

GI MICROBIOME

Developed with Daniel Kalish, D.C.†

Protocol Objective:

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

Refer to the Gastrointestinal Support Protocol for further recommendations for digestive support.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy bacteria levels and balance gut microflora	<p>Lab: Assess hydrogen/methane breath test, comprehensive stool analysis: microbial, microflora, SCFAs</p> <p>Patient presents with occasional gas, bloating, bowel discomfort, occasional fatigue</p>	<p>Microbiome Protect™ w/IgG Formula: 57774P</p>	1-2 scoops powder daily
		<p>Microbiome Fiber Formula: 57732P</p>	1 scoop powder daily
		<p>Multi-Probiotic® Spore + SBC Formulas: 202694</p>	1 capsule, 1-2 times daily with food
Microbial support in stomach	<p>Lab: Assess stool antigen test, PCR/DNA test, or blood test for stomach related bacteria</p> <p>Patient presents with minor stomach discomfort, occasional heartburn, nausea, indigestion, bloating</p>	<p>Pylori-Plex Formula: 99076</p>	2 capsules daily with meals
		<p>Licorice Root-V Formula: 77355</p>	1 capsule, 3 times daily
		<p>Olive Leaf Extract Formula: 83905</p>	1 capsule daily
Microbial support in small intestine	<p>Lab: Assess microbial stool analysis, commensal bacteria (PCR) test</p> <p>Patient presents with occasional fatigue, sugar cravings, gas, bloating, indigestion, loose stool</p>	<p>Berberine Balance Formula: 201131</p>	1 capsule, twice daily
		<p>Betaine Plus Formula: 202759</p>	1 capsule with each meal
		<p>Multi-Probiotic® Spore + SBC Formula: 202694</p>	1 capsule, 1-2 times daily with food
Microbial support in large intestine	<p>Lab: Assess microbial stool analysis, commensal bacteria (PCR) test</p> <p>Patient presents with occasional diarrhea or loose stool, cramping, bloating</p>	<p>Berberine Balance Formula: 201131</p>	1 capsule, twice daily
		<p>Multi-Probiotic® Spore + SBC Formula: 202694</p>	1 capsule, 1-2 times daily with food

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†Dr. Kalish is a retained advisor to Douglas Laboratories.

*Please note that patients may not require all supplements listed.

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CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy intestinal barrier	<p>Lab: Assess lactulose/mannitol test, Zonulin test, DAO/Histamine, organic acids</p> <p>Patient presents with occasional fatigue, digestive concerns, food intolerances, immune responses</p>	<p>Microbiome Protect™ w/IgG Formula: 57774P</p>	1-2 scoops powder daily
		<p>Microbiome Fiber Formula: 57732P</p> <p>OR</p> <p>MCT/Butyrate Liquid with SunButyrate™ Formula: 57689</p>	<p>1 scoop powder daily</p> <p>1-3 tablespoons daily, with food</p>
		<p>Multi-Probiotic® 40 Billion Formula: 202634</p>	2 capsules daily
		<p>L-Glutamine Powder Formula: 907101</p>	1 teaspoon, twice daily
Support the normal immune response to antigens	<p>Lab: Assess SIgA, IgE, IgG test</p> <p>Patient presents with food sensitivities and immune responses, skin concerns, joint concerns, occasional fatigue</p>	<p>Optimized Curcumin With Neurophenol® Formula: 202524</p>	2 capsules, 1-2 times daily
		<p>Wobenzym® Plus Formula: 201910</p>	2 tablets, twice daily, without food
		<p>Liquid Vitamin D₃ Formula: 57738</p>	0.5 -1 ml daily, with food
		<p>QÜELL® Fish Oil Ultra EPA Formula: 200979</p>	2 softgels daily, with food

Dietary Recommendations:

- Address food sensitivities and/or consider an elimination diet free from gluten, dairy, soy, egg, corn, nuts and nightshades.
- 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.
- 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.

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