

Microbiome Information for: Hypoxia

For prescribing Medical professionals Review

The suggestions below are based on an Expert System (Artificial Intelligence) modelled after the MYCIN Expert System produced at Stanford University School of Medicine in 1972. The system uses over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies has found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is beleived to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *a priori suggestions* that are predicted to independently reduce microbiome dysfunction. Suggestions should *only be done after a review* by a medical professional factoring in patient's conditions, allergies and other issues.

This report may be freely shared by a patient to their medical professionals

Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result in received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thome (<https://www.thome.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229

Email: Research@MicrobiomePrescription.com

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Hypoxia

Nota Bena: Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Christensenellaceae	family	Low	990719	Globicatella	genus	High	13075
Clostridiaceae	family	Low	31979	Holdemania	genus	High	61170
Aerococcus	genus	High	1375	Lactobacillus	genus	High	1578
Akkermansia	genus	High	239934	Oscillibacter	genus	High	459786
Bacteroides	genus	High	816	Paenibacillus	genus	High	44249
Bifidobacterium	genus	High	1678	Parabacteroides	genus	High	375288
Butyricicoccus	genus	High	580596	Peptostreptococcus	genus	High	1257
Butyridimonas	genus	High	574697	Phascolarctobacterium	genus	High	33024
Chlamydia	genus	High	810	Prevotella	genus	Low	838
Clostridium	genus	High	1485	Salinibacterium	genus	Low	235888
Dorea	genus	High	189330	Vogesella	genus	Low	57739
Flaviflexus	genus	High	1522056	Bacteroides sp	species	High	2778071
				Clostridium perfringens	species	High	1502

Substance to Consider Adding or Taking

These are the most significant substances that are likely to improve the microbiome dysfunction. Dosages are based on the dosages used in clinical studies. For more information see: <https://microbiomeprescription.com/library/dosages>. These are provided as examples only

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-

a]quinolizinium {Berberine} 1.5 gram/day

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day

bacillus subtilis {B.Subtilis } 10 BCFU/day

bifidobacterium longum {B.Longum } 10 BCFU/day

dietary fiber

Fiber, total dietary

fructo-oligosaccharides 15 gram/day

fruit

fruit/legume fibre

High-fibre diet {Whole food diet}

Hordeum vulgare {Barley} 60 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

oligosaccharides {oligosaccharides}

pectin {pectin}

polyphenols 3 gram/day

Slow digestible carbohydrates. {Low Glycemic}

β-glucan {Beta-Glucan} 500 mg/day

whole-grain diet

Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 Global Healing Center / FloraTrex
 Realdose
 garden of life / primal defense
 nature's way (au) / restore probiotic bowel & colon health 30s
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Physician Choice / 60 Billion Probiotics
 up4 / adult
 organic 3 / gutpro
 vita miracle / ultra-30 probiotics
 jarro formula / ideal bowel support® lp299v®
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 optibac / for every day
 Northwest Natural Products / PB8
 visbiome
 renew life men's probiotic - ultimate
 quantum wellness / restora flora
 Seeking Health / Probiota HistaminX
 SuperSmart / Full Spectrum Probiotic Formula
 Ombre / Heart Health
 seed / female version
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 young living / life 9
 1 md / complete probiotics platinum
 OMNI-BIOTIC® / 10 AAD
 fairvital / microflora basic
 Wakunaga / Max Probiotic
 SuperSmart / Lactoxira
 douglas laboratories / multi probiotic 40 billion
 Ombre / Mood Enhancer
 jarro formulas / bifidus balance® + fos
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 ProbiMax® Daily DF
 elixa / probiotic
 bioray / cytoflora
 renew life / ultimate flora
 up4 / ultra
 bioglan bio (au) / happy probiotic 100
 newrhythm / probiotics 20 stains
 fürstenmed / lacto-bifido
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 ASEA VIA / BIOME
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 Smidge / Sensitive Probiotic
 Krauterhaus / Lactopro
 LiveWell Nutrition / Pro-45
 spain (es) / vivomixx
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 MegaFood / MegaFlora

organic 3 / primal gut
Physis / Advance Probiotics
Dr. Mercola / Complete Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
nature's way (au) / restore probiotic 100 billion
seed / male version
solaray / mycrobio probiotic colon formula
lifted naturals / mood boosting probiotic
hyperbiotics / pro-15
Genesis Bifidobacterium Complex BB Probiotic
cytoplan(uk) / dentavital bifidophilus
bioglan bio (au) / happy probiotic 50
CustomProbiotics.com / B. Longum Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend
Maple Life Science™ / Lactobacillus plantarum
vinco / probiotic eight 65
nature's instincts / ultra spore probiotic
NOW FOODS / Clinical GI Probiotic
Purica Probiotic Cardio
PrecisionBiotics / Immune
bio-botanical research / proflo4r restorative probiotic
blackmore (au) / probiotics+ daily health
Floradapt Cardio
naturopathica (au) / gastrohealth probiotic daily care
microbiome labs / hu58
Invivo / Bio.Me Femme UT
perfect pass / perfect pass probiotic bacillus spore
Probiotic Sticks
NaturalPharma / Profit Probiotics
UltraFlora® Intensive Care
Ombre / Metabolic Booster
OMNI-BIOTIC®/ TRAVEL
global health trax / threelac
nature's way (au) / restore probiotic 30 billion 30s
Law of Nature / Best Days Formula
Wakunaga / Pro+ Synbiotic
Seeking Health / Probiota Bifidobacterium
INVIVO THERAPEUTICS / Bio.Me IB +
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
microbiome labs / restorflora
zint nutrition / probiotic collagen +
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
Metabolics / Bifidobacterium Longum Powder
Windlove Probiotics / Ecologic®825
Bulk Probiotics / B. Longum Probiotic Powder
Wholesome Wellness / Raw Probiotic
jarro formula / jarro-dophilus original
aor / probiotic-3
vitamin angels / just thrive
nature's way (au) / restore probiotic daily health 90s
Bromatech(IT) / FEMELLE
Maple Life Science™ / Bifidobacterium longum
Bromatech (IT) / Rotanelle plus
Immune Defense Daily Chewable Probiotic
blackmores (au) / probiotics + adults daily (90 capsules)

Bulk Probiotics / Bacillus Subtilis Probiotic
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
optibac / for your cholesterol
Purica Probiotic Intensive GI
align / align
Ombre / Ultimate Immunity
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
organic 3 / primal soil
Align® Extra Strength
Floradapt Gut Comfort
SuperSmart / Bacillus Subtilis
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
Jetson / Gut Prep
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
jamieson (can) / probiotic 10 bcfu
Nature's Lab Intensive GI
Schwabe Pharma Italia / MegaStress
naturopathica (au) / gastrohealth probiotic adults 50+
jarrow formulas / jarro-dophilus mood
Energybalance / ColoBiotica 28 Colon Support
up4 / women's
UltraFlora® Immune Booster
Nutrition Essentials / Probiotic (900 BCFU)
Bromatech (IT) / Adomelle
nature's bounty / probioti 10
mwsb / candida yeast support
microbiome labs/ megasporebiotic
optibac / bifidobacteria & fibre
Sanogermine / AB-Kolicare
klair labs / biospora
SuperSmart / Derma Relief
Bioflora(MX) / Woman
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
biospec / probiotic-5
corebiotic
HMF Metabolic
blackmores (au) / probiotics+ immune defence
CustomProbiotics.com / L. Plantarum Probiotic Powder
SuperSmart / Oral Health
Ombre / Healthy Gut
PharmExtracta (IT) / Gliadines buccal stickpacks
ISCON Elegance/ Ochek Capsule 10
jarrow formulas / jarro-dophilus® ultra
PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
custom probiotics / six strain probiotic powder
ImmuneBiotech Medical Sweden AB / GutMagnific®
klair labs / ther-biotic factor 4
Symprove™
InnovixLabs / Mood Probiotic
Align / Align® Chewables
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic

custom probiotics / d-lactate free probiotics powder
jarrow formulas / jarro-dophilus eps
naturopathica (au) / gastrohealth fibrepro
philips / colon health
blackmore (au) / probiotics+ eczema relief
7 AM Ultra Probiotics
bravo europe / starter and complex
Probiotic 10 Billion Active Cells Daily Maintenance
Jetson / FIT
ferring / vsl#3
Resbiotic / resB® Lung Support
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Next Generation
Bromatech (IT) / Bifiselle
Wakunaga / Daily Probiotic
SuperSmart / Probio Forte
goodbelly drink
enviromedica terraflora sbo probiotic
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most significant substances have been identified as probably contributing to the microbiome dysfunction.

In some cases blood work may show low levels of some vitamins, etc. listed below. This may be due to *greedy* bacteria reported at a high level above. Viewing bacteria data on the Kyoto Encyclopedia of Genes and Genomes (<https://www.kegg.jp/>) may provide better insight on the course of action to take.

amoxicillin [CFS]	metronidazole [CFS]
azithromycin,[CFS]	monensin sodium salt,(prescription)
benzylpenicillin sodium (antibiotic)	moxifloxacin (antibiotic)
cefotaxime sodium salt (antibiotic)	N-(phosphonomethyl)glycine {glyphosate}
cefuroxime sodium salt (antibiotic)	nitrofurantoin (antibiotic)
chloramphenicol	Ocimum tenuiflorum {Tulsi}
clindamycin [CFS]	omidazole
doxycycline [CFS]	piperacillin-tazobactam
Ethyl alcohol {Grain alcohol}	rifampicin
Ferrum {Iron Supplements}	roxithromycin
gatifloxacin (antibiotic)	Sodium Fluoride {Toothpaste fluoride}
imipenem	spiramycin (antibiotic)
linezolid (antibiotic)	vancomycin (antibiotic)[CFS]

Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products
Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Biofilm
Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdkl5 deficiency disorder
Celiac Disease
Cerebral Palsy
Chronic Fatigue Syndrome
Chronic Kidney Disease
Chronic Lyme
Chronic Obstructive Pulmonary Disease (COPD)
Chronic Urticaria (Hives)
Coagulation / Micro clot triggering bacteria
Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome

Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
Mast Cell Issues / mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea

Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
Small Intestinal Bacterial Overgrowth (SIBO)
Stress / posttraumatic stress disorder
Systemic Lupus Erythematosus
Tic Disorder
Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
Ulcerative colitis
Unhealthy Ageing
Vitiligo