

Microbiome Information for: ADHD

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 ADHD

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
Actinomycetes	class	High	1760	Gracilibacter	genus	Low	342658
Deltaproteobacteria	class	Low	28221	Lactobacillus	genus	Low	1578
Bifidobacteriaceae	family	High	31953	Neisseria	genus	High	482
Catabacteriaceae	family	Low	424536	Odoribacter	genus	High	283168
Gracilibacteraceae	family	Low	541019	Parabacteroides	genus	High	375288
Neisseriaceae	family	High	481	Phascolarctobacterium	genus	High	33024
Porphyromonadaceae	family	High	171551	Prevotella	genus	High	838
Prevotellaceae	family	Low	171552	Roseburia	genus	High	841
Rikenellaceae	family	High	171550	Ruminococcus	genus	High	1263
Selenomonadaceae	family	High	1843491	Streptococcus	genus	High	1301
Veillonellaceae	family	High	31977	Subdoligranulum	genus	Low	292632
Acetivibrio	genus	Low	35829	Succinivibrio	genus	High	83770
Acidaminococcus	genus	High	904	Bifidobacteriales	order	High	85004
Agathobacter	genus	High	1766253	Desulfovibrionales	order	Low	213115
Alistipes	genus	High	239759	Acinetobacter baumannii	species	High	470
Alloprevotella	genus	High	1283313	Anaerobutyricum hallii	species	Low	39488
Anaerotaenia	genus	Low	1843206	Bacteroides ovatus	species	High	28116
Bifidobacterium	genus	High	1678	Bacteroides uniformis	species	High	820
Coprococcus	genus	Low	33042	Bifidobacterium adolescentis	species	High	1680
Desulfovibrio	genus	High	872	Bifidobacterium longum	species	High	216816
Eggerthella	genus	Low	84111	Coprococcus eutactus	species	Low	33043
Enterobacter	genus	Low	547	Francisella tularensis	species	Low	263
Faecalibacterium	genus	Low	216851	Phocaeicola coprocola	species	Low	310298
Fusobacterium	genus	High	848	Staphylococcus aureus	species	High	1280
				Sutterella stercoricanis	species	High	234908

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

Avena sativa x Hordeum vulgare {barley,oat}

fructo-oligosaccharides 15 gram/day

fruit

fruit/legume fibre

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

synthetic disaccharide derivative of lactose {Lactulose}

wheat

Retail Probiotics

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

theramedix / probiotic
 nature's way (au) / restore probiotic bowel & colon health 30s
 jarrow formulas / bifidus balance® + fos
 jarrow formula / ideal bowel support® lp299v®
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 Physician Choice / 60 Billion Probiotics
 goodbelly drink
 Ombre / Heart Health
 Symprove™
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 UltraFlora® Intensive Care
 OMNI-BIOTIC®/ TRAVEL
 nature's way (au) / restore probiotic 30 billion 30s
 organic 3 / primal gut
 Floradapt Cardio
 Physis / Advance Probiotics
 blackmore (au) / probiotics+ daily health
 Dr. Mercola / Complete Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 vinco / probiotic eight 65
 Purica Probiotic Cardio
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 solaray / mycrobioime probiotic colon formula
 Maple Life Science™ / Lactobacillus plantarum
 lifted naturals / mood boosting probiotic
 bioglan bio (au) / happy probiotic 50
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 biospec / probiotic-5
 HMF Metabolic
 blackmores (au) / probiotics+ immune defence
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 ISCON Elegance/ Ochek Capsule 10
 1 md / complete probiotics platinum
 UltraFlora® Immune Booster
 Nutrition Essentials / Probiotic (900 BCFU)
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 young living / life 9
 Bromatech (IT) / Adomelle
 nature's bounty / probioti 10
 optibac / bifidobacteria & fibre
 SuperSmart / Derma Relief
 fairvital / microflora basic
 Wakunaga / Max Probiotic
 MegaFood / MegaFlora
 Invivo / Bio.Me Femme UT
 NaturalPharma / Profit Probiotics

SuperSmart / Probio Forte
organic 3 / gutpro
Immune Defense Daily Chewable Probiotic
fürstenmed / lacto-bifido
Swiss BioEnergetics / Full Spectrum Probiotic Defence
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Next Generation
Northwest Natural Products / PB8
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
Floradapt Gut Comfort
bioglan bio (au) / happy probiotic 100
Nature's Lab Intensive GI
SuperSmart / Lactoxira
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
up4 / adult
visbiome
garden of life / primal defense
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
renew life men's probiotic - ultimate
ferring / vsl#3
Resbiotic / resB® Lung Support
SuperSmart / Full Spectrum Probiotic Formula
jarrow formulas / jarro-dophilus eps
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
7 AM Ultra Probiotics
quantum wellness / restora flora
Seeking Health / Probiota HistaminX
optibac / for every day
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
newrhythm / probiotics 20 stains
blackmores (au) / probiotics + adults daily (90 capsules)
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Windove Probiotics / Ecologic®825
ASEA VIA / BIOME
jarrow formula / jarro-dophilus original
nature's way (au) / restore probiotic daily health 90s
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
zint nutrition / probiotic collagen +
Smidge / Sensitive Probiotic
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
spain (es) / vivomixx
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixa / probiotic
Ombre / Ultimate Immunity
bioray / cytoflora

Purica Probiotic Intensive GI
renew life / ultimate flora
up4 / ultra
optibac / for your cholesterol

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-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one
{Luteolin}
allium sativum {garlic}
Azadirachta indica {Neem}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
Diferuloylmethane {Curcumin}
Ferrum {Iron Supplements}
Honey {Honey }

Humulus lupulus {Hops}
Humulus lupulus compound {Xanthohumol}
Propolis {Bee glue}
Saccharomyces cerevisiae var boulardii {S. boulardii}
Sus domesticus {Pork}
Thymus vulgaris {thyme}
Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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