

Microbiome Information for: primary biliary cholangitis

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 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 primary biliary cholangitis

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
Coriobacteria	class	High	84998	Dorea	genus	High	189330
Deltaproteobacteria	class	Low	28221	Enterococcus	genus	High	1350
Acidaminococcaceae	family	Low	909930	Eubacterium	genus	High	1730
Bifidobacteriaceae	family	High	31953	Faecalibacterium	genus	Low	216851
Chitinophagaceae	family	High	563835	Fusobacterium	genus	Low	848
Comamonadaceae	family	High	80864	Gemmiger	genus	Low	204475
Enterococcaceae	family	Low	81852	Granulicatella	genus	Low	117563
Gracilibacteraceae	family	High	541019	Lactobacillus	genus	High	1578
Lachnospiraceae	family	High	186803	Prevotella	genus	High	838
Muribaculaceae	family	High	2005473	Pseudomonas	genus	High	286
Oscillospiraceae	family	Low	216572	Rothia	genus	Low	508215
Peptostreptococcaceae	family	Low	186804	Streptococcus	genus	High	1301
Pirellulaceae	family	High	2691357	Veillonella	genus	High	29465
Ruminococcaceae	family	Low	541000	Bacillales	order	Low	1385
Sphingomonadaceae	family	High	41297	Bifidobacteriales	order	High	85004
Veillonellaceae	family	High	31977	Coriobacteriales	order	High	84999
Acidaminococcus	genus	High	904	Lactobacillales	order	High	186826
Actinomyces	genus	Low	1654	Selenomonadales	order	High	909929
Campylobacter	genus	High	194	Bacteroides uniformis	species	Low	820
Clostridium	genus	Low	1485	Clostridium sporogenes	species	Low	1509
Collinsella	genus	Low	102106	Pichia kudriavzevii	species	High	4909

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

3,3',4',5,7-pentahydroxyflavone {Quercetin} 2 gram/day

Abstention from eating {Fasting}

Amorphophallus konjac {Konjaku flour}

Avena sativa x Hordeum vulgare {barley,oat}

bacillus

bacillus licheniformis {b. licheniformis} 10 BCFU/day

Bifidobacterium animalis {B. animalis}

Bovine Milk Products {Dairy}

Brassica oleracea var. italica {Broccoli}

D-ribofuranoside {Ribose} 10 gram/day

Fagopyrum esculentum {Buckwheat}

fructo-oligosaccharides 15 gram/day

Hordeum vulgare {Barley} 60 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day

Lactocaseibacillus casei {L. casei} 48 BCFU/day

Lactocaseibacillus paracasei {L.paracasei} 40 BCFU/day

Lactocaseibacillus rhamnosus {l. rhamnosus} 48 BCFU/day

lactobacillus acidophilus {L. acidophilus} 20 BCFU/day

lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

Lactose {Milk Sugar}

Ligilactobacillus salivarius {L. salivarius} 9 BCFU/day

Limosilactobacillus fermentum {L. fermentum} 12 BCFU/day

Limosilactobacillus reuteri {L. Reuteri} 22 BCFU/day

long-term, moderate-intensity exercise {exercise}

Mannan oligosaccharides {Mannooligosaccharide} 8 gram/day

Morus {Mulberry }

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

Panax ... {Ginseng} 2000 mg/day

polyphenols 3 gram/day

Prunus dulcis {Almonds} 90 gram/day

Rheum x hybridum {Rhubarb}

Rhubarb x Peony {Rhubarb Peony Decoction}

Sulforaphane {Dark Greens}

synthetic disaccharide derivative of lactose {Lactulose}

wheat

yogurt

Zea mays {maize}

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

SuperSmart / Full Spectrum Probiotic Formula
Garden of Life / Dr. Formulated Once Daily Women's
hyperbiotics / pro-15
newrhythm / probiotics 20 stains
Wholesome Wellness / Raw Probiotic
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixa / probiotic
bioray / cytoflora
renew life / ultimate flora
bioglan bio (au) / happy probiotic 100
garden of life / primal defense
7 AM Ultra Probiotics
quantum wellness / restora flora
seed / female version
jarrow formulas / jarro-dophilus® ultra
organic 3 / primal gut
Physis / Advance Probiotics
OMNI-BIOTIC®/ TRAVEL
solaray / microbiome probiotic colon formula
Dr. Mercola / Complete Probiotics
vinco / probiotic eight 65
OMNI-BIOTIC®/ 10 AAD
nature's bounty / probioti 10
MegaFood / MegaFlora
bioglan bio (au) / happy probiotic 50
Physician Choice /60 Billion Probiotics
Northwest Natural Products / PB8
Probiotic 10 Billion Active Cells Daily Maintenance
renew life men's probiotic - ultimate
douglas laboratories / multi probiotic 40 billion
up4 / ultra
fürstenmed / lacto-bifido
Winclove Probiotics / Ecologic®825
ASEA VIA / BIOME
udo's choice /super 8 gold
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
jarrow formula / jarro-dophilus original
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
custom probiotics / four strain lactobacilli
Jetson (US) / Immunity Probiotics
jamieson (can) / probiotic 10 bcfu
bravo europe / starter and complex
Sash Vitality /Bio-Cultures Probiotics for Adults
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
bravo europe / freeze-dried bravo
custom probiotics / six strain probiotic powder
seed / male version
Wakunaga / Max Probiotic
Invivo / Bio.Me Femme UT
SuperSmart / Vaginal Health
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
young living/life 9
NOW FOODS / Clinical GI Probiotic

ecology_allergycare
 HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
 SuperSmart / Derma Relief
 up4 / women's
 SuperSmart / Oral Health
 ISCON Elegance/ Ochek Capsule 10
 just for tummies / live bacteria
 Bioflora(MX) / Woman
 fairvital / microflora basic
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 lifted naturals / mood boosting probiotic
 Nu U (uk) / Bio-Cultures Complex
 Symprove™
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 SuperSmart / Probio Forte
 jarow formulas / jarro-dophilus eps
 optibac / for every day
 visbiome
 ferring / vsl#3
 Resbiotic / resB® Lung Support
 Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
 klair labs / target gb-x
 spain (es) / vivomixx
 SuperSmart / Lactoxira
 Bromatech (IT) / Psicobrain
 SuperSmart / Candalb
 Bromatech(IT) / FEMELLE
 zint nutrition / probiotic collagen +
 Krauterhaus / Lactopro
 bio-k+
 blackmores (au) / probiotics + adults daily (90 capsules)
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Bromatech (IT) / Rotanella plus
 Immune Defense Daily Chewable Probiotic
 Smidge / Sensitive Probiotic
 Bromatech (IT) / Aflugenex
 solgar / advanced multi-billion dophilus
 JGL / Lactogyn
 HLH BIOPHARMA(DE) / LACTOBACT ® AAD
 naturopathica (au) / gastrohealth probiotic adults 50+
 Ombre / Mood Enhancer
 spain (es) / aquilea intimus
 up4 / adult
 Ombre / Restore
 Bromatech (IT) / Acronella
 jarow formulas / fem dophilus
 ProbioMax® Daily DF
 custom probiotics / d-lactate free probiotics powder
 nature's way (au) / restore probiotic bowel & colon health 30s
 optibac / for those on antibiotics
 Seeking Health / Probiota HistaminX
 UltraFlora® Restore
 Schwabe Pharma Italia / EnteroDophilus
 organic 3 / gutpro
 blackmore (au) / probiotics+ womens flora balance
 solgar / advanced 40+ acidophilus
 jarow formula / ideal bowel support® lp299v®

Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
ImmuneBiotech Medical Sweden AB / GutMagnific®
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
CVSHealth / Daily Probiotic
Bromatech (IT) / Citogenex
cytoplan(uk) / dentavital bifidophilus
NaturalPharma / Profit Probiotics
Bromatech (IT) / Milonet
UltraFlora® Immune Booster
RepHresh / Pro-B Probiotic Supplement for Women
Ombre / Harmony
Bromatech (IT) / Adomelle
HMF Metabolic
optibac / for women
jarrow formulas / fem-dophilus®
blackmore (au) / probiotics+ daily health
Bromatech (IT) / Ramnoselle
Biorela® Daily
Bulk Probiotics / L. Acidophilus Probiotic Powder
spain (es) / lactanza hereditum
gnc / ultra probiotic complex
Bulk Probiotics / L. Reuteri Probiotic Powder
natren / healthy trinity probiotic
Purica Probiotic Cardio
trubiotics / one a day
Maple Life Science™ / Lactobacillus plantarum
Maple Life Science™ / Lactobacillus reuteri
spain (es) / gum periobalance
speer labs / emuaid first defense
solgar / advanced acidophilus plus
nature's way (au) / restore probiotic 30 billion 30s
SuperSmart / H. Pylori Fight
wakamoto (jp) / strong wakamoto w
HMF IBS Relief
BioGaia / BioGaia Osfortis
Wakunaga / Pro+ Synbiotic
Pädia GmbH (DE)/Mambiotic Kapseln
quality health (au) / fridge free* probiotic 60s
Floradapt Cardio
naturopathica (au)/ gastrohealth probiotic daily care
Metabolics / Lactobacillus Salivarius Powder
blackmores (au) / probiotics+ immune defence
CustomProbiotics.com / L. Plantarum Probiotic Powder
Bulk Probiotics / L. Paracasei Probiotic Powder
HMF Forte
optibac / bifidobacteria & fibre
nature's way (au) / restore probiotic choc balls 60s
danactive drink
Bulk Probiotics / L. Salivarius Probiotic Powder
PharmExtracta (IT) / INatal Sachets
CustomProbiotics.com / L. Reuteri Probiotic Powder
UltraFlora® Intensive Care
spain (es) / ns florabiotic instant
BioGaia / Elactia
Energybalance / ColoBiotica 28 Colon Support
jarrow formulas / jarro-dophilus mood
spain (es) / profaes4 edad escolar
anabolic laboratories / probiotic complete

HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend
spain (es) / casenbiotic
FloraVantage® Balance
Maple Life Science™ / Lactobacillus salivarius
Jetson (US) / Mood Probiotics
Bulk Probiotics / L. Casei Probiotic Powder (Candida Support)
Ombre / Heart Health
Maple Life Science™ / Lactobacillus fermentum
optibac / for every day max
goodbelly drink
Bulk Probiotics / L. Rhamnosus Probiotic Powder
spain (es) / reuteri gotas
BioGaia / BioGaia Products
spain (es) / profaes4 viajeros
naturopathica (au) / gastrohealth antacid
CustomProbiotics.com / L. Salivarius Probiotic Powder
SuperSmart / Lactobacillus reuteri
Microbiome Plus+™ Gastrointestinal
spain (es) / ns defenbiotic kids
naturopathica (au) / gastrohealth fibrepro
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
blackmore (au) / probiotics+ eczema relief
Metabolics / Lactobacillus Acidophilus
Microbiome Labs / MEGA Genesis
Nature's Bounty / Acidophilus Probiotic
bioglan (au) / healthy kids probiotic choc balls 50s
shin biofermin (jp) /s
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
Materna® Opti-Lac® Breast Feeding Support
bioglan bio (au/ happy probiotic 25
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
Purica Probiotic Intensive GI
quality health(au)/ fridge free probiotic 25b
optibac / for your cholesterol
jarrow formulas / bifidus balance® + fos
bayer / trubiotics daily probiotic
genestra brands® hm
reg'activ / immune & vitality
ProGoes® Forte
CustomProbiotics.com / L. Acidophilus Probiotic Powder
Ombre / Ultimate Immunity
spain (es) / gastrus
UltraFlora® Balance
CustomProbiotics.com / L. Paracasei Probiotic Powder
HMF Intensive
Nature's Lab Intensive GI
Metabolics / Lactobacillus Rhamnosus Powder
Floradapt Gut Comfort
nature's way (au) / restore probiotic daily health 90s
optibac / for daily immunity
CustomProbiotics.com / L. Casei Probiotic Powder
Botica Alternativa / Lactobacilos Reuteri
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio

Bromatech (IT) / Pimorex
spain (es) / muvagyn probiotico
natren / megadophilus
Pregnancy Care Probiotic
VSL Pharmaceuticals / Oxadrop
Bulk Probiotics / L. Fermentum Probiotic Powder
PharmExtracta (IT) / FG5 Forte In Sachets

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.

acetylsalicylic acid, aspirin	nicotinic acid {Vitamin B-3}
Azadirachta indica {Neem}	Polydextrose {polydextrose}
Bifidobacterium catenulatum subsp. catenulatum	resistant starch
{Bifidobacterium catenulatum}	resveratrol-pterostilbene {grapes, blueberries}
bifidobacterium pseudocatenulatum {B. pseudocatenulatum }	Riboflavin {Vitamin B2}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Saccharomyces cerevisiae var boulardii {S. boulardii}
D-glucose {Glucose}	Sodium Bicarbonate {Baking Soda}
Diferuloylmethane {Curcumin}	Sodium Chloride {Salt}
Disodium fumarate {Fumaric acid disodium salt}	Sus domesticus {Pork}
enterococcus durans {Streptococcus durans}	terpenophenolics {cannabinoids}
Finnish Probiotic {Valio Probiotic}	Thymus vulgaris {thyme}
Heridium erinaceus {Lion's Mane Mushroom }	Ulmus rubra {slippery elm}
Heyndrickxia coagulans {B. coagulans}	vitamin d
Honey {Honey }	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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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