

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 Increasing Butanoic acid | Butanoate Butyrate Butyric acid C4H8O2 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

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Bacteria being targeted by suggestions.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Methylocystis parvus	species		134	Brevibacillus laterosporus	species		1465
Azospirillum lipoferum	species		193	Peribacillus simplex	species		1478
Bradyrhizobium japonicum	species		375	Rubrivivax gelatinosus	species		28068
Bradyrhizobium sp.	species		376	Porphyromonas asaccharolytica	species		28123
Citrobacter koseri	species		545	Vibrio nigripulchritudo	species		28173
Citrobacter freundii	species		546	Pectobacterium atrosepticum	species		29471
Escherichia fergusonii	species		564	Beijerinckia indica subsp. indica	subspecies		31994
Shigella sonnei	species		624	Phascolarctobacterium faecium	species		33025
Yersinia intermedia	species		631	Leptothrix cholodnii	species		34029
Edwardsiella tarda	species		636	Citrobacter amalonaticus	species		35703
Vibrio harveyi	species		669	Rhodovulum sulfidophilum	species		35806
Aggregatibacter				Caldibacillus thermoamylovorans	species		35841
actinomycetemcomitans	species		714	Porphyromonas cangingivalis	species		36874
Pasteurella dagmatis	species		754	Methylobacterium mesophilicum	species		39956
Rodentibacter pneumotropicus	species		758	Streptococcus equi subsp.			
Porphyromonas gingivalis	species		837	zooepidemicus	subspecies		40041
Fusobacterium gonidiaformans	species		849	Rubrobacter radiotolerans	species		42256
Fusobacterium mortiferum	species		850	Vreelandella venusta	species		44935
Fusobacterium varium	species		856	Streptococcus cristatus	species		45634
Fusobacterium periodonticum	species		860	Bibersteinia trehalosi	species		47735
Fusobacterium ulcerans	species		861	Serratia fonticola	species		47917
Megasphaera elsdenii	species		907	Brevibacillus agri	species		51101
Nitrobacter hamburgensis	species		912	Thalassovita gelatinovora	species		53501
Rhodospirillum rubrum	species		1085	Brevibacillus choshinensis	species		54911
Streptococcus pyogenes	species		1314	Brevibacillus formosus	species		54913
Streptococcus anginosus	species		1328	Pectobacterium wasabiae	species		55208
Streptococcus canis	species		1329	Brenneria nigrifluens	species		55210
Streptococcus uberis	species		1349	Brenneria rubrifaciens	species		55213
Brevibacillus brevis	species		1393	Edwardsiella ictaluri	species		67780
Paenibacillus polymyxa	species		1406	Citrobacter farmeri	species		67824
Peribacillus psychrosaccharolyticus	species		1407	Citrobacter werkmanii	species		67827

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'.

allium sativum {garlic} 4 gram/day

Amorphophallus konjac {Konjaku flour}

Azadirachta indica {Neem} 120 mg/day

Bifidobacterium animalis {B. animalis}

bifidobacterium lactis,streptococcus thermophilus probiotic

Bovine Milk Products {Dairy}

Caffeine

Cichorium intybus {Chicory} 1800 mg/day

Cinnamomum zeylanicum {Ceylon Cinnamon} 6 gram/day

Coffee

Cola aspartame {Diet Cola}

Eucalyptus {Gum Tree}

foeniculum vulgare,fennel

gallic acid {gallate}

green tea

Lactcaseibacillus casei {L. casei} 48 BCFU/day

lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

lactobacillus rhamnosus gg,bifidobacterium animalis lactis

,lactobacillus paracasei {cvs maximum strength probiotic}

Limosilactobacillus fermentum {L. fermentum} 12 BCFU/day

Menta × piperita {peppermint}

rosmarinus officinalis {rosemary}

Salvia officinalis {Sage}

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

{Chitosan} 3 gram/day

syzygium aromaticum {clove}

tea

Theobroma cacao {Cacao} 20 gram/day

Thymus vulgaris {thyme}

Trametes versicolor {Turkey tail}

yogurt

Retail Probiotics

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

douglas laboratories / multi probiotic 40 billion
 visbiome
 Physician Choice / 60 Billion Probiotics
 theramedix / probiotic
 Windlove Probiotics / Ecologic®825
 Jetson (US) / Immunity Probiotics
 spain (es) / vivomixx
 renew life men's probiotic - ultimate
 ferring / vsl#3
 nature's bounty / probioti 10
 fairvital / microflora basic
 Invivo / Bio.Me Femme UT
 jarow formula / ideal bowel support® lp299v®
 SuperSmart / Probio Forte
 SuperSmart / Lactoxira
 organic 3 / gutpro
 Bromatech (IT) / Milonet
 PharmExtracta (IT) / INatal Sachets
 NaturalPharma / Profit Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 UltraFlora® Intensive Care
 Pädia GmbH (DE)/Mambiotic Kapseln
 Floradapt Cardio
 HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
 spain (es) / lactanza hereditum
 Purica Probiotic Cardio
 ecology_allergycare
 Genesis Bifidobacterium Complex BB Probiotic
 Maple Life Science™ / Lactobacillus plantarum
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 BioGaia / Elactia
 anabolic laboratories / probiotic complete
 klair labs / target gb-x
 Materna® Opti-Lac® Breast Feeding Support
 Lab One / N ° 1 SportBiotic
 Jetson / FIT
 Seeking Health / Probiota HistaminX
 reg'activ / immune & vitality
 Ombre / Ultimate Immunity
 Purica Probiotic Intensive GI
 optibac / for your cholesterol
 ProbioMax® Daily DF
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 Floradapt Gut Comfort
 Realdose
 Nature's Lab Intensive GI
 Bulk Probiotics / L. Fermentum Probiotic Powder
 CustomProbiotics.com / L. Casei Probiotic Powder
 CustomProbiotics.com / S. Thermophilus Probiotic Powder
 Smidge / Sensitive Probiotic
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 Bromatech (IT) / Rotanella plus
 Metabolics / Streptococcus Thermophilus Powder

Immune Defense Daily Chewable Probiotic
probiotic pur (de) / realdose nutrition
VSL Pharmaceuticals / Oxadrop
up4 / adult
nature's way (au) / restore probiotic bowel & colon health 30s
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
Thryve LPCasei Th1, LPCasei Th2,LFerm IBF1, Lacidoph
goodbelly drink
Bulk Probiotics / L. Casei Probiotic Powder (Candida Support)
Maple Life Science™ / Lactobacillus fermentum
Bromatech (IT) / Citogenex
ImmuneBiotech Medical Sweden AB / GutMagnific®
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
HMF Metabolic
CustomProbiotics.com / L. Plantarum Probiotic Powder
UltraFlora® Immune Booster
Bromatech (IT) / Adomelle

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
 2H-1,6,2-benzothiazol-1,1,3-trione {Saccharin}
 α-Amino-3-indolepropionic acid {Tryptophan}
 arabinogalactan {arabinogalactan}
 Avena sativa x Hordeum vulgare {barley,oat}
 Ferrum {Iron Supplements}
 fruit
 fruit/legume fibre
 grapes
 high red meat
 Hordeum vulgare {Barley}
 Hydrastis canadensis {Goldenseal}
 Lactobacillus rhamnosus {L. rhamnosus}
 lactobacillus rhamnosus gg

Linum usitatissimum {Flaxseed}
 Mixture of Vitamin B? {B Vitamins}
 oligosaccharides {oligosaccharides}
 Outer Layers of Triticum aestivum {Wheat Bran}
 Panax ... {Ginseng}
 pectin {pectin}
 Poly[β-D-xylopyranose(1→4)] {Xylan}
 Polydextrose {polydextrose}
 pseudo-cereals {amaranth,quinoa, taro,buckwheat}
 Pulses, Beans
 red wine
 β-glucan {Beta-Glucan}
 Ulmus rubra {slippery elm}
 vegetarians
 wheat

Sample of Literature Used

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

Four Dairy Products Mitigates Sarcopenia in Mice by Modulating Muscle Inflammation, Autophagy, and Protein Degradation.

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