

Microbiome Information for: Multiple system atrophy (MSA)

For 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 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/>)

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

[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
Aggregatibacter	genus	Low	416916
Akkermansia	genus	High	239934
Bifidobacterium	genus	Low	1678
Blautia	genus	Low	572511
Gordonibacter	genus	High	644652
Lactobacillus	genus	High	1578
Megamonas	genus	Low	158846
Ruminococcus	genus	Low	1263
[Clostridium] nexile species		Low	29361

Bacteria Name	Rank	Shift	Taxonomy ID
Akkermansia muciniphila	species	High	239935
Alistipes onderdonkii	species	High	328813
Bifidobacterium pseudocatenulatum	species	Low	28026
Granulicatella adiacens	species	Low	46124
Megamonas funiformis	species	Low	437897
Phocaeicola coprocola	species	Low	310298
Phocaeicola plebeius	species	Low	310297
Roseburia hominis	species	High	301301
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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-

a]quinolizinium {Berberine} 1.5 gram/day

Abstention from eating {Fasting}

bacillus subtilis {B.Subtilis } 10 BCFU/day

dietary fiber

Epicatechin {Green tea polyphenol}

Fiber, total dietary

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

grapes

Hordeum vulgare {Barley} 60 gram/day

Lactocaseibacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}

metformin (prescription)

Panax ... {Ginseng} 2000 mg/day

polyphenols 3 gram/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Slow digestible carbohydrates. {Low Glycemic}

whole-grain diet

Retail Probiotics

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

garden of life / primal defense
 Resbiotic / resB® Lung Support
 SuperSmart / Full Spectrum Probiotic Formula
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 elixa / probiotic
 bioray / cytoflora
 bioglan bio (au) / happy probiotic 100
 Ombre / Mood Enhancer
 newrhythm / probiotics 20 strains
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 fürstenmed / lacto-bifido
 ASEA VIA / BIOME
 Bromatech(IT) / FEMELLE
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 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 +
 Krauterhaus / Lactopro
 LiveWell Nutrition / Pro-45
 jarrow formula / jarro-dophilus original
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 renew life / ultimate flora
 up4 / ultra
 vita miracle / ultra-30 probiotics
 jarrow formula / ideal bowel support® lp299v®
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Next Generation
 Northwest Natural Products / PB8
 jarrow formulas / jarro-dophilus eps
 Symprove™
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 biospec / probiotic-5
 Jetson (US) / Mood Probiotics
 1 md / complete probiotics platinum
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 young living / life 9
 MegaFood / MegaFlora
 SuperSmart / Derma Relief
 OMNI-BIOTIC®/ TRAVEL
 Wakunaga / Max Probiotic
 organic 3 / primal gut
 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
 seed / male version
 solaray / microbiome probiotic colon formula

Physis / Advance Probiotics
lifted naturals / mood boosting probiotic
bioglan bio (au) / happy probiotic 50
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend
Immune Defense Daily Chewable Probiotic
cytoplan(uk) / dentavital bifidophilus
bio-botanical research / proflora4r restorative probiotic
Bromatech (IT) / Ramnoselle
Maple Life Science™ / Lactobacillus plantarum
Biorela® Daily
NOW FOODS / Clinical GI Probiotic
Purica Probiotic Cardio
Floradapt Cardio
naturopathica (au)/ gastrohealth probiotic daily care
jarrow formulas / jarro-dophilus mood
jarrow formulas / fem-dophilus®
global health trax / threelac
Law of Nature / Best Days Formula
Wakunaga / Pro+ Synbiotic
Bioflora(MX) / Woman
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
microbiome labs / hu58
Invivo / Bio.Me Femme UT
perfect pass / perfect pass probiotic bacillus spore
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
UltraFlora® Intensive Care
spain (es) / ns florabiotic instant
optibac / for women
Bromatech (IT) / Adomelle
nature's bounty / probioti 10
mwsb / candida yeast support
microbiome labs/ megasporebiotic
klair labs / biospora
RepHresh /Pro-B Probiotic Supplement for Women
Ombre / Harmony
UltraFlora® Immune Booster
Ombre / Heart Health
corebiotic
HMF Metabolic
CustomProbiotics.com / L. Plantarum Probiotic Powder
SuperSmart / Oral Health
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
ImmuneBiotech Medical Sweden AB / GutMagnific®
CVSHealth / Daily Probiotic
Nu U (uk) /Bio-Cultures Complex
spain (es) / ns defenbiotic kids
Sash Vitality /Bio-Cultures Probiotics for Adults
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
SuperSmart / Vaginal Health
SuperSmart / Probio Forte
organic 3 / gutpro
blackmore (au) / probiotics+ womens flora balance
bravo europe / freeze-dried bravo

goodbelly drink
 Bulk Probiotics / L Rhamnosus Probiotic Powder
 enviromedica terraflora sbo probiotic
 optibac / for your cholesterol
 ProbioMax® Daily DF
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 JGL / Lactogyn
 organic 3 / primal soil
 Floradapt Gut Comfort
 SuperSmart / Bacillus Subtilis
 ProGoes® Forte
 INVIVO THERAPEUTICS / Bio.Me IB +
 aor / probiotic-3
 vitamin angels / just thrive
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 spain (es) / vivomixx
 Smidge / Sensitive Probiotic
 bio-k+
 spain (es) / muvagyn probiotico
 Bulk Probiotics / Bacillus Subtilis Probiotic
 Pregnancy Care Probiotic
 Windlove Probiotics / Ecologic®825
 spain (es) / aquilea intimus
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 up4 / adult
 Ombre / Restore
 visbiome
 naturopathica (au) / gastrohealth probiotic adults 50+
 Nature's Lab Intensive GI
 Metabolics / Lactobacillus Rhamnosus Powder
 SuperSmart / Lactoxira
 Bromatech (IT) / Psicobrain
 douglas laboratories / multi probiotic 40 billion
 jarro formulas / fem dophilus
 Purica Probiotic Intensive GI
 Ombre / Ultimate Immunity
 Probiotic 10 Billion Active Cells Daily Maintenance
 Jetson / FIT
 Seeking Health / Probiota HistaminX
 bravo europe / starter and complex
 optibac / for every day
 Prescript-Assist®/SBO Probiotic
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 custom probiotics / d-lactate free probiotics powder
 Bulk Probiotics / L Plantarum Probiotic Powder
 spain (es) / I3.1
 jamieson (can) / probiotic 10 bcfu
 optibac / for those on antibiotics
 renew life men's probiotic - ultimate
 ferring / vsl#3

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}

Amylum {Starch}

Cichorium intybus {Chicory}

gliadin, glutenin etc {Gluten}

Linum usitatissimum {Flaxseed}

oligosaccharides {oligosaccharides}

partially hydrolysed guar gum

resistant starch

Saccharomyces cerevisiae var boulardii {S. boulardii}

synthetic disaccharide derivative of lactose {Lactulose}

wheat

Sample of Literature Used

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

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Lactacaseibacillus rhamnosus MS27 Potentially Prevents Ulcerative Colitis Through Modulation of Gut Microbiota.

International journal of molecular sciences , Volume: 26 Issue: 23 2025 Nov 25

Authors Zhang J,Shen J, Ji L,Tan P,Liu C,Zhang X, Ma X

Berberine suppresses colon inflammation via integrated modulation of host metabolism, microbial ecology, and innate immune signaling.

Theranostics , Volume: 16 Issue: 4 2026

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Effects of coarse corn or oat hulls on growth performance, intestinal health, and microbiota modulation in underperforming broilers.

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Increasing carbohydrates or nitrogenous compounds by cecal infusion leads to an opposite influence on colonic microbiota and host metabolism in a pig model.

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Oral Administration of Lactiplantibacillus plantarum KBL396 Regulates Serum 5-Hydroxytryptamine and Gut Microbiota: Evidence from a Preclinical Mouse Model and a Randomized Controlled Human Trial.

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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
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-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
liver fibrosis
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