ecology_allergycare
NOW FOODS / Clinical GI Probiotic
lifted naturals / mood boosting probiotic
powerlabs (au) / ultra blend
blackmore (au) / probiotics+ bowel support
Bromatech (IT) / Milonet
SuperSmart / Derma Relief
NaturalPharma / Profit Probiotics
naturopathica (au) / gastrohealth women's probiotic with cranberry
Ombre / Metabolic Booster
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS

nature's way (au) / restore probiotic 30 billion 30s
SuperSmart / H. Pylori Fight
BioGaia / BioGaia Osfortis
Eden's / 3-in-1 Synbiotic Superblend
Bromatech (IT) / Ramnoselle
bio-botanical research / proflo4r restorative probiotic
optibac / for women
Pädia GmbH (DE)/Mambiotic Kapseln
quality health (au) / fridge free* probiotic 60s
jarrow formulas / fem-dophilus®
speer labs / emuaid first defense
global health trax / threelac
solgar / advanced acidophilus plus
spain (es) / profaes4 edad escolar
Energybalance / ColoBiotica 28 Colon Support
mwsb / candida yeast support
microbiome labs/ megasporebiotic
optibac / bifidobacteria & fibre
nature's way (au) / restore probiotic choc balls 60s
klair labs / biospora
miyarian (jp) / miyarian
perfect pass / perfect pass probiotic bacillus spore
PharmExtracta (IT) / INatal Sachets
CustomProbiotics.com / L. Reuteri Probiotic Powder
microbiome labs / hu58
anabolic laboratories / probiotic complete
HLH BIOPHARMA(DE) / LACTOBACT® LDL-CONTROL
cytoplant(uk) / dentavital bifidophilus
spain (es) / gum peribalance
trubiotics / one a day
natren / healthy trinity probiotic
nature's instincts / ultra spore probiotic
Biorela® Daily
spain (es) / lactanza hereditum
gnc / ultra probiotic complex
bioglan (au) / healthy kids probiotic choc balls 50s
Prescript-Assist®/SBO Probiotic
Microbiome Labs / MEGA Genesis
BioGaia / BioGaia Products
jarrow formula / ideal bowel support® lp299v®
spain (es) / reuteri gotas
Seeking Health / Probiota HistaminX
Nature's Bounty / Acidophilus Probiotic
blackmore (au) / probiotics+ eczema relief
Metabolics / Lactobacillus Acidophilus
bioglan bio (au/ happy probiotic 25
optibac / for those on antibiotics
shin biofermin (jp) /s
spain (es) / I3.1
spain (es) / casenbiotic
ImmuneBiotech Medical Sweden AB / GutMagnific®
enviromedica terraflora sbo probiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
optibac / for every day max
spain (es) / profaes4 viajeros
Reduz melasma / Lactobacillus Johnsonii
organic 3 / gutpro

blackmore (au) / probiotics+ womens flora balance
naturopathica (au) / gastrohealth antacid
Pendulum / Pendulum Glucose Control
SuperSmart / Lactobacillus reuteri
CustomProbiotics.com / L. Plantarum Probiotic Powder
SuperSmart / Oral Health
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
biospec / probiotic-5
corebiotic
RepHresh / Pro-B Probiotic Supplement for Women
Ombre / Harmony
danactive drink
Nutrition Essentials / Probiotic (900 BCFU)
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
JGL / Lactogyn
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
bayer / trubiotics daily probiotic
Bromatech (IT) / Enterelle
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
quality health(au) / fridge free probiotic 25b
optibac / for your cholesterol
CustomProbiotics.com / L. Acidophilus Probiotic Powder
jarrow formulas / fern dophilus
Ombre / Ultimate Immunity
PharmExtracta (IT) / Butirisan
Ombre / Restore
Bromatech (IT) / Acronelle
spain (es) / gastrus
naturopathica (au) / gastrohealth probiotic adults 50+
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
Metabolics / Lactobacillus Plantarum Powder
Bromatech (IT) / Pilorex
Smidge / Sensitive Probiotic
genestra brands® hm
reg'activ / immune & vitality
INVIVO THERAPEUTICS / Bio.Me IB +
optibac / for daily immunity
Sun Wave Pharma/Bio Sun Instant
microbiome labs / restorflora
PharmExtracta (IT) / FG5 Forte In Sachets
vitamin angels / just thrive
CustomProbiotics.com / L. Casei Probiotic Powder
natren / megadophilus
VSL Pharmaceuticals / Oxadrop

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)
Caffeine
diosmin,(polyphenol)
fluorine
Guaiacol (polyphenol)
Hesperidin (polyphenol)
luteolin (flavonoid)
melatonin supplement
N-Acetyl Cysteine (NAC),
Psyllium (Plantago Ovata Husk)

retinoic acid,(Vitamin A derivative)
sucralose
tea
Tributylin
Vitamin B1,thiamine hydrochloride
Vitamin B-12
vitamin B3,niacin
Vitamin B6,pyridoxine hydrochloride
vitamin B7, biotin
Vitamin B9,folic acid
Vitamin C (ascorbic acid)

Sample of Literature Used

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

[Gut microbial signatures and differences in bipolar disorder and schizophrenia of emerging adulthood.](#)

CNS neuroscience & therapeutics , 2022 Dec 5

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Epilepsy
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Functional constipation / chronic idiopathic constipation
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Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
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Histamine Issues From Ubiome
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IgA nephropathy (IgAN)
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Insomnia
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Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
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Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
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NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis

Osteoporosis
Parkinson's Disease
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Premenstrual dysphoric disorder
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rheumatoid arthritis (RA),Spondyloarthritis (SpA)
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Systemic Lupus Erythematosus
Tic Disorder
Tourette syndrome
Type 1 Diabetes
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