

Kyoto Encyclopedia of Genes and Genomes derived Suggestions

Review Overview

These suggestions 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 almost 2 million facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine. Note: That many of the bacteria species used are *NOT* reported on many tests.

These are suggestions that are predicted to independently Decreasing Hydrogen sulfide | Hydrogen-sulfide H2S Sulfide H2S by impacting the bacteria listed on [KEGG: Kyoto Encyclopedia of Genes and Genomes](#). 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

This is an experimental feature – manual validations is recommended. For background, see this [post](#)

There is a separate report for probiotics. That report use the enzymes in probiotic species.

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

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[Our Facebook Discussion Page](#)

Bacteria being targeted by suggestions.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Thermosulfuriphilus ammonigenes	species		1936021	Leptotrichia buccalis	species		40542
Thermosulfurimonas marina	species		2047767	Ammonifex degensii	species		42838
Thermodesulfobacterium commune	species		1741	Sulfurospirillum bamesii	species		44674
Desulfonema magnum	species		45655	Thermosipho melanesiensis	species		46541
Desulfonema limicola	species		45656	Desulfitobacterium hafniense	species		49338
Desulfofundulus kuznetsovii	species		58135	Desulfurobacterium thermolithotrophum	species		64160
Thermodesulfobium narugense	species		184064	Desulfocapsa sulfexigens	species		65555
Solidesulfobivrio magneticus	species		184917	Hippea maritima	species		84405
Thermovibrio ammonificans	species		228745	Campylobacter hyointestinalis subsp. hyointestinalis	subspecies		91352
Solidesulfobivrio carbinolicus	species		296842	Fervidobacterium pennivorans	species		93466
Thermodesulfobacterium geofontis	species		1295609	Geovibrio thiophilus	species		139438
Caldimicrobium thiodismutans	species		1653476	Leptotrichia wadei	species		157687
Thermodesulfobium acidiphilum	species		1794699	Leptotrichia hofstadii	species		157688
Desulfobulbus oligotrophicus	species		1909699	Leptotrichia shahii	species		157691
Thermodesulfobacterium sp. TA1	species		2234087	Thermodesulfatator indicus	species		171695
Campylobacter curvus	species		200	Pseudodesulfobivrio aespoeensis	species		182210
Campylobacter mucosalis	species		202	Malaciobacter halophilus	species		197482
Wolinella succinogenes	species		844	Sulfurospirillum sp. JPD-1	species		220622
Fusobacterium periodonticum	species		860	Prosthecochloris sp. GSB1	species		281093
Megalodesulfobivrio gigas	species		879	Caminibacter mediatlanticus	species		291048
Desulfobulbus propionicus	species		894	Alkalilimnicola ehrlichii	species		351052
Desulfococcus multivorans	species		897	Thermosulfidibacter takaii	species		412593
Halorhodospira halophila	species		1053	Calditerrivibrio nitroreducens	species		477976
Prosthecochloris aestuarii	species		1102	Malaciobacter marinus	species		505249
Flexistipes sinuarabici	species		2352	Malaciobacter mytili	species		603050
Desulfomonile tiedjei	species		2358	Leptotrichia sp. oral taxon 498	species		712368
Thermosipho africanus	species		2421	Sulfuritalea hydrogenivorans	species		748811
Fervidobacterium islandicum	species		2423	Desulfosporosinus acidiphilus	species		885581
Fervidobacterium nodosum	species		2424	Desulfosarcina ovata subsp. sediminis	subspecies		885957
Desulfurella acetivorans	species		33002	Desulfurispirillum indicum	species		936456

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.

The recommended process to obtain a *persistent shift* of the microbiome is:

Generate 4 lists from the suggestions with nothing repeated on another list

Emphasize one list each week

After 8 weeks (2 cycles), retest the microbiome to obtains the next set of *course corrections*

This approach allows the microbiome to stablize towards normal.

Pick only as many suggestions that suits you; there is no need to do all of them. Suggestions are based on your specific bacteria and not marketing concepts such as 'healthy choices'.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} 1.5 gram/day

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day

Avena sativa x Hordeum vulgare {barley,oat}

Cinnamomum zeylanicum {Ceylon Cinnamon} 6 gram/day

Curcuma longa {Turmeric} 3000 mg/day

Diferuloylmethane {Curcumin} 3 gram/day

foeniculum vulgare,fennel

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

grapes

Hordeum vulgare {Barley} 60 gram/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

origanum vulgare {oregano}

resveratrol-pterostilbene {grapes, blueberries} 2 gram/day

syzygium aromaticum {clove}

Thymus vulgaris {thyme}

walnuts 75 gram/day

Retail Probiotics

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

nature's way (au) / restore probiotic bowel & colon health 30s
 Physician Choice / 60 Billion Probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 jarow formula / ideal bowel support® Ip299v®
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 SuperSmart / Probio Forte
 organic 3 / gutpro
 HLH BIOPHARMA(DE) / LACTOBACT® 60PLUS
 Next Generation
 Northwest Natural Products / PB8
 HMF Metabolic
 blackmores (au) / probiotics+ immune defence
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 Ombre / Healthy Gut
 UltraFlora® Immune Booster
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 Bromatech (IT) / Adomelle
 nature's bounty / probioti 10
 SuperSmart / Derma Relief
 fairvital / microflora basic
 Wakunaga / Max Probiotic
 Invivo / Bio.Me Femme UT
 NaturalPharma / Profit Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 UltraFlora® Intensive Care
 OMNI-BIOTIC®/ TRAVEL
 nature's way (au) / restore probiotic 30 billion 30s
 organic 3 / primal gut
 Floradapt Cardio
 Physis / Advance Probiotics
 blackmore (au) / probiotics+ daily health
 Garden of Life / Dr. Formulated Once Daily Women's
 vinco / probiotic eight 65
 Purica Probiotic Cardio
 solaray / mycrobioime probiotic colon formula
 Maple Life Science™ / Lactobacillus plantarum
 lifted naturals / mood boosting probiotic
 bioglan bio (au) / happy probiotic 50
 HLH BIOPHARMA(DE) / LACTOBACT® LDL-CONTROL
 goodbelly drink
 Ombre / Heart Health
 Symprove™
 seed / female version
 jarow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 garden of life / primal defense
 Bulk Probiotics / L. Plantarum Probiotic Powder
 spain (es) / I3.1
 renew life men's probiotic - ultimate
 Resbiotic / resB® Lung Support
 SuperSmart / Full Spectrum Probiotic Formula
 jarow formulas / jarro-dophilus eps

naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
7 AM Ultra Probiotics
quantum wellness / restora flora
Seeking Health / Probiota HistaminX
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Immune Defense Daily Chewable Probiotic
fürstenmed / lacto-bifido
blackmores (au) / probiotics + adults daily (90 capsules)
Windlove Probiotics / Ecologic®825
jarrow formula / jarro-dophilus original
nature's way (au) / restore probiotic daily health 90s
Bromatech(IT) / FEMELLE
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice /super 8 gold
zint nutrition / probiotic collagen +
Smidge /Sensitive Probiotic
Krauterhaus / Lactopro
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
elixa / probiotic
Ombre / Ultimate Immunity
bioray / cytoflora
Purica Probiotic Intensive GI
renew life / ultimate flora
up4 / ultra
optibac / for your cholesterol
jarrow formulas / bifidus balance® + fos
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
Floradapt Gut Comfort
bioglan bio (au) / happy probiotic 100
Nature's Lab Intensive GI
SuperSmart / Lactoxira
Ombre / Mood Enhancer
up4 / adult

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.

(N-acetyl-p-aminophenol {TYLENOL})

2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}

5,7-Dihydroxy-2-(4-hydroxyphenyl)-4H-1-benzopyran-4-one

{Apigenin }

Animal cohabitation {Owning a Pet}

bifidobacterium lactis,streptococcus thermophilus probiotic

Cola aspartame {Diet Cola}

glycyrrhizic acid {licorice}

Heyndrickxia coagulans {B. coagulans}

Laurencia tristicha {Marine red algae}

N-[2-(5-methoxy-1H-indol-3-yl)ethyl]acetamide {Melatonin}

N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}

Phyllanthus emblica {Chinese gall}

Prunus mume {Umeboshi}

Sodium Chloride {Salt}

β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine

{Chitosan}

Sucralose {Splenda}

tea

Sample of Literature Used

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

Green Synthesis of Copper, Iron and Silver Nanoparticles from *Origanum vulgare* L. subsp. *vulgare*; Characterization, In Vitro Enzyme Inhibition, Antimicrobial Activities and In Silico Molecular Docking Studies.

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Antimicrobial activity of *Origanum vulgare* L. essential oil and its effects on fungal gene expression.

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