***Refer to respective bottles for daily supplement serving dosages.**
****Klaire Labs: Register as Patient. Use Code: 78G**
*****View Medical Disclosure at bottom of page**

III. Re-inoculation Probiotics: The Microbial Matrix - Part 2

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.

Please Repeat the probiotics you've been taking from Program for the next 3 months (MegaSporeBiotic, Bifidobacterium, Saccharomyces Boulardii etc).

Four to Five Months after the program, refer to your notes from your personal lab results and the add in new strains of beneficial bacteria listed below based on the Unfavorable Microbes listed in your lab results:

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. Anaeroglobus geminatus

Probiotics: Lactobacillus casei

Ther-Biotic Vital-10 (1 bottle)
(Lactobacillus casei)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v085-10-vital-10-tm

2. 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

3. 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*

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

4. Campylobacter (C. jejuni, C. coli and C. lari)

Probiotic Strains : L. salivarius, L. reuteri

Ther-Biotic 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

5. Candidiasis (albicans … any strain)

Probiotic strains: Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii

Ther-Biotic Vital-10 (1 bottle)

(Lactobacillus acidophilus, Lactobacillus casei)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v085-10-vital-10-tm

6. Citrobacter

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

Ther-Biotic Lacto-Prime Plus (1 bottle)
(Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus plantarum Lactobacillus salivarius, Bifidobacterium bifidum, Bifidobacterium lactis)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/k-lpp-lactoprime-plus

7. 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).

Ther-Biotic Symbiotic (1 bottle)
(Lactobacillus reuteri, Lactobacillus rhamnosus)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

8. Enterotoxigenic e. coli (ETEC) LT/ST

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

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

9. Enterobacter (hormaechei, cloacae)

Probiotic Strains: Bacillus coagulans, Bifidobacterium Bifidum, B. longum, B. infantis, L. plantarum, Saccharomyces boulardii, L. paracasei, B. lactis, L. rhamnosus, L. acidophilus, L. casei, Lactobacillus salivarius, Lactobacillus reuteri, Lactobacillus bulgaricus, Streptococcus thermophilus)

Ther-Biotic Vital -10 (1 bottle)
(Lactobacillus acidophilus, Bifidobacterium bifidum, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus brevis, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus plantarum, Streptococcus thermophilus, Bifidobacterium lactis)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v085-10-vital-10-tm

Ther-Biotic Symbiotic (1 bottle)
(Lactobacillus plantarum, Bifidobacterium lactis, Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus paracasei, Lactobacillus reuteri, *Bifidobacterium bifidum*)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

10. 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. 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, Lactobacillus reuteri, Lactobacillus plantarum)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

12. Haemophilus Influenzae

Probiotic Strains: L. plantarum, Bifidobacterium longum, Bifidobacterium infantis, Bifidobacterium breve, B. Bifidum, Bifidobacterium animalis subsp. lactis HN019, L. paracasei ,Lactobacillus rhamnosus, L. Gasseri, Lactobacillus reuteri, L. salivarius, Lactobacillus *bulgaricus,* Streptococcus *thermophilus*

Lacto-Prime Plus (1 bottle)
(L. plantarum, L. salivarius, L. acidophilus, Lactobacillus paracasei, Bifidobacterium lactis, Bifidobacterium longum,

Bifidobacterium bifidum)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/k-lpp-lactoprime-plus

Ther-Biotic Symbiotic (1 bottle)
(Lactobacillus paracasei)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

Ther-Biotic Vital -10 (1 bottle)
(Lactobacillus acidophilus, Bifidobacterium bifidum, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus brevis, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus plantarum, Streptococcus thermophilus, Bifidobacterium lactis)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v085-10-vital-10-tm

13. H. Pylori

Probiotic Strains to fight/protect against H. Pylori:
Lactobacillus gasseri, Bifidobacteria, Saccaromyces Boulardii, Lactobacillus casei

There-biotic Vital-10
(Lactobacillus casei)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v085-10-vital-10-tm

14. Klebsiella pneumoniae

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

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

15. Methanobrevibacter smithii (M smithii)

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

Lacto-Prime Plus (1 bottle)
(Lactobacillus Plantarum, Lactobacillus casei, Lactobacillus salivarious, 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

16. 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

17. 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

18. 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.

Ther-Biotic Symbiotic (1 bottle)
(Lactobacillus plantarum, Bifidobacterium bifidum)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

19. Salmonella enteritidis

Probiotic Strains: Saccaromyces 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.

Ther-Biotic Symbiotic (1 bottle)
(Lactobacillus plantarum, Bifidobacterium bifidum)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

20. Salmonella typhimurium

Probiotic Strains: Saccaromyces 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/3OIyBPO **OR** https://bit.ly/3Oocw9C

21. Serratia marcescens

Probiotic Strains: Lactobicillus acidophilus
Lactobacillus plantarum

Lacto-Prime Plus (1 bottle)
(Lactobacillus acidophilis, Lactobacillus plantarum)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/k-lpp-lactoprime-plus

22. 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

23. Shigella dysenteriae

Probiotic Strains: Lactobacillus Rhamnosus, Bifidobacterium Lactis)

Ther-Biotic Symbiotic (1 bottle)
(L. rhamnosus, Bifidobacterium Lactis)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

24. Shiga-like Toxin producing E. coli (STEC) stx1/

Probiotic Strains: Bifidobacterium, Lactobacillus

Lacto-Prime Plus (1 bottle)
(Bifidobacterium, Lactobacillus)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/k-lpp-lactoprime-plus

25. Shigella flexneri

Probiotic Strains: Lactobacillus reuteri, *L. casei)*

Ther-Biotic Symbiotic (1 bottle)
(Lactobacillus reuteri)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

Lacto-Prime Plus (1 bottle)
(L. casei)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/k-lpp-lactoprime-plus

26. 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

27. 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

28. 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

29. Streptococcus pyogenes:

Probiotic Strains: Lactobacillus plantarum**,**
Lactobacillus acidophilus, L. rhamnosus, L. reuteri

Ideal Bowel Support by Jarrow Formulas : (1 bottle)
(Lactobacillus plantarum)
https://amzn.to/3OlyBPO **OR** https://bit.ly/3Oocw9C

Histamine Reducing Probiotic (2 bottles)
(L. Gasseri, Lactobacillus salivarius, Lactobacillus rhamnosus)
https://bit.ly/3NIoMns

30. 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

31. 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, Lactobaciullus 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

32. Pseudomonas aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

Histamine Reducing Probiotic (2 bottles)
(B. Longum, Lactobacillus rhamnosus)
https://bit.ly/3NIoMns

33. 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 Symbiotic (1 bottle)
(Lactobacillus casei)
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v777-ther-biotic-synbiotic

34. Vibrio cholerae, cholera toxin gene (ctx)

Probiotic Strains: Lactobacillus rhamnosus, Bifidobacterium longum

Lacto-Prime Plus (1 bottle)
(Lactobacillus rhamnosus, Bifidobacterium longum)
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.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqlF8xoljR8nZTRl4QFDeTdsaT4k-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. Anaeroglobus geminatus

Research:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8539185/

“Recent papers have demonstrated substantial alterations in the gut and oral microbiota in patients with rheumatoid arthritis (RA)…”

“RA has long been associated with periodontal disease [**19**], and recent evidence on the oral microbiome has emphasized its role in the arthritis.”

“RA is an autoimmune disease affecting the synovium and cartilage with bony erosion. Recently, the relationship between the oral microbiome and systemic diseases has been explored [**21**,**22**]. Sher et al. demonstrated that overall exposure to *Porphyromonas gingivalis* was similar between patients with RA and controls. These authors found an abundance of ***Anaeroglobus geminatus*** that correlates with the

presence of rheumatoid factors, and *Prevotella* and *Leptotrichia* species are the only taxa that have been observed in patients with new-onset RA [**22**]."

https://www.mdpi.com/2077-0383/8/10/1753

Lactobacillus casei

https://www.mdpi.com/2077-0383/8/10/1753

"Anaeroglobus geminatus were later added to the list of microbes associated with increased disease severity in RA (Rheumatoid Arthritis)."

"Prevotella copri (Pc) was discovered in new-onset, untreated RA (NORA) patients, as an intestinal microbe correlated with disease activity [32]. Increases in Pc abundance correlated with a reduction in Bacteroides and a loss of beneficial microbes in NORA patients."

In human subjects with RA, supplementation of Lactobacillus acidophilus, Lactobacillus casei, and Bifidobacterium bifidum for eight weeks exhibited an improvement in disease activity score, a significant decrease in serum insulin, and high sensitivity C- reactive protein (hsCRP) levels

https://www.cureus.com/articles/55978-microbiome-in-rheumatoid-arthritis-and-celiac-disease-a-friend-or-foe?score_article=true#!/

2. Burkholderia pseudomallei

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

3. 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*

Research:

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

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

L. salivarius and L. reuteri

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

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

L. salivarius and L. reuteri

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

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5. 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/

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6. 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/

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7. Clostridiodes 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

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

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

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

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9. Enterobacter (hormaechei, cloacae)

Enterobacter Cloacae

Probiotic Strains: Bacillus coagulans, Bifidobacterium Bifidum, B. longum, B. infantis, L. plantarum, Saccharomyces boulardii, L. paracasei, B. lactis, L.

rhamnosus, L. acidophilus, L. casei, Lactobacillus salivarius, Lactobacillus reuteri, Lactobacillus bulgaricus

Research:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6750132/

Lactobacillus Plantarum

https://www.sciencedirect.com/topics/medicine-and-dentistry/enterobacter-cloacae

(Family of *Enterobacter* spp.)

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6750132/

Bacillus coagulans, Bifidobacterium Bifidum, B. longum, B. infantis, L. plantarum, Saccharomyces boulardii, L. paracasei, B. lactis, L. rhamnosus, L. acidophilus, L. casei

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8470257/#B38-antibiotics-10-01086

Lactobacillus salivarius, Lactobacillus reuteri

https://pubmed.ncbi.nlm.nih.gov/31298298/

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

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10. Enterococcus (faecium …)

L. rhamnosus

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

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11. 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/

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12. Haemophilus Influenzae

Probiotic Strains: L. plantarum, Bifidobacterium longum, Bifidobacterium infantis, Bifidobacterium breve, B. Bifidum, Bifidobacterium animalis subsp. lactis HN019, L. paracasei ,Lactobacillus rhamnosus, L. Gasseri, Lactobacillus reuteri, L. salivarius, Lactobacillus bulgaricus, Streptococcus thermophilus

A bacteria. (Does not cause the influenza flu.) This bacteria that could cause infections which severe cases could contribute to respiratory infections, ocular infection, sepsis and meningiti, ear infections & pneumonia, bloodstream infections, bronchitis and septic arthritis. Haemophilus influenzae type b is the most common type. It usually affects children under the age of 5 or older people who are immunocompromised.

Lactobacillus rhamnosus: (modulates immune function, helps prevent gastrointestinal and respiratory tract infections)

https://pubmed.ncbi.nlm.nih.gov/19896252/

https://pubmed.ncbi.nlm.nih.gov/20403940/

L. plantarum
L. paracasei

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4006993/

Bifidobacterium animalis subsp. *lactis* HN019

Arunachalam K, Gill HS, Chandra RK. Enhancement of natural immune function by dietary consumption of Bifidobacterium lactis (HN019). Eur J Clin Nutr. 2000 Mar;54(3):263-7. doi: 10.1038/sj.ejcn.1600938. PMID: 10713750.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8712437/

L. Gasseri

B. longum

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7827890/

Bifidobacterium *longum, Bifidobacterium infantis*, *Bifidobacterium breve,*

B. Bifidum

Lactobacillus reuteri

L. salivarius

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7827890/

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13. H. Pylori

Research:

Lactobacillus gasseri

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6711431/pdf/bmjgast-2019-000314.pdf

Bifidobacteria

Saccaromyces boulardii

“Lactobacilli and other such probiotics including Bifidobacterium, Bacillus licheniformis, and saccharomyces are currently in use and are proven to be effective in managing the gastrointestinal symptoms related to H. pylori.”

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9338786/#:~:text=Lactobacilli%20and%20other%20such%20probiotics,pylori.

https://pubmed.ncbi.nlm.nih.gov/29358890/

Lactobacillus johnsonii

https://pubmed.ncbi.nlm.nih.gov/12921879/

Lactobacillus casei

https://pubmed.ncbi.nlm.nih.gov/28681177/

Bacillus claussi

https://www.longdom.org/open-access/bacillus-clausii--the-probiotic-of-choice-in-the-treatment-of-diarrhoea-2157-7595-1000211.pdf

Other studies:

https://pubmed.ncbi.nlm.nih.gov/12425542/

https://pubmed.ncbi.nlm.nih.gov/27723762/

https://pubmed.ncbi.nlm.nih.gov/17229240/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6711431/pdf/bmjgast-2019-000314.pdf

https://drruscio.com/h-pylori-probiotics/#:~:text=Notable%20research%20about%20Lactobacillus%20(lactic,of%20standard%20treatment%20%5B23%5D.

14. Klebsiella pneumoniae

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/

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15. 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

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16. 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_qabs&t=1656476603882&u=%23p%3DJfnBolQAfsoJ

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17. 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

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18. 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

“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

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. 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 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

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21. Serratia marcescens

Lactobicillus acidophilus, Lactobacillus plantarum

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

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22. Shigella boydii

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

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23. 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

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24. 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

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25. 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/

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26. Shigella sonnei

Lactobacillus paracasei, Lactobacillus rhamnosus, Lactobacillus casei

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

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27. Streptococcus spp.

Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium

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

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28. 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

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29. Streptococcus Pyogenes:

Probiotic Strains: Lactobacillus plantarum**,** Lactobacillus acidophilus, L. rhamnosus, L. reuteri

Research:

https://www.frontiersin.org/articles/10.3389/fmicb.2016.01176/full

https://ami-journals.onlinelibrary.wiley.com/doi/full/10.1111/lam.13133#:~:text=Three%20candidate%20probiotics%20Lactobacillus%20acidophilus,disrupt%20ex%20situ%20pharyngeal%20microcosms.

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30. Streptococcus suis:

Lactobacillus plantarum

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

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31. Overgrowth of Parasites

Probiotics strains to fight overgrowth:

(Lactobacillus Plantarum, Lactobacillus reuteri, *Lactobacillus casei)*

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

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

32. Pseudomonas aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

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

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33. 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 needed:
Lactobacillus casei

Research:

https://www.researchgate.net/publication/51687710_Probiotics_for_the_Control_of_Parasites_An_Overview

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34. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

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

Optimized Health

*****Medical Disclosure: (No medical advice, diagnosis or treatment.)**

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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/3OIyBPO **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
https://klaire.com/k-mbs-ther-biotic-metabolic-formula-tm

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

Vital-Immune Biotic*
Klaire Labs: Register as patient. Use Code: 78G
https://klaire.com/v171-10-vital-immune-biotic-tm