

Microbiome Information for: Atrial fibrillation

For non-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 Atrial fibrillation

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
Alphaproteobacteria	class	Low	28211	Klebsiella	genus	High	570
Flavobacteriia	class	Low	117743	Kluyvera	genus	High	579
Sphingobacteriia	class	Low	117747	Lachnobacterium	genus	Low	140625
Alcaligenaceae	family	High	506	Lachnoclostridium	genus	High	1506553
Barnesiellaceae	family	Low	2005519	Lachnospira	genus	High	28050
Clostridiaceae	family	Low	31979	Lactobacillus	genus	High	1578
Flavobacteriaceae	family	Low	49546	Lactococcus	genus	High	1357
Lachnospiraceae	family	Low	186803	Oscillibacter	genus	Low	459786
Sphingobacteriaceae	family	Low	84566	Parabacteroides	genus	High	375288
Veillonellaceae	family	Low	31977	Paraprevotella	genus	Low	577309
Acinetobacter	genus	High	469	Prevotella	genus	Low	838
Aeromonas	genus	High	642	Ruminococcus	genus	High	1263
Agathobacter	genus	High	1766253	Sanguibacteroides	genus	Low	1635148
Allisonella	genus	High	209879	Sellimonas	genus	High	1769710
Bilophila	genus	Low	35832	Shigella	genus	Low	620
Blautia	genus	High	572511	Sphingobacterium	genus	Low	28453
Brevundimonas	genus	Low	41275	Streptococcus	genus	High	1301
Burkholderia	genus	High	32008	Turidibacter	genus	Low	191303
Butyrivicoccus	genus	Low	580596	Tyzzerella	genus	Low	1506577
Butyrivibrio	genus	Low	830	Veillonella	genus	High	29465
Citrobacter	genus	Low	544	Burkholderiales	order	High	80840
Coprococcus	genus	High	33042	Flavobacteriales	order	Low	200644
Desulfovibrio	genus	High	872	Hyphomicrobiales	order	Low	356
Dialister	genus	High	39948	Micrococcales	order	Low	85006
Dorea	genus	High	189330	Sphingobacteriales	order	Low	200666
Eisenbergiella	genus	High	1432051	Agathobacter rectalis	species	Low	39491
Enorma	genus	High	1472762	Bacteroides fragilis	species	High	817
Enterobacter	genus	High	547	Corynebacterium striatum	species	High	43770
Enterococcus	genus	High	1350	Eubacterium ramulus	species	High	39490
Escherichia	genus	Low	561	Faecalibacterium prausnitzii	species	High	853
Faecalibacterium	genus	Low	216851	Helicobacter pylori	species	High	210
Haemophilus	genus	High	724	Phocaeicola coprophilus	species	Low	387090
Holdemanella	genus	Low	1573535	Porphyromonas gingivalis	species	High	837
Holdemania	genus	High	61170	Segatella copri	species	Low	165179
Hungatella	genus	Low	1649459	Staphylococcus aureus	species	High	1280

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.

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day	long-term, moderate-intensity exercise {exercise}
Arthrospira platensis {Spirulina}	oligosaccharides {oligosaccharides}
Astragalus	Oryza sativa {Rice}
Avena sativa x Hordeum vulgare {barley,oat}	Outer Layers of Triticum aestivum {Wheat Bran}
bacillus	Polygonatum kingianum {Solomon's Seal}
bacillus subtilis {B.Subtilis } 10 BCFU/day	Probiotic Mixture 1 {Japanese Vet Probiotic}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Probiotic Mixture 2 {Vetafarm Probiotic}
bifidobacterium	Prunus dulcis {Almonds} 90 gram/day
bifidobacterium adolescentis {B. adolescentis} 12 BCFU/day	quebracho
Bifidobacterium animalis {B. animalis}	raffinose {sugar beet}
bifidobacterium bifidum {B. bifidum} 1 BCFU/day	resistant starch
bifidobacterium longum {B.Longum } 10 BCFU/day	Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day
Bovine Milk Products {Dairy}	sodium butyrate
Brassica oleracea var. italica {Broccoli}	Sulforaphane {Dark Greens}
Fagopyrum esculentum {Buckwheat}	synthetic disaccharide derivative of lactose {Lactulose}
fructo-oligosaccharides 15 gram/day	theabrownin {theabrownin}
Hordeum vulgare {Barley} 60 gram/day	Vsl#3 {Visibiome}
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day	walnuts 75 gram/day
Lactocaseibacillus paracasei {L.paracasei} 40 BCFU/day	xylooligosaccharide 3 gram/day
lactobacillus acidophilus {L. acidophilus} 20 BCFU/day	yogurt
lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis	Zea mays {maize}
lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}	Zinc {Zinc Supplements} 300 mg/day
Lactose {Milk Sugar}	β-lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

newrhythm / probiotics 20 strains
 Global Healing Center / FloraTrex
 garden of life / primal defense
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
 Next Generation
 Physician Choice / 60 Billion Probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 bravo europe / starter and complex
 optibac / for every day
 vita miracle / ultra-30 probiotics
 renew life men's probiotic - ultimate
 SuperSmart / Full Spectrum Probiotic Formula
 jamieson (can) / probiotic 10 bcfu
 quantum wellness / restora flora
 Probiotic 10 Billion Active Cells Daily Maintenance
 Realdose
 bioglan bio (au) / happy probiotic 100
 douglas laboratories / multi probiotic 40 billion
 renew life / ultimate flora
 up4 / ultra
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 Wholesome Wellness / Raw Probiotic
 OMNI-BIOTIC® / 10 AAD
 Wakunaga / Max Probiotic
 organic 3 / primal gut
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 solaray / microbiome probiotic colon formula
 Genesis Bifidobacterium Complex BB Probiotic
 NOW FOODS / Clinical GI Probiotic
 cytoplan(uk) / dentavital bifidophilus
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 Ombre / Metabolic Booster
 blackmore (au) / probiotics+ daily health
 Physis / Advance Probiotics
 Dr. Mercola / Complete Probiotics
 young living / life 9
 MegaFood / MegaFlora
 blackmore (au) / probiotics+ bowel support
 ISCON Elegance / Ochek Capsule 10
 1 md / complete probiotics platinum
 blackmores (au) / probiotics+ immune defence
 Ombre / Healthy Gut
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 fürstenmed / lacto-bifido
 blackmores (au) / probiotics + adults daily (90 capsules)
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Windcove Probiotics / Ecologic®825
 ASEA VIA / BIOME

bioray / cytoflora
LiveWell Nutrition / Pro-45
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixa / probiotic
nature's way (au) / restore probiotic bowel & colon health 30s
up4 / adult
Northwest Natural Products / PB8
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
organic 3 / gutpro
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Bromatech (IT) / Aflugenex
solgar / advanced 40+ acidophilus
Wakunaga / Daily Probiotic
bravo europe / freeze-dried bravo
spain (es) / profaes4 viajeros
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
seed / female version
klaire labs / ther-biotic factor 4
Bromatech (IT) / Acronelle
SuperSmart / Lactoxira
visbiome
shin biofermin (jp) /s
Thryve L.PCasei Th1, L.PCasei Th2,L.Ferm IBF1, L.acidoph
Bromatech (IT) / Lautoselle
ferring / vsl#3
UltraFlora® Restore
Ombre / Endless Energy
Jetson / FIT
Seeking Health / Probiota HistaminX
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
7 AM Ultra Probiotics
klaire labs / target gb-x
naturopathica (au) / gastrohealth fibrepro
philips / colon health
Seeking Health / Probiota Bifidobacterium
genestra brands® hm
Bromatech (IT) / Enterelle
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
ProbioMax® Daily DF
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
jarow formulas / bifidus balance® + fos
HMF Intensive
naturopathica (au) / gastrohealth probiotic adults 50+
Smidge / Sensitive Probiotic
Krauterhaus / Lactopro
microbiome labs / restorflora
solgar / advanced multi-billion dophilus
nature's way (au) / restore probiotic daily health 90s
jarow formulas / jarro-dophilus® ultra
Bromatech (IT) / Bifiselle
HMF Metabolic
Wakunaga / 50+
custom probiotics / six strain probiotic powder
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
CVSHealth / Daily Probiotic

Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
nature's bounty / probioti 10
Bromatech / ENTERELLE PLUS
HMF Forte
Bioflora(MX) / Woman
OMNI-BIOTIC®/ TRAVEL
speer labs / emuaid first defense
Eden's / 3-in-1 Synbiotic Superblend
nature's way (au) / restore probiotic 30 billion 30s
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
HMF IBS Relief
Wakunaga / Pro+ Synbiotic
bioglan bio (au) / happy probiotic 50
lifted naturals / mood boosting probiotic
powerlabs (au) / ultra blend
natren / healthy trinity probiotic
ecology_allergycare
nature's instincts / ultra spore probiotic
spain (es) / profaes4 edad escolar
gnc / ultra probiotic complex
seed / male version
trubiotics / one a day
Biorela® Daily
Bulk Probiotics / L. Acidophilus Probiotic Powder
vinco / probiotic eight 65
PrecisionBiotics / Immune
CustomProbiotics.com / B. Longum Probiotic Powder
naturopathica (au)/ gastrohealth probiotic daily care
spain (es) / axiboulardi
Law of Nature / Best Days Formula
quality health (au) / fridge free* probiotic 60s
Bromatech (IT) / Ramnoselle
Bulk Probiotics / B. Adolescentis Probiotic Powder (GABA Support)
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
bio-botanical research / profiora4r restorative probiotic
global health trax / threelac
solgar / advanced acidophilus plus
Bromatech (IT) / Milonet
Schwabe Pharma Italia / AxiBoulardi
perfect pass / perfect pass probiotic bacillus spore
natren / bifido factor
Probiotic Sticks
NaturalPharma / Profit Probiotics
microbiome labs / hu58
anabolic laboratories / probiotic complete
Invivo / Bio.Me Femme UT
Bromatech (IT) / Adomelle
Bulk Probiotics / L. Paracasei Probiotic Powder
jarro formulas / jarro-dophilus mood
SuperSmart / Saccharomyces Boulardii
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
custom probiotics / b. lactis & b. bifidum probiotic powder
mwsb / candida yeast support
microbiome labs/ megasporebiotic
optibac / bifidobacteria & fibre

nature's way (au) / restore probiotic choc balls 60s
Sanogermine / AB-Kolicare
klair labs / biospora
UltraFlora® Immune Booster
danactive drink
Nutrition Essentials / Probiotic (900 BCFU)
just for tummies / live bacteria
up4 / women's
Ombre / Harmony
corebiotic
Bromatech (IT) / Citogenex
FloraVantage® Balance
organic 3 / yeastbiotic
PoolPharma (IT) / ProbioTKMIO
PharmExtracta (IT) / Gliadines buccal stickpacks
SuperSmart / Oral Health
Metabolics / Bifidobacterium Bifidum Powder
optibac / for daily immunity
Bromatech(IT) / FEMELLE
bio-k+
jarrow formula / jarro-dophilus original
aor / probiotic-3
vitamin angels / just thrive
zint nutrition / probiotic collagen +
Bromatech (IT) / Pilorex
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
Bulk Probiotics / B. Longum Probiotic Powder
PharmExtracta (IT) / FG5 Forte In Sachets
natren / megadophilus
Metabolics / Bifidobacterium Longum Powder
VSL Pharmaceuticals / Oxadrop
Bulk Probiotics / Bacillus Subtilis Probiotic
Maple Life Science™ / Bifidobacterium longum
Bromatech (IT) / Rotanella plus
Immune Defense Daily Chewable Probiotic
Schwabe Pharma Italia / MegaStress
bayer / trubiotics daily probiotic
customprobiotics.com / B. Bifidum Probiotic Powder
CustomProbiotics.com / L. Paracasei Probiotic Powder
Ombre / Mood Enhancer
florastor / florastor
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
Jetson / Gut Prep
UltraFlora® Balance
organic 3 / primal soil
Align® Extra Strength
SuperSmart / Bacillus Subtilis
CustomProbiotics.com / L. Acidophilus Probiotic Powder
quality health(au)/ fridge free probiotic 25b
Maple Life Science™ / Bifidobacterium Bifidum
INVIVO THERAPEUTICS / Bio.Me IB +
align / align
Sash Vitality /Bio-Cultures Probiotics for Adults

blackmore (au) / probiotics+ eczema relief
imagilin / NutriLots Replenish
Metabolics / Lactobacillus Acidophilus
SuperSmart / Vaginal Health
Schwabe Pharma Italia / EnteroDophilus
custom probiotics / d-lactate free probiotics powder
Nature's Bounty / Acidophilus Probiotic
Resbiotic / resB® Lung Support
Align / Align® Chewables
bioglan bio (au/ happy probiotic 25
optibac / for those on antibiotics
Bromatech (IT) / Psicobrain
Symprove™
InnovixLabs / Mood Probiotic
optibac / for every day max
spain (es) / ultralevura
enviromedica terraflora sbo probiotic
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
SuperSmart / Probio Forte
bioglan (au) / healthy kids probiotic choc balls 50s
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Bulk Probiotics / B. Bifidum Probiotic Powder (Anxiety Support)
naturopathica (au) / gastrohealth antacid
Botica Alternativa / Bifidobacterium Adolescentis
optibac / saccharomyces boulardii

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.

2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin}

3,3',4',5,7-pentahydroxyflavone {Quercetin}

Azadirachta indica {Neem}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Crataegus {Hawthorn}

Diferuloylmethane {Curcumin}

foeniculum vulgare,fennel

glycyrrhizic acid {licorice}

Propolis {Bee glue}

Punica granatum {pomegranate}

syzygium aromaticum {clove}

Thymus vulgaris {thyme}

Vaccinium {Cranberry}

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

[Anti-Porphyromonas gingivalis Antibody Levels in Patients With Stroke and Atrial Fibrillation: A Systematic Review and Meta-Analysis.](#)

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Authors Cannavo A,Babajani N,Saeedian B,Ghondaghsaz E,Rengo S,Khalaji A,Behnoush AH

[Changes of Intestinal Flora in Patients with Atrial Fibrillation and Its Correlation with Cardiovascular Risk Factors.](#)

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Authors Chen S,Tu M,Shi J,Hu X

[Risk factors associated with osteomyelitis due to Corynebacterium striatum in patients with diabetic foot.](#)

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[The correlation between gut microbiome and atrial fibrillation: pathophysiology and therapeutic perspectives.](#)

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Authors Palmu J,Börschel CS,Ortega-Alonso A,Markó L,Inouye M,Jousilahti P,Salido RA,Sanders K,Brennan C,Humphrey GC,Sanders JG,Gutmann F,Linz D,Salomaa V,Havulinna AS,Forslund SK,Knight R,Lahti L,Niiranen T,Schnabel RB

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[Association between Gut Microbiota Dysbiosis and the CHA2DS2-VASc Score in Atrial Fibrillation Patients.](#)

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Authors Wilson AM,Lu YR

[Barley polysaccharides modulate metabolic and mild cognitive impairment in naturally aging mice through the liver-gut-brain axis.](#)

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Frontiers in nutrition , Volume: 12 2025

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Poultry science , Volume: 104 Issue: 7 2025 Apr 24

Authors Qin S,Zhu Y,Tian G,Jensen MB,Zhang K,Ding X,Bai S,Wang J,Xuan Y,Zeng Q

Effect of a 24-week supervised concurrent exercise intervention on fecal microbiota diversity and composition in young sedentary adults: The ACTIBATE randomized controlled trial.

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Authors Martinez-Tellez B,Xu H,Ortiz-Alvarez L,Rodríguez-García C,Schönke M,Jurado-Fasoli L,Osuna-Prieto FJ,Alcantara JMA,Acosta FM,Amaro-Gahete FJ,Folkerts G,Vilchez-Vargas R,Link A,Plaza-Diaz J,Gil A,Labayen I,Fernandez-Veledo S,Rensen PCN,Ruiz JR

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Antimicrobial Sponge: A Polyvinyl Alcohol, Tannic Acid and Curcumin-Loaded Nanolignin Hydrogel Composite Scaffold.

Gels (Basel, Switzerland) , Volume: 11 Issue: 3 2025 Feb 26

Authors Anand R,Collard D,Thomann JS,Duday D

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Alzheimer's disease
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Antiphospholipid syndrome (APS)
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Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
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Denture Wearers Oral Shifts
Depression
Dermatomyositis
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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)
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Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
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Slow gastric motility / Gastroparesis
Small Intestinal Bacterial Overgrowth (SIBO)
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Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
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