

Microbiome Information for: Halitosis

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 Halitosis

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
Actinomyces	genus	High	1654	Porphyromonas	genus	High	836
Aggregatibacter	genus	High	416916	Prevotella	genus	High	838
Alloprevotella	genus	High	1283313	Rothia	genus	Low	508215
Bacteroides	genus	High	816	Selenomonas	genus	High	970
Campylobacter	genus	High	194	Solobacterium	genus	High	123375
Capnocytophaga	genus	High	1016	Streptococcus	genus	Low	1301
Corynebacterium	genus	Low	1716	Tannerella	genus	High	195950
Dialister	genus	High	39948	Treponema	genus	High	157
Eubacterium	genus	High	1730	Veillonella	genus	High	29465
Fusobacterium	genus	High	848	Eubacteriales	order	High	186802
Gemella	genus	Low	1378	Aggregatibacter segnis	species	High	739
Haemophilus	genus	Low	724	Alloprevotella rava	species	High	671218
Kingella	genus	Low	32257	Bacillus altitudinis	species	High	293387
Leptotrichia	genus	High	32067	Fusobacterium nucleatum	species	High	851
Megasphaera	genus	High	906	Helicobacter pylori	species	High	210
Moryella	genus	Low	437755	Porphyromonas gingivalis	species	High	837
Neisseria	genus	High	482	Prevotella melaninogenica	species	High	28132
Oribacterium	genus	Low	265975	Prevotella pallens	species	High	60133
Parvimonas	genus	High	543311	Rothia dentocariosa	species	Low	2047
Peptococcus	genus	High	2740	Solobacterium moorei	species	High	102148
Peptostreptococcus	genus	High	1257	Tannerella forsythia	species	High	28112

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	Hordeum vulgare {Barley}	60 gram/day
Abstention from eating {Fasting}		Hydrastis canadensis {Goldenseal}	
α -Gluco-oligosaccharides {GOS}		Lactobacillus plantarum {L. plantarum}	60 BCFU/day
alpha-linolenic acid {Omega-3}	4 gram/day	Linum usitatissimum {Flaxseed}	30 mg/day
arabinogalactan {arabinogalactan}	21 gram/day	long-term, moderate-intensity exercise {exercise}	
Aronia arbutifolia, Aronia melanocarpa {Chokeberry}		oligosaccharides {oligosaccharides}	
Avena sativa {Oats}		Outer Layers of Triticum aestivum {Wheat Bran}	
bacillus		pectin {pectin}	
bifidobacterium longum {B.Longum}	10 BCFU/day	Phaseolus vulgaris {Boston bean}	
Cannabis sativa {Marijuana}		Poly[β -D-xylopyranose(1->4)] {Xylan}	
Citrus limon {Lemon}		polyphenols	3 gram/day
Ferrum {Iron Supplements}	400 mg/day	pseudo-cereals {amaranth, quinoa, taro, buckwheat}	
fruit		Pulses, Beans	
fruit/legume fibre		Punica granatum {pomegranate}	1 gram/day
fucoidan {Brown Algae Extract}	8.8 gram/day	red wine	250 ml/day
Ganoderma sichuanense {Reishi Mushroom}	3.4 gram/day	β -glucan {Beta-Glucan}	500 mg/day
Hericium erinaceus {Lion's Mane Mushroom}		steviol glycosides {Stevia}	800 mg/day
Heyndrickxia coagulans {B. coagulans}	10 BCFU/day	Tobacco consumption {Smoking}	
High-amylose maize starch {HAMS}		wheat	
		β -lactoglobulin {Whey}	60 gram/day

Retail Probiotics

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

theramedix / probiotic
 LiveWell Nutrition / Pro-45
 Next Generation
 1 md / complete probiotics platinum
 Krauterhaus / Lactopro
 lifted naturals / mood boosting probiotic
 biospec / probiotio-5
 Dr. Mercola / Complete Probiotics
 OMNI-BIOTIC®/ 10 AAD
 MegaFood / MegaFlora
 Northwest Natural Products / PB8
 Seeking Health / Probiota HistaminX
 jarow formula / ideal bowel support® lp299v®
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 up4 / adult
 nature's way (au) / restore probiotic bowel & colon health 30s
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Ombre / Heart Health
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 bioray / cytoflora
 ProbioMax® Daily DF
 bioglan bio (au) / happy probiotic 100
 SuperSmart / Lactoxira
 Ombre / Mood Enhancer
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 PrecisionBiotics / Zenflore
 PharmExtracta / Bowell
 HLH BIOPHARMA(DE) / LACTOBACT ® AAD
 naturopathica (au) / gastrohealth probiotic adults 50+
 Nature's Lab Intensive GI
 Schwabe Pharma Italia / MegaStress
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
 organic 3 / primal soil
 Align® Extra Strength
 Floradapt Gut Comfort
 Purica Probiotic Intensive GI
 optibac / for your cholesterol
 nature's way (au) / adult vita gummies daily probiotic 80s
 Maple Life Science™ / Bifidobacterium longum
 Bromatech (IT) / Rotanella plus
 Immune Defense Daily Chewable Probiotic
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 align / align
 Ombre / Ultimate Immunity
 Metabolics / Bifidobacterium Longum Powder
 Windove Probiotics / Ecologic®825
 Bulk Probiotics / B. Longum Probiotic Powder
 Biomed / Bacillus Coagulans
 jarow formula / jarro-dophilus original
 vitamin angels / just thrive
 Bromatech(IT) / FEMELLE

SuperSmart / Candalb
custom probiotics / four strain lactobacilli
Symprove™
daiichi sankyo healthcare (jp) / panlacin tablet
InnovixLabs / Mood Probiotic
PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
custom probiotics / six strain probiotic powder
ImmuneBiotech Medical Sweden AB / GutMagnific®
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
Wakunaga / Daily Probiotic
SuperSmart / Probio Forte
thorne / bacillus coagulansvet 60 caps
goodbelly drink
enviromedica terraflora sbo probiotic
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
schiff / digestive advantage
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
Resbiotic / resB® Lung Support
Align / Align® Chewables
custom probiotics / d-lactate free probiotics powder
philips / colon health
7 AM Ultra Probiotics
Jetson / FIT
bravo europe / starter and complex
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
source naturals / duraflora
Invivo / Bio.Me Femme UT
perfect pass / perfect pass probiotic bacillus spore
Probiotic Sticks
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
UltraFlora® Intensive Care
OMNi-BIOTIC®/ TRAVEL
global health trax / threelac
Law of Nature / Best Days Formula
Floradapt Cardio
naturopathica (au)/ gastrohealth probiotic daily care
bio-botanical research / proflora4r restorative probiotic
up4 / women's
nature's bounty / probioti 10
mwsb / candida yeast support
microbiome labs/ megasporebiotic
Sanogermina / AB-Kolicare
klair labs / biospora
SuperSmart / Derma Relief
jarrow formulas / jarro-dophilus mood
NOW FOODS / Clinical GI Probiotic
Purica Probiotic Cardio
PrecisionBiotics / Immune
Maple Life Science™ / Lactobacillus plantarum
corebiotic
HMF Metabolic

CustomProbiotics.com / L. Plantarum Probiotic Powder
SuperSmart / Oral Health
Bulk Probiotics / Bacillus Coagulans Probiotic
PharmExtracta (IT) / Gliadines buccal stickpacks
bioglan bio (au) / happy probiotic 50
CustomProbiotics.com / B. Longum Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
UltraFlora® Immune Booster
Nutrition Essentials / Probiotic (900 BCFU)

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.

(2S)-2-amino-5-carbamimidamidopentanoic acid {arginine}	Mentha spicata {Spearmint}
2-(3,4-Dihydroxyphenyl)-3,7-dihydroxychromen-4-one {Fisetin}	Morus {Mulberry }
2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin}	N-[2-(5-methoxy-1H-indol-3-yl)ethyl]acetamide {Melatonin}
Actinidia deliciosa/chinensis {kiwifruit}	nicotinic acid {Vitamin B-3}
Allium cepa {Onion}	Olea europaea {Olive leaf}
Beta vulgaris {Beet}	Pistacia lentiscus {mastic gum}
Bifidobacterium breve {B. breve}	refined wheat breads
bismuth subsalicylate {Pepto-Bismol}	Saccharomyces cerevisiae var boulardii {S. boulardii}
chlorhexidine	soy
Cichorium intybus {Chicory}	Tea tree
Clostridium butyricum MIYAIRI 588 {Miyarisan}	Terminalia chebula {Haritaki}
Euterpe oleracea {Acai}	Vaccinium {Cranberry}
high red meat	Vsl#3 {Visibiome}
isoflavones {Dietary phytoestrogens}	Zinc {Zinc Supplements}

Sample of Literature Used

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

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Available at: <https://microbiomeprescription.com/Library/PubMed>

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