

Optimized Health

***Refer to respective bottles for daily supplement serving dosages.**

****Klaire Labs: Register as Patient. Use Code: 78G**

*****View Medical Disclosure at bottom of page**

I. Supporting Detoxification and Digestion:

EXPLANATION: The below list will support the journey in a healthy, safe and comfortable way. These below supplements while you are eradicating and seeding the digestive system will not only aid the process but also abate any uncomfortable detoxification symptoms.

Betain HCl: (Need 1 bottle total)

Register as patient. Use Code: 78G

<https://klaire.com/bhc-betaine-hci>

Warning: Do not take HCl if you are currently taking any anti-inflammatory drugs and/or medications such as corticosteroids (e.g. predisone), aspirin, Indocin, ibuprofen (e.g. Motrin, Advil, etc.) or other NSAIDS. Do not take HCl if you have been clinically diagnosed with a stomach ulcer. <https://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps/>

Digestive Enzymes: (need 1 bottle total)

Register as patient. Use Code: 78G

<https://klaire.com/cp6241-digestive-enzymes>

Maximum Keto Electrolytes: (Need 2 bottles total)

<https://amzn.to/3eKgYxA>

(Purchase If Gallbladder Has Been Removed)

Gallbladder Enzymes: (Need 5 boxes total)

(for 2 boxes)

<https://bit.ly/3dHmZK3>

(for 3 boxes)

<https://bit.ly/389OdrA>

II. Eradication

EXPLANATION: Eradicating the bacteria in the gut is an essential step in this process. The big difference is that when SIBO positive you will NOT want to consume a garlic extract as it can cause further issues. Please stick to the supplements listed below depending on the test results received.

SIBO Positive Eradication Supplements:

IBGuard (Peppermint oil in microspheres to protect peppermint from being destroyed by stomach acid & allow for proper distillation into small intestine)

IBGuard: (Need 3 boxes total)

(2 boxes)

<https://amzn.to/2Zh0vdH>

IBGuard: (Need 1 box total)

<https://amzn.to/2Bh23wc>

Ecophage: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/ecophage>

SIBO Negative Eradication Supplements:

Garlic Extract (1 Bottle)

<https://amzn.to/3xFEqH>

IBGuard (Peppermint oil in microspheres to protect peppermint from being destroyed by stomach acid & allow for proper distillation into small intestine)

IBGuard: (Need 3 boxes total)

(2 boxes)

<https://amzn.to/2Zh0vdH>

IBGuard: (Need 1 box total)

<https://amzn.to/2Bh23wc>

Ecophage: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/ecophage>

III. Reseeding and Fighting Pathogenic Bacteria

EXPLANATION: Please locate the pathogenic bacteria you found on your test as described in the video and purchase the specific probiotic strains for your specific strains. If the probiotics overlap for whatever reason DO NOT purchase them twice. Simply purchase ONE round for 8 weeks as described in the directions below.

If you're suggestions do not include the 2 following probiotic supplements we recommend you add them:

General Probiotics:

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

(Soil Based Organisms) (Read about [HERE](#))

SBO Probiotics (Salluna): (2 bottles)

<https://shop.mysolluna.com/products/probiotics/>

Overgrowth of Campylobacter:

Probiotics:

Biospora: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-bsp-12-biospora>

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Overgrowth of Clostridioides difficile:

(C. Diff is a bacteria that is labeled a “super bug.” All this means is that it is caused by the overuse of antibiotics in our culture and cannot be killed with anti-biotics as it is resistant to them through micro-evolution. C. Diff runs rampant historically in hospitals and can often be seeded in the gut during a time of surgery or even from a visit to a

loved one in a hospital. It also is a pandemic in factory (CAFO) farms as anti-biotics are violently abused in the husbandry of our meat/poultry supply. It is an anti-biotic resistant super bug. Ironically it's conventionally addressed using MORE antibiotics to bring it under control. But obviously, being that C. Diff is an anti-biotic resistant super bug, any additional antibiotics can further weaken the gut microbiome and immune system even further - so it's counterintuitive. To rebalance the gut microbiome and prevent a future reoccurrence of C. Diff overgrowth, it's best to use herbal methods so as to not decimate beneficial bacteria in your the gut microbiome but rather being down the levels of C. Diff and build up a healthy community of strong beneficial bacteria to fight off C. Diff in the future. Garlic does this expertly as well as boosting stomach acid (HCl) to prevent reoccurrence.)

Probiotics:

GI Distress Relief Probiotic: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Lactoprime Plus: (1 bottle

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Overgrowth of Escherichia Coli (E. Coli):

Probiotics:

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Ther-biotic Synbiotic: (1 bottle)

<https://klaire.com/v777-60-ther-biotic-synbiotic-tm>

GI Distress Relief Probiotic: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Enterococcus (faecium, ...):

Probiotics:

Ther-biotic Synbiotic: (1 bottle)

<https://klaire.com/v777-60-ther-biotic-synbiotic-tm>

OR

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Overgrowth of Klebsiella (pneumoniae):

Probiotics:

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

M. Smithii (IBS-C Methane dominant SIBO):

Probiotics:

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Ideal Bowel Support by Jarrow Formulas (high dosage of L. Plantarum for methanogens in methane SIBO): (1 bottle)

https://www.amazon.com/Jarrow-Formulas-Ideal-Bowel-Support/dp/B09MY1SP2W/ref=dp_coos_1?pd_rd_i=B09MY1SP2W&psc=1

Or

<https://jarrow.com/collections/probiotics-prebiotics/products/ideal-bowel-support-lp299v-10-billion-cfu-30-veggie-caps>

Overgrowth of Prevotella Copri:

Probiotics:

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Overgrowth of Streptococcus spp.

Probiotics:

Ther-biotic Synbiotic: (1 bottles)

Register as patient. Use Code: 78G)

<https://klaire.com/v777-60-ther-biotic-synbiotic-tm>

Overgrowth of Salmonella (any strain starting with this):

Salmonella is an enteric pathogenic bacteria. It resides in the biofilm of the gut and attaches to the epithelial layer of the gut lining.

Probiotics:

Biospora: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-bsp-12-biospora>

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Bifidus Powder Blend:

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Candidiasis (Albicans ... etc any strain):

Probiotics:

GI Distress Relief Probiotic: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Bifidus Powder Blend: (2 bottles)

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Parasites:

Common Parasites Found In The Gut Include:

Cryptosporidium
Entamoeba histolytica
Giardia
Blastocystis hominis
Ascaris lumbricoides (roundworm)
Trichuris trichiura (human whipworm)
Enterobius Vermicularis
Taenia Solium
Wuchereria bancrofti
Trichinella
Fasciola Hepatica
Ancylostoma duodenale

Eradication Supplements:

Anti-Parasitic:

Parasite Cleanse: (2 bottles)

<https://amzn.to/2Wp7Mah>

OR

<http://bit.ly/3r9qjFF>

Ecophage: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/ecophage>

Liver Rescue: (mandatory!) (Need 1 bottle total)

<https://amzn.to/2QJ7paQ>

Probiotics:

GI Distress Relief Probiotic: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Bifidus Powder Blend: (2 bottles)

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

NEED TO REBALANCE OTHER MICROBES? (Scroll down to bottom of pg for Probiotic Resource Section))

Resources List to Rebalance Microbiome with Beneficial Microbes (Probiotics):

Unless link is given, all probiotics can be purchased at Klaire Labs Register as Patient. Use Code: 78G

Bacillus coagulans:

- **Biospora**
- **Just Thrive Probiotic & Antioxidant**

Bacillus subtilis:

- **Biospora**

Bifidobacteria bifidum:

- **Ther-biotic Synbiotic (UABb-10)**
- **There-Biotic Factor 4**
- **Ther-biotic Complete**
- **Ther-biotic Factor 6**
- **Ther-biotic Detoxification Support**
- **Lactoprime Plus**
- **Vital 10**
- **Pro-5**
- **ABx Support**
- **Ther-biotic Factor 4**
- **Vital-Plex**
- **Vital-Immune Biotic**
- **Bifidus Powder Blend:**

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Bifidobacterium breve:

- Ther-biotic Complete
- Lactoprime Plus
- ABx Support
- Ther-biotic Factor 4
- Ther-biotic Metabolic Formula
- Bifidus Powder Blend:

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Bifidobacterium infantis:

- Lactoprime Plus
- Bifidus Powder Blend:

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Bifidobacteria longum:

- Ther-biotic Complete
- Ther-biotic Factor 6
- Lactoprime Plus
- ABx Support
- Ther-biotic Factor 4
- Ther-biotic Metabolic Formula
- Vital-Immune Biotic
- Bifidus Powder Blend:

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Bifidobacteria lactis:

- THER-BIOTIC® DETOXIFICATION SUPPORT
- Ther-biotic Synbiotic

- **Ther-biotic Complete**
- **Ther-biotic Factor 6**
- **Lactoprime Plus**
- **Vital 10**
- **ABx Support**
- **Ther-biotic Factor 4**
- **Ther-biotic Metabolic Formula**
- **Vital-Plex**
- **GI Distress Relief Probiotic: (1 bottle)**

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Lactobacillus brevis:

- **Lactoprime Plus**
- **Vital 10**

Lactobacillus Plantarum:

- **THER-BIOTIC® DETOXIFICATION SUPPORT**
- **Lactoprime Plus**
- **Ther-biotic Synbiotic**
- **Ther-biotic Complete**
- **Lactoprime Plus**
- **Vital 10**
- **Ther-biotic Metabolic Formula**

Lactobacillus rhamnosus:

- **Ther-biotic Synbiotic**
- **Ther-biotic Complete**
- **Ther-biotic Factor 6**
- **Ther-biotic Detoxification Support**
- **Lactoprime Plus**
- **Vital 10**
- **Pro-5**
- **ABx Support**
- **Ther-biotic Metabolic Formula**
- **Ther-biotic Factor 1**
- **Vital-Dophilus Plus**

- **Vital-Plex**
- **Vital-Immune Biotic**

Lactobacillus acidophilus:

- **THER-BIOTIC® DETOXIFICATION SUPPORT**
- **Ther-biotic Synbiotic**
- **Ther-biotic Complete**
- **Ther-biotic Factor 6**
- **Lactoprime Plus**
- **Vital-10**
- **Pro-5**
- **Ther-biotic Metabolic Formula**
- **Vital-Dophilus Plus**
- **Vital-Plex**
- **Vital-Immune Biotic**
- **Pro-biotic Complex**
- **L. Acidophilus (SCD Compliant)**

Lactobacillus bulgaricus:

- **Ther-biotic Complete**
- **Vital 10**
- **Pro-5**

Lactobacillus casei:

- **Ther-biotic Complete**
- **Ther-biotic Detoxification Support**
- **Lactoprime Plus**
- **Vital 10**
- **Vital-Immune Biotic**

Lactobacillus gasseri:

- **Ther-biotic Metabolic Formula**

Lactobacillus paracasei:

- Ther-biotic Synbiotic
- Ther-biotic Complete
- Ther-biotic Factor 6
- Lactoprime Plus

Lactobacillus reuteri:

- Ther-biotic Synbiotic

Lactobacillus salivarius:

- Ther-biotic Complete
- Lactoprime Plus
- Vital 10

Saccharomyces Boulardii:

- Saccharomyces Boulardii
- ABx Support
- GI Distress Relief Probiotic: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Streptococcus thermophilus:

- Pro-5
- Vital-10
- Ther-biotic Complete
- Vital 10
- Pro-5

*****Medical Disclosure:**

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Sources:

HCl & Enzymes:

<https://pubmed.ncbi.nlm.nih.gov/17509031/>

<https://pubmed.ncbi.nlm.nih.gov/22525304/>

<https://pubmed.ncbi.nlm.nih.gov/18702653/>

A growing number of studies show correlations between PPIs—and lower stomach acid—and lower nutrients status for many vitamins and minerals:

- Vitamin B12 ([39](#), [40](#), [41](#), [42](#))
- Iron ([43](#), [44](#), [45](#), [46](#))
- Magnesium ([47](#), [48](#), [49](#), [50](#))
- Calcium ([51](#), [52](#), [53](#))
- Folate ([54](#), [55](#))
- Vitamin C ([56](#))
- Zinc ([57](#))

<https://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps/>

<https://chriskresser.com/how-to-cure-gerd-without-medication/>

<https://kresserinstitute.com/wp-content/uploads/Treating-the-Top-Five-Chronic-Conditions.pdf>

IBguard:

Singh, Rajinder, Muftah AM Shushni, and Asma Belkheir. "Antibacterial and antioxidant activities of Mentha piperita L." *Arabian Journal of Chemistry* 8.3 (2015): 322-328.

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<https://www.ibgard.com/ibgardr-difference>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#!po=82.6923>

<https://practicalgastro.com/2020/07/01/three-year-safety-data-analysis-indicates-no-pattern-of-heartburn-with-ibgard-an-advanced-technology-peppermint-oil-in-contrast-to-the-heartburn-issues-with-older-technologies/>

Cash, Brooks D., Michael S. Epstein, and Syed M. Shah. "A novel delivery system of peppermint oil is an effective therapy for irritable bowel syndrome symptoms." *Digestive diseases and sciences* 61.2 (2016): 560-571.

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https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#_ffn_sectitle

Efficacy of Garlic as Anti-bacterial:

adare, O. S., et al. "In vitro evaluation of the synbiotic effect of probiotic Lactobacillus strains and garlic extract against Salmonella species." *LWT* 153 (2022): 112439.

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<https://www.nature.com/articles/s41598-018-25154-9>

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Zhu, Xing-Yang, and Yi-Rong Zeng. "Garlic extract in prosthesis-related infections: a literature review." *Journal of International Medical Research* 48.4 (2020): 0300060520913778

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'Ecophage' Reserch Citation from <https://shop.bodyecology.com/products/ecophage>:

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SBO (Soil Based Probiotics) Probiotics:

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[1] [What Is Gut Microbiota?](#)

[2] [Micronutrients, Agriculture and Nutrition: Linkages for Improved Health and Well Being](#)

[3] [How Modern Life Depletes Our Gut Microbes](#)

[4] [The Gut Microbiota of Rural Papua New Guineans: Composition, Diversity Patterns, and Ecological Processes](#)

[5] [NIH Human Microbiome Project defines normal bacterial makeup of the body](#)

[6] [Human microbiome project: Diversity of human microbes greater than previously predicted](#)

[7] [Germs Are Us](#)

[8] [Ecological and Evolutionary Forces Shaping Microbial Diversity in the Human Intestine](#)

[9] [Cesarean versus Vaginal Delivery: Long term infant outcomes and the Hygiene Hypothesis](#)

[10] [Reduced anxiety-like behavior and central neurochemical change in germ-free mice](#)

[11] [The microbiome regulates amygdala-dependent fear recall](#)

[12] [Gut Microbiota and Its Possible Relationship With Obesity](#)

[13] [Getting To Know “Friendly Bacteria”](#)

[14] [The microbiome: A key regulator of stress and neuroinflammation](#)

- [15] [The impact of a consortium of fermented milk strains on the gut microbiome of gnotobiotic mice and monozygotic twins](#)
- [16] [Spore-forming bacteria and their utilisation as probiotics](#)
- [17] [Anti-candida effect of bacillomycin D-like lipopeptides from Bacillus subtilis B38](#)
- [18] [Probiotic Bifidobacterium longum NCC3001 Reduces Depression Scores and Alters Brain Activity: A Pilot Study in Patients With Irritable Bowel Syndrome](#)
- [19] [The Intestinal Life Cycle of *Bacillus subtilis* and Close Relatives](#)
- [20] [The use of bacterial spore formers as probiotics](#)
- [21] [Study of the antifungal activity of Bacillus vallismortis ZZ185 in vitro and identification of its antifungal components](#)
- [22] [Prescript-Assist probiotic-prebiotic treatment for irritable bowel syndrome: a methodologically oriented, 2-week, randomized, placebo-controlled, double-blind clinical study](#)
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Campylobacter: (pathogenic bacteria)

Bacillus (probiotic strain)

Lactobacillus (probiotic strain)

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C. Diff:

S. boulardii

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Lactobacillus rhamnosus:

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E. Coli: (pathogenic bacteria)

Saccharomyces Boulardii (probiotic strain):

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=saccharomyces+boulardii+e+coli&oq=saccharomyces+boulardii+e#d=gs_qabs&u=%23p%3DyTkR8MYXnAIJ

Enterococcus (faecium): (pathogenic bacteria)

Lactobacillus rhamnosus (probiotic strain)

<https://journals.asm.org/doi/10.1128/AEM.01243-16>

L. Paracasei (probiotic strain)

<https://www.nature.com/articles/s41598-018-23437-9>

Klebsiella (pneumoniae): (pathogenic bacteria)

Lactobacillus animalis, L. plantarum, L. acidophilus and L. rhamnosus (probiotic strains)

<https://actascientific.com/ASMI/pdf/ASMI-01-0038.pdf>

M. Smithii (IBS-C Methane dominant SIBO): (pathogenic bacteria)

L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum (probiotic strains)

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Guerreiro, Catarina Sousa, et al. "Diet, microbiota, and gut permeability – the unknown triad in rheumatoid arthritis." *Frontiers in Medicine* (2018): 349.

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Salmonella: (pathogenic bacteria)

Bacillus Subtilis (probiotic strain):

<https://www.sciencedirect.com/science/article/abs/pii/S0034528811003419>

Lactobacillus Plantarum (probiotic strain)

<https://www.sciencedirect.com/science/article/pii/S0023643821015929>

Streptococcus spp.: (pathogenic bacteria)

Lactobacillus rhamnosus, Lactobacillus reuter, Bifidobacterium (probiotic strains)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6519182/#sec1-1title>

Parasites:

<https://shop.davidwolfe.com/products/parasite-cleanse?variant=15963512832043>

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Parasites the Enemy Within by Hanna Kroeger