



***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
<http://bit.ly/40vGFtF>
&
<http://bit.ly/3zoqrqi>

B. 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)

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<https://klaire.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/>

C. Maximum Keto Electrolytes:

Maximum Keto Electrolytes: (2 bottles total)

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

D. 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>

E. 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://klaire.com/k-intp120-interfase-plus>

2. Allicin (Weeks 1-4)

Allimed (1 package)

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

3. FC-Cidal (Weeks 5-8)

FC-Cidal (1 bottle - 120 capsules)



<https://bit.ly/3WvgRM7>

4. Dysbiocide (Weeks 5-8)

Dysbiocide (1 bottle - 120 capsules)

<https://bit.ly/3YUjI2H>

5. GI Synergy (Weeks 1-4)

GI Synergy: (1 Container - 90 packets)

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

Only If Needed:

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)

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>

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. GI Synergy (Weeks 1-8)

GI Synergy: (1 Container - 90 packets)

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

3. 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>

4. 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

5. (Optional but Recommended) Ecophage (Weeks 1-8)



Ecophage (1 bottle)

<https://shop.bodyecology.com/products/ecophage>

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>

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>

***Please wait to introduce probiotics with Lactobacillus Acidophilus and inulin until week 8 of the recipe plans if you are SIBO Positive!**

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>

(Scroll Down)

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.

1. Overgrowth of *Burkholderia pseudomallei*

Burkholderia pseudomallei is an opportunistic pathogen. We recommend taking GI Synergy to drive down this pathogen.

GI Synergy: (1 Container - 90 packets)

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

2. 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 Paristonol 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>

Lacto-Prime Plus (1 bottle)*



(Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus casei)

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

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

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

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

Lacto-Prime Plus (1 bottle)*

(Lactobacillus salivarius)

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

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

Ther-Biotic Symbiotic (1 bottle)*

(Lactobacillus reuteri)

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

<https://klaire.com/v777-ther-biotic-synbiotic>

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

(Bacillus)

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

4. Overgrowth of Candidiasis (*albicans* ... any strain)

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

Saccharomyces Boulardii (1 bottle)

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



Lacto-Prime Plus (1 bottle)*

(*Lactobacillus acidophilus*, *Lactobacillus casei*)

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

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

5. Overgrowth of Citrobacter

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

Lacto-Prime Plus (1 bottle)*

(*L. plantarum*, *L. salivarius*, *L. casei*, *L. acidophilus*, *B. lactis*, *B. Bifidum*)

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

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

Ther-Biotic Factor 1 (1 bottle)*

(*Lactobacillus rhamnosus*)

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

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

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

Probiotic Strains: *Saccharomyces boulardii*, *Lactobacillus rhamnosus*, *Lactobacillus reuteri*)

(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. Do not take garlic if you have SIBO but instead take Allicin which is a constituent of garlic but won't aggravate SIBO).

Saccharomyces Boulardii (1 bottle)

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

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

Ther-Biotic Symbiotic (1 bottle)*

(Lactobacillus reuteri, Lactobacillus rhamnosus)

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

<https://klaire.com/v777-ther-biotic-synbiotic>

7. Overgrowth of Enterotoxigenic e. coli (ETEC) LT/ST

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

Ther-Biotic Symbiotic (1 bottle)*

(Lactobacillus reuteri, Lactobacillus Plantarum, Lactobacillus rhamnosus)



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

<https://klaire.com/v777-ther-biotic-synbiotic>

Saccharomyces Boulardii (1 bottle)

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

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

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

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium breve, Bifidobacterium longum, Bifidobacterium infantis)

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

Ther-Biotic Symbiotic (1 bottle)*

(L. rhamnosus, L. acidophilus, L. rhamnosus, Lactobacillus reuteri, Lactobacillus plantarum)

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

<https://klaire.com/v777-ther-biotic-synbiotic>

Saccharomyces Boulardii (1 bottle)

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

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



9. Overgrowth of *Enterobacter hormaechei*

Probiotic Strain Needed: *Lactobacillus Plantarum*

Ideal Bowel Support by Jarrow Formulas : (1 bottle)
(*Lactobacillus Plantarum*)

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

10. Overgrowth of *Enterococcus faecium*, ...

Probiotic Strain: *L. rhamnosus*

Ther-Biotic Factor 1 (1 bottle)
(*L. rhamnosus*)

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

11. Overgrowth of *Klebsiella pneumoniae*

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

GI Distress Relief Probiotic: (1 bottle)
(*Bifidobacterium lactis*)
<https://bit.ly/3u4f709>



Probiotic Pro Bb536: (1 bottle total)

(Bifidobacterium longum)

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

Lacto-Prime Plus (1 bottle)*

(L. plantarum, L. salivarius, L. casei, L. acidophilus, Bifidobacterium lactis, Bifidobacterium longum, Bifidobacterium bifidum)

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

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

12. Overgrowth of *Methanobrevibacter smithii* (M smithii)

Probiotic strains: *L. plantarum*, *Lactobacillus reuteri*, *L. salivarius*, *L. casei*, *L. acidophilus*, *Bifidobacterium lactis* and *Bifidobacterium bifidum*

GI Distress Relief Probiotic: (1 bottle)

(Bifidobacterium lactis)

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

Lacto-Prime Plus (1 bottle)*

(Lactobacillus Plantarum, Lactobacillus salivarius, Bifidobacterium lactis, Bifidobacterium bifidum)

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

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

Ther-Biotic Symbiotic (1 bottle)*

(L. rhamnosus, L. acidophilus, L. rhamnosus, Lactobacillus reuteri, Lactobacillus plantarum)

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

<https://klaire.com/v777-ther-biotic-synbiotic>



13. Overgrowth of *Prevotella copri*

Probiotic Strains: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Bifidobacterium bifidum*

Lacto-Prime Plus (1 bottle)*

(*Lactobacillus casei*, *Lactobacillus acidophilus*,
Bifidobacterium bifidum)

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

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

14. Overgrowth of *Proteus* spp

Probiotic Strains: *Lactobacillus Plantarum*, *Lactobacillus casei*

Lacto-Prime Plus (1 bottle)*

(*Lactobacillus plantarum*, *Lactobacillus casei*)

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

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

15. Overgrowth of *Streptococcus* spp.

Probiotics Strains: *Lactobacillus rhamnosus*
Lactobacillus reuteri, *Bifidobacterium*

Ther-Biotic Symbiotic (1 bottle)*

(*L. rhamnosus*, *Lactobacillus reuteri*)

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



<https://klaire.com/v777-ther-biotic-synbiotic>

Bifidus Power Blend: (2 bottles)

(*Bifidobacterium*)

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

16. Overgrowth of *Streptococcus agalactiae*

Probiotics Strains: *Lactobacillus salivarius*,
L. crispatus, *L. rhamnosus*, *L. gasseri*

DS-01 Daily Synbiotic

(*L. crispatus*)

<https://seed.com/daily-synbiotic>

Lacto-Prime Plus (1 bottle)*

(*Lactobacillus salivarius*, *Lactobacillus rhamnosus*)

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

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

There-biotic Metabolic Formula*

(*Lactobacillus gasseri*)

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

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

17. Overgrowth of *Streptococcus suis*:

Probiotics Strains: *Lactobacillus plantarum*

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(*Lactobacillus plantarum*)



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

18. Overgrowth of *Salmonella typhimurium*

Probiotic Strains: *Saccharomyces Boulardii*, *Lactobacillus Plantarum*

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

***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>

19. Overgrowth of *Salmonella enteritidis*

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.

***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)

(Lactobacillus Plantarum)

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

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

(Bacillus subtilis)

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

20. Overgrowth of *Salmonella enterica*

Probiotic Strains: *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.

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(Lactobacillus Plantarum)

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium)

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

21. Overgrowth of *Shigella boydii*

Probiotic Strains: *Lactobacillus* family

Ther-Biotic Symbiotic (1 bottle)*



(*L. rhamnosus*, *Lactobacillus reuteri*)

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

<https://klaire.com/v777-ther-biotic-synbiotic>

22. Overgrowth of *Shigella dysenteriae*

Probiotic Strains: *Lactobacillus Rhamnosus*, *Bifidobacterium Lactis*)

GI Distress Relief Probiotic: (1 bottle)

(*Bifidobacterium lactis*)

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

Ther-Biotic Symbiotic (1 bottle)*

(*L. rhamnosus*)

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

<https://klaire.com/v777-ther-biotic-synbiotic>

23. Overgrowth of *Shigella sonnei*

Probiotic Strains: *Lactobacillus Rhamnosus*,
Lactobacillus paracasei, *Lactobacillus casei*)

Lacto-Prime Plus (1 bottle)*

(*Lactobacillus Rhamnosus*,

Lactobacillus paracasei, *Lactobacillus casei*)

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

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

24. Overgrowth of *Shigella flexneri*

Probiotic Strains: *Lactobacillus reuteri*



Ther-Biotic Symbiotic (1 bottle)*

(Lactobacillus reuteri)

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

<https://klaire.com/v777-ther-biotic-synbiotic>

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

Probiotic Strains: Bifidobacterium,
Lactobacillus

Lacto-Prime Plus (1 bottle)*

(Lactobacillus family)

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

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium)

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

26. 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 Symbiotic (1 bottle)*

(*L. rhamnosus*, *Lactobacillus casei*)

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

<https://klaire.com/v777-ther-biotic-synbiotic>

Lacto-Prime Plus (1 bottle)*

(*Lactobacillus* family)

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

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

GI Distress Relief Probiotic: (1 bottle)

(*Bifidobacterium lactis*)

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

27. Overgrowth of *Pseudomonas aeruginosa*

Lactobacillus rhamnosus, *Bifidobacterium longum*

(*Bifidobacterium longum*)

Probiotic Pro Bb536: (1 bottle total)

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

28. Overgrowth of *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: *Lactobacillus casei*

Ther-Biotic Symbiotic (1 bottle)*

(*Lactobacillus casei*)

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

<https://klaire.com/v777-ther-biotic-synbiotic>

29. Overgrowth of *Vibrio cholerae*, cholera toxin gene (ctx)

Probiotic Strains: *Lactobacillus rhamnosus*,
Bifidobacterium longum

Ther-Biotic Factor 1 (1 bottle)*

(*Lactobacillus rhamnosus*)

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

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

Probiotic Pro Bb536: (1 bottle total)

(*Bifidobacterium longum*)

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

30. Overgrowth of *Serratia marcescens*

Probiotic Strains: *Lactobacillus acidophilus*
Lactobacillus plantarum

Lacto-Prime Plus (1 bottle)*



(Lactobacillus acidophilus, Lactobacillus plantarum)

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

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

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. Burkholderia pseudomallei



<https://journals.asm.org/doi/10.1128/Spectrum.00102-21>

2. *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 Paristonol which is a product that fight fungal overgrowth)

Probiotics to fight fungal infections:

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

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/>

3. *Campylobacter* (*C. jejuni*, *C. coli* and *C. lari* only)

L. salivarius and *L. reuteri*

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



4. 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/>

5. 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/>

6. 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.

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

Lactobacillus reuteri

<https://www.frontiersin.org/articles/10.3389/fmicb.2021.689958/full>

7. 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>

8. 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/>

9. 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>



10. Enterococcus (faecium ...)

L. rhamnosus

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

11. 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/>

12. 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>

13. 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://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

14. 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>

15. Streptococcus spp.

Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium

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

16. Streptococcus agalactiae

Lactobacillus salivarius, L. jensenii, L. crispatus, L. rhamnosus, L. gasseri

<https://www.nature.com/articles/s41598-020-76896-4>

<https://www.sciencedirect.com/science/article/abs/pii/S0266613821002837>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6521265/#abstract-1title>

17. Streptococcus suis:

Lactobacillus plantarum

<https://www.sciencedirect.com/science/article/abs/pii/S0882401017308677>

18. Salmonella typhimurium:



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 Shemedi 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>

19. Salmonella enteritidis

<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>

20. Overgrowth of *Salmonella enteric*

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

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

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

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

21. *Shigella boydii*

<https://archive.hshsl.umaryland.edu/handle/10713/4621>

Overgrowth of *Shigella dysenteriae*

22. *Shigella dysenteriae*

(*Lactobacillus Rhamnosus*, *Bifidobacterium Lactis*)

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



https://ijml.ssu.ac.ir/browse.php?a_id=318&sid=1&slc_lang=en&html=1

23. *Shigella sonnei*

Lactobacillus paracasei, *Lactobacillus rhamnosus*, *Lactobacillus casei*

<https://www.sciencedirect.com/science/article/pii/S0944501311000206>

24. *Shigella flexneri*

Lactobacillus reuteri, *Lactobacillus casei*

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

<https://journals.aai.org/jimmunol/article/176/2/1228/73611/Anti-Inflammatory-Effect-of-Lactobacillus-casei-on>

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

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

25. 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>

26. 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/>

27. Pseudomonas aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

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

28. 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)

29. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

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

30. 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)

Bifidus Power Blend: (2 bottles)

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

Feel Good SBO Probiotics+ : (2 bottles)

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

GI Distress Relief Probiotic: (1 bottle)

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

Lacto-Prime Plus (1 bottle)*

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

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

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

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

There-biotic Metabolic Formula*

(Lactobacillus gasseri)

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

Probiotic Pro Bb536: (1 bottle total)

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

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>

Ther-Biotic Symbiotic (1 bottle)*

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

<https://klaire.com/v777-ther-biotic-synbiotic>

DS-01 Daily Synbiotic

(L. crispatus)

<https://seed.com/daily-synbiotic>

Ther-Biotic Detoxification Support

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

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

***Please wait to introduce probiotics with Lactobacillus Acidophilus and inulin until week 8 of the recipe plans if you are SIBO Positive!**

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