



***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>

B. Digestive Enzymes:

Digestive Enzymes: (1 bottle - 180 capsules)

Register as patient. Use Code: 78G

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



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://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/>

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://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/3YUjl2H>

5. GI Synergy (Weeks 1-4)

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

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

(Scroll Down)



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://klair.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://klair.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>

(Scroll Down)



III. Re-inoculation Probiotics: The Microbial Matrix - Part 1

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/3r1mSp9>

(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://klair.com/v776-12-saccharomyces-boulardii>



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.



1. Anaeroglobus geminatus

Probiotics: Lactobacillus casei

More Probiotic Product Recommendations Listed in Week 12

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

Saccharomyces Boulardii (1 bottle)

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

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

Histamine Reducing Probiotic (2 bottles)

(Lactobacillus rhamnosus)

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



More Probiotic Product Recommendations Listed in Week 12

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

Probiotic Strains : Lactobacillus salivarius, Lactobacillus reuteri, Bacillus

Histamine Reducing Probiotic (2 bottles)

(*Lactobacillus salivarius*)

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

More Probiotic Product Recommendations Listed in Week 12

5. Candidiasis (albicans ... any strain)

Probiotic strains: Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii

Saccharomyces Boulardii (1 bottle)

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

6. Citrobacter

Probiotic strains : Lactobacillus plantarum, Lactobacillus salivarius, Lactobacillus casei, Lactobacillus acidophilus, Bifidobacterium lactis, Bifidobacterium bifidum, Lactobacillus rhamnosus



Histamine Reducing Probiotic (2 bottles)

(*Lactobacillus salivarius*, *Bifidobacterium bifidum*,
Bifidobacterium lactis, *Lactobacillus rhamnosus*)

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(*Lactobacillus Plantarum*)

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

More Probiotic Product Recommendations Listed in Week 12

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 bring 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>

Histamine Reducing Probiotic (2 bottles)

(Lactobacillus rhamnosus)

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

More Probiotic Product Recommendations Listed in Week 12

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

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

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>

Histamine Reducing Probiotic (2 bottles)

(Lactobacillus rhamnosus)

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



More Probiotic Product Recommendations Listed in Week 12

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

GI Distress Relief Probiotic: (1 bottle)

(Saccharomyces boulardii, Bifidobacterium lactis)

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium breve, longum, bifidum, infantis)

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(Lactobacillus Plantarum)

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

Histamine Reducing Probiotic (2 bottles)

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

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

More Probiotic Product Recommendations Listed in Week 12

10. Enterococcus faecium, ...



Probiotic Strain: *L. rhamnosus*

Histamine Reducing Probiotic (2 bottles)

(*Lactobacillus rhamnosus*)

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

More Probiotic Product Recommendations Listed in Week 12

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

Probiotics: *Bifidobacterium breve*, *Lactobacillus rhamnosus* and *Lactobacillus 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>

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>

Histamine Reducing Probiotic (2 bottles)

(*Lactobacillus rhamnosus*)

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



More Probiotic Product Recommendations Listed in Week 12

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*

GI Distress Relief Probiotic: (1 bottle)

(Bifidobacterium lactis)

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium breve, longum, bifidum, infantis)

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

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/3NloMns>

13. H. Pylori

Probiotic Strains to fight/protect against *H. Pylori*:

Lactobacillus gasseri, *Bifidobacteria*, *Saccaromyces Boulardii*, *Lactobacillus casei*



GI Distress Relief Probiotic: (1 bottle)

(Bifidobacterium, Saccaromyces Boulardi)

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

Histamine Reducing Probiotic (2 bottles)

(L. Gasseri, Lactobacillus salivarius, Lactobacillus rhamnosus)

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

More Probiotic Product Recommendations Listed in Week 12

14. *Klebsiella pneumoniae*

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(Lactobacillus Plantarum)

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

Histamine Reducing Probiotic (2 bottles)

(Lactobacillus salivarius, Bifidobacterium bifidum, Bifidobacterium lactis)

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

Probiotic Pro Bb536: (1 bottle total)

(Bifidobacterium longum)

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

More Probiotic Product Recommendations Listed in Week 12



15. Methanobrevibacter smithii (M smithii)

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(*Lactobacillus Plantarum*)

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

Histamine Reducing Probiotic (2 bottles)

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

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

More Probiotic Product Recommendations Listed in Week 12

16. Prevotella copri

Probiotic Strains: Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium bifidum

Bifidus Power Blend: (2 bottles)

(*Bifidobacterium bifidum*)

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

More Probiotic Product Recommendations Listed in Week 12



17. Proteus spp

Probiotic Strains: Lactobacillus Plantarum, Lactobacillus casei

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(*Lactobacillus Plantarum*)

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

More Probiotic Product Recommendations Listed in Week 12

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.

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 bifidum*)

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

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.

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>

Bifidus Power Blend: (2 bottles)

(Bifidobacterium bifidum)

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

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>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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



21. *Serratia marcescens*

Probiotic Strains: *Lactobacillus acidophilus*
Lactobacillus plantarum

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

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

More Probiotic Product Recommendations Listed in Week 12

22. *Shigella boydii*

Probiotic Strains: *Lactobacillus* family

Histamine Reducing Probiotic (2 bottles)

(*L. Gasseri*, *Lactobacillus salivarius*, *Lactobacillus rhamnosus*)

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

More Probiotic Product Recommendations Listed in Week 12

23. *Shigella dysenteriae*

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

Histamine Reducing Probiotic (2 bottles)

(*Bifidobacterium lactis*, *Lactobacillus rhamnosus*)

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



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

Probiotic Strains: Bifidobacterium,
Lactobacillus

Histamine Reducing Probiotic (2 bottles)

(*B. Longum*, *B. Bifidum*, *B. Lactis*, *L. Gasseri*,
Lactobacillus salivarius, *Lactobacillus rhamnosus*)

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

More Probiotic Product Recommendations Listed in Week 12

25. Shigella flexneri

Probiotic Strains: Lactobacillus reuteri, Lactobacillus casei

More Probiotic Product Recommendations Listed in Week 12

26. Shigella sonnei

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

Histamine Reducing Probiotic (2 bottles)

(*Bifidobacterium lactis*, *Lactobacillus rhamnosus*)

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

More Probiotic Product Recommendations Listed in Week 12

27. Streptococcus spp.

Probiotics Strains: Lactobacillus rhamnosus



Lactobacillus reuteri, Bifidobacterium

Histamine Reducing Probiotic (2 bottles)

(*Lactobacillus rhamnosus*, *Bifidobacterium*)

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

More Probiotic Product Recommendations Listed in Week 12

28. Streptococcus agalactiae

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

Histamine Reducing Probiotic (2 bottles)

(*L. Gasseri*, *Lactobacillus salivarius*, *Lactobacillus rhamnosus*)

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

More Probiotic Product Recommendations Listed in Week 12

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/3NloMns>



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: Lactobacillus Plantarum, Lactobacillus reuteri, Lactobacillus casei ...

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(*Lactobacillus Plantarum*)

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

More Probiotic Product Recommendations Listed in Week 12

32. Pseudomonas aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

Histamine Reducing Probiotic (2 bottles)

(*B. Longum, Lactobacillus rhamnosus*)



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

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

More Probiotic Product Recommendations Listed in Week 12

34. Vibrio cholerae, cholera toxin gene (ctx)

Probiotic Strains: Lactobacillus rhamnosus, Bifidobacterium longum

Histamine Reducing Probiotic (2 bottles)

(B. Longum, Lactobacillus rhamnosus)

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

More Probiotic Product Recommendations Listed in Week 12



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. *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 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/>

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

L. salivarius and *L. reuteri*

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



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/>

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/>

7. 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)

Lactobacillus reuteri

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

8. 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>

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>

10. Enterococcus (faecium ...)



L. rhamnosus

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

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/>

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/>

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 clausii

<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.](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/>

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>

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_qab s&t=1656476603882&u=%23p%3DJfnBolQAfsoJ](#)

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>

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 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. *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>

21. *Serratia marcescens*

Lactobacillus acidophilus*, *Lactobacillus plantarum

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

22. *Shigella boydii*

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

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



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>

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/>

26. Shigella sonnei

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

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



27. Streptococcus spp.

Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium

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

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>

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.>

30. Streptococcus suis:

Lactobacillus plantarum

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

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/>

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](https://www.researchgate.net/publication/51687710_Probiotics_for_the_Control_of_Parasites_An_Overview)

34. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

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



*****Medical Disclosure:**

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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

<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>



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

Disclaimer: (No medical advice, diagnosis or treatment.)

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