

Microbiome Information for: Vitiligo

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/>)

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Vitiligo

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
Lachnospiraceae	family	High	186803	Ruminococcus	genus	High	1263
Adlercreutzia	genus	High	447020	Streptococcus	genus	High	1301
Akkermansia	genus	Low	239934	Bacteroidales	order	Low	171549
Bacteroides	genus	High	816	Burkholderiales	order	High	80840
Catenibacterium	genus	High	135858	Bacteroides bouchedurhonensis	QSV445	Low	1841855
Clostridium	genus	Low	1485	Amedibacillus dolichus	species	High	31971
Corynebacterium	genus	High	1716	Bacteroides fragilis	species	High	817
Jeotgalibaca	genus	High	1470540	Barnesiella intestinihominis	species	High	487174
Lachnospira	genus	High	28050	Coprobacter secundus	species	Low	1501392
Marvinbryantia	genus	Low	248744	Coproccoccus comes	species	Low	410072
Megamonas	genus	High	158846	Eggerthellaceae bacterium	species	Low	1972561
Mycoplasma	genus	High	2093	Lachnospiraceae bacterium	species	High	1898203
Paraprevotella	genus	Low	577309	Mycobacterium avium	species	High	1764
Psychrobacter	genus	High	497	Sellimonas intestinalis	species	Low	1653434

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

Abstention from eating {Fasting}

arabinogalactan {arabinogalactan} 21 gram/day

bacillus licheniformis {b. licheniformis} 10 BCFU/day

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

Brassica oleracea var. italica {Broccoli}

Dextrin 40 gram/day

Ethyl alcohol {Grain alcohol}

fat

fucoidan {Brown Algae Extract} 8.8 gram/day

Galacto-oligosaccharides {GOS}

Ganoderma sichuanense {Reishi Mushroom} 3.4 gram/day

Heyndrickxia coagulans {B. coagulans} 10 BCFU/day

Hordeum vulgare {Barley} 60 gram/day

Moringa Oleifera

Outer Layers of Triticum aestivum {Wheat Bran}

pediococcus acidilactic {RBB9 PEDIOCOCCUS ACIDILACTI}

Pentadigalloylglucose {Tannic Acid}

Plantago {Psyllium} 6.8 gram/day

Prunus dulcis {Almonds} 90 gram/day

quebracho

raffinose {sugar beet}

resistant starch

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

Sleep apnea {partial sleep deprivation}

Sodium alginate 3000 mg/day

sodium butyrate

Solanum tuberosum {Potatoes}

β-glucan {Beta-Glucan} 500 mg/day

Sus domesticus {Pork}

synthetic disaccharide derivative of lactose {Lactulose}

Theobroma cacao {Cacao} 20 gram/day

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

imaglin / NutriLots Replenish
 Ombre / Endless Energy
 Eden's / 3-in-1 Synbiotic Superblend
 nature's instincts / ultra spore probiotic
 microbiome labs/ megasporebiotic
 Imaglin / NutriLots
 enviromedica terraflora sbo probiotic
 schiff / digestive advantage
 daiichi sankyo healthcare (jp) / panlacmin tablet
 spain (es) / ultralevura
 organic 3 / yeastbiotic
 Bromatech (IT) / Serobiome
 corebiotic
 Bulk Probiotics / Bacillus Coagulans Probiotic
 Nutrition Essentials / Probiotic (900 BCFU)
 mwsb / candida yeast support
 Biomed / Bacillus Coagulans
 vitamin angels / just thrive
 Sun Wave Pharma/Bio Sun Instant
 nature's way (au) / adult vita gummies daily probiotic 80s
 microbiome labs / restorflora
 Bromatech (IT) / Enterelle
 organic 3 / primal soil
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
 florastor / florastor
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 Bromatech (IT) / Lautoselle
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
 claire labs / biospora
 Bromatech / ENTERELLE PLUS
 Energybalance / ColoBiotica 28 Colon Support
 SuperSmart / Saccharomyces Boulardii
 blackmore (au) / probiotics+ bowel support
 Schwabe Pharma Italia / AxiBoulardi
 perfect pass / perfect pass probiotic bacillus spore
 Ombre / Metabolic Booster
 global health trax / threelac
 spain (es) / axiboulardi
 Law of Nature / Best Days Formula
 bio-botanical research / proflora4r restorative probiotic
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
 Jetson / FIT
 source naturals / duraflora
 optibac / saccharomyces boulardii
 thorne / bacillus coagulansvet 60 caps

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.

3,3',4',5,7-pentahydroxyflavone {Quercetin}

cranberry bean flour

Echinacea Moench {Echinacea}

Epicatechin {Green tea polyphenol}

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

grapes

Lactobacillus plantarum {L. plantarum}

polyphenols

Propolis {Bee glue}

Punica granatum {pomegranate}

resveratrol-pterostilbene {grapes, blueberries}

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Vaccinium {Cranberry}

vitamin d

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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