

Microbiome Information for: Schizophrenia

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 Schizophrenia

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	Haemophilus	genus	Low	724
Bacteroidia	class	High	200643	Holdemania	genus	High	61170
Clostridia	class	High	186801	Intestinibacter	genus	High	1505657
Deltaproteobacteria	class	High	28221	Klebsiella	genus	High	570
Gammaproteobacteria	class	High	1236	Lachnoclostridium	genus	High	1506553
Alcaligenaceae	family	Low	506	Lachnospira	genus	Low	28050
Bifidobacteriaceae	family	Low	31953	Lactobacillus	genus	High	1578
Chlamydiaceae	family	High	809	Lactonifactor	genus	High	420345
Desulfovibrionaceae	family	High	194924	Megamonas	genus	High	158846
Enterococcaceae	family	Low	81852	Megasphaera	genus	High	906
Lachnospiraceae	family	High	186803	Methanobrevibacter	genus	High	2172
Leuconostocaceae	family	Low	81850	Mogibacterium	genus	High	86331
Oscillospiraceae	family	High	216572	Morganella	genus	High	90690
Peptostreptococcaceae	family	High	186804	Morganella	genus	High	108061
Prevotellaceae	family	High	171552	Morganella	genus	High	581
Rhodocyclaceae	family	Low	75787	Odoribacter	genus	High	283168
Rikenellaceae	family	Low	171550	Parabacteroides	genus	High	375288
Ruminococcaceae	family	High	541000	Paraprevotella	genus	High	577309
Sphingomonadaceae	family	High	41297	Prevotella	genus	High	838
Veillonellaceae	family	Low	31977	Roseburia	genus	Low	841
Verrucomicrobiaceae	family	High	203557	Ruminococcus	genus	Low	1263
Acidaminococcus	genus	High	904	Sellimonas	genus	High	1769710
Actinomyces	genus	High	1654	Senegalimassilia	genus	High	1473205
Adlercreutzia	genus	Low	447020	Solobacterium	genus	High	123375
Akkermansia	genus	Low	239934	Staphylococcus	genus	High	1279
Anaerococcus	genus	High	165779	Streptococcus	genus	High	1301
Anaerofustis	genus	High	264995	Subdoligranulum	genus	Low	292632
Anaerostipes	genus	Low	207244	Succinivibrio	genus	High	83770
Anaerotruncus	genus	High	244127	Weissella	genus	High	46255
Aspergillus	genus	High	5052	Actinomycetales	order	High	2037
Atopobium	genus	High	1380	Bacteroidales	order	High	171549
Bacteroides	genus	High	816	Bifidobacteriales	order	Low	85004
Barnesiella	genus	High	397864	Eubacteriales	order	High	186802
Bilophila	genus	High	35832	Lactobacillales	order	High	186826
Blautia	genus	Low	572511	Rhodocyclales	order	Low	206389
Bulleidia	genus	High	118747	Sphingomonadales	order	High	204457
Butyricicoccus	genus	Low	580596	[Clostridium] symbiosum	species	High	1512
Candidatus Epulonipiscium	genus	High	2383	[Eubacterium] siraeum	species	High	39492
Candidatus Saccharimonas	genus	Low	1331051	Akkermansia muciniphila	species	High	239935
Chlamydia	genus	High	810	Alkaliphilus oremlandii	species	High	461876
Clostridium	genus	High	1485	Anaerobutyricum hallii	species	High	39488

Bacteria Name	Rank	Shift Taxonomy ID
Collinsella	genus High	102106
Comamonas	genus High	283
Coprococcus	genus Low	33042
Corynebacterium	genus High	1716
Desulfovibrio	genus High	872
Dialister	genus Low	39948
Eggerthella	genus High	84111
Enterococcus	genus Low	1350
Eubacterium	genus High	1730
Faecalibacterium	genus Low	216851
Flavonifractor	genus High	946234
Fusicatenibacter	genus Low	1407607
Fusobacterium	genus High	848
Gemmiger	genus Low	204475

Bacteria Name	Rank	Shift Taxonomy ID
Bacteroides uniformis	species High	820
Bartonella rochalimae	species High	395923
Bifidobacterium adolescentis	species High	1680
Bifidobacterium longum	species High	216816
Candida albicans	species High	5476
Clostridium perfringens	species High	1502
Cronobacter sakazakii	species High	28141
Cronobacter turicensis	species High	413502
Enterococcus faecium	species High	1352
Lactobacillus gasseri	species High	1596
Neisseria gonorrhoeae	species High	485
Phocaeicola plebeius	species High	310297
Streptococcus vestibularis	species High	1343
Treponema pallidum	species High	160
Veillonella parvula	species High	29466

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

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolinizinium {Berberine}	1.5 gram/day
3,3',4',5,7-pentahydroxyflavone {Quercetin}	2 gram/day
Abstention from eating {Fasting}	
α -Glucosaccharides {GOS}	
Avena sativa {Oats}	
Avena sativa x Hordeum vulgare {barley,oat}	
bacillus	
bacillus subtilis {B.Subtilis}	10 BCFU/day
Bifidobacterium animalis subsp. lactis {B. Lactis}	1 BCFU/day
bifidobacterium bifidum {B. bifidum}	1 BCFU/day
Bovine Milk Products {Dairy}	
fat	
fructo-oligosaccharides	15 gram/day
fruit	
fruit/legume fibre	
fucoidan {Brown Algae Extract}	8.8 gram/day
Ganoderma sichuanense {Reishi Mushroom}	3.4 gram/day
Grape Polyphenols {Grape Flavonoids}	
grapes	
Hordeum vulgare {Barley}	60 gram/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day
Lactobacillus acidophilus {L. acidophilus}	20 BCFU/day
Lactobacillus plantarum {L. plantarum}	60 BCFU/day
Ligilactobacillus salivarius {L. salivarius}	9 BCFU/day
Limosilactobacillus fermentum {L. fermentum}	12 BCFU/day
Linum usitatissimum {Flaxseed}	30 mg/day
Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}	
Malus domestica {apple}	
oligosaccharides {oligosaccharides}	
Outer Layers of Triticum aestivum {Wheat Bran}	
pectin {pectin}	
Pediococcus pentosaceus {P. pentosaceus}	
Phaseolus vulgaris {Boston bean}	
polyphenols	3 gram/day
Probiotic Mixture 1 {Japanese Vet Probiotic}	
pseudo-cereals {amaranth,quinoa, taro,buckwheat}	
red wine	250 ml/day
β -glucan {Beta-Glucan}	500 mg/day
Sulforaphane {Dark Greens}	
Tobacco consumption {Smoking}	
yogurt	
β -lactoglobulin {Whey}	60 gram/day

- Lactobacillus acidophilus {L. acidophilus}** 20 BCFU/day
- Lactobacillus plantarum {L. plantarum}** 60 BCFU/day
- Ligilactobacillus salivarius {L. salivarius}** 9 BCFU/day
- Limosilactobacillus fermentum {L. fermentum}** 12 BCFU/day
- Linum usitatissimum {Flaxseed}** 30 mg/day
- Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}**
- Malus domestica {apple}**
- oligosaccharides {oligosaccharides}**
- Outer Layers of Triticum aestivum {Wheat Bran}**
- pectin {pectin}**
- Pediococcus pentosaceus {P. pentosaceus}**
- Phaseolus vulgaris {Boston bean}**
- polyphenols** 3 gram/day
- Probiotic Mixture 1 {Japanese Vet Probiotic}**
- pseudo-cereals {amaranth, quinoa, taro, buckwheat}**
- red wine** 250 ml/day
- β-glucan {Beta-Glucan}** 500 mg/day
- Sulforaphane {Dark Greens}**
- Tobacco consumption {Smoking}**
- yogurt**
- 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
 quantum wellness / restora flora
 garden of life / primal defense
 organic 3 / primal gut
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 Dr. Mercola / Complete Probiotics
 Physis / Advance Probiotics
 solaray / mycrobioime probiotic colon formula
 OMNI-BIOTIC®/ TRAVEL
 OMNI-BIOTIC®/ 10 AAD
 young living/life 9
 nature's bounty / probioti 10
 MegaFood / MegaFlora
 bioray / cytoflora
 douglas laboratories / multi probiotic 40 billion
 elixa / probiotic
 renew life / ultimate flora
 bioglan bio (au) / happy probiotic 100
 newrhythm / probiotics 20 stains
 Windove Probiotics / Ecologic®25
 ASEA VIA / BIOME
 Wholesome Wellness / Raw Probiotic
 udo's choice /super 8 gold
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 Northwest Natural Products / PB8
 klaire labs / target gb-x
 renew life men's probiotic - ultimate
 Next Generation
 organic 3 / gutpro
 custom probiotics / six strain probiotic powder
 HMF Metabolic
 Nu U (uk) /Bio-Cultures Complex
 ISCON Elegance/ Ochek Capsule 10
 seed / female version
 jarro formulas / jarro-dophilus® ultra
 spain (es) / profaes4 viajeros
 ferring / vsl#3
 Seeking Health / Probiota HistaminX
 Probiotic 10 Billion Active Cells Daily Maintenance
 7 AM Ultra Probiotics
 bravo europe / starter and complex
 optibac / for every day
 custom probiotics / four strain lactobacilli
 Smidge /Sensitive Probiotic
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 fürstenmed / lacto-bifido
 up4 / ultra
 genestra brands® hm
 HMF Intensive
 jamieson (can) / probiotic 10 bcfu
 SuperSmart / Lactoxira
 up4 / adult
 Bromatech (IT) / Acronelle

Wakunaga / Max Probiotic
spain (es) / profaes4 edad escolar
HMF Forte
HMF IBS Relief
Invivo / Bio.Me Femme UT
blackmore (au) / probiotics+ bowel support
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
lifted naturals / mood boosting probiotic
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
vinco / probiotic eight 65
NOW FOODS / Clinical GI Probiotic
ecology_allergycare
natren / healthy trinity probiotic
gnc / ultra probiotic complex
NaturalPharma / Profit Probiotics
cytoplan(uk) / dentavital bifidophilus
bioglan bio (au) / happy probiotic 50
seed / male version
powerlabs (au) / ultra blend
Bromatech (IT) / Milonet
speer labs / emuaid first defense
optibac / bifidobacteria & fibre
Bromatech (IT) / Adomelle
up4 / women's
visbiome
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
quality health(au)/ fridge free probiotic 25b
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
ProbioMax® Daily DF
jarrow formula / jarro-dophilus original
Krauterhaus / Lactopro
Bromatech(IT) / FEMELLE
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
zint nutrition / probiotic collagen +
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
jarrow formula / ideal bowel support® lp299v®
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Resbiotic / resB® Lung Support
Sash Vitality / Bio-Cultures Probiotics for Adults
shin biofermin (jp) /s
Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
Bromatech (IT) / Lautoselle
klair labs / ther-biotic factor 4
Symprove™
bravo europe / freeze-dried bravo
optibac / for every day max
SuperSmart / Vaginal Health
SuperSmart / Probio Forte
FloraVantage® Balance
ImmuneBiotech Medical Sweden AB / GutMagnific®
CVSHealth / Daily Probiotic
Bromatech (IT) / Citogenex
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
just for tummies / live bacteria

UltraFlora® Immune Booster
Maple Life Science™ / Lactobacillus salivarius
CustomProbiotics.com / L. Plantarum Probiotic Powder
SuperSmart / Oral Health
Metabolics / Bifidobacterium Bifidum Powder
Bromatech (IT) / Bifiselle
Bulk Probiotics / B. Bifidum Probiotic Powder (Anxiety Support)
Optibac Probiotics / Bifidobacterium lactis HN019
CustomProbiotics.com / L. Salivarius Probiotic Powder
Maple Life Science™ / Lactobacillus fermentum
goodbelly drink
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Jetson (US) / Mood Probiotics
Ombre / Heart Health
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
bioglan bio (au/ happy probiotic 25
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-Lactate free probiotics powder
Metabolics / Lactobacillus Acidophilus
Materna® Opti-Lac® Breast Feeding Support
jarrow formulas / jarro-dophilus eps
spain (es) / ns defenbiotic kids
philips / colon health
Nature's Bounty / Acidophilus Probiotic
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
Wakunaga / Daily Probiotic
bioglan (au) / healthy kids probiotic choc balls 50s
Prescript-Assist®/SBO Probiotic
solgar / advanced 40+ acidophilus
Schwabe Pharma Italia / EnteroDophilus
UltraFlora® Restore
Bromatech (IT) / Pilorex
Seeking Health / Probiota Bifidobacterium
reg'activ / immune & vitality
INVIVO THERAPEUTICS / Bio.Me IB +
Bromatech (IT) / Aflugenex
Maple Life Science™ / Bifidobacterium Bifidum
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
aor / probiotic-3
solgar / advanced multi-billion dophilus
bio-k+
Bulk Probiotics / L. Fermentum Probiotic Powder
PharmExtracta (IT) / FG5 Forte In Sachets
Bulk Probiotics / Bacillus Subtilis Probiotic
Bromatech (IT) / Rotanelle plus
Immune Defense Daily Chewable Probiotic
natren / megadophilus
VSL Pharmaceuticals / Oxadrop
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
Floradapt Gut Comfort
SuperSmart / Bacillus Subtilis
customprobiotics.com / B. Bifidum Probiotic Powder
naturopathica (au) / gastrohealth probiotic adults 50+
optibac / for your cholesterol
bayer / trubiotics daily probiotic
Ombre / Ultimate Immunity

Bromatech (IT) / Psicobrain
optibac / for those on antibiotics
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
Nature's Lab Intensive GI
CustomProbiotics.com / L. Acidophilus Probiotic Powder
Purica Probiotic Intensive GI
Ombre / Mood Enhancer
amy meyers / primal earth probiotic
Jetson / Gut Prep
UltraFlora® Balance
Ombre / Harmony
nature's way (au) / restore probiotic choc balls 60s
Sanogermine / AB-Kolicare
SuperSmart / Derma Relief
Bioflora(MX) / Woman
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
custom probiotics / b. lactis & b. bifidum probiotic powder
BioGaia / Elactia
microbiome labs / hu58
anabolic laboratories / probiotic complete
solgar / advanced acidophilus plus
wakamoto (jp) / strong wakamoto w
Maple Life Science™ / Bifidobacterium Animalis
Wakunaga / Pro+ Synbiotic
Floradapt Cardio
Bulk Probiotics / L. Salivarius Probiotic Powder
natren / bifido factor
UltraFlora® Intensive Care
Pädia GmbH (DE)/Mambiotic Kapseln
quality health (au) / fridge free* probiotic 60s
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
FloraVantage® Control
trubiotics / one a day
Maple Life Science™ / Lactobacillus plantarum
Metabolics / Lactobacillus Salivarius Powder
Bromatech (IT) / Ramnoselle
Biorela® Daily
Bulk Probiotics / L. Acidophilus Probiotic Powder
spain (es) / lactanza hereditum
Purica Probiotic Cardio
Activia®
UltraFlora® Control
Genesis Bifidobacterium Complex BB Probiotic

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}

Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}

Diferuloylmethane {Curcumin}

Disodium fumarate {Fumaric acid disodium salt}

Heyndrickxia coagulans {B. coagulans}

nuts

Propolis {Bee glue}

Saccharomyces cerevisiae var boulardii {S. boulardii}

Shen Ling Bai Zhu San {参苓白术散}

sodium butyrate

Sodium Chloride {Salt}

Solanum tuberosum {Potatoes}

Sus domesticus {Pork}

terpenophenolics {cannabinoids}

Thymus vulgaris {thyme}

walnuts

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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Additional APriori Analysis Available

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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