



***Refer to respective bottles for daily supplement serving dosages.**

****Klaire Labs: Register as Patient. Use Code: 78G**

*****View Medical Disclosure at bottom of page**

Step II. Eradication & Re-inoculation: The Microbial Matrix (8 weeks)

I. Supporting Detoxification and Digestion:

EXPLANATION: The below list will support the journey in a healthy, safe and comfortable way. These below supplements while you are eradicating and seeding the digestive system will not only aid the process but also abate any uncomfortable detoxification symptoms.

A. Ketozyme: (Need 4 bottles total)

Ketozyme Enzyme

<https://bit.ly/3Cd1Ma7>

B. Digestive Enzymes:

Digestive Enzymes: (1 bottle - 180 capsules)

Register as patient. Use Code: 78G

<https://klaire.com/cp6241-digestive-enzymes>

(Scroll Down)



C. Betain HCl w/ Pepsin: (Need 1 bottle total)

(*Note to Vegetarians: Pepsin comes from a porcine source)

<https://bit.ly/3YdpQ4H>

OR

Betain HCl: (Need 1 bottle total)

(Note: Porcine free)

Register as patient. Use Code: 78G

<https://klair.com/bhc-betaine-hci>

*Warning: Do not take HCl if you are currently taking any anti-inflammatory drugs and/or medications such as corticosteroids (e.g. predisone), aspirin, Indocin, ibuprofen (e.g. Motrin, Advil, etc.) or other NSAIDS. Do not take HCl if you have been clinically diagnosed with a stomach ulcer.

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

D. Maximum Keto Electrolytes:

Maximum Keto Electrolytes: (2 bottles total)

<https://amzn.to/3eKgYxA>

E. Gallbladder Enzymes: (5 boxes total)

ONLY Purchase If Gallbladder Has Been Removed

Gallbladder Enzymes

(2 boxes)

<https://bit.ly/3dHmZK3>

(3 boxes)

<https://bit.ly/389OdrA>



F. Bentonite Clay

(detox clay to pull out die-off of pathogenic bacteria, parasites, toxins etc)

Bentonite Clay (1 bag)

<https://amzn.to/3jPkAku>

II. Eradication Antimicrobials

A. SIBO Positive Antimicrobials

(You **HAVE** SIBO)

(To Eradicate: SIBO (Small Intestinal Bacteria Overgrowth) Campylobacter (C. jejuni, C. coli and C. lari, Clostridiodes difficile, (C. difficile), toxin A, Escherichia coli (E. coli) O157:H7, Enterotoxigenic E. coli, (ETEC) LT/ST, Shiga-like Toxin producing E. coli (STEC) stx1/stx2, Salmonella, (S. enterica), Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae), Vibrio cholerae, cholera toxin gene (ctx), Adenoa Virus, 40/41, Norovirus GI/ GII, Rotavirus A, Candida albicans, Candida spp, Geotrichum, etc. etc.

1. Bio-film Disrupter (Weeks 1-8)

Breaks Up the Biofilm where pathogenic microbes, yeasts, parasites etc. reside in

Interfase Plus: (1 bottle - 120 capsules)

<https://klair.com/k-intp120-interfase-plus>



2. Ecophage (Weeks 1-8)

Ecophage: (1 bottle)
<https://bit.ly/3tYU6nt>

3. Allicin (Weeks 1-4)

Allimed (1 package)
<http://bit.ly/3xdCfum>

4. FC-Cidal (Weeks 5-8)

FC-Cidal (1 bottle - 120 capsules)
<https://bit.ly/3WvgRM7>

5. Dysbiocide (Weeks 5-8)

Dysbiocide (1 bottle - 120 capsules)
<https://bit.ly/3YUjl2H>

6. GI Synergy (Weeks 1-4)

GI Synergy: (1 Container - 90 packets)
<https://amzn.to/3xUStlL>

7. Parasites Positive ONLY:

IF YOU TESTED POSITIVE for Any of the Following Parasites:



Cryptosporidium (C. parvum and C. hominis), Entamoeba, histolytica (E. histolytica) Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis), Blastocystis hominis, Ascaris lumbricoides (roundworm), Trichuris trichiura (human whipworm), Enterobius, Vermicularis, Taenia Solium, Wuchereria, bancrofti, Trichinella, Fasciola, Hepatica

Scram OR R.U.G. (Weeks 5-8)

If you tested positive for parasites, in weeks 5-8, swap GI Synergy for Scram OR R.U.G.

Scram: (1 bottle)

<https://amzn.to/2Wp7Mah>

OR

RUG: (1 Bottle)

<http://bit.ly/3r9qjFF>

Liver Rescue (Weeks 5-8)

(mandatory if using Scram or RUG!) Liver Rescue (1 bottle)

<https://amzn.to/2QJ7paQ>

8. Candida Positive (Weeks 1-8)

(Peppermint oil in microspheres to protect peppermint from being destroyed by stomach acid & allow for proper distillation into small intestine)

IBGuard: (5 boxes total)

(3 boxes)

<https://amzn.to/3ByFXk9>

(2 boxes)

bit.ly/3Fe08XF



B. SIBO Negative Antimicrobials

(You **DO NOT HAVE** SIBO)

(To Eradicate: Campylobacter (C. jejuni, C. coli and C. lari, Clostridiodes difficile, (C. difficile), toxin A, Escherichia coli (E. coli) O157:H7, Enterotoxigenic E. coli, (ETEC) LT/ST, Shiga-like Toxin producing E. coli (STEC) stx1/stx2, Salmonella, (S. enterica), Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae), Vibrio cholerae, cholera toxin gene (ctx), Adenoa Virus, 40/41, Norovirus GI/GII, Rotavirus A, Candida albicans, Candida spp, Geotrichum, etc. etc.

1. Bio-film Disrupter (Weeks 1-8)

Breaks Up the Biofilm where pathogenic microbes, yeasts, parasites etc. reside in.

Interfase Plus: (1 bottle - 120 capsules)

<https://klaire.com/k-intp120-interfase-plus>

2. Garlic Extract (Weeks 1-8)

Only Order If You **DO NOT** Have SIBO.

Garlic Extract (1 bottle)

<https://amzn.to/3xFEqpH>

<https://klaire.com/k-intp120-interfase-plus>

(Scroll Down)



3. IBGuard (Weeks 1-8)

THIS Also Eradicates Candida Overgrowth (Peppermint oil in microspheres to protect peppermint from being destroyed by stomach acid & allow for proper distillation into small intestine)

IBGuard: (5 boxes total)

(3 boxes)

<https://amzn.to/3ByFXk9>

(2 boxes)

bit.ly/3Fe08XF

4. GI Synergy (Weeks 1-8)

GI Synergy: (1 Container - 90 packets)

<https://amzn.to/3xUStIL>

5. Ecophage (Weeks 1-8)

Ecophage: (1 bottle)

<https://bit.ly/3tYU6nt>

6. Parasites Positive ONLY:

IF YOU TESTED POSITIVE for Any of the Following Parasites:
Cryptosporidium (C. parvum and C. hominis), Entamoeba, histolytica (E. histolytica) Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis), Blastocystis hominis, Ascaris lumbricoides (roundworm), Trichuris trichiura (human whipworm), Enterobius, Vermicularis, Taenia Solium, Wuchereria, bancrofti, Trichinella, Fasciola, Hepatica



Scram OR R.U.G. (Weeks 5-8)

If you tested positive for parasites, in weeks 5-8, swap GI Synergy for Scram OR R.U.G.

Scram: (1 bottle)

<https://amzn.to/2Wp7Mah>

OR

RUG: (1 Bottle)

<http://bit.ly/3r9qjFF>

Liver Rescue (Weeks 5-8)

(mandatory if using Scram or RUG!)

Liver Rescue (1 bottle)

<https://amzn.to/2QJ7paQ>

(Scroll Down)



III. Re-inoculation Probiotics: The Microbial Matrix

Scroll down to Sources at bottom of page to read the scientific journals on each bacterial overgrowth and the probiotic strains that help prevent and eradicate the pathogenic bacteria and balance the microbiome.

A. SIBO Positive Probiotics (You Have SIBO)

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

<https://bit.ly/3JrtwvN>

(Methane Dominant SIBO: Bifidobacterium lactose HN019)

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

(Methane Dominant SIBO: Lactobacillus Plantarum

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

(Hydrogen Dominant SIBO: Saccharomyces boulardii)

Saccharomyces Boulardii (1 bottle)

<https://klaire.com/v776-12-saccharomyces-boulardii>

(Scroll Down)



B. SIBO Negative Probiotics (You **DO NOT** Have SIBO)

Feel Good SBO Probiotics+ : (2 bottles)

<https://amzn.to/3HViA7e>

C. Prebiotics: (Safe for SIBO)

Starting in week 5, we recommend Partially Hydrolyzed Guar Gum as a prebiotic! This also is not only **safe for those recovering from SIBO but beneficial! Take starting in week 5 with your probiotics.** Scroll down to the research section to learn the science.

Perfect Pass Prebiotic PHGG (Partially Hydrolyzed Guar Gum)
(1 Container)

<https://bit.ly/3YbFiPv>

D. Targeted Probiotics: (For SIBO Positive AND Negative)

Please locate the pathogenic bacteria you found on your test as described in the video and purchase the specific probiotic strains for your specific strains. If the probiotics overlap for whatever reason **DO NOT** purchase them twice. Simply purchase ONE round for 8 weeks as described in the directions below.

Scroll down to Sources at bottom of page to read the scientific journals on each bacterial overgrowth and the probiotic strains that help prevent and eradicate the pathogenic bacteria and balance the microbiome.

(Scroll down)



1. Overgrowth of *Blastomyces gilchristii*

Verdict: *blastomyces gilchristii* is a fungi which is mold spores are converted into a pathogenic yeast once the spores are inhaled. Eradication: GI Synergy (contains 3 products in 1 - one of which is called Paristonal which is a product that fight fungal overgrowth). Probiotics to fight fungal infections: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Saccharomyces boulardii*, *Lactobacillus rhamnosus*

Saccharomyces Boulardii (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v776-12-saccharomyces-boulardii>

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

2. Overgrowth of *Campylobacter* (*C. jejuni*, *C. coli* and *C. lari*)

Probiotic Strains : *L. salivarius*, *L. reuteri*, *Bacillus*

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

<https://bit.ly/3vhV1jo>

3. Candidiasis (*Albicans* ... etc any strain)

Probiotic strains: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Saccharomyces boulardii*



Saccharomyces Boulardii (1 bottle)

<https://klaire.com/v776-12-saccharomyces-boulardii>

4. Overgrowth of Citrobacter

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

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

Bifidus Power Blend: (2 bottles)

<https://bit.ly/3NljnPN>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

5. Overgrowth of Clostridioides difficile (C-Diff):

Probiotic Strains: Saccharomyces boulardii, Lactobacillus rhamnosus

(C. Diff is a bacteria that is labeled a “super bug.” All this means is that it is caused by the overuse of antibiotics in our culture and cannot be killed with anti-biotics as it is resistant to them through micro-evolution. C. Diff runs rampant historically in hospitals and can often be seeded in the gut during a time of surgery or even from a visit to a loved one in a hospital. It also is a pandemic in factory (CAFO) farms as anti-biotics are violently abused in the husbandry of our meat/poultry supply. It is an anti-biotic resistant super bug. Ironically it’s conventionally addressed using MORE antibiotics to bring it under control. But obviously, being that C. Diff is an anti-



biotic resistant super bug, any additional antibiotics can further weaken the gut microbiome and immune system even further - so it's counterintuitive. To rebalance the gut microbiome and prevent a future reoccurrence of C. Diff overgrowth, it's best to use herbal methods so as to not decimate beneficial bacteria in your the gut microbiome but rather being down the levels of C. Diff and build up a healthy community of strong beneficial bacteria to fight off C. Diff in the future. Garlic does this expertly as well as boosting stomach acid (HCl) to prevent reoccurrence.)

Saccharomyces Boulardii (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v776-12-saccharomyces-boulardii>

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

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

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

Saccharomyces Boulardii (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v776-12-saccharomyces-boulardii>



7. Overgrowth of Escherichia coli (E. coli) O157:H7

Probiotics: Bifidobacterium breve, L. rhamnosus and L. acidophilus, Saccharomyces Boulardii, L. rhamnosus, L. acidophilus, Bifidobacterium animalis, Lactobacillus reuteri, Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium infantis

Bifidus Power Blend: (2 bottles)

<https://bit.ly/3NljnPN>

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

Saccharomyces Boulardii (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v776-12-saccharomyces-boulardii>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OIyBPO> OR <https://bit.ly/3Oocw9C>

8. Enterobacter hormaechei

Probiotic Strain Needed: Lactobacillus Plantarum

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OIyBPO> OR <https://bit.ly/3Oocw9C>



9. Overgrowth of Enterococcus (faecium, ...)

Probiotic Strain: *L. rhamnosus*

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

10. Overgrowth of Klebsiella (pneumoniae)

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

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Bifidus Power Blend: (2 bottles)

<https://bit.ly/3NljnPN>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

11. Overgrowth of Methanobrevibacter Smithii (M Smithii)

Probiotic strains: *L. plantarum*, *Lactobacillus reuteri*, *L.*



salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum

Ideal Bowel Support by Jarrow Formulas (high dosage of L. Plantarum for methanogens in methane SIBO): (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

Bifidus Power Blend: (2 bottles)

<https://bit.ly/3NljnPN>

12. Overgrowth of Prevotella Copri

Probiotic Strains: Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium bifidum

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

13. Overgrowth of Proteus spp

Probiotic Strains: Lactobacillus Plantarum, Lactobacillus casei

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

Ther-Biotic Detoxification Support

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3hWtf8V>



14. Overgrowth of Streptococcus spp.

Probiotics Strains: Lactobacillus rhamnosus
Lactobacillus reuteri, Bifidobacterium

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

Bifidus Power Blend: (2 bottles)

<https://bit.ly/3NljnPN>

15. Overgrowth of Salmonella (S. Typhimurium, S. Enteritidis, S. Typhi, Salmonella Enterica)

Probiotic Strains: Saccharomyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum, Bifidobacterium Bifidum

Salmonella is an enteric pathogenic bacteria. It resides in the biofilm of the gut and attaches to the epithelial layer of the gut lining.

(Salmonella Typhimurium, Salmonella Enteritidis)

Saccharomyces Boulardii (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v776-12-saccharomyces-boulardii>

(Many Salmonella Strains)

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>



(Salmonella Enteritidis)
MegaSporeBiotic (Weeks 1-8 - 2 bottles)
<https://bit.ly/3vhV1jo>

(Salmonella Enterica)
Bifidus Power Blend: (2 bottles)
<https://bit.ly/3NljnPN>

16. Overgrowth of Shigella

(S. boydii, S. sonnei, S. flexneri, and
S. dysenteriae)
Probiotic Strains: Lactobacillus Rhamnosus

Ther-Biotic Factor 1 (1 bottle)
Klaire Labs: Register as patient. Use Code: 78G
<https://klaire.com/v771-06-ther-biotic-factor-1>

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

Probiotic Strains: Bifidobacterium, Pediococcus, and
Lactobacillus

Ther-Biotic Factor 1 (1 bottle)
Klaire Labs: Register as patient. Use Code: 78G
<https://klaire.com/v771-06-ther-biotic-factor-1>

Bifidus Power Blend: (2 bottles)
<https://bit.ly/3NljnPN>



18. Overgrowth of Parasites

Cryptosporidium (C. parvum and C. hominis), Entamoeba histolytica (E. histolytica), Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis), Blastocystis, hominis, Ascaris lumbricoides (roundworm), Trichuris trichiura (human whipworm), Enterobius Vermicularis, Taenia Solium, Wuchereria bancrofti, Trichinella, Fasciola, Hepatica

Probiotics strains to fight overgrowth: L. reuteri, Lactobacillus casei ...

Ther-Biotic Detoxification Support

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3hWtf8V>

19. Overgrowth of Pseudomonas Aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

Bifidus Power Blend: (2 bottles)

<https://bit.ly/3NljnPN>



20. Overgrowth of Tryanosoma Cruzi

Here is the verdict: It's a Parasite. Tryanosoma cruzi is a flagellate protozoan.

Eradication Plan: Do the Parasite protocol and recipe plan. Weeks 1-4 you will follow the eradication supplements based on if you have SIBO or not. Then in weeks 5-8 you will swap out GI Synergy for the parasite supplement (either R.U.G. or SCRAM and follow the directions on the back of the bottle, slowly increasing pills as instructions on back of bottle)

Probiotic strains: Lactobacillus casei

Ther-Biotic Detoxification Support

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3hWtf8V>

21. Overgrowth pf Vibrio cholerae, cholera toxin gene (ctx)

Probiotic Strains: Lactobacillus rhamnosus,
Bifidobacterium longum

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>



22. *Serratia marcescens*

Probiotic Strains: *Lactobacillus acidophilus*
Lactobacillus plantarum

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

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.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqIF8xoljR8nZTRI4QFDeTds



aT4k-

P3JpSCJr9mvQYDIgXkkaAgVREALw wcB& gl=1*zedk0x* ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.* ga 88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA

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

Prebiotics:

We recommend Partially Hydrolyzed Guar Gum as a prebiotic! This is safe from those recovering from SIBO! Take with your probiotics. See the research below and the product link below:

Ohashi Y, Sumitani K, Tokunaga M, Ishihara N, Okubo T, Fujisawa T. Consumption of partially hydrolysed guar gum stimulates Bifidobacteria and butyrate-producing bacteria in the human large intestine. *Benef Microbes*. 2015;6(4):451-5. doi: 10.3920/BM2014.0118. Epub 2015 Feb 12. PMID: 25519526.

<https://www.ingentaconnect.com/content/wagac/bm/2015/00000006/00000004/art00007>

Niv, E et al. "Randomized clinical study: Partially hydrolyzed guar gum (PHGG) versus placebo in the treatment of patients with irritable bowel syndrome." *Nutrition & metabolism* vol. 13 10. 6 Feb. 2016, doi:10.1186/s12986-016-0070-5

<https://pubmed.ncbi.nlm.nih.gov/26855665/>

Furnari, M et al. "Clinical trial: the combination of rifaximin with partially hydrolysed guar gum is more effective than rifaximin alone in eradicating small intestinal bacterial overgrowth." *Alimentary pharmacology & therapeutics* vol. 32,8 (2010): 1000-6. doi:10.1111/j.1365-2036.2010.04436.x

<https://pubmed.ncbi.nlm.nih.gov/20937045/>



<https://feedmephoebe.com/sibo-probiotics-the-best-brands-treatment/>

1. *Blastomyces gilchristii*

Verdict: *blastomyces gilchristii* is a fungi which is mold spores are converted into a pathogenic yeast once the spores are inhaled.

Eradication: GI Synergy (contains 3 products in 1 - one of which is called Paristonal which is a product that fight fungal overgrowth)

Probiotics to fight fungal infections:

Lactobacillus acidophilus, *Lactobacillus casei*, *Saccharomyces boulardii*,
Lactobacillus rhamnosus

Products:

Vital-Immune Biotic

<https://klaire.com/v171-10-vital-immune-biotic-tm>

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G) <https://bit.ly/3ymwYSO>

Research:

<https://www.frontiersin.org/articles/10.3389/fmicb.2022.814831/full>

<https://journals.asm.org/doi/10.1128/JCM.02078-20> *Campylobacter* (*C. jejuni*, *C. coli* and *C. lari* only)

L. salivarius* and *L. reuteri



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

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

L. salivarius and L. reuteri

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

3. 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/>

4. 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/>

5. 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?](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)

[hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J](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.

[https://scholar.google.com/scholar?](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)

[hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J](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)

6. 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>

7. 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/PMC6069398/>

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

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

8. Enterobacter hormaechei

Here's the verdict: enterobacter hormaechei is a bacterial pathogen related to Enterobacter cloacae.

Eradication: GI Synergy (antibacterial herbs)

Probiotic Strain Needed: Lactobacillus Plantarum

Products:

Lactoprime Plus

<https://klaire.com/k-lpp-lactoprime-plus>

Research:



<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/enterobacter-hormaechei>

<https://www.liebertpub.com/doi/abs/10.1089/jmf.2018.4329>

<https://bmcvetres.biomedcentral.com/articles/10.1186/s12917-019-2207-z>

9. Enterococcus (faecium ...)

L. rhamnosus

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

10. 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/>

11. 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>

12. Overgrowth of Prevotella Copri

Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium bifidum

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/ful](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_qab&s&t=1656476603882&u=%23p%3DJfnBolQAfsoJ



13. Overgrowth of *Proteus* spp

Lactobacillus casei, *Lactobacillus reuteri*, *Lactobacillus Plantarum*

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

<https://jmb.tums.ac.ir/index.php/jmb/article/view/335>

14. *Streptococcus* spp.

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

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

15. *Salmonella*:

Saccaromyces Boulardii, *Bacillus Subtilis*, *Lactobacillus Plantarum*,
Bifidobacterium Bifidus

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

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

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

“probiotic *Bifidobacterium bifidum* inhibits growth of *S. enterica* [24]. These authors suggest that *Bifidobacter*-derived factors interfere with expression of *S. enterica* virulence genes encoded on the *Salmonella* pathogenicity islands 1 and 2.”



Wagner, R. Doug, and Shemedia J. Johnson. "Probiotic bacteria prevent Salmonella-induced suppression of lymphoproliferation in mice by an immunomodulatory mechanism." *BMC microbiology* 17.1 (2017): 1-12.

<https://bmcmicrobiol.biomedcentral.com/articles/10.1186/s12866-017-0990-x>

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

Lactobacillus reuteri, Lactobacillus Rhamnosus

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

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5644304/>

17. 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>

18. Overgrowth of Parasites

Probiotics strains to fight overgrowth:

L. reuteri, *Lactobacillus casei* ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3182331/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6799552/>



19. Trypanosoma Cruzi

Here is the verdict: It's a Parasite. Trypanosoma cruzi is a flagellate protozoan.

Eradication Plan: Do the Parasite protocol and recipe plan. Weeks 1-4 you will follow the eradication supplements based on if you have SIBO or not. Then in weeks 5-8 you will swap out GI Synergy for the parasite supplement (either R.U.G. or SCRAM and follow the directions on the back of the bottle, slowly increasing pills as instructions on back of bottle)

Probiotic strains needed:

Lactobacillus casei

Research:

[https://www.researchgate.net/publication/51687710 Probiotics for the Control of Parasites An Overview](https://www.researchgate.net/publication/51687710_Probiotics_for_the_Control_of_Parasites_An_Overview)

20. Pseudomonas Aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7556188/>

21. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

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



22. *Serratia marcescens*

Lactobacillus acidophilus, *Lactobacillus plantarum*

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

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(Scroll Down)

V. Probiotic Product List (Alphabetical Order)

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

<https://bit.ly/3vhV1jo>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

Bifidus Power Blend: (2 bottles)

<https://bit.ly/3NljnPN>



GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Ther-Biotic Factor 1 (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v771-06-ther-biotic-factor-1>

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Feel Good SBO Probiotics+ : (2 bottles)

<https://amzn.to/3HViA7e>

Saccharomyces Boulardii (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v776-12-saccharomyces-boulardii>

Ther-Biotic Detoxification Support

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3hWtf8V>