

[ Developed by Daniel Kalish, D.C. ]<sup>+</sup>

## Protocol Objectives:

To provide supplemental recommendations to help support the gastrointestinal microbiome and healthy bacterial levels while maintaining normal intestinal permeability and GI function.<sup>‡</sup>

Refer to the Gastrointestinal Support Protocol<sup>‡</sup> for further recommendations for digestive support.<sup>‡</sup>

Clinical Objective <sup>‡</sup>	Assessment	Select from the Following Recommendations <sup>*</sup>	Dosing
Support healthy bacteria levels and balance gut microflora	<b>Lab:</b> Assess hydrogen/methane breath test, comprehensive stool analysis: microbial, microflora, SCFAs  Patient presents with occasional gas, bloating, bowel discomfort, occasional fatigue	● <b>Microbiome Protect™</b>	1-2 scoops powder daily
		● <b>Microbiome Fiber</b>	1 scoop powder daily
		<b>Multi-Probiotic® 40 Billion</b> (Capsules or Powder)	2 capsules or ½ teaspoon powder daily, with food
Microbial support in stomach	<b>Lab:</b> Assess stool antigen test, PCR/DNA test, or blood test for stomach related bacteria  Patient presents with minor stomach discomfort, occasional heartburn, nausea, indigestion, bloating	<b>Pylori-Plex</b>	2 capsules, 2-3 times daily
		<b>Licorice Root-V (Glycyrrhizin)</b>	1 capsule, 3 times daily
		<b>Olive Leaf Extract</b>	1-2 capsules daily
Microbial support in small intestine	<b>Lab:</b> Assess microbial stool analysis, hydrogen/methane test  Patient presents with occasional fatigue, sugar cravings, gas, bloating, indigestion, loose stool	<b>Ultra MFP Forte</b>	4 capsules daily
		<b>Caprylex™</b>	2 tablets, twice daily, with meals
		<b>Betaine Hydrochloride</b>	1 capsule with each meal
		<b>S.B.C.</b>	1 capsule daily, with food
Microbial support in large intestine	<b>Lab:</b> Assess microbial stool analysis, commensal bacteria (PCR) test  Patient presents with occasional diarrhea or loose stool, cramping, bloating	<b>Ultra MFP Forte</b>	4 capsules, twice daily
		<b>Intestamine®</b> (Capsules or Powder)	3-6 capsules or 1 scoop powder daily, without food
		<b>S.B.C.</b>	1 capsule daily, with food
Support healthy intestinal barrier	<b>Lab:</b> Assess lactulose/mannitol test, Zonulin test, DAO/Histamine, organic acids  Patient presents with occasional fatigue, digestive concerns, food intolerances, immune responses	● <b>Microbiome Protect™</b>	2 scoops powder daily
		● <b>Microbiome Fiber</b>	1 scoop powder daily
		<b>Multi-Probiotic® 40 Billion</b> (Capsules or Powder)	2 capsules or ½ teaspoon powder daily, with food
		<b>Intestamine® (Powder)</b>	1 scoop powder daily
Support the normal immune response to antigens	<b>Lab:</b> Assess SIgA, IgE, IgG test  Patient presents with food sensitivities and immune responses, skin concerns, joint concerns, occasional fatigue	<b>Optimized Curcumin With Neurophenol®</b>	2 capsules daily
		<b>Wobenzym® Plus</b>	2 tablets, twice daily, without food
		<b>Liquid Vitamin D-3</b>	0.5 -1 ml daily, with food
		<b>QÜELL Fish Oil® Clinical Strength EPA</b>	2 softgels daily, with food
		See also: recommendations to support healthy intestinal barrier <sup>‡</sup> (above)	

## Dietary Recommendations<sup>‡</sup>:

● coming soon

- Address food sensitivities and/or consider an elimination diet free from gluten, dairy, soy, egg, corn, nuts and nightshades.
- For the short term until symptoms improve:
  - Consider the SCD diet (Specific Carbohydrate Diet) or AIP diet (Autoimmune Paleo Diet), both of which will limit complex carbohydrate disaccharides and polysaccharides, lactose and sucrose that may benefit patients with SIBO.
  - Consider eating a diet low in FODMAP (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols), which include the classes of fermentable sugars and sugar alcohols that contribute to fermentation in the GI tract, resulting in gas and bloating.

<sup>\*</sup>Please note that patients may not require all supplements listed.

<sup>+</sup>Dr. Kalish is a retained advisor to Douglas Laboratories.

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