

Microbiome Information for: Multiple system atrophy (MSA)

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 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.

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

a]quinolizinium {Berberine} 1.5 gram/day

Abstention from eating {Fasting}

Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day

Avena sativa {Oats}

Avena sativa x Hordeum vulgare {barley,oat}

bacillus subtilis {B.Subtilis } 10 BCFU/day

Brassica oleracea var. italica {Broccoli}

Curcuma longa {Turmeric} 3000 mg/day

Dendrobium officinale Kimura {Tiepishihu}

Diferuloylmethane {Curcumin} 3 gram/day

Epicatechin {Green tea polyphenol}

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

grapes

Hordeum vulgare {Barley} 60 gram/day

Lactocaseibacillus paracasei {L.paracasei} 40 BCFU/day

Lactocaseibacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lactobacillus delbrueckii subsp. bulgaricus {L bulgaricus}

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

laminaria digitata {Oarweed}

long-term, moderate-intensity exercise {exercise}

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

Mixture of Vitamin B? {B Vitamins}

Panax ... {Ginseng} 2000 mg/day

polyphenols 3 gram/day

red wine polyphenols 600 mg/day

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

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

β-glucan {Beta-Glucan} 500 mg/day

Sulforaphane {Dark Greens}

Vaccinium vitis-idaea {lingonberries}

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

fürstenmed / lacto-bifido
 newrhythm / probiotics 20 stains
 renew life / ultimate flora
 garden of life / primal defense
 vita miracle / ultra-30 probiotics
 SuperSmart / Full Spectrum Probiotic Formula
 Garden of Life / Dr. Formulated Once Daily Women's
 nature's way (au) / restore probiotic 100 billion
 solaray / mycrobio probiotic colon formula
 bioglan bio (au) / happy probiotic 50
 hyperbiotics / pro-15
 Wakunaga / Max Probiotic
 organic 3 / primal gut
 Physis / Advance Probiotics
 bravo europe / freeze-dried bravo
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 bravo europe / starter and complex
 jarow formulas / jarro-dophilus® ultra
 1 md / complete probiotics platinum
 OMNI-BIOTIC®/ 10 AAD
 nature's bounty / probioti 10
 MegaFood / MegaFlora
 up4 / ultra
 bioglan bio (au) / happy probiotic 100
 douglas laboratories / multi probiotic 40 billion
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 ASEA VIA / BIOME
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 LiveWell Nutrition / Pro-45
 spain (es) / vivomixx
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 Bromatech(IT) / FEMELLE
 Krauterhaus / Lactopro
 elixa / probiotic
 udo's choice /super 8 gold
 zint nutrition / probiotic collagen +
 SuperSmart / Candalb
 custom probiotics / four strain lactobacilli
 jarow formula / jarro-dophilus original
 Immune Defense Daily Chewable Probiotic
 Windcove Probiotics / Ecologic®825
 bioray / cytoflora
 jamieson (can) / probiotic 10 bcfu
 renew life men's probiotic - ultimate
 ferring / vsl#3
 Resbiotic /resB® Lung Support
 Ombre / Mood Enhancer
 SuperSmart / Derma Relief
 young living /life 9
 up4 /women's
 UltraFlora® Immune Booster
 Symprove™

seed / female version
custom probiotics / six strain probiotic powder
biospec / probiotic-5
Probiotic 10 Billion Active Cells Daily Maintenance
jarrow formulas / jarro-dophilus eps
Jetson (US) / Mood Probiotics
jarrow formula / ideal bowel support® Ip299v®
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Next Generation
Northwest Natural Products / PB8
visbiome
Dr. Mercola / Complete Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
OMNI-BIOTIC®/ TRAVEL
seed / male version
vinco / probiotic eight 65
lifted naturals / mood boosting probiotic
cytoplan(uk) / dentavital bifidophilus
Maple Life Science™ / Lactobacillus plantarum
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend
Biorela® Daily
NOW FOODS / Clinical GI Probiotic
natren / healthy trinity probiotic
Purica Probiotic Cardio
CustomProbiotics.com / L. Bulgaricus Probiotic Powder
jarrow formulas / fem-dophilus®
global health trax / threelac
Law of Nature / Best Days Formula
Wakunaga / Pro+ Synbiotic
UltraFlora® Intensive Care
spain (es) / ns florabiotic instant
optibac / for women
bio-botanical research / proflora4r restorative probiotic
Bromatech (IT) / Ramnoselle
Floradapt Cardio
naturopathica (au)/ gastrohealth probiotic daily care
jarrow formulas / jarro-dophilus mood
SuperSmart / Probio Forte
organic 3 / gutpro
blackmore (au) / probiotics+ womens flora balance
naturopathica (au) / gastrohealth antacid
Pendulum / Pendulum Glucose Control
Metabolics / Lactobacillus Bulgaricus Powder
Ombre / Heart Health
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-lactate free probiotics powder
goodbelly drink
Bulk Probiotics / L. Rhamnosus Probiotic Powder
enviromedica terraflora sbo probiotic
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
spain (es) / ns defenbiotic kids
Sash Vitality / Bio-Cultures Probiotics for Adults
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
SuperSmart / Vaginal Health
natren / digesta-lac
Pendulum / akkermansia muciniphila
UltraFlora® Restore

Jetson / FIT
 Seeking Health / Probiota HistaminX
 optibac / for every day
 Prescript-Assist®/SBO Probiotic
 solgar / advanced 40+ acidophilus
 corebiotic
 HMF Metabolic
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 SuperSmart / Oral Health
 ISCON Elegance/ Ochek Capsule 10
 just for tummies / live bacteria
 HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 CVSHealth / Daily Probiotic
 Nu U (uk) /Bio-Cultures Complex
 danactive drink
 RepHresh /Pro-B Probiotic Supplement for Women
 Ombre / Harmony
 Bromatech (IT) / Adomelle
 Bulk Probiotics / L. Paracasei Probiotic Powder
 Pendulum GLP-1 Probiotic
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 klaire labs / biospora
 Bioflora(MX) / Woman
 fairvital / microflora basic
 Energybalance / ColoBiotica 28 Colon Support
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 microbiome labs / hu58
 anabolic laboratories / probiotic complete
 Invivo / Bio.Me Femme UT
 Pendulum / Metabolic Daily
 perfect pass / perfect pass probiotic bacillus spore
 NaturalPharma / Profit Probiotics
 spain (es) / aquilea intimus
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 up4 / adult
 Ombre / Restore
 optibac / for those on antibiotics
 Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
 Bulk Probiotics / L. Plantarum Probiotic Powder
 Codeage, GLP-1 Probiotic+
 spain (es) / I3.1
 jarow formulas / fem dophilus
 Purica Probiotic Intensive GI
 CustomProbiotics.com / L. Paracasei Probiotic Powder
 naturopathica (au) / gastrohealth probiotic adults 50+
 Nature's Lab Intensive GI
 Metabolics / Lactobacillus Rhamnosus Powder
 SuperSmart / Lactoxira
 Bromatech (IT) / Psicobrain
 optibac / for your cholesterol
 ProbioMax® Daily DF
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 JGL / Lactogyn

organic 3 / primal soil
Floradapt Gut Comfort
SuperSmart / Bacillus Subtilis
bio-k+
Pregnancy Care Probiotic
spain (es) / muvagyn probiotico
Bulk Probiotics / Bacillus Subtilis Probiotic
aor / probiotic-3
vitamin angels / just thrive
solgar / advanced multi-billion dophilus
optibac / for daily immunity
Bromatech (IT) / Aflugenex
Bromatech (IT) / Pilorex
Smidge / Sensitive Probiotic
SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
Jetson (US) / Immunity Probiotics
Bulk Probiotics / L. Bulgaricus Probiotic Powder
Ombre / Ultimate Immunity
ProGoes® Forte
INVIVO THERAPEUTICS / Bio.Me IB +

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}

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.

Alterations of the Gut Microbiota in Multiple System Atrophy Patients.

Frontiers in neuroscience , Volume: 13 2019

Authors Wan L,Zhou X,Wang C,Chen Z,Peng H,Hou X,Peng Y,Wang P,Li T,Yuan H,Shi Y,Hou X,Xu K,Xie Y,He L,Xia K,Tang B,Jiang H

Fecal and Blood Microbial 16s rRNA Gene Alterations in Chinese Patients with Multiple System Atrophy and Its Subtypes.

Journal of Parkinson`s disease , Volume: 9 Issue: 4 2019

Authors Du J,Huang P,Qian Y,Yang X,Cui S,Lin Y,Gao C,Zhang P,He Y,Xiao Q,Chen S

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

Resveratrol as an Adjunct Antiviral Agent in Pediatric Viral Infections: A Review on Mechanistic Insights and Gut Microbiota Modulation.

International journal of molecular sciences , Volume: 26 Issue: 23 2025 Nov 24

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

Theranostics , Volume: 16 Issue: 4 2026

Authors Xiao Y,Li X,Fang Y,Guo M,Shui M,Zhong G,Zhou H,Lin C,Sun B,Wang S

Dietary effects of organic selenium and zinc combination on in vitro microbial dynamics in the rumen.

Journal of advanced veterinary and animal research , Volume: 12 Issue: 3 2025 Sep

Authors Anam MS,Widyobroto BP,Astuti A,Gunawan G,Agus A

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

Animal nutrition (Zhongguo xu mu shou yi xue hui) , Volume: 23 2025 Dec

Authors Akram MZ,Sureda EA,Corion M,Comer L,Zhao H,Schroyen M,Everaert N

A 30% high-fiber diet mitigates oxidative stress and inflammation while modulating cecal microbiota in rats undergoing high-intensity exercise.

BMC sports science, medicine & rehabilitation , 2025 Nov 29

Authors Athari SZ,Amoghli Tabrizi B,Khakpour M,Kianfar N,Khani E,Abbasi A,Nourazar MA

Lactiplantibacillus plantarum Lp20 Alleviates High Fat Diet-Induced Obesity in Mice via Its Bile Salt Hydrolase Activity.

Nutrients , Volume: 17 Issue: 22 2025 Nov 14

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Unveiling the survivability of probiotic CA15 strain with and without fluconazole co-administration and its effect on gut microbiota and metabolome through SHIME® model.

Food research international (Ottawa, Ont.) , Volume: 222 Issue: Pt 2 2025 Dec

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

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Authors Myung W,Jang SJ, Lee G, Lee C, Lee K, Moon SH, Jeong Y, Kim WK, Park S, Lee H, Park YS, Shin S, Nam TW, Jeon HJ, Ko G

Aerobic exercise and gut flora: a key link to improved cognitive impairment in mice with Parkinson's disease.

Frontiers in aging neuroscience , Volume: 17 2025

Authors Shan WP,Yan SL,Guo YY,Yang HK,Wang JC,Xiang J

Multi-Strain Probiotics Alleviate Alcoholic Liver Disease Via Microbiota-Metabolism Axis: A Randomized Controlled Study.

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Dietary composition and fasting regimens differentially impact the gut microbiome and short-chain fatty acid profile in a Pakistani cohort.

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Gut microbiota-mediated immunomodulation underlies the anti-tumor effects of a novel ginseng polysaccharide.

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Critical reviews in food science and nutrition , 2025 Oct 5

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Phytomedicine : international journal of phytotherapy and phytopharmacology , Volume: 147 2025 Aug 22

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Frontiers in microbiology , Volume: 16 2025

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Modulation of Gut Microbiota by Red Ginseng Extract Powder and Dietary Fiber in Obese Mice: Identification of Key Microbial Candidates.

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Clinical nutrition ESPEN , 2025 Jul 1

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Dietary Supplementation of Zinc Oxide Quantum Dots Protective Against Clostridium perfringens Induced Negative Effects in Broilers.

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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

cdk15 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