

Microbiome Information for: Multiple system atrophy (MSA)

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/>)

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

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 Multiple system atrophy (MSA)

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
Aggregatibacter	genus	Low	416916
Akkermansia	genus	High	239934
Bifidobacterium	genus	Low	1678
Blautia	genus	Low	572511
Gordonibacter	genus	High	644652
Lactobacillus	genus	High	1578
Megamonas	genus	Low	158846
Ruminococcus	genus	Low	1263
[Clostridium] nexile species		Low	29361

Bacteria Name	Rank	Shift	Taxonomy ID
Akkermansia muciniphila	species	High	239935
Alistipes onderdonkii	species	High	328813
Bifidobacterium pseudocatenulatum	species	Low	28026
Granulicatella adiacens	species	Low	46124
Megamonas funiformis	species	Low	437897
Phocaeicola coprocola	species	Low	310298
Phocaeicola plebeius	species	Low	310297
Roseburia hominis	species	High	301301
Staphylococcus xylosus	species	High	1288
Streptococcus parasanguinis	species	High	1318

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

Abstinence from eating {Fasting}

Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day

allium sativum {garlic} 4 gram/day

Arthrospira platensis {Spirulina}

Avena sativa {Oats}

bacillus subtilis {B.Subtilis } 10 BCFU/day

Dendrobium officinale Kimura {Tiepishihu}

eicosapentaenoic acid (EPA),docosahexaenoic acid (DHA) {Fish Oil} 4 gram/day

Epicatechin {Green tea polyphenol}

Fiber, total dietary

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

grapes

High-fibre diet {Whole food diet}

Hordeum vulgare {Barley} 60 gram/day

Lactobacillus rhamnosus {L. rhamnosus} 48 BCFU/day

laminaria digitata {Oarweed}

Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}

metformin (prescription)

Panax ... {Ginseng} 2000 mg/day

polyphenols 3 gram/day

Punica granatum {pomegranate} 1 gram/day

red wine polyphenols 600 mg/day

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

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Slow digestible carbohydrates. {Low Glycemic}

Sulforaphane {Dark Greens}

Vaccinium vitis-idaea {lingonberries}

whole-grain diet

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

Jetson (US) / Mood Probiotics
 garden of life / primal defense
 Next Generation
 Northwest Natural Products / PB8
 blackmore (au) / probiotics+ womens flora balance
 Pendulum / Pendulum Glucose Control
 bravo europe / freeze-dried bravo
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
 enviromedica terraflora sbo probiotic
 jamieson (can) / probiotic 10 bcfu
 optibac / for those on antibiotics
 Resbiotic / resB® Lung Support
 SuperSmart / Full Spectrum Probiotic Formula
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 custom probiotics / d-lactate free probiotics powder
 jarrow formulas / jarro-dophilus eps
 spain (es) / ns defenbiotic kids
 Sash Vitality / Bio-Cultures Probiotics for Adults
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 SuperSmart / Vaginal Health
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 Pendulum / akkermansia muciniphila
 Probiotic 10 Billion Active Cells Daily Maintenance
 Ombre / Endless Energy
 Jetson / FIT
 bravo europe / starter and complex
 optibac / for every day
 Prescript-Assist®/SBO Probiotic
 vita miracle / ultra-30 probiotics
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Symprove™
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 CVSHealth / Daily Probiotic
 Nu U (uk) / Bio-Cultures Complex
 biospec / probiotio-5
 corebiotic
 SuperSmart / Oral Health
 Ombre / Healthy Gut
 ISCON Elegance/ Ochek Capsule 10
 just for tummies / live bacteria
 1 md / complete probiotics platinum
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 RepHresh / Pro-B Probiotic Supplement for Women
 Ombre / Harmony
 young living/life 9
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 claire labs / biospora
 SuperSmart / Derma Relief
 Bioflora(MX) / Woman

Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
Wakunaga / Max Probiotic
jarrow formulas / jarro-dophilus mood
MegaFood / MegaFlora
microbiome labs / hu58
Pendulum / Metabolic Daily
perfect pass / perfect pass probiotic bacillus spore
Ombre / Metabolic Booster
spain (es) / ns florabiotic instant
optibac / for women
OMNI-BIOTIC®/ TRAVEL
jarrow formulas / fem-dophilus®
global health trax / threelac
Law of Nature / Best Days Formula
Wakunaga / Pro+ Synbiotic
organic 3 / primal gut
naturopathica (au)/ gastrohealth probiotic daily care
Physis / Advance Probiotics
bio-botanical research / proflo4r restorative probiotic
Bromatech (IT) / Ramnoselle
Dr. Mercola / Complete Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
vinco / probiotic eight 65
nature's instincts / ultra spore probiotic
Biorela® Daily
NOW FOODS / Clinical GI Probiotic
hyperbiotics / pro-15
nature's way (au) / restore probiotic 100 billion
seed / male version
solaray / mycrobioime probiotic colon formula
lifted naturals / mood boosting probiotic
cytoplan(uk) / dentavital bifidophilus
bioglan bio (au) / happy probiotic 50
powerlabs (au) / ultra blend
fürstenmed / lacto-bifido
spain (es) / muvagyn probiotico
probiotic pur (de) / realdose nutrition
Bulk Probiotics / Bacillus Subtilis Probiotic
newrhythm / probiotics 20 stains
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Pregnancy Care Probiotic
ASEA VIA / BIOME
bio-k+
jarrow formula / jarro-dophilus original
aor / probiotic-3
vitamin angels / just thrive
Bromatech(IT) / FEMELLE
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice /super 8 gold
SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
microbiome labs / restorflora
zint nutrition / probiotic collagen +
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45

Advanced Bio-Cultures / Advance Multi Strain Probiotics
ProGoes® Forte
INVIVO THERAPEUTICS / Bio.Me IB +
elixa / probiotic
bioray / cytoflora
jarrow formulas / fern dophilus
renew life / ultimate flora
up4 / ultra
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
JGL / Lactogyn
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
bioglan bio (au) / happy probiotic 100
naturopathica (au) / gastrohealth probiotic adults 50+
Realdose
Metabolics / Lactobacillus Rhamnosus Powder
Bromatech (IT) / Psicobrain
Ombre / Mood Enhancer
spain (es) / aquilea intimus
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Jetson / Gut Prep
Ombre / Restore

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}

Amylum {Starch}

Cichorium intybus {Chicory}

oligosaccharides {oligosaccharides}

partially hydrolysed guar gum

resistant starch

synthetic disaccharide derivative of lactose {Lactulose}

wheat

Sample of Literature Used

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

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Journal of food science , Volume: 90 Issue: 5 2025 May

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Additional APriori Analysis Available

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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