

## Microbiome Information for: Primary sclerosing cholangitis

### 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/>)

Thome (<https://www.thome.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 Primary sclerosing cholangitis

*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 |
|-----------------------|--------|-------|-------------|------------------------------|---------|-------|-------------|
| Alphaproteobacteria   | class  | High  | 28211       | Rothia                       | genus   | High  | 508215      |
| Bacteroidia           | class  | High  | 200643      | Ruminococcus                 | genus   | Low   | 1263        |
| Fusobacteriia         | class  | High  | 203490      | Streptococcus                | genus   | High  | 1301        |
| Gammaproteobacteria   | class  | High  | 1236        | Succinivibrio                | genus   | Low   | 83770       |
| Christensenellaceae   | family | Low   | 990719      | Veillonella                  | genus   | High  | 29465       |
| Lachnospiraceae       | family | Low   | 186803      | Eubacteriales                | order   | Low   | 186802      |
| Sphingomonadaceae     | family | High  | 41297       | Hyphomicrobiales             | order   | High  | 356         |
| Anaerostipes          | genus  | Low   | 207244      | Lactobacillales              | order   | High  | 186826      |
| Bacteroides           | genus  | High  | 816         | Anaerostipes hadrus          | species | Low   | 649756      |
| Blautia               | genus  | Low   | 572511      | Blautia obeum                | species | Low   | 40520       |
| Coprococcus           | genus  | Low   | 33042       | Coprococcus catus            | species | Low   | 116085      |
| Desulfovibrio         | genus  | Low   | 872         | Enterococcus faecium         | species | High  | 1352        |
| Enterococcus          | genus  | High  | 1350        | Enterococcus gallinarum      | species | High  | 1353        |
| Faecalibacterium      | genus  | Low   | 216851      | Faecalibacterium prausnitzii | species | Low   | 853         |
| Fusobacterium         | genus  | High  | 848         | Klebsiella pneumoniae        | species | High  | 573         |
| Haemophilus           | genus  | High  | 724         | Mediterraneibacter gnavus    | species | Low   | 33038       |
| Holdemanella          | genus  | Low   | 1573535     | Parabacteroides distasonis   | species | Low   | 823         |
| Lachnospirillum       | genus  | Low   | 1506553     | Proteus mirabilis            | species | High  | 584         |
| Lactobacillus         | genus  | High  | 1578        | Streptococcus parasanguinis  | species | High  | 1318        |
| Phascolarctobacterium | genus  | Low   | 33024       | Veillonella dispar           | species | High  | 39778       |
| Rothia                | genus  | High  | 32207       | Veillonella parvula          | species | High  | 29466       |

## 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.

|                                                  |             |                                                                 |             |
|--------------------------------------------------|-------------|-----------------------------------------------------------------|-------------|
| Abstinence from eating {Fasting}                 |             | laminaria digitata {Oarweed}                                    |             |
| amaranthus {amaranth}                            |             | Malus domestica {apple}                                         |             |
| Avena sativa {Oats}                              |             | Mannan oligosaccharides {Mannooligosaccharide}                  | 8 gram/day  |
| bacillus subtilis {B.Subtilis }                  | 10 BCFU/day | methiazole,(prescription)                                       |             |
| Bovine Milk Products {Dairy}                     |             | N-(aminoiminomethyl)-N methyl glycine {Creatine}                |             |
| Camellia Linnaeus {camellia}                     |             | oolong teas                                                     |             |
| candida albicans (prescription)                  |             | polyphenols                                                     | 3 gram/day  |
| d-galactose {milk sugar}                         |             | proton-pump inhibitors (prescription)                           | 60 mg/day   |
| Ethyl alcohol {Grain alcohol}                    |             | pseudo-cereals {amaranth,quinoa, taro,buckwheat}                |             |
| Fagopyrum esculentum {Buckwheat}                 |             | raffinose {sugar beet}                                          |             |
| Galacto-oligosaccharides {GOS}                   |             | red wine                                                        | 250 ml/day  |
| grapes                                           |             | red wine polyphenols                                            | 600 mg/day  |
| henopodium quinoa {Quinoa}                       |             | resveratrol-pterostilbene {grapes, blueberries}                 | 2 gram/day  |
| high-fat diets                                   |             | resveratrol-pterostilbene x Quercetin {quercetin x resveratrol} |             |
| High-protein diet {Atkins low-carbohydrate diet} |             | Sesamum indicum {Sesame}                                        |             |
| high-saturated fat diet                          |             | synthetic disaccharide derivative of lactose {Lactulose}        |             |
| Lactobacillus plantarum {L. plantarum}           | 60 BCFU/day | Tobacco consumption {Smoking}                                   |             |
| Lactose {Milk Sugar}                             |             | β-lactoglobulin {Whey}                                          | 60 gram/day |

## Retail Probiotics

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

jarrow formula / ideal bowel support® lp299v®  
Jetson / Gut Prep  
CustomProbiotics.com / L. Plantarum Probiotic Powder  
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
NaturalPharma / Profit Probiotics  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
Prescript-Assist®/SBO Probiotic  
Metabolics / Lactobacillus Plantarum Powder  
ImmuneBiotech Medical Sweden AB / GutMagnific®  
Bromatech (IT) / Adomelle  
Ombre / Ultimate Immunity  
INVIVO THERAPEUTICS / Bio.Me IB +  
Energybalance / ColoBiotica 28 Colon Support  
SuperSmart / Bacillus Subtilis  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
Floradapt Cardio  
Floradapt Gut Comfort  
HMF Metabolic  
Immune Defense Daily Chewable Probiotic  
Nature's Lab Cardio  
Nature's Lab Intensive GI  
Purica Probiotic Cardio  
Purica Probiotic Intensive GI  
UltraFlora® Immune Booster  
UltraFlora® Intensive Care  
Maple Life Science™ / Lactobacillus plantarum  
Bulk Probiotics / L. Plantarum Probiotic Powder  
Bulk Probiotics / Bacillus Subtilis Probiotic  
aor / probiotic-3  
ferring / vsl#3  
spain (es) / I3.1  
goodbelly drink  
optibac / for your cholesterol  
microbiome labs / hu58  
powerlabs (au) / ultra blend  
amy meyers / primal earth probiotic

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}                         | Lactaseibacillus casei {L. casei}                     |
| amoxicillin [CFS]                                            | Lactaseibacillus rhamnosus {l. rhamnosus}             |
| ampicillin [CFS]                                             | long-term, moderate-intensity exercise {exercise}     |
| Amylum {Starch}                                              | low protein diet                                      |
| Azadirachta indica {Neem}                                    | Menta × piperita {peppermint}                         |
| bacillus,lactobacillus,streptococcus,saccharomyces probiotic | meropenem                                             |
| benzylpenicillin sodium (antibiotic)                         | minocycline [CFS]                                     |
| bifidobacterium                                              | Moringa Oleifera                                      |
| Bifidobacterium animalis {B. animalis}                       | Ocimum tenuiflorum {Tulsi}                            |
| bifidobacterium longum {B.Longum }                           | pectin {pectin}                                       |
| Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}       | Pentahydroxypentane {Xylitol}                         |
| Cinnamomum zeylanicum {Ceylon Cinnamon}                      | piperacillin-tazobactam                               |
| ciprofloxacin [CFS]                                          | Propolis {Bee glue}                                   |
| Curcuma longa {Turmeric}                                     | resistant starch                                      |
| dietary fiber                                                | Rheum × hybridum {Rhubarb}                            |
| Diferuloylmethane {Curcumin}                                 | rifaximin                                             |
| Fiber, total dietary                                         | Saccharomyces cerevisiae var boulardii {S. boulardii} |
| fruit                                                        | Slow digestible carbohydrates. {Low Glycemic}         |
| fruit/legume fibre                                           | Sodium Chloride {Salt}                                |
| gentamicin                                                   | syzygium aromaticum {clove}                           |
| Hericium erinaceus {Lion's Mane Mushroom }                   | Thymus vulgaris {thyme}                               |
| Heyndrickxia coagulans {B. coagulans}                        | vitamin d                                             |
| High-fibre diet {Whole food diet}                            | walnuts                                               |
| Humulus lupulus compound {Xanthohumol}                       | wheat                                                 |
| imipenem                                                     | whole-grain diet                                      |
|                                                              | yogurt                                                |

## Sample of Literature Used

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

[Consistent alterations in faecal microbiomes of patients with primary sclerosing cholangitis independent of associated colitis.](#)

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Authors Lemoine S,Kemgang A,Ben Belkacem K,Straube M,Jegou S,Corpechot C,Saint-Antoine IBD Network,Chazouillères O,Housset C,Sokol H

[Gut pathobionts underlie intestinal barrier dysfunction and liver T helper 17 cell immune response in primary sclerosing cholangitis.](#)

**Nature microbiology** , Volume: 4 Issue: 3 2019 Mar

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**Gut** , Volume: 65 Issue: 10 2016 Oct

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[The gut microbial profile in patients with primary sclerosing cholangitis is distinct from patients with ulcerative colitis without biliary disease and healthy controls.](#)

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[A comparative study of the effects of high protein diets of soy and dairy on healthy aging by integrating multi-omics approaches.](#)

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Authors Tian Z,Xu J,Song Y,Ao X,Sun X,Fu Z,Chen Y,Hou W,Sun C

[Comparative Study of the Effectiveness of Cellulose, Pectin and Citrus Peel Powder in Alleviating Loperamide-Induced Constipation.](#)

**Foods (Basel, Switzerland)** , Volume: 15 Issue: 2 2026 Jan 9

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[Cinnamomum cassia Modulates Key Players of Gut-Liver Axis in Murine Lupus.](#)

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Authors Maaloul G,Itani T,Fares N

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

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[Dietary inulin mediates the molecular mechanism of intestinal metabolites to alleviate high salt diet-induced chronic kidney](#)

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Lactiplantibacillus plantarum P16 mitigated murine colitis through modulation of immune response and gut microbiota.

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Acne

Addison's Disease (hypocortisolism)

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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**