

Microbiome Information for: Multiple system atrophy (MSA)

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

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

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229

Email: Research@MicrobiomePrescription.com

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Multiple system atrophy (MSA)

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
Aggregatibacter	genus	Low	416916
Akkermansia	genus	High	239934
Bifidobacterium	genus	Low	1678
Blautia	genus	Low	572511
Gordonibacter	genus	High	644652
Lactobacillus	genus	High	1578
Megamonas	genus	Low	158846
Ruminococcus	genus	Low	1263
[Clostridium] nexile species		Low	29361

Bacteria Name	Rank	Shift	Taxonomy ID
Akkermansia muciniphila	species	High	239935
Alistipes onderdonkii	species	High	328813
Bifidobacterium pseudocatenulatum	species	Low	28026
Granulicatella adiacens	species	Low	46124
Megamonas funiformis	species	Low	437897
Phocaeicola coprocola	species	Low	310298
Phocaeicola plebeius	species	Low	310297
Roseburia hominis	species	High	301301
Staphylococcus xylosus	species	High	1288
Streptococcus parasanguinis	species	High	1318

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

Abstention from eating {Fasting}

bacillus subtilis {B.Subtilis } 10 BCFU/day

dietary fiber

Epicatechin {Green tea polyphenol}

Fiber, total dietary

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

grapes

Hordeum vulgare {Barley} 60 gram/day

Lactocaseibacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

long-term, moderate-intensity exercise {exercise}

Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}

metformin (prescription)

Panax ... {Ginseng} 2000 mg/day

polyphenols 3 gram/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Slow digestible carbohydrates. {Low Glycemic}

whole-grain diet

Retail Probiotics

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

garden of life / primal defense
 hyperbiotics / pro-15
 jarrow formula / jarro-dophilus original
 jarrow formula / ideal bowel support® lp299v®
 elixa / probiotic
 1 md / complete probiotics platinum
 renew life / ultimate flora
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 bioglan bio (au) / happy probiotic 100
 bioglan bio (au) / happy probiotic 50
 nature's way (au) / restore probiotic 100 billion
 vita miracle / ultra-30 probiotics
 organic 3 / primal gut
 up4 / ultra
 up4 / women's
 vinco / probiotic eight 65
 biospec / probiotio-5
 zint nutrition / probiotic collagen +
 custom probiotics / four strain lactobacilli
 custom probiotics / six strain probiotic powder
 lifted naturals / mood boosting probiotic
 bioray / cytoflora
 seed / female version
 seed / male version
 quantum wellness / restora flora
 solaray / mycrobioime probiotic colon formula
 udo's choice /super 8 gold
 fürstenmed / lacto-bifido
 jarrow formulas / jarro-dophilus eps
 young living /life 9
 jarrow formulas / jarro-dophilus® ultra
 newrhythm / probiotics 20 stains
 ASEA VIA / BIOME
 Jetson (US) / Mood Probiotics
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 OMNI-BIOTIC®/ 10 AAD
 OMNI-BIOTIC®/ TRAVEL
 7 AM Ultra Probiotics
 LiveWell Nutrition / Pro-45
 Physis / Advance Probiotics
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 Ombre / Mood Enhancer
 Krauterhaus / Lactopro
 Dr. Mercola / Complete Probiotics
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Resbiotic /resB® Lung Support
 SuperSmart / Full Spectrum Probiotic Formula
 SuperSmart / Candalb
 SuperSmart / Derma Relief
 Bromatech(IT) / FEMELLE
 Northwest Natural Products / PB8
 Symprove™

Wakunaga / Max Probiotic
MegaFood / MegaFlora
Next Generation
natviehealthcare.com/Renewbiome Bacillus
ProbioMax® Daily DF
custom probiotics / d-lactate free probiotics powder
Wakunaga / Pro+ Synbiotic
Bioflora(MX) / Woman
Bulk Probiotics / L Rhamnosus Probiotic Powder
Bulk Probiotics / L Plantarum Probiotic Powder
Bulk Probiotics / Bacillus Subtilis Probiotic
UltraFlora® Immune Booster
UltraFlora® Intensive Care
Maple Life Science™ / Lactobacillus plantarum
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
Law of Nature / Best Days Formula
Floradapt Cardio
Floradapt Gut Comfort
HMF Metabolic
Immune Defense Daily Chewable Probiotic
Nature's Lab Cardio
Nature's Lab Intensive GI
Pregnancy Care Probiotic
Probiotic 10 Billion Active Cells Daily Maintenance
ProGoes® Forte
Purica Probiotic Cardio
Purica Probiotic Intensive GI
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
SuperSmart / Lactoxira
SuperSmart / Oral Health
SuperSmart / Vaginal Health
ISCON Elegance/ Ochek Capsule 10
Energybalance / ColoBiotica 28 Colon Support
SuperSmart / Probio Forte
SuperSmart / Bacillus Subtilis
CVSHealth / Daily Probiotic
Ombre / Heart Health
Ombre / Ultimate Immunity
Ombre / Restore
Ombre / Harmony
INVIVO THERAPEUTICS / Bio.Me IB +
BIO-BOTANICAL RESEARCH / Megacidin
NOW FOODS / Clinical GI Probiotic
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
RepHresh / Pro-B Probiotic Supplement for Women
Prescript-Assist®/SBO Probiotic
Metabolics / Lactobacillus Plantarum Powder
Metabolics / Lactobacillus Rhamnosus Powder
Invivo / Bio.Me Femme UT
JGL / Lactogyn
ImmuneBiotech Medical Sweden AB / GutMagnific®
Bromatech (IT) / Adomelle
Bromatech (IT) / Psicobrain
Bromatech (IT) / Ramnoselle
Smidge / Sensitive Probiotic
Biorela® Daily
Sash Vitality / Bio-Cultures Probiotics for Adults
NaturalPharma / Profit Probiotics

HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 Jetson / Gut Prep
 Seeking Health / Probiota HistaminX
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 corebiotic
 naturopathica (au)/ gastrohealth probiotic daily care
 naturopathica (au) / gastrohealth probiotic adults 50+
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 optibac / for women
 optibac / for every day
 optibac / for your cholesterol
 optibac / for those on antibiotics
 microbiome labs / hu58
 organic 3 / gutpro
 jarow formulas / jarro-dophilus mood
 cytoplan(uk) / dentavital bifidophilus
 klaire labs / biospora
 spain (es) / ns florabiotic instant
 spain (es) / I3.1
 spain (es) / vivomixx
 spain (es) / aquilea intimus
 spain (es) / muvagyn probiotico
 spain (es) / ns defenbiotic kids
 bio-k+
 goodbelly drink
 visbiome
 jamieson (can) / probiotic 10 bcfu
 mwsb / candida yeast support
 ferring / vsl#3
 fairvital / microflora basic
 enviromedica terraflora sbo probiotic
 nature's bounty / probioti 10
 jarow formulas / fem dophilus
 vitamin angels / just thrive
 microbiome labs/ megasporebiotic
 perfect pass / perfect pass probiotic bacillus spore
 aor / probiotic-3
 renew life men's probiotic - ultimate
 bio-botanical research / proflo4r restorative probiotic
 reserveage nutrition / beautiflora
 just for tummies / live bacteria
 bravo europe / starter and complex
 bravo europe / freeze-dried bravo
 douglas laboratories / multi probiotic 40 billion
 up4 / adult
 organic 3 / primal soil
 powerlabs (au) / ultra blend
 global health trax / threelac
 blackmore (au) / probiotics+ womens flora balance
 Nu U (uk) / Bio-Cultures Complex
 Windlove Probiotics / Ecologic®825
 Jetson / FIT
 amy meyers / primal earth probiotic
 jarow formulas / fem-dophilus®

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}

Amylum {Starch}

Cichorium intybus {Chicory}

gliadin, glutenin etc {Gluten}

Linum usitatissimum {Flaxseed}

oligosaccharides {oligosaccharides}

partially hydrolysed guar gum

resistant starch

Saccharomyces cerevisiae var boulardii {S. boulardii}

synthetic disaccharide derivative of lactose {Lactulose}

wheat

Sample of Literature Used

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

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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