



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

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

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

## Step II. Eradication & Re-inoculation: The Microbial Matrix (8 weeks)

### 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.

#### A. 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/>

#### B. Digestive Enzymes:

Digestive Enzymes: (1 bottle - 180 capsules)

Register as patient. Use Code: 78G

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



## **C. Maximum Keto Electrolytes:**

Maximum Keto Electrolytes: (2 bottles total)

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

## **D. Gallbladder Enzymes: (5 boxes total)**

**ONLY Purchase If Gallbladder Has Been Removed**

Gallbladder Enzymes

(2 boxes)

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

(3 boxes)

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

## **E. Bentonite Clay**

Detox clay to pull out die-off of pathogenic bacteria, parasites, toxins etc

Bentonite Clay (1 bag)

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



## II. Eradication

### A. SIBO Positive Antimicrobials

(You **HAVE** SIBO)

(To Eradicate: SIBO (Small Intestinal Bacteria Overgrowth) Campylobacter (C. jejuni, C. coli and C. lari, Clostridiodes difficile, (C. difficile), toxin A, Escherichia coli (E. coli) O157:H7, Enterotoxigenic E. coli, (ETEC) LT/ST, Shiga-like Toxin producing E. coli (STEC) stx1/stx2, Salmonella, (S. enterica), Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae), Vibrio cholerae, cholera toxin gene (ctx), Adenoa Virus, 40/41, Norovirus GI/GII, Rotavirus A, Candida albicans, Candida spp, Geotrichum, etc. etc.

#### 1. (Weeks 1-8) Bio-film Disrupter

Breaks Up the Biofilm where pathogenic microbes, yeasts, parasites etc. reside in

**Interfase Plus: (1 bottle - 120 capsules)**

<https://klaire.com/k-intp120-interfase-plus>

#### 2. (Weeks 1-4) IBGuard

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

**IBGuard: (2 boxes total)**

**(2 boxes)**

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



### 3. (Weeks 1-8) GI Synergy

GI Synergy: (1 Container - 90 packets)

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

### 4. (Weeks 1-8) Ecophage

Ecophage: (1 bottle)

<https://bit.ly/3tYU6nt>

### 5. **Parasites Positive ONLY:**

**IF YOU TESTED POSITIVE** for Any of the Following Parasites:

Cryptosporidium (C. parvum and C. hominis), **Entamoeba, histolytica** (E. histolytica) Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis), Blastocystis hominis, Ascaris lumbricoides (roundworm), Trichuris trichiura (human whipworm), Enterobius, Vermicularis, Taenia Solium, Wuchereria, bancrofti, Trichinella, Fasciola, Hepatica

### (Weeks 5-8) Scram OR R.U.G.

Scram: (1 bottle)

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

OR

RUG: (1 Bottle)

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



## **(Weeks 5-8) Liver Rescue:**

**(mandatory if using Scram or RUG!) Liver Rescue (1 bottle)**  
<https://amzn.to/2QJ7paQ>

## **B. SIBO Negative Antimicrobials**

(You **DO NOT HAVE** SIBO)

(To Eradicate: SIBO (Small Intestinal Bacteria Overgrowth) Campylobacter (C. jejuni, C. coli and C. lari, Clostridiodes difficile, (C. difficile), toxin A, Escherichia coli (E. coli) O157:H7, Enterotoxigenic E. coli, (ETEC) LT/ST, Shiga-like Toxin producing E. coli (STEC) stx1/stx2, Salmonella, (S. enterica), Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae), Vibrio cholerae, cholera toxin gene (ctx), Adenoa Virus, 40/41, Norovirus GI/GII, Rotavirus A, Candida albicans, Candida spp, Geotrichum, etc. etc.

### **1. (Weeks 1-8) Bio-film Disrupter**

Breaks Up the Biofilm where pathogenic microbes, yeasts, parasites etc. reside in.

**Interfase Plus: (1 bottle - 120 capsules)**

<https://klaire.com/k-intp120-interfase-plus>

### **2. (Weeks 1-8) Garlic Extract**

**Garlic Extract (1 bottle)**

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

<https://klaire.com/k-intp120-interfase-plus>



### 3. (Weeks 1-4) IBGuard

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

**IBGuard: (2 boxes total)  
(2 boxes)**

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

### 4. (Weeks 1-8) GI Synergy

**GI Synergy: (1 Container - 90 packets)**

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

### 5. (Weeks 1-8) Ecophage

**Ecophage: (1 bottle)**

<https://bit.ly/3tYU6nt>

### 6. **Parasites Positive ONLY:**

**IF YOU TESTED POSITIVE** for Any of the Following Parasites:  
Cryptosporidium (C. parvum and C. hominis), **Entamoeba, histolytica**  
(E. histolytica) Giardia (G. lamblia only - also known as G. intestinalis  
and

G. duodenalis), Blastocystis hominis, Ascaris  
lumbricoides (roundworm), Trichuris trichiura (human whipworm),  
Enterobius, Vermicularis, Taenia Solium, Wuchereria, bancrofti,  
Trichinella, Fasciola, Hepatica



## **(Weeks 5-8) Scram OR R.U.G.**

Scram: (1 bottle)

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

OR

RUG: (1 Bottle)

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

## **(Weeks 5-8) Liver Rescue:**

**(mandatory if using Scram or RUG!) Liver Rescue (1 bottle)**

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

# **III. Re-inoculation Probiotics: The Microbial Matrix**

## **A. Spore Based Probiotics**

**Spore based probiotics are also sometimes called soil based probiotics as they are the same thing.**

Scroll down to Sources at bottom of page to read the scientific journals on each bacterial overgrowth and the probiotic strains that help prevent and eradicate the pathogenic bacteria and balance the microbiome.



## 1. SIBO Positive (You Have SIBO)

**Just Thrive Probiotic + Antioxidant: (2 bottles)**

<https://bit.ly/3eT885z>

## 2. SIBO Negative (You **DO NOT** Have SIBO)

**Feel Good SBO Probiotics+ : (2 bottles)**

<https://amzn.to/3HViA7e>

## B. Targeted Probiotics:

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.

Scroll down to Sources at bottom of page to read the scientific journals on each bacterial overgrowth and the probiotic strains that help prevent and eradicate the pathogenic bacteria and balance the microbiome.

### 1. Overgrowth of Campylobacter (*C. jejuni*, *C. coli* and *C. lari*)

Probiotic Strains : *L. salivarius*, *L. reuteri*, Bacillus

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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





**Ther-biotic Synbiotic: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

## **2. Candidiasis (Albicans ... etc any strain)**

Probiotic strains: Lactobacillus acidophilus, Lactobacillus casei,  
**Saccharomyces boulardii**

**GI Distress Relief Probiotic: (1 bottle)**

<https://bit.ly/3u4f709>

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

## **3. Overgrowth of Citrobacter**

Probiotic strains : L. plantarum, L. salivarius, L. casei, L. acidophilus,  
B. animalis subsp. lactis and B. bifidum, Lactobacillus, helveticus,  
Lactobacillus rhamnosus

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

## **4. Overgrowth of Clostridioides difficile (C-Diff):**

Probiotic Strains: Saccharomyces boulardii, Lactobacillus



rhamnosus

(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.)

**GI Distress Relief Probiotic: (1 bottle)**

<https://bit.ly/3u4f709>

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

## **5. Enterotoxigenic E. coli (ETEC) LT/ST**

**Probiotics: Lactobacillus reuteri, Lactobacillus Plantarum,  
Saccharomyces: Pediococcus acidilactici and S. cerevisiae  
boulardii, Lactobacillus rhamnosus, Lactobacillus  
johnsonii, bacillus licheniformis**

**Ther-biotic Synbiotic: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**



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

**GI Distress Relief Probiotic: (1 bottle)**

<https://bit.ly/3u4f709>

## **6. Overgrowth of Escherichia coli (E. coli) O157:H7**

Probiotics: Bifidobacterium breve, L. rhamnosus and L. acidophilus, Saccharomyces Boulardii, L. rhamnosus, L. acidophilus, Bifidobacterium animalis, Lactobacillus reuteri, Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium infantis

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

**GI Distress Relief Probiotic: (1 bottle)**

<https://bit.ly/3u4f709>

## **7. Overgrowth of Enterococcus (faecium, ... )**

Probiotic Strain: L. rhamnosus

**Ther-biotic Synbiotic: (1 bottle)**

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



## 8. Overgrowth of Klebsiella (pneumoniae)

Probiotic Strains: Bifidobacterium longum, L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum

Probiotic Pro Bb536: (1 bottle total)

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

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

## 9. Methanobrevibacter Smithii (M Smithii)

Probiotic strains: L. plantarum, Lactobacillus reuteri, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum

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

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

Ther-biotic Synbiotic: (1 bottle)

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

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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



## 10. Overgrowth of Prevotella Copri

Probiotic Strains: Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium bifidum

**Probiotic Pro Bb536: (1 bottle total)**

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

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

## 11. Overgrowth of Proteus spp

Probiotic Strains: Lactobacillus casei, Lactobacillus reuteri

**Ther-biotic Synbiotic: (1 bottle)**

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

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

## 12. Overgrowth of Streptococcus spp.

Probiotics Strains: Lactobacillus rhamnosus  
**Lactobacillus reuteri, Bifidobacterium**



**Ther-biotic Synbiotic: (1 bottle)**

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

## **13. Overgrowth of Salmonella**

**Probiotic Strains: Saccaromyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum**

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

**GI Distress Relief Probiotic: (1 bottle)**

<https://bit.ly/3u4f709>

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

## **14. Overgrowth of Shigella**

**(S. boydii, S. sonnei, S. flexneri, and S. dysenteriae)**

**Probiotic Strains: Lactobacillus reuteri**

**Ther-biotic Synbiotic: (1 bottle)**

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

## **15. Overgrowth of Shiga-like Toxin**



## **producing E. coli (STEC) stx1/**

**Probiotic Strains: Bifidobacterium, Pediococcus, and Lactobacillus**

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

## **16. Parasites Probiotics**

Cryptosporidium (C. parvum and C. hominis), Entamoeba histolytica (E. histolytica), Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis), Blastocystis, hominis, Ascaris lumbricoides (roundworm), Trichuris trichiura (human whipworm), Enterobius Vermicularis, Taenia Solium, Wuchereria bancrofti, Trichinella, Fasciola, Hepatica

**GI Distress Relief Probiotic: (1 bottle)**

<https://bit.ly/3u4f709>

**Probiotic Pro Bb536: (1 bottle total)**

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

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

**Bifidus Power Blend: (2 bottles)**

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

## **17. Vibrio cholerae, cholera toxin gene**



**(ctx)**

Probiotic Strains: Lactobacillus rhamnosus,  
Bifidobacterium longum

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

## **18. Serratia marcescens**

Probiotic Strains: Lactobacillus acidophilus  
Lactobacillus plantarum

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

## **Probiotic Strains Research Sources:**

Spore Probiotics:

<https://pubmed.ncbi.nlm.nih.gov/16117982/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770835/>





[https://mysolluna.com/2017/07/19/why-you-need-soil-based-probiotics-sbos/?\\_ga=2.23980541.674618648.1647304925-264663639.1647304923&\\_gac=1.179836118.1647304925.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqIF8xoljR8nZTRI4QFDeTds aT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw\\_wcB&\\_gl=1\\*zedk0x\\*\\_ga\\*MjY0NjYzNjM5LjE2NDczMDQ5MjM.\\*\\_ga\\_88WLBCKNJH\\*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA](https://mysolluna.com/2017/07/19/why-you-need-soil-based-probiotics-sbos/?_ga=2.23980541.674618648.1647304925-264663639.1647304923&_gac=1.179836118.1647304925.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqIF8xoljR8nZTRI4QFDeTds aT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw_wcB&_gl=1*zedk0x*_ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.*_ga_88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA)

<https://www.amymyersmd.com/article/soil-based-probiotics-sibo/>

**1. Campylobacter (C. jejuni, C. coli and C. lari only)**

**L. salivarius and L. reuteri**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8150830/>

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**2. Candidiasis Albicans**

**Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4603435/>

<https://pubmed.ncbi.nlm.nih.gov/6762128/>

<https://pubmed.ncbi.nlm.nih.gov/8228371/>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0012050>

<https://pubmed.ncbi.nlm.nih.gov/17885943/>



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### 3. Overgrowth of Citrobacter

L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum, Lactobacillus helveticus, Lactobacillus rhamnosus

<https://pubmed.ncbi.nlm.nih.gov/22430833/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

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### 4. Clostridiodes difficile (C. Diff):

Saccharomyces boulardii, Lactobacillus rhamnosus

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

[https://scholar.google.com/scholar?](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J)

[hl=en&as\\_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs\\_qabs&u=%23p%3DyL1\\_mJJXCK4J](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J)

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

[https://scholar.google.com/scholar?](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J)

[hl=en&as\\_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs\\_qabs&u=%23p%3DyL1\\_mJJXCK4J](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J)

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#### 5. Enterotoxigenic E. coli (ETEC) LT/ST

**Lactobacillus Plantarum, Saccharomyces: *Pediococcus acidilactici* and *S. cerevisiae boulardii*, Lactobacillus rhamnosus, L. reuteri, *Lactobacillus johnsonii*, bacillus licheniformis**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5510153/#!po=69.9219>

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#### 6. Escherichia coli (E. coli) O157:H7

**L. rhamnosus, L. acidophilus, bifidobacterium breve, Saccharomyces boulardii, Bifidobacterium animalis, Lactobacillus reuteri, Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium longum Bifidobacterium infantis**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6069398/>

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1201237/>

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#### 7. Enterococcus (faecium ...)

**L. rhamnosus**

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

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**E. Coli:**

**Saccaromyces Boulardii**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6069398/#:~:text=The%20most%20effective%20single%2Dstrain,most%20effective%20probiotics%20against%20E>

[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](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)

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**8. Klebsiella pneumoniae, Klebsiella**

**Bifidobacterium longum, L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum**

<https://www.sciencedirect.com/science/article/pii/S1286457915002312>

<https://pubmed.ncbi.nlm.nih.gov/19462517/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

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**9. Methanobrevibacter Smithii (M Smithii)**

**L. plantarum, Lactobacillus reuteri, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum**



<https://pubmed.ncbi.nlm.nih.gov/28429333/>

<https://www.scientificwellness.com/blog-view/probiotic-for-methane-dependant-constipation--635>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

<https://www.nature.com/articles/s41598-021-84641-8>

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#### 10. Overgrowth of *Prevotella Copri*

*Lactobacillus acidophilus*, *Lactobacillus casei*, *Bifidobacterium bifidum*

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

<https://www.frontiersin.org/articles/10.3389/fmed.2018.00349/ful>

[https://scholar.google.com/scholar\\_lookup?author=B.+Zamani&author=HR.+Golkar&author=S.+Farshbaf&author=M.+Emadi-Baygi&author=M.+Tajabadi-Ebrahimi&author=P.+Jafari+&publication\\_year=2016&title=Clinical+and+metabolic+response+to+probiotic+supplementation+in+patients+with+rheumatoid+arthritis%3A+a+randomized,+double-blind,+placebo-controlled+trial&journal=Int+J+Rheum+Dis&volume=19&pages=869-79#d=gs\\_qab&t=1656476603882&u=%23p%3DJfnBolQAfsoJ](https://scholar.google.com/scholar_lookup?author=B.+Zamani&author=HR.+Golkar&author=S.+Farshbaf&author=M.+Emadi-Baygi&author=M.+Tajabadi-Ebrahimi&author=P.+Jafari+&publication_year=2016&title=Clinical+and+metabolic+response+to+probiotic+supplementation+in+patients+with+rheumatoid+arthritis%3A+a+randomized,+double-blind,+placebo-controlled+trial&journal=Int+J+Rheum+Dis&volume=19&pages=869-79#d=gs_qab&t=1656476603882&u=%23p%3DJfnBolQAfsoJ)

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#### 11. Overgrowth of *Proteus* spp



**Lactobacillus casei, Lactobacillus reuteri**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7355612/>

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**12. Streptococcus spp.**

**Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6519182/#!po=9.57447>

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**13. Salmonella:**

**Saccaromyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum**

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

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

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

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**14. Overgrowth of Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae)**

**Lactobacillus reuteri**

<https://www.spandidos-publications.com/10.3892/etm.2020.8469>

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**15. Overgrowth of Shiga-like Toxin producing E. coli (STEC) stx1/**

**Bifidobacterium, Pediococcus, and Lactobacillus**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4364364/#!po=11.6162>

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**16. Vibrio cholerae, cholera toxin gene (ctx)**

**Lactobacillus rhamnosus, Bifidobacterium longum**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3763660/>

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**17. Serratia marcescens**

**Lactobacillus acidophilus, Lactobacillus plantarum**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5825935/>

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<https://www.optibacprobiotics.com/professionals/latest-research/gut-health/probiotics-best-for-candida>

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## **IV. Probiotic Product List (Alphabetical Order)**

**Bifidus Power Blend: (2 bottles)**

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

**GI Distress Relief Probiotic: (1 bottle)**

<https://bit.ly/3u4f709>

**Just Thrive Probiotic + Antioxidant: (2 bottles)**

<https://bit.ly/3eT885z>

**Lactoprime Plus: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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

**Probiotic Pro Bb536: (1 bottle total)**

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



# Optimized Health

**Feel Good SBO Probiotics+ : (2 bottles)**

<https://amzn.to/3HViA7e>

**Ther-biotic Synbiotic: (1 bottle)**

**Klaire Labs: Register as patient. Use Code: 78G)**

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