

Microbiome Information for: Premenstrual dysphoric disorder

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 Premenstrual dysphoric disorder

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

| | | | |
|-----------------|-------|------|---------|
| Bacteroidia | class | Low | 200643 |
| Anaerotaenia | genus | High | 1843206 |
| Bifidobacterium | genus | High | 1678 |
| Blautia | genus | High | 572511 |

Bacteria Name Rank Shift Taxonomy ID

| | | | |
|-----------------|-------|------|---------|
| Butyricoccus | genus | Low | 580596 |
| Collinsella | genus | High | 102106 |
| Extibacter | genus | Low | 1918452 |
| Megasphaera | genus | Low | 906 |
| Parabacteroides | genus | Low | 375288 |

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.

apple

arabinogalactan (prebiotic) 21 gram/day

bacillus subtilis (probiotics) 10 BCFU/day

Burdock Root

Cacao 20 gram/day

fructo-oligosaccharides (prebiotic) 15 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

inulin (prebiotic) 32 gram/day

lactobacillus casei (probiotics) 48 BCFU/day

lactobacillus plantarum (probiotics) 60 BCFU/day

lactobacillus rhamnosus (probiotics) 48 BCFU/day

raffinose(sugar beet)

soy 25 gram/day

wheat

Retail Probiotics

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

Global Healing Center / FloraTrex
garden of life / primal defense
SuperSmart / Full Spectrum Probiotic Formula
jarrow formulas / jarro-dophilus eps
bioglan bio (au) / happy probiotic 100
fürstenmed / lacto-bifido
theramedix / probiotic
newrhythm / probiotics 20 stains
Lake Avenue Nutrition / Probiotics 10 Strain Blend
ASEA VIA / BIOME
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
jarrow formula / jarro-dophilus original
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
udo's choice /super 8 gold
Krauterhaus / Lactopro
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixa / probiotic
bioray / cytoflora
renew life / ultimate flora
up4 / ultra
7 AM Ultra Probiotics
quantum wellness / restora flora
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
Physician Choice /60 Billion Probiotics
seed / female version
jarrow formulas / jarro-dophilus® ultra
1 md / complete probiotics platinum
SuperSmart / Derma Relief
OMNI-BIOTIC®/ TRAVEL
MegaFood / MegaFlora
organic 3 / primal gut
Physis / Advance Probiotics
Dr. Mercola / Complete Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
vinco / probiotic eight 65
hyperbiotics / pro-15
nature's way (au) / restore probiotic 100 billion
bioglan bio (au) / happy probiotic 50
NOW FOODS / Clinical GI Probiotic
seed / male version
solaray / microbiome probiotic colon formula
lifted naturals / mood boosting probiotic
Resbiotic /resB® Lung Support
Invivo / Bio.Me Femme UT
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
fairvital / microflora basic
young living/life 9
Ombre / Healthy Gut
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
OMNI-BIOTIC®/ 10 AAD

up4 / women's
custom probiotics / six strain probiotic powder
Jetson (US) / Mood Probiotics
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
biospec / probiotic-5
SuperSmart / Probio Forte
optibac / for every day
Sash Vitality / Bio-Cultures Probiotics for Adults
blackmore (au) / probiotics+ eczema relief
SuperSmart / Vaginal Health
LiveWell Nutrition / Pro-45
zint nutrition / probiotic collagen +
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
Wholesome Wellness / Raw Probiotic
bio-k+
Windlove Probiotics / Ecologic®825
Swiss BioEnergetics / Full Spectrum Probiotic Defence
probiotic pur (de) / realdose nutrition
jarrow formulas / bifidus balance® + fos
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
nature's way (au) / restore probiotic bowel & colon health 30s
visbiome
renew life men's probiotic- ultimate
Realdose
SuperSmart / Lactoxira
Bromatech (IT) / Psicobrain
Metabolics / Lactobacillus Rhamnosus Powder
spain (es) / I3.1
jamieson (can) / probiotic 10 bcfu
optibac / for those on antibiotics
Bromatech (IT) / Lautoselle
ferring / vsl#3
spain (es) / ns defenbiotic kids
naturopathica (au) / gastrohealth fibrepro
custom probiotics / d-lactate free probiotics powder
klair labs / target gb-x
spain (es) / aquilea intimus
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Jetson / Gut Prep
up4 / adult
Ombre / Restore
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
JGL / Lactogyn
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
naturopathica (au) / gastrohealth probiotic adults 50+
spain (es) / muvagyn probiotico
blackmores (au) / probiotics + adults daily (90 capsules)
aor / probiotic-3
vitamin angels / just thrive
CustomProbiotics.com / L. Casei Probiotic Powder
nature's way (au) / restore probiotic daily health 90s

Smidge / Sensitive Probiotic
microbiome labs / restorflora
Metabolics / Lactobacillus Plantarum Powder
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
optibac / for your cholesterol
jarow formulas / fem dophilus
Ombre / Ultimate Immunity
INVIVO THERAPEUTICS / Bio.Me IB +
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
Ombre / Endless Energy
Jetson / FIT
Seeking Health / Probiota HistaminX
bravo europe / starter and complex
Prescript-Assist@/SBO Probiotic
jarow formula / ideal bowel support@ lp299v@
organic 3 / gutpro
blackmore (au) / probiotics+ womens flora balance
bravo europe / freeze-dried bravo
corebiotic
blackmores (au) / probiotics+ immune defence
CustomProbiotics.com / L. Plantarum Probiotic Powder
SuperSmart / Oral Health
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
Ombre / Heart Health
enviromedica terrafflora sbo probiotic
Bromatech (IT) / Citogenex
ImmuneBiotech Medical Sweden AB / GutMagnific®
RepHresh / Pro-B Probiotic Supplement for Women
Ombre / Harmony
Nutrition Essentials / Probiotic (900 BCFU)
Bromatech (IT) / Adomelle
nature's bounty / probioti 10
mwsb / candida yeast support
microbiome labs/ megasporebiotic
optibac / bifidobacteria & fibre
klair labs / biospora
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
jarow formulas / jarro-dophilus mood
Ombre / Metabolic Booster
spain (es) / ns florabiotic instant
optibac / for women
perfect pass / perfect pass probiotic bacillus spore
PharmExtracta (IT) / INatal Sachets
NaturalPharma / Profit Probiotics
HLH BIOPHARMA(DE) / LACTOBACT® OMNI FOS
naturopathica (au)/ gastrohealth probiotic daily care
microbiome labs / hu58
jarow formulas / fem-dophilus®
global health trax / threelac
nature's way (au) / restore probiotic 30 billion 30s
cytoplan(uk) / dentavital bifidophilus
ecology_allergycare
HLH BIOPHARMA(DE) / LACTOBACT® LDL-CONTROL
powerlabs (au) / ultra blend

nature's instincts / ultra spore probiotic

Biorela® Daily

bio-botanical research / proflora4r restorative probiotic

blackmore (au) / probiotics+ daily health

Bromatech (IT) / Ramnoselle

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) | quercetin, resveratrol |
| Caffeine | red wine polyphenols |
| camelina seed | retinoic acid, (Vitamin A derivative) |
| candida albicans (prescription) | smoking |
| carboxymethyl cellulose (prebiotic) | tea |
| diosmin, (polyphenol) | Tributylin |
| Far infrared Sauna | triphala |
| Hesperidin (polyphenol) | Tudca |
| high red meat | vegetarians |
| luteolin (flavonoid) | Vitamin B1, thiamine hydrochloride |
| mannooligosaccharide (prebiotic) | Vitamin B-12 |
| melatonin supplement | vitamin B3, niacin |
| N-Acetyl Cysteine (NAC), | Vitamin B6, pyridoxine hydrochloride |
| | Vitamin B9, folic acid |

Sample of Literature Used

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

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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
Autism
Autoimmune Disease
Barrett esophagus cancer
Bipolar Disorder
Brain Trauma
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
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
Hidradenitis Suppurativa
Histamine Issues From Ubiome
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
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
Parkinson's Disease
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
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