



***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).

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

(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. *Anaeroglobus geminatus*

Probiotics: *Lactobacillus casei*

Vital-Immune Biotic*

(*Lactobacillus casei*)

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

<https://klaire.com/v171-10-vital-immune-biotic-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/3xUStlL>

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>

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*, *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>

5. 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>

6. 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>



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).

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>



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

Probiotics: *Lactobacillus reuteri*, *Lactobacillus Plantarum*,
Saccharomyces: *Pediococcus acidilactici* and *S. cerevisiae*
boulandii, *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>

9. 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>

10. **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>

11. **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>

12. **H. Pylori**



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

There-biotic Metabolic Formula*

(*Lactobacillus gasseri*)

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

<https://klaire.com/k-mbs-ther-biotic-metabolic-formula-tm>

GI Distress Relief Probiotic: (1 bottle)

(*Bifidobacterium*, *Saccaromyces Boulardii*,

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

13. *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>

14. *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>

15. 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>

16. 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>

17. 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>

18. *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-mbs-ther-biotic-metabolic-formula-tm>

19. 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>

20. 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>

21. **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>

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

22. **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/3NljnPN>

23. *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>

24. *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>



25. *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>

26. *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>

27. 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>

28. 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>



29. *Pseudomonas aeruginosa*

Lactobacillus rhamnosus, Bifidobacterium longum
(*Bifidobacterium longum*)

Probiotic Pro Bb536: (1 bottle total)

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

30. *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>

31. *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>

32. 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>

(Scroll Down)



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. 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/>

10. 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>



11. Enterococcus (faecium ...)

L. rhamnosus

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

12. 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.)

13. 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/>

14. 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>

15. 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/full>

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

16. 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>

17. *Streptococcus* spp.

Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium

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

18. *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>

19. Streptococcus suis:

Lactobacillus plantarum

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

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. 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>

22. 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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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>

23. Shigella boydii

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

Overgrowth of Shigella dysenteriae

24. 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

25. Shigella sonnei

Lactobacillus paracasei, Lactobacillus rhamnosus, Lactobacillus casei

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

26. 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/>

27. 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>

28. 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/>

29. Pseudomonas aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum



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

30. 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)

31. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

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



32. *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

<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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