

## Microbiome Information for: Allergy to milk products

### For 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**

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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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Allergy to milk products

*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 |
|---------------------|--------|-------|-------------|-----------------------------|---------|-------|-------------|
| Bacteroidia         | class  | High  | 200643      | Clostridium                 | genus   | High  | 1485        |
| Acidaminococcaceae  | family | Low   | 909930      | Collinsella                 | genus   | High  | 102106      |
| Bifidobacteriaceae  | family | Low   | 31953       | Coprococcus                 | genus   | High  | 33042       |
| Burkholderiaceae    | family | High  | 119060      | Enterobacter                | genus   | High  | 547         |
| Dietziaceae         | family | Low   | 85029       | Escherichia                 | genus   | Low   | 561         |
| Enterobacteriaceae  | family | Low   | 543         | Faecalibacterium            | genus   | High  | 216851      |
| Enterococcaceae     | family | Low   | 81852       | Granulicatella              | genus   | Low   | 117563      |
| Flavobacteriaceae   | family | High  | 49546       | Haemophilus                 | genus   | High  | 724         |
| Lachnospiraceae     | family | Low   | 186803      | Klebsiella                  | genus   | High  | 570         |
| Methylophilaceae    | family | Low   | 32011       | Parabacteroides             | genus   | Low   | 375288      |
| Nannocystaceae      | family | High  | 224463      | Prevotella                  | genus   | High  | 838         |
| Oscillospiraceae    | family | High  | 216572      | Ruminococcus                | genus   | High  | 1263        |
| Prevotellaceae      | family | Low   | 171552      | Staphylococcus              | genus   | High  | 1279        |
| Ruminococcaceae     | family | High  | 541000      | Subdoligranulum             | genus   | High  | 292632      |
| Shewanellaceae      | family | High  | 267890      | Turicibacter                | genus   | Low   | 191303      |
| Streptococcaceae    | family | Low   | 1300        | Lactobacillales             | order   | Low   | 186826      |
| Thermomonosporaceae | family | High  | 2012        | Akkermansia muciniphila     | species | High  | 239935      |
| Actinobacillus      | genus  | High  | 713         | Blautia coccooides          | species | High  | 1532        |
| Atopobium           | genus  | High  | 1380        | Coprococcus catus           | species | Low   | 116085      |
| Bifidobacterium     | genus  | Low   | 1678        | Escherichia coli            | species | High  | 562         |
| Christensenella     | genus  | High  | 990721      | Lacrimispora celerecrescens | species | High  | 29354       |
|                     |        |       |             | Oscillibacter valericigenes | species | High  | 351091      |

## Substance to Consider Adding or Taking

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

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-

a]quinolizinium {Berberine} 1.5 gram/day

ascophyllum nodosum {Rockweed}

bifidobacterium longum {B.Longum } 10 BCFU/day

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

Disodium fumarate {Fumaric acid disodium salt}

Epicatechin {Green tea polyphenol}

Ferum {Iron Supplements} 400 mg/day

High-fibre diet {Whole food diet}

low protein diet

Mixture of Vitamin B? {B Vitamins}

Panax ... {Ginseng} 2000 mg/day

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

Sodium Bicarbonate {Baking Soda}

Sodium Chloride {Salt}

Sus domesticus {Pork}

tea

Vaccinium {Cranberry}

vegetarians

Zinc {Zinc Supplements} 300 mg/day

## Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

Ombre / Metabolic Booster  
 Ombre / Endless Energy  
 NOW FOODS / Clinical GI Probiotic  
 CVSHealth / Daily Probiotic  
 imagilin / NutriLots Replenish  
 PoolPharma (IT) / ProbioTKMIO  
 SuperSmart / Oral Health  
 SuperSmart / Saccharomyces Boulardii  
 Microbiome Labs / ZENBIOME Dual  
 PrecisionBiotics / Zenflore  
 PrecisionBiotics / Immune  
 PharmExtracta / Bowell  
 PharmExtracta (IT) / Gliadines buccal stickpacks  
 Eden's / 3-in-1 Synbiotic Superblend  
 Schwabe Pharma Italia / MegaStress  
 Schwabe Pharma Italia / AxiBoulardi  
 Bromatech / ENTERELLE PLUS  
 Align® Extra Strength  
 Align / Align® Chewables  
 Probiotic 10 Billion Active Cells Daily Maintenance  
 Probiotic Sticks  
 Seeking Health / Probiota Bifidobacterium  
 Maple Life Science™ / Bifidobacterium longum  
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic  
 Wakunaga / Pro+ Synbiotic  
 Wakunaga / Daily Probiotic  
 Wakunaga / 50+  
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
 Bioflora(MX) / Woman  
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)  
 Bulk Probiotics / B. Longum Probiotic Powder  
 custom probiotics / d-lactate free probiotics powder  
 custom probiotics / five strain bifidobacteria  
 nature's instincts / ultra spore probiotic  
 florastor / florastor  
 align / align  
 klair labs / ther-biotic factor 4  
 jamieson (can) / probiotic 10 bcfu  
 jarro formulas / jarro-dophilus mood  
 cytoplan(uk) / dentavital bifidophilus  
 spain (es) / axiboulardi  
 spain (es) / ultralevura  
 canada (ca) / calmbiotic  
 optibac / saccharomyces boulardii  
 philips / colon health  
 microbiome labs / restorflora  
 organic 3 / yeastbiotic  
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
 bravo europe / starter and complex  
 naturopathica (au) / gastrohealth probiotic daily care  
 naturopathica (au) / gastrohealth probiotic adults 50+  
 CustomProbiotics.com / B. Longum Probiotic Powder  
 HLH BIOPHARMA(DE) / LACTOBACT ® AAD  
 Sanogermina / AB-Kolicare

**Wholesome Wellness / Raw Probiotic**  
**InnovixLabs / Mood Probiotic**  
**Metabolics / Bifidobacterium Longum Powder**  
**Genesis Bifidobacterium Complex BB Probiotic**  
**Bromatech (IT) / Bifiselle**  
**Bromatech (IT) / Enterelle**  
**Bromatech (IT) / Rotanelle plus**  
**Bromatech (IT) / Serobiome**

**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}

fructo-oligosaccharides

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

synthetic disaccharide derivative of lactose {Lactulose}

## Sample of Literature Used

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

### Specific Gut Microbiome Signatures in Children with Cow's Milk Allergy.

**Nutrients** , Volume: 16 Issue: 16 2024 Aug 18

Authors Moriki D,León ED,García-Gamero G,Jiménez-Hernández N,Artacho A,Pons X,Koumpagioti D,Dinopoulos A,Papaevangelou V,Priftis KN,Douros K,Francino MP

### Lactic acid bacteria and yeast co-fermented milk alleviate cow milk allergy.

**Journal of food science** , Volume: 89 Issue: 7 2024 Jul

Authors Ma R,Miao N,Li J,Xu Y,Li X,Zhao J,Mu G,Zhu X

### Current insights into cow`s milk allergy in children: Microbiome, metabolome, and immune response-A systematic review.

**Pediatric allergy and immunology : official publication of the European Society of Pediatric Allergy and Immunology** , Volume: 35 Issue: 2 2024 Feb

Authors Savova MV,Zhu P,Harms AC,van der Molen RG,Belzer C,Hendrickx DM

### Akkermansia muciniphila exacerbates food allergy in fibre-deprived mice.

**Nature microbiology** , Volume: 8 Issue: 10 2023 Oct

Authors Parrish A,Boudaud M,Grant ET,Willieme S,Neumann M,Wolter M,Craig SZ,De Sciscio A,Cosma A,Hunewald O,Ollert M,Desai MS

### A double-blind, 377-subject randomized study identifies Ruminococcus, Coprococcus, Christensenella, and Collinsella as long-term potential key players in the modulation of the gut microbiome of lactose intolerant individuals by galacto-oligosaccharides.

**Gut microbes** , Volume: 13 Issue: 1 2021 Jan-Dec

Authors Azcarate-Peril MA,Roach J,Marsh A,Chey WD,Sandborn WJ,Ritter AJ,Savaiano DA,Klaenhammer TR

### Salt sensitivity potentiates high-salt diet-induced intestinal barrier disruption and gut microbiome dysbiosis in rats.

**Frontiers in microbiology** , Volume: 16 2025

Authors Zeng B,Peng X,Xiao P,Nie K,Zhang G,Xia L

### Dietary inulin mediates the molecular mechanism of intestinal metabolites to alleviate high salt diet-induced chronic kidney disease in mice.

**The Journal of nutritional biochemistry** , 2026 Jan 15

Authors Qu Q,Gao H,Gao X,Li P,Mou Y,Kong X,Tan X

### Therapeutic Mechanisms of Lactiplantibacillus plantarum NXU0014 Against Chronic Alcohol-Induced Liver Injury Mediated by Gut-Liver Axis Modulation.

**Molecular nutrition & food research** , Volume: 70 Issue: 1 2026 Jan

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**Journal of ethnopharmacology** , Volume: 360 2025 Dec 31

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**Frontiers in nutrition** , Volume: 12 2025

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Postbiotic delivery via alginate encapsulation alleviates DSS-induced colitis by modulating gut microbiota and SCFA-mediated immune signaling.

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Bifidobacterium longum supplementation prevents intestinal inflammation and cognitive impairment in sleep-deprived mice by modulating clock gene expression.

**Food & function** , 2025 Nov 10

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Chronic high-salt diet induces cognitive impairment and anxiety through gut microbiota alterations.

**European journal of pharmacology** , 2025 Nov 7

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Abdominal Aortic Aneurysm

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  
liver fibrosis  
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**