

## Microbiome Information for: Primary sclerosing cholangitis

### 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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**

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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 is received.

In the USA

Ombre (<https://www.ombrelab.com/>)  
Thorne (<https://www.thorne.com/products/dp/gut-health-test>)  
Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

### Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Primary sclerosing cholangitis

*Nota Benia:* 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
Alphaproteobacteria	class	High	28211	Rothia	genus	High	508215
Bacteroidia	class	High	200643	Ruminococcus	genus	Low	1263
Fusobacteria	class	High	203490	Streptococcus	genus	High	1301
Gammaproteobacteria	class	High	1236	Succinivibrio	genus	Low	83770
Christensenellaceae	family	Low	990719	Veillonella	genus	High	29465
Lachnospiraceae	family	Low	186803	Eubacteriales	order	Low	186802
Sphingomonadaceae	family	High	41297	Hyphomicrobiales	order	High	356
Anaerostipes	genus	Low	207244	Lactobacillales	order	High	186826
Bacteroides	genus	High	816	Anaerostipes hadrus	species	Low	649756
Blautia	genus	Low	572511	Blautia obeum	species	Low	40520
Coprococcus	genus	Low	33042	Coprococcus catus	species	Low	116085
Desulfovibrio	genus	Low	872	Enterococcus faecium	species	High	1352
Enterococcus	genus	High	1350	Enterococcus gallinarum	species	High	1353
Faecalibacterium	genus	Low	216851	Faecalibacterium prausnitzii	species	Low	853
Fusobacterium	genus	High	848	Klebsiella pneumoniae	species	High	573
Haemophilus	genus	High	724	Mediterraneibacter gnavus	species	Low	33038
Holdemanella	genus	Low	1573535	Parabacteroides distasonis	species	Low	823
Lachnosporibacterium	genus	Low	1506553	Proteus mirabilis	species	High	584
Lactobacillus	genus	High	1578	Streptococcus parasanguinis	species	High	1318
Phascolarctobacterium	genus	Low	33024	Veillonella dispar	species	High	39778
Rothia	genus	High	32207	Veillonella parvula	species	High	29466

## 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.

Abstention from eating {Fasting}

***a-Gluc-o-oligosaccharides {GOS}***

amaranthus {amaranth}

Avena sativa {Oats}

***bacillus subtilis {B.Subtilis }*** 10 BCFU/day

***bifidobacterium bifidum {B. bifidum}*** 1 BCFU/day

Bovine Milk Products {Dairy}

***Camellia Linnaeus {camellia}***

***candida albicans (prescription)***

d-galactose {milk sugar}

***Enterococcus faecalis {Streptococcus faecalis}***

Ethyl alcohol {Grain alcohol}

***Fagopyrum esculentum {Buckwheat}***

Fermented Brassica oleracea {Sauerkraut}

Fiber, total dietary

Grape Polyphenols {Grape Flavonoids}

grapes

henopodium quinoa {Quinoa}

high-fat diets

High-protein diet {Atkins low-carbohydrate diet}

high-saturated fat diet

***lactobacillus acidophilus {L. acidophilus}*** 20 BCFU/day

Lactose {Milk Sugar}

***laminaria digitata {Oarweed}***

***Malus domestica {apple}***

***Mannan oligosaccharides {Mannooligosaccharide}*** 8 gram/day

methiazole,(prescription)

***oligosaccharides {oligosaccharides}***

***polyphenols*** 3 gram/day

proton-pump inhibitors (prescription) 60 mg/day

pseudo-cereals {amaranth,quinoa, taro,buckwheat}

raffinose {sugar beet}

red wine 250 ml/day

red wine polyphenols 600 mg/day

resveratrol-pterostilbene {grapes, blueberries} 2 gram/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Sesamum indicum {Sesame}

Slow digestible carbohydrates. {Low Glycemic}

synthetic disaccharide derivative of lactose {Lactulose}

Tobacco consumption {Smoking}

***β-lactoglobulin {Whey}*** 60 gram/day

## Retail Probiotics

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

genestra brands® hm  
HMF Intensive  
Bromatech (IT) / Acronelle  
shin biofermin (jp) / s  
spain (es) / profaes4 viajeros  
HMF Metabolic  
spain (es) / profaes4 edad escolar  
HMF Forte  
speer labs / emuaid first defense  
HMF IBS Relief  
gnc / ultra probiotic complex  
natren / healthy trinity probiotic  
powerlabs (au) / ultra blend  
trubiotics / one a day  
Bulk Probiotics / L Acidophilus Probiotic Powder  
solgar / advanced acidophilus plus  
Energybalance / ColoBiotica 28 Colon Support  
custom probiotics / b. lactis & b. bifidum probiotic powder  
microbiome labs / hu58  
anabolic laboratories / probiotic complete  
Bromatech (IT) / Milonet  
natren / bifido factor  
NaturalPharma / Profit Probiotics  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
quality health (au) / fridge free\* probiotic 60s  
Metabolics / Bifidobacterium Bifidum Powder  
Bromatech (IT) / Adomelle  
nature's way (au) / restore probiotic choc balls 60s  
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support  
optibac / for every day max  
FloraVantage® Balance  
Thryve LPCasei Th1, LPCasei Th2, LFerm IBF1, Lacidoph  
ferring / vsl#3  
bioglan bio (au) / happy probiotic 25  
Metabolics / Lactobacillus Acidophilus  
Schwabe Pharma Italia / EnteroDophilus  
UltraFlora® Restore  
Nature's Bounty / Acidophilus Probiotic  
bioglan (au) / healthy kids probiotic choc balls 50s  
Prescript-Assist®/SBO Probiotic  
solgar / advanced 40+ acidophilus  
Bulk Probiotics / B. Bifidum Probiotic Powder (Anxiety Support)  
amy meyers / primal earth probiotic  
Jetson / Gut Prep  
UltraFlora® Balance  
INVIVO THERAPEUTICS / Bio.Me IB +  
CustomProbiotics.com / L. Acidophilus Probiotic Powder  
quality health(au) / fridge free probiotic 25b  
bayer / trubiotics daily probiotic  
SuperSmart / Bacillus Subtilis  
customprobiotics.com / B. Bifidum Probiotic Powder  
Bulk Probiotics / Bacillus Subtilis Probiotic  
natren / megadophilus  
VSL Pharmaceuticals / Oxadrop

**PharmExtracta (IT) / FG5 Forte In Sachets**

aor / probiotic-3

solgar / advanced multi-billion dophilus

Bromatech (IT) / Aflugenex

Bromatech (IT) / Pilorex

Maple Life Science™ / Bifidobacterium Bifidum

**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.

(2->1)-beta-D-fructofuranan {Inulin}	Lacticaseibacillus casei {L. casei}
allium sativum {garlic}	Lacticaseibacillus rhamnosus {l. rhamnosus}
amoxicillin [CFS]	low protein diet
ampicillin [CFS]	Menta × piperita {peppermint}
Ayurvedic herbal formula {Triphala}	meropenem
Azadirachta indica {Neem}	minocycline [CFS]
benzylpenicillin sodium (antibiotic)	Ocimum tenuiflorum {Tulsi}
bifidobacterium	Pentahydroxypentane {Xylitol}
bifidobacterium longum {B.Longum }	piperacillin-tazobactam
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Propolis {Bee glue}
Cinnamomum zeylanicum {Ceylon Cinnamon}	resistant starch
ciprofloxacin [CFS]	Rheum × hybridum {Rhubarb}
Diferuloylmethane {Curcumin}	Saccharomyces cerevisiae var boulardii {S. boulardii}
gentamicin	Sodium Chloride {Salt}
Hericium erinaceus {Lion's Mane Mushroom }	syzygium aromaticum {clove}
Heyndrickxia coagulans {B. coagulans}	Thymus vulgaris {thyme}
imipenem	vitamin d
	walnuts

## Sample of Literature Used

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

Consistent alterations in faecal microbiomes of patients with primary sclerosing cholangitis independent of associated colitis.

**Alimentary pharmacology & therapeutics , Volume: 50 Issue: 5 2019 Sep**

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Fungi participate in the dysbiosis of gut microbiota in patients with primary sclerosing cholangitis.

**Gut , Volume: 69 Issue: 1 2020 Jan**

Authors Lemoinne S,Kengang A,Ben Belkacem K,Straube M,Jegou S,Corpechat C,Saint-Antoine IBD Network,Chazouillères O,Housset C,Sokol H

Gut pathobionts underlie intestinal barrier dysfunction and liver T helper 17 cell immune response in primary sclerosing cholangitis.

**Nature microbiology , Volume: 4 Issue: 3 2019 Mar**

Authors Nakamoto N,Sasaki N,Aoki R,Miyamoto K,Suda W,Teratani T,Suzuki T,Koda Y,Chu PS,Taniki N,Yamaguchi A,Kanamori M,Kamada N,Hattori M,Ashida H,Sakamoto M,Atarashi K,Narushima S,Yoshimura A,Honda K,Sato T,Kanai T

Distinct gut microbiota profiles in patients with primary sclerosing cholangitis and ulcerative colitis.

**World journal of gastroenterology , Volume: 23 Issue: 25 2017 Jul 7**

Authors Bajer L,Kverka M,Kostovicik M,Macinga P,Dvorak J,Stehlikova Z,Brezina J,Wohl P,Spicak J,Drastich P

Characterisation of the faecal microbiota in Japanese patients with paediatric-onset primary sclerosing cholangitis.

**Gut , Volume: 66 Issue: 7 2017 Jul**

Authors Iwasawa K,Suda W,Tsunoda T,Oikawa-Kawamoto M,Umetsu S,Inui A,Fujisawa T,Morita H,Sogo T,Hattori M

Faecal microbiota profiles as diagnostic biomarkers in primary sclerosing cholangitis.

**Gut , Volume: 66 Issue: 4 2017 Apr**

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Primary sclerosing cholangitis is characterised by intestinal dysbiosis independent from IBD.

**Gut , Volume: 65 Issue: 10 2016 Oct**

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Authors Yu Y,He J,Fu H,Mi Y,Wu H,Gao Y,Li M

Thyme oil-loaded chitosan microparticles: an antibacterial approach against pathogenic bacteria.

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Authors Thakur A,Sharma K

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**Plant foods for human nutrition (Dordrecht, Netherlands) , Volume: 80 Issue: 2 2025 Apr 29**

Authors Wang X,Xu Y,Wang Y,Xu Y,Tian Y,Wang Y,Wang M

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**Frontiers in cellular and infection microbiology , Volume: 15 2025**

Authors Zhao Z,Li J,Liu J,Zhang X,Qie Y,Sun Y,Liu N,Liu Q

Associations of alcohol with the human gut microbiome and prospective health outcomes in the FINRISK 2002 cohort.

**European journal of nutrition , Volume: 64 Issue: 4 2025 Apr 11**

**Authors** Koponen K, McDonald D, Jousilahti P, Meric G, Inouye M, Lahti L, Niiranen T, Männistö S, Havulinna A, Knight R, Salomaa V  
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**Intestinal Morphology, and Cecal Microbiota of Broilers.**

**Probiotics and antimicrobial proteins , 2025 Apr 9**

**Authors** Zhu X, Zhang X, Zhang Y, Li F

**Gut dysbiosis induced by a high-salt diet aggravates atherosclerosis by increasing the absorption of saturated fatty acids in ApoE-deficient mice.**

**Journal of clinical biochemistry and nutrition , Volume: 76 Issue: 2 2025 Mar**

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**Frontiers in neuroscience , Volume: 19 2025**

**Authors** Bibi A, Zhang F, Shen J, Din AU, Xu Y

**Maternal dietary inulin intake during late gestation and lactation ameliorates intestinal oxidative stress in piglets with the involvements of gut microbiota and bile acids metabolism.**

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**β-Glucan Alone or Combined with Lactobacillus acidophilus Positively Influences the Bacterial Diversity and Metabolites in the Colonic Microbiota of Type II Diabetic Patients.**

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**Probiotics and antimicrobial proteins , 2024 Nov 20**

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**Scientific reports , Volume: 14 Issue: 1 2024 Nov 19**

**Authors Borewicz K,Zhao Y,Zhu Y**

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**Authors Saporta R,Nielsen El,Hansen JU,Liepinsh E,Minichmayr IK,Friberg LE**

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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