

Sources

HCl & Enzymes:

<https://pubmed.ncbi.nlm.nih.gov/17509031/>

<https://pubmed.ncbi.nlm.nih.gov/22525304/>

<https://pubmed.ncbi.nlm.nih.gov/18702653/>

A growing number of studies show correlations between PPIs—and lower stomach acid—and lower nutrients status for many vitamins and minerals:

- Vitamin B12 ([39](#), [40](#), [41](#), [42](#))
- Iron ([43](#), [44](#), [45](#), [46](#))
- Magnesium ([47](#), [48](#), [49](#), [50](#))
- Calcium ([51](#), [52](#), [53](#))
- Folate ([54](#), [55](#))
- Vitamin C ([56](#))
- Zinc ([57](#))

<https://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps/>

<https://chriskresser.com/how-to-cure-gerd-without-medication/>

<https://kresserinstitute.com/wp-content/uploads/Treating-the-Top-Five-Chronic-Conditions.pdf>

IBguard:

Singh, Rajinder, Muftah AM Shushni, and Asma Belkheir. "Antibacterial and antioxidant activities of *Mentha piperita* L." *Arabian Journal of Chemistry* 8.3 (2015): 322-328.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=https%3A%2F%2Fwww.sciencedirect.com%2Fscience%2Farticle%2Fpii%2FS1878535211000232&btnG=#d=gs_qabs&u=%23p%3DxIZhkfHfgwAJ

<https://www.ibgard.com/ibgardr-difference>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#!po=82.6923>

<https://practicalgastro.com/2020/07/01/three-year-safety-data-analysis-indicates-no-pattern-of-heartburn-with-ibgard-an-advanced-technology-peppermint-oil-in-contrast-to-the-heartburn-issues-with-older-technologies/>

Sources

Cash, Brooks D., Michael S. Epstein, and Syed M. Shah. "A novel delivery system of peppermint oil is an effective therapy for irritable bowel syndrome symptoms." *Digestive diseases and sciences* 61.2 (2016): 560-571.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Cash+BD%2C+Epstein+MS%2C+Shah+SM.+IBgard%2C+a+novel+targeted+delivery+system+of+peppermint+oil%2C+results+in+significant+improvement+in+the+Total+IBS+Symptom+Score+and+individual+IBS+symptoms.+Results+from+the+U.S.-based%2C+4-week%2C+randomized%2C+placebo-controlled%2C+multi-centered+IBSREST+trial.+Presented+at+Digestive+Disease+Week%3B+May+16-19%2C+2015%3B+Washington%2C+DC.+Abstract+Mo129&btnG=#d=gs_qabs&u=%23p%3DrU8LBSH1OmAJ

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#_ffn_sectitle

Efficacy of Garlic as Anti-bacterial:

adare, O. S., et al. "In vitro evaluation of the synbiotic effect of probiotic Lactobacillus strains and garlic extract against Salmonella species." *LWT* 153 (2022): 112439.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=In+vitro+evaluation+of+the+synbiotic+effect+of+probiotic+Lactobacillus+strains+and+garlic+extract+against+Salmonella+species&btnG=#d=gs_qabs&u=%23p%3D6PJJoVeqwIJ

Journal 'Nature'

<https://www.nature.com/articles/s41598-018-25154-9>

Ross, Z. M., et al. "Antimicrobial properties of garlic oil against human enteric bacteria: evaluation of methodologies and comparisons with garlic oil sulfides and garlic powder." *Applied and environmental microbiology* 67.1 (2001): 475-480.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Antimicrobial+Properties+of+Garlic+Oil+against+Human+Enteric+Bacteria%3A+Evaluation+of+Methodologies+and+Comparisons+with+Garlic+Oil+Sulfides+and+Garlic+Powder&btnG=#d=gs_qabs&u=%23p%3DsnNBQ425e3QJ

Sources

Zhu, Xing-Yang, and Yi-Rong Zeng. "Garlic extract in prosthesis-related infections: a literature review." *Journal of International Medical Research* 48.4 (2020): 0300060520913778

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Garlic+extract+in+prosthesis-related+infections%3A+a+literature+review&btnG=#d=gs_qabs&u=%23p%3D9dV6_Ktz8bgJ

‘Ecophage’ Reserch Citation from <https://shop.bodyecology.com/products/ecophage>:

Citations:

- Nale, Dr Janet & Clokie, Martha. (2018). PHAGES AS ANTIBACTERIAL AGENTS: LABORATORY TRAINING IN DEVELOPING COUNTRIES. 89-93. https://www.researchgate.net/publication/327282103_PHAGES_AS_ANTIBACTERIAL_AGENTS_LABORATORY_TRAINING_IN_DEVELOPING_COUNTRIES
- Nale, Dr Janet, Chutia, Mahananda, Carr, Philippa, Timothy Hickenbotham, Peter, Clokie, Martha. 8/22/2016. ‘Get in Early’; Biofilm and Wax Moth (*Galleria mellonella*) Models Reveal New Insights into the Therapeutic Potential of *Clostridium difficile* Bacteriophages. *Frontiers in Microbiology*. VL - 7, DO - 10.3389/fmicb.2016.01383. <https://www.frontiersin.org/articles/10.3389/fmicb.2016.01383/full>
- Abedon ST, Kuhl SJ, Blasdel BG, et al. Phage treatment of human infections. *Bacteriophage*. 2011;1(2):66-85.
- Bruynoghe R, and J. Maisin. Essais de thérapeutique au moyen du bacteriophage. *C. R. Soc. Biol.* .1921;85:1120-1.
- Pelfrene E, Willebrand E, Cavaleiro Sanches A, et al. Bacteriophage therapy: a regulatory perspective. *Journal of Antimicrobial Chemotherapy*. 2016;71(8):2071-4.
- Supplier Internal Study. A Probiotic-Enhancing Prebiotic. Data on File. 2016.
- Supplier Internal Study. Bacteriophage Cocktail Mice Clinical Trials. Data on File. 2016.

<https://chriskresser.com/how-the-gut-microbiome-influences-everything-about-your-health/>

Sources

SBO (Soil Based Probiotics) Probiotics:

https://mysolluna.com/2017/07/19/why-you-need-soil-based-probiotics-sbos/?_ga=2.23980541.674618648.1647304925-264663639.1647304923&_gac=1.179836118.1647304925.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqIF8xoljR8nZTRI4QFDeTdsaT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw_wcB&_gl=1*zedk0x*_ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.*_ga_88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA..

- [1] [What Is Gut Microbiota?](#)
- [2] [Micronutrients, Agriculture and Nutrition: Linkages for Improved Health and Well Being](#)
- [3] [How Modern Life Depletes Our Gut Microbes](#)
- [4] [The Gut Microbiota of Rural Papua New Guineans: Composition, Diversity Patterns, and Ecological Processes](#)
- [5] [NIH Human Microbiome Project defines normal bacterial makeup of the body](#)
- [6] [Human microbiome project: Diversity of human microbes greater than previously predicted](#)
- [7] [Germs Are Us](#)
- [8] [Ecological and Evolutionary Forces Shaping Microbial Diversity in the Human Intestine](#)
- [9] [Cesarean versus Vaginal Delivery: Long term infant outcomes and the Hygiene Hypothesis](#)
- [10] [Reduced anxiety-like behavior and central neurochemical change in germ-free mice](#)
- [11] [The microbiome regulates amygdala-dependent fear recall](#)
- [12] [Gut Microbiota and Its Possible Relationship With Obesity](#)
- [13] [Getting To Know “Friendly Bacteria”](#)
- [14] [The microbiome: A key regulator of stress and neuroinflammation](#)
- [15] [The impact of a consortium of fermented milk strains on the gut microbiome of gnotobiotic mice and monozygotic twins](#)
- [16] [Spore-forming bacteria and their utilisation as probiotics](#)
- [17] [Anti-candida effect of bacillomycin D-like lipopeptides from *Bacillus subtilis* B38](#)
- [18] [Probiotic *Bifidobacterium longum* NCC3001 Reduces Depression Scores and Alters Brain Activity: A Pilot Study in Patients With Irritable Bowel Syndrome](#)
- [19] [The Intestinal Life Cycle of *Bacillus subtilis* and Close Relatives](#)
- [20] [The use of bacterial spore formers as probiotics](#)
- [21] [Study of the antifungal activity of *Bacillus vallismortis* ZZ185 in vitro and identification of its antifungal components](#)
- [22] [Prescript-Assist probiotic-prebiotic treatment for irritable bowel syndrome: a methodologically oriented, 2-week, randomized, placebo-controlled, double-blind clinical study](#)

Sources

[23] Prescript-assist probiotic-prebiotic treatment for irritable bowel syndrome: an open-label, partially controlled, 1-year extension of a previously published controlled clinical trial

Bifidus Power Blend Research

1. Grimm, Verena, Christina Westermann, and Christian U. Riedel. "Bifidobacteria-host interactions—an update on colonisation factors." *BioMed Research International* 2014 (2014).
2. Martinez, Fabio Andres Castillo, et al. "Bacteriocin production by *Bifidobacterium* spp. A review." *Biotechnology Advances* 31.4 (2013): 482-488.
3. Lau, Amy Sie-Yik, Jin-Zhong Xiao, and Min-Tze Liong. "Bifidobacterium for Infants: Essence and Efficacy." *Beneficial Microorganisms in Medical and Health Applications*. Springer International Publishing, 2015. 39-72.
4. Saez-Lara, Maria Jose, et al. "The role of probiotic lactic acid bacteria and bifidobacteria in the prevention and treatment of inflammatory bowel disease and other related diseases: a systematic review of randomized human clinical trials." *BioMed Research International* 2015 (2015).
5. Shin, Hea Soon, et al. "Hypocholesterolemic effect of sonication-killed *Bifidobacterium longum* isolated from healthy adult Koreans in high cholesterol fed rats." *Archives of Pharmacal Research* 33.9 (2010): 1425-1431.
6. Childs, C. E., et al. "*Bifidobacterium longum* bv. infantis CCUG 52486 combined with gluco-oligosaccharide significantly reduces the duration of self-reported cold and flu-like symptoms among healthy older adults after seasonal influenza vaccination." *Proceedings of the Nutrition Society* 72.OCE1 (2013): E10.
7. Bercik, P., et al. "The anxiolytic effect of *Bifidobacterium longum* NCC3001 involves vagal pathways for gut–brain communication." *Neurogastroenterology & Motility* 23.12 (2011): 1132-1139.
8. Spaizer, Samuel J., et al. "*Lactobacillus gasseri* KS-13, *Bifidobacterium bifidum* G9-1, and *Bifidobacterium longum* MM-2 Ingestion Induces a Less Inflammatory Cytokine Profile and a Potentially Beneficial Shift in Gut Microbiota in Older Adults: A Randomized, Double-Blind, Placebo-Controlled, Crossover Study." *Journal of the American College of Nutrition* 34.6 (2015): 459-469.
9. Guglielmetti, Simone, et al. "Randomised clinical trial: *Bifidobacterium bifidum* MIMBb75 significantly alleviates irritable bowel syndrome and improves quality of life—a double-blind, placebo-controlled study." *Alimentary Pharmacology & Therapeutics* 33.10 (2011): 1123-1132.
10. Kim, Ji Yeun, et al. "Effect of probiotic mix (*Bifidobacterium bifidum*, *Bifidobacterium lactis*, *Lactobacillus acidophilus*) in the primary prevention of eczema: a double-blind, randomized, placebo-controlled trial." *Pediatric Allergy and Immunology* 21.2p2 (2010): e386-e393.
11. Bartosch, Sabine, et al. "Microbiological effects of consuming a synbiotic containing *Bifidobacterium bifidum*, *Bifidobacterium lactis*, and oligofructose in elderly persons, determined by real-time polymerase chain reaction and counting of viable bacteria." *Clinical Infectious Diseases* 40.1 (2005): 28-37.

Sources

12. Tabbers, M. M., et al. "Is Bifidobacterium breve effective in the treatment of childhood constipation? Results from a pilot study." *Nutrition Journal* 10.1 (2011): 1.
13. Kondo, Shizuki, et al. "Antiobesity effects of Bifidobacterium breve strain B-3 supplementation in a mouse model with high-fat diet-induced obesity." *Bioscience, Biotechnology, and Biochemistry* 74.8 (2010): 1656-1661.
14. Mortaz, Esmaeil, et al. "Anti-Inflammatory Effects of Lactobacillus Rahmnosus and Bifidobacterium Breve on Cigarette Smoke Activated Human Macrophages." *PloS One* 10.8 (2015): e0136455.
15. Groeger, David, et al. "Bifidobacterium infantis 35624 modulates host inflammatory processes beyond the gut." *Gut Microbes* 4.4 (2013): 325-339.
16. Smecuol, Edgardo, et al. "Exploratory, randomized, double-blind, placebo-controlled study on the effects of Bifidobacterium infantis natrene life start strain super strain in active celiac disease." *Journal of Clinical Gastroenterology* 47.2 (2013): 139-147.

Probiotic Strains Research Sources:

Spore Probiotics:

<https://pubmed.ncbi.nlm.nih.gov/16117982/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770835/>

https://mysolluna.com/2017/07/19/why-you-need-soil-based-probiotics-sbos/?_ga=2.23980541.674618648.1647304925-264663639.1647304923&_gac=1.179836118.1647304925.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqlF8xoljR8nZTRI4QFDeTdsaT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw_wcB&_gl=1*zedk0x*_ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.*_ga_88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA

<https://www.amymyersmd.com/article/soil-based-probiotics-sibo/>

1. Campylobacter (C. jejuni, C. coli and C. lari only)

L. salivarius and L. reuteri

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8150830/>

Sources

2. Candidiasis Albicans

Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4603435/>

<https://pubmed.ncbi.nlm.nih.gov/6762128/>

<https://pubmed.ncbi.nlm.nih.gov/8228371/>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0012050>

<https://pubmed.ncbi.nlm.nih.gov/17885943/>

3. Overgrowth of Citrobacter

L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum, Lactobacillus helveticus, Lactobacillus rhamnosus

<https://pubmed.ncbi.nlm.nih.gov/22430833/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

4. Clostridioides difficile (C. Diff):

Saccharomyces boulardii, Lactobacillus rhamnosus

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

Sources

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J

5. Enterotoxigenic E. coli (ETEC) LT/ST

Lactobacillus Plantarum, Saccharomyces: *Pediococcus acidilactici* and *S. cerevisiae* *boulardii*, Lactobacillus rhamnosus, L. reuteri, *Lactobacillus johnsonii*, bacillus licheniformis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5510153/#!po=69.9219>

6. Escherichia coli (E. coli) O157:H7

L. rhamnosus, L. acidophilus, bifidobacterium breve, Saccharomyces boulardii, Bifidobacterium animalis, Lactobacillus reuteri, Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium longum Bifidobacterium infantis <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1201237/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6069398/>

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1201237/>

7. Enterococcus (faecium ...)

L. rhamnosus

<https://journals.asm.org/doi/10.1128/AEM.01243-16>

E. Coli:

Saccaromyces Boulardii

Sources

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6069398/#:~:text=The%20most%20effective%20single%2Dstrain,most%20effective%20probiotics%20against%20E>

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=saccharomyces+boulardii+e+coli&oq=saccharomyces+boulardii+e#d=gs_qabs&u=%23p%3DyTkR8MYXnAlJ

8. *Klebsiella pneumoniae*, *Klebsiella*

Bifidobacterium longum, *L. plantarum*, *L. salivarius*, *L. casei*, *L. acidophilus*, *B. animalis* subsp. *lactis* and *B. bifidum*

<https://www.sciencedirect.com/science/article/pii/S1286457915002312>

<https://pubmed.ncbi.nlm.nih.gov/19462517/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

9. *Methanobrevibacter Smithii* (*M Smithii*)

L. plantarum, *Lactobacillus reuteri*, *L. salivarius*, *L. casei*, *L. acidophilus*, *B. animalis* subsp. *lactis* and *B. bifidum*

<https://pubmed.ncbi.nlm.nih.gov/28429333/>

<https://www.scientificwellness.com/blog-view/probiotic-for-methane-dependant-constipation--635>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

<https://www.nature.com/articles/s41598-021-84641-8>

10. Overgrowth of *Prevotella Copri*

Lactobacillus acidophilus, *Lactobacillus casei*, *Bifidobacterium bifidum*

Sources

Guerreiro, Catarina Sousa, et al. "Diet, microbiota, and gut permeability—the unknown triad in rheumatoid arthritis." *Frontiers in Medicine* (2018): 349.

<https://www.frontiersin.org/articles/10.3389/fmed.2018.00349/full>

https://scholar.google.com/scholar_lookup?author=B.+Zamani&author=HR.+Golkar&author=S.+Farshbaf&author=M.+Emadi-Baygi&author=M.+Tajabadi-Ebrahimi&author=P.+Jafari&publication_year=2016&title=Clinical+and+metabolic+response+to+probiotic+supplementation+in+patients+with+rheumatoid+arthritis%3A+a+randomized,+double-blind,+placebo-controlled+trial&journal=Int+J+Rheum+Dis&volume=19&pages=869-79#d=gs_qabs&t=1656476603882&u=%23p%3DJfnBolQAfsoJ

11. Overgrowth of *Proteus* spp

Lactobacillus casei, *Lactobacillus reuteri*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7355612/>

12. *Streptococcus* spp.

Lactobacillus rhamnosus GG,[10] *Lactobacillus reuteri*, *Bifidobacterium*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6519182/#!po=9.57447>

13. *Salmonella*:

Saccharomyces Boulardii, *Bacillus Subtilis*, *Lactobacillus Plantarum*

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

<https://www.sciencedirect.com/science/article/abs/pii/S0034528811003419>

<https://www.sciencedirect.com/science/article/pii/S0023643821015929>

Sources

14. Overgrowth of Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae)

Lactobacillus reuteri

<https://www.spandidos-publications.com/10.3892/etm.2020.8469>

15. Overgrowth of Shiga-like Toxin producing E. coli (STEC) stx1/

Bifidobacterium, Pediococcus, and Lactobacillus

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4364364/#!po=11.6162>

16. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3763660/>

17. Serratia marcescens

Lactobacillus acidophilus, Lactobacillus plantarum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5825935/>

<https://www.optibacprobiotics.com/professionals/latest-research/gut-health/probiotics-best-for-candida>