

Microbiome Information for: primary biliary cholangitis

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/>)

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 primary biliary cholangitis

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
Coriobacteria	class	High	84998	Dorea	genus	High	189330
Deltaproteobacteria	class	Low	28221	Enterococcus	genus	High	1350
Acidaminococcaceae	family	Low	909930	Eubacterium	genus	High	1730
Bifidobacteriaceae	family	High	31953	Faecalibacterium	genus	Low	216851
Chitinophagaceae	family	High	563835	Fusobacterium	genus	Low	848
Comamonadaceae	family	High	80864	Gemmiger	genus	Low	204475
Enterococcaceae	family	Low	81852	Granulicatella	genus	Low	117563
Gracilibacteraceae	family	High	541019	Lactobacillus	genus	High	1578
Lachnospiraceae	family	High	186803	Prevotella	genus	High	838
Muribaculaceae	family	High	2005473	Pseudomonas	genus	High	286
Oscillospiraceae	family	Low	216572	Rothia	genus	Low	508215
Peptostreptococcaceae	family	Low	186804	Streptococcus	genus	High	1301
Pirellulaceae	family	High	2691357	Veillonella	genus	High	29465
Ruminococcaceae	family	Low	541000	Bacillales	order	Low	1385
Sphingomonadaceae	family	High	41297	Bifidobacteriales	order	High	85004
Veillonellaceae	family	High	31977	Coriobacteriales	order	High	84999
Acidaminococcus	genus	High	904	Lactobacillales	order	High	186826
Actinomyces	genus	Low	1654	Selenomonadales	order	High	909929
Campylobacter	genus	High	194	Bacteroides uniformis	species	Low	820
Clostridium	genus	Low	1485	Clostridium sporogenes	species	Low	1509
Collinsella	genus	Low	102106	Pichia kudriavzevii	species	High	4909

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	1.5 gram/day	Lactobacillus plantarum {L. plantarum}	60 BCFU/day
(2->1)-beta-D-fructofuranan {Inulin}	32 gram/day	Lactose {Milk Sugar}	
3,3',4',5,7-pentahydroxyflavone {Quercetin}	2 gram/day	Ligilactobacillus salivarius {L. salivarius}	9 BCFU/day
Amorphophallus konjac {Konjaku flour}		Limosilactobacillus fermentum {L. fermentum}	12 BCFU/day
Avena sativa x Hordeum vulgare {barley,oat}		Limosilactobacillus reuteri {L. Reuteri}	22 BCFU/day
bacillus licheniformis {b. licheniformis}	10 BCFU/day	long-term, moderate-intensity exercise {exercise}	
Bifidobacterium animalis {B. animalis}		Mannan oligosaccharides {Mannooligosaccharide}	8 gram/day
Bovine Milk Products {Dairy}		Morus {Mulberry }	
D-ribofuranoside {Ribose}	10 gram/day	oligosaccharides {oligosaccharides}	
Fagopyrum esculentum {Buckwheat}		Outer Layers of Triticum aestivum {Wheat Bran}	
fructo-oligosaccharides	15 gram/day	polyphenols	3 gram/day
fruit		Prunus dulcis {Almonds}	90 gram/day
fruit/legume fibre		pseudo-cereals {amaranth,quinoa, taro,buckwheat}	
Hordeum vulgare {Barley}	60 gram/day	raffinose {sugar beet}	
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day	Rheum x hybridum {Rhubarb}	
Lactocaseibacillus casei {L. casei}	48 BCFU/day	Sulforaphane {Dark Greens}	
Lactocaseibacillus paracasei {L.paracasei}	40 BCFU/day	synthetic disaccharide derivative of lactose {Lactulose}	
Lactocaseibacillus rhamnosus {l. rhamnosus}	48 BCFU/day	wheat	
lactobacillus acidophilus {L. acidophilus}	20 BCFU/day	yogurt	
lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis		β-lactoglobulin {Whey}	60 gram/day

Retail Probiotics

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

SuperSmart / Full Spectrum Probiotic Formula
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 newrhythm / probiotics 20 stains
 Wholesome Wellness / Raw Probiotic
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 renew life / ultimate flora
 bioglan bio (au) / happy probiotic 100
 garden of life / primal defense
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 Physician Choice /60 Billion Probiotics
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 organic 3 / primal gut
 OMNI-BIOTIC®/ TRAVEL
 vinco / probiotic eight 65
 Physis / Advance Probiotics
 Dr. Mercola / Complete Probiotics
 OMNI-BIOTIC®/ 10 AAD
 nature's bounty / probioti 10
 MegaFood / MegaFlora
 solaray / microbiome probiotic colon formula
 bioglan bio (au) / happy probiotic 50
 Northwest Natural Products / PB8
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Probiotic 10 Billion Active Cells Daily Maintenance
 renew life men's probiotic - ultimate
 douglas laboratories / multi probiotic 40 billion
 up4 / ultra
 fürstenmed / lacto-bifido
 Windlove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 udo's choice /super 8 gold
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 jarrow formula / jarro-dophilus original
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 custom probiotics / four strain lactobacilli
 Jetson (US) / Immunity Probiotics
 jamieson (can) / probiotic 10 bcfu
 SuperSmart / Vaginal Health
 Sash Vitality /Bio-Cultures Probiotics for Adults
 bravo europe / starter and complex
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 custom probiotics / six strain probiotic powder
 bravo europe / freeze-dried bravo
 seed / male version
 Wakunaga / Max Probiotic
 Invivo / Bio.Me Femme UT
 young living/life 9
 NOW FOODS / Clinical GI Probiotic

Bio Schwartz / Advance Strength Probiotics (40 BCFU)
ecology_allergycare
blackmore (au) / probiotics+ daily health
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
up4 / women's
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
Nu U (uk) / Bio-Cultures Complex
SuperSmart / Oral Health
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
SuperSmart / Derma Relief
Bioflora(MX) / Woman
fairvital / microflora basic
naturopathica (au) / gastrohealth women's probiotic with cranberry
lifted naturals / mood boosting probiotic
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Symprove™
optibac / for every day
SuperSmart / Probio Forte
klair labs / target gb-x
jarro formulas / jarro-dophilus eps
nature's way (au) / restore probiotic bowel & colon health 30s
visbiome
ferring / vsl#3
Resbiotic / resB® Lung Support
Thryve L.PCasei Th1, L.PCasei Th2, L.Ferm IBF1, Lacidoph
spain (es) / vivomixx
SuperSmart / Lactoxira
Bromatech (IT) / Psicobrain
SuperSmart / Candalb
Bromatech(IT) / FEMELLE
zint nutrition / probiotic collagen +
Krauterhaus / Lactopro
bio-k+
blackmores (au) / probiotics + adults daily (90 capsules)
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Bromatech (IT) / Rotanelle plus
Immune Defense Daily Chewable Probiotic
Smidge / Sensitive Probiotic
Bromatech (IT) / Aflugenex
solgar / advanced multi-billion dophilus
nature's way (au) / restore probiotic daily health 90s
up4 / adult
Ombre / Restore
Bromatech (IT) / Acronelle
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
naturopathica (au) / gastrohealth probiotic adults 50+
ProbioMax® Daily DF
JGL / Lactogyn
jarro formulas / fem dophilus
jarro formulas / bifidus balance® + fos
custom probiotics / d-lactate free probiotics powder
Ombre / Mood Enhancer
spain (es) / aquilea intimus
optibac / for those on antibiotics
blackmore (au) / probiotics+ eczema relief
naturopathica (au) / gastrohealth fibrepro
Schwabe Pharma Italia / EnteroDophilus

UltraFlora® Restore
organic 3 / gutpro
blackmore (au) / probiotics+ womens flora balance
Seeking Health / Probiota HistaminX
solgar / advanced 40+ acidophilus
jarrow formula / ideal bowel support® lp299v®
Bromatech (IT) / Citogenex
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
cytoplan(uk) / dentavital bifidophilus
Bromatech (IT) / Milonet
UltraFlora® Immune Booster
CVSHealth / Daily Probiotic
RepHresh / Pro-B Probiotic Supplement for Women
Ombre / Harmony
Bromatech (IT) / Adomelle
HMF Metabolic
blackmores (au) / probiotics+ immune defence
Biorela® Daily
Bromatech (IT) / Ramnoselle
ImmuneBiotech Medical Sweden AB / GutMagnific®
NaturalPharma / Profit Probiotics
jarrow formulas / fem-dophilus®
optibac / for women
nature's way (au) / restore probiotic 30 billion 30s
SuperSmart / H. Pylori Fight
wakamoto (jp) / strong wakamoto w
HMF IBS Relief
BioGaia / BioGaia Osfortis
Wakunaga / Pro+ Synbiotic
Pädia GmbH (DE)/Mambiotic Kapseln
quality health (au) / fridge free* probiotic 60s
Floradapt Cardio
speer labs / emuaid first defense
solgar / advanced acidophilus plus
UltraFlora® Intensive Care
spain (es) / ns florabiotic instant
Bulk Probiotics / L. Reuteri Probiotic Powder
natren / healthy trinity probiotic
Purica Probiotic Cardio
Bulk Probiotics / L. Acidophilus Probiotic Powder
spain (es) / lactanza hereditum
gnc / ultra probiotic complex
naturopathica (au)/ gastrohealth probiotic daily care
Metabolics / Lactobacillus Salivarius Powder
CustomProbiotics.com / L. Plantarum Probiotic Powder
Bulk Probiotics / L. Paracasei Probiotic Powder
Maple Life Science™ / Lactobacillus salivarius
danactive drink
Bulk Probiotics / L. Salivarius Probiotic Powder
PharmExtracta (IT) / INatal Sachets
CustomProbiotics.com / L. Reuteri Probiotic Powder
jarrow formulas / jarro-dophilus mood
spain (es) / profaes4 edad escolar
anabolic laboratories / probiotic complete
BioGaia / Elactia
Energybalance / ColoBiotica 28 Colon Support
HMF Forte
optibac / bifidobacteria & fibre

nature's way (au) / restore probiotic choc balls 60s
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend
trubiotics / one a day
Maple Life Science™ / Lactobacillus plantarum
Maple Life Science™ / Lactobacillus reuteri
spain (es) / gum periobalance
Jetson (US) / Mood Probiotics
Bulk Probiotics / L. Casei Probiotic Powder (Candida Support)
Ombre / Heart Health
BioGaia / BioGaia Products
spain (es) / profaes4 viajeros
spain (es) / casenbiotic
FloraVantage® Balance
Maple Life Science™ / Lactobacillus fermentum
optibac / for every day max
goodbelly drink
Bulk Probiotics / L. Rhamnosus Probiotic Powder
spain (es) / reuteri gotas
Nature's Bounty / Acidophilus Probiotic
bioglan (au) / healthy kids probiotic choc balls 50s
naturopathica (au) / gastrohealth antacid
CustomProbiotics.com / L. Salivarius Probiotic Powder
SuperSmart / Lactobacillus reuteri
Microbiome Plus+™ Gastrointestinal
Microbiome Labs / MEGA Genesis
Metabolics / Lactobacillus Acidophilus
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
spain (es) / ns defenbiotic kids
Materna® Opti-Lac® Breast Feeding Support
shin biofermin (jp) /s
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
UltraFlora® Balance
bioglan bio (au/ happy probiotic 25
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
bayer / trubiotics daily probiotic
Purica Probiotic Intensive GI
quality health(au)/ fridge free probiotic 25b
optibac / for your cholesterol
genestra brands® hm
reg'activ / immune & vitality
ProGoes® Forte
CustomProbiotics.com / L. Acidophilus Probiotic Powder
Ombre / Ultimate Immunity
Floradapt Gut Comfort
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
HMF Intensive
Nature's Lab Intensive GI
Metabolics / Lactobacillus Rhamnosus Powder
spain (es) / gastrus
CustomProbiotics.com / L. Paracasei Probiotic Powder
optibac / for daily immunity
CustomProbiotics.com / L. Casei Probiotic Powder
Botica Alternativa / Lactobacilos Reuteri
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio

Bromatech (IT) / Pimorex
spain (es) / muvagyn probiotico
natren / megadophilus
Pregnancy Care Probiotic
VSL Pharmaceuticals / Oxadrop
Bulk Probiotics / L. Fermentum Probiotic Powder
PharmExtracta (IT) / FG5 Forte In Sachets

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.

acetylsalicylic acid,aspirin	Polydextrose {polydextrose}
Azadirachta indica {Neem}	resistant starch
Bifidobacterium catenulatum subsp. catenulatum	resveratrol-pterostilbene {grapes, blueberries}
{Bifidobacterium catenulatum}	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
bifidobacterium pseudocatenulatum {B. pseudocatenulatum }	Riboflavin {Vitamin B2}
bifidobacterium pseudocatenulatum li09,bifidobacterium	Saccharomyces cerevisiae var boulardii {S. boulardii}
catenulatum li10	Sodium Bicarbonate {Baking Soda}
Bixa orellana {annatto }	steviol glycosides {Stevia}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Sucralose {Splenda}
chlorhexidine	Sus domesticus {Pork}
D-glucose {Glucose}	syzygium aromaticum {clove}
Disodium fumarate {Fumaric acid disodium salt}	terpenophenolics {cannabinoids}
enterococcus durans {Streptococcus durans}	Thymus vulgaris {thyme}
Ethyl alcohol {Grain alcohol}	Ulmus rubra {slippery elm}
Finnish Probiotic {Valio Probiotic}	Vaccinium {Cranberry}
Heyndrickxia coagulans {B. coagulans}	vegetarians
nicotinic acid {Vitamin B-3}	vitamin d
Ocimum tenuiflorum {Tulsi}	Zingiber officinale Roscoe {ginger}
Phyllanthus emblica {Chinese gall}	

Sample of Literature Used

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

[Machine learning-based characterization of the gut microbiome associated with the progression of primary biliary cholangitis to cirrhosis.](#)

Microbes and infection , 2024 May 24

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[Association between gut microbiota and autoimmune cholestatic liver disease, a Mendelian randomization study.](#)

Frontiers in microbiology , Volume: 15 2024

Authors Cui Y,Guo Y,Kong Y,Zhang G

[Intestinal microbiota and biliary system diseases.](#)

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Authors Luo X,You X

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[High prevalence of lower limb atherosclerosis is linked with the gut-liver axis in patients with primary biliary cholangitis.](#)

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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

cdk15 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