

Microbiome Information for: Graves' disease

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 Graves' disease

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	Dialister	genus	Low	39948
Bacilli	class	High	91061	Dorea	genus	Low	189330
Bacteroidia	class	High	200643	Haemophilus	genus	High	724
Clostridia	class	Low	186801	Micromonospora	genus	High	1873
Coriobacteriia	class	High	84998	Mogibacterium	genus	High	86331
Erysipelotrichia	class	High	526524	Mycobacterium	genus	High	1763
Actinomycetaceae	family	Low	2049	Oribacterium	genus	High	265975
Bacillaceae	family	Low	186817	Parabacteroides	genus	High	375288
Bacteroidaceae	family	Low	815	Pediococcus	genus	High	1253
Coriobacteriaceae	family	High	84107	Prevotella	genus	High	838
Enterobacteriaceae	family	Low	543	Roseburia	genus	Low	841
Erysipelotrichaceae	family	High	128827	Streptococcus	genus	Low	1301
Lachnospiraceae	family	Low	186803	Veillonella	genus	Low	29465
Pasteurellaceae	family	High	712	Victivallis	genus	Low	172900
Peptostreptococcaceae	family	Low	186804	Actinomycetales	order	Low	2037
Prevotellaceae	family	High	171552	Bacteroidales	order	High	171549
Rikenellaceae	family	Low	171550	Coriobacteriales	order	High	84999
Tannerellaceae	family	High	2005525	Erysipelotrichales	order	High	526525
Veillonellaceae	family	Low	31977	Eubacteriales	order	Low	186802
Aggregatibacter	genus	High	416916	Lactobacillales	order	High	186826
Alistipes	genus	Low	239759	Faecalibacterium prausnitzii	species	Low	853
Anaerostipes	genus	Low	207244	Haemophilus parainfluenzae	species	High	729
Blautia	genus	Low	572511	Helicobacter pylori	species	High	210
Butyridimonas	genus	Low	574697	Ruminococcus gauvreauii	species	Low	438033
Collinsella	genus	High	102106	Yersinia enterocolitica	species	High	630

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.

chitosan oligomers {chitooligosaccharides}	600 mg/day	Heyndrickxia coagulans {B. coagulans}	10 BCFU/day
(2S)-2-amino-4-carbamoylbutanoic acid {Glutamine}	5 gram/day	Lactobacillus rhamnosus {L. rhamnosus}	48 BCFU/day
2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}		Lactobacillus kefirifaciens {Kefir Probiotic}	
3,3',4',5,7-pentahydroxyflavone {Quercetin}	2 gram/day	Lactobacillus plantarum {L. plantarum}	60 BCFU/day
3,4-dihydroxyphenyllactic acid {Rosmarinic acid}		Lactococcus lactis {Streptococcus lactis}	
Agave salmiana {Agavins}		Latilactobacillus sakei {Lactobacillus sakei}	
alpha-linolenic acid {Omega-3}	4 gram/day	Linum usitatissimum {Flaxseed}	30 mg/day
amaranthus {amaranth}		Litchi chinensis {lychee fruit}	
Avena sativa {Oats}		Malus domestica {apple}	
bifidobacterium		non-starch polysaccharides	
Bifidobacterium animalis subsp. lactis {B. Lactis}	1 BCFU/day	oligosaccharides {oligosaccharides}	
bifidobacterium lactis, streptococcus thermophilus probiotic		oolong teas	
Camellia Linnaeus {camellia}		origanum vulgare {oregano}	
Cannabis sativa {Marijuana}		Outer Layers of Triticum aestivum {Wheat Bran}	
Citrus limon {Lemon}		partially hydrolysed guar gum	
cranberry bean flour		Phaseolus vulgaris {Boston bean}	
Crataegus {Hawthorn}		Phyllanthus emblica {Chinese gall}	
Cucurbita pepo {Pumpkin}		Polyethylene glycol {PEG}	
Epicatechin {Green tea polyphenol}		polyphenols	3 gram/day
fat		pseudo-cereals {amaranth, quinoa, taro, buckwheat}	
fruit		red wine	250 ml/day
fruit/legume fibre		resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}	
Ganoderma sichuanense {Reishi Mushroom}	3.4 gram/day	Riboflavin {Vitamin B2}	400 mg/day
Grape Polyphenols {Grape Flavonoids}		tea	
grapes		Thiamine {Vitamin B1}	1.8 gram/day
henopodium quinoa {Quinoa}		Tobacco consumption {Smoking}	
		β-lactoglobulin {Whey}	60 gram/day

Retail Probiotics

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

ferring / vsl#3
 biospec / probiotio-5
 Nu U (uk) / Bio-Cultures Complex
 HMF Metabolic
 bravo europe / freeze-dried bravo
 jarrow formula / ideal bowel support® Ip299v®
 Bromatech(IT) / FEMELLE
 custom probiotics / six strain probiotic powder
 Resbiotic / resB® Lung Support
 spain (es) / ns defenbiotic kids
 SuperSmart / Candalb
 custom probiotics / four strain lactobacilli
 zint nutrition / probiotic collagen +
 up4 / women's
 Ombre / Harmony
 Bromatech (IT) / Adomelle
 microbiome labs/ megasporebiotic
 optibac / bifidobacteria & fibre
 klair labs / biospora
 HMF Forte
 spain (es) / profaes4 edad escolar
 Filmjolk (SE) / Filmjolk
 anabolic laboratories / probiotic complete
 blackmore (au) / probiotics+ bowel support
 perfect pass / perfect pass probiotic bacillus spore
 NaturalPharma / Profit Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 UltraFlora® Intensive Care
 spain (es) / ns florabiotic instant
 global health trax / threelac
 Law of Nature / Best Days Formula
 HMF IBS Relief
 Maple Life Science™ / Bifidobacterium Animalis
 Floradapt Cardio
 bio-botanical research / profiora4r restorative probiotic
 NASOBIOTEX / L. SAKEI POWDER
 Eden's / 3-in-1 Synbiotic Superblend
 Bromatech (IT) / Ramnoselle
 nature's instincts / ultra spore probiotic
 Biorela® Daily
 Purica Probiotic Cardio
 Activia®
 UltraFlora® Control
 Maple Life Science™ / Lactobacillus plantarum
 FloraVantage® Control
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 genestra brands® hm
 ProGoes® Forte
 Ombre / Ultimate Immunity
 Purica Probiotic Intensive GI
 quality health(au)/ fridge free probiotic 25b
 optibac / for your cholesterol

SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 organic 3 / primal soil
 Floradapt Gut Comfort
 HMF Intensive
 Nature's Lab Intensive GI
 Metabolics / Lactobacillus Rhamnosus Powder
 Bulk Probiotics / L. Sakei Probiotic Powder (Sinus Support)
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 Bulk Probiotics / L. Plantarum Probiotic Powder
 spain (es) / I3.1
 optibac / for those on antibiotics
 Bromatech (IT) / Lautoselle
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
 nature's way (au) / adult vita gummies daily probiotic 80s
 CustomProbiotics.com / S. Thermophilus Probiotic Powder
 Metabolics / Streptococcus Thermophilus Powder
 Immune Defense Daily Chewable Probiotic
 spain (es) / muvagyn probiotico
 Lanto Sinus
 Pregnancy Care Probiotic
 Biomed / Bacillus Coagulans
 vitamin angels / just thrive
 Lab One / N ° 1 SportBiotic
 Kimchi Power / Lactobacillus Sakei
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 Ombre / Endless Energy
 Jetson / FIT
 solgar / advanced 40+ acidophilus
 FloraVantage® Balance
 Sun Wave Pharma/Bio Sun Instant
 source naturals / durafloa
 thorne / bacillus coagulansvet 60 caps
 Optibac Probiotics / Bifidobacterium lactis HN019
 Lanto Health / Lanto Sinus Probiotic Powder
 spain (es) / profaes4 viajeros
 goodbelly drink
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
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 Jetson (US) / Mood Probiotics
 schiff / digestive advantage
 daiichi sankyo healthcare (jp) / panlacmin tablet
 optibac / for every day max
 Bulk Probiotics / Lactococcus Lactis Probiotic Powder
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 Bulk Probiotics / Bacillus Coagulans Probiotic
 ISCON Elegance/ Ochek Capsule 10
 UltraFlora® Immune Booster
 Nutrition Essentials / Probiotic (900 BCFU)
 corebiotic

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}

Arctium lappa {Burdock Root}

bifidobacterium longum {B.Longum }

bismuth subsalicylate {Pepto-Bismol}

Cichorium intybus {Chicory}

enterococcus faecium {E. faecium}

high red meat

Lactocaseibacillus casei {L. casei}

Levilactobacillus brevis {L.brevis}

Limosilactobacillus reuteri {L. Reuteri}

long-term, moderate-intensity exercise {exercise}

nicotinic acid {Vitamin B-3}

Oryza sativa {Rice}

Propolis {Bee glue}

sodium butyrate

Thymus vulgaris {thyme}

walnuts

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Acne
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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