

Microbiome Information for: primary biliary cholangitis

For non-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 primary biliary 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
Coriobacteria	class	High	84998	Dorea	genus	High	189330
Deltaproteobacteria	class	Low	28221	Enterococcus	genus	High	1350
Acidaminococcaceae	family	Low	909930	Eubacterium	genus	High	1730
Bifidobacteriaceae	family	High	31953	Faecalibacterium	genus	Low	216851
Chitinophagaceae	family	High	563835	Fusobacterium	genus	Low	848
Comamonadaceae	family	High	80864	Gemmiger	genus	Low	204475
Enterococcaceae	family	Low	81852	Granulicatella	genus	Low	117563
Gracilibacteraceae	family	High	541019	Lactobacillus	genus	High	1578
Lachnospiraceae	family	High	186803	Prevotella	genus	High	838
Muribaculaceae	family	High	2005473	Pseudomonas	genus	High	286
Oscillospiraceae	family	Low	216572	Rothia	genus	Low	508215
Peptostreptococcaceae	family	Low	186804	Streptococcus	genus	High	1301
Pirellulaceae	family	High	2691357	Veillonella	genus	High	29465
Ruminococcaceae	family	Low	541000	Bacillales	order	Low	1385
Sphingomonadaceae	family	High	41297	Bifidobacteriales	order	High	85004
Veillonellaceae	family	High	31977	Coriobacteriales	order	High	84999
Acidaminococcus	genus	High	904	Lactobacillales	order	High	186826
Actinomyces	genus	Low	1654	Selenomonadales	order	High	909929
Campylobacter	genus	High	194	Bacteroides uniformis	species	Low	820
Clostridium	genus	Low	1485	Clostridium sporogenes	species	Low	1509
Collinsella	genus	Low	102106	Pichia kudriavzevii	species	High	4909

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	1.5 gram/day	Lactobacillus plantarum {L. plantarum}	60 BCFU/day
3,3',4',5,7-pentahydroxyflavone {Quercetin}	2 gram/day	Lactose {Milk Sugar}	
Abstention from eating {Fasting}		Ligilactobacillus salivarius {L. salivarius}	9 BCFU/day
Amorphophallus konjac {Konjaku flour}		Limosilactobacillus fermentum {L. fermentum}	12 BCFU/day
Avena sativa x Hordeum vulgare {barley,oat}		Limosilactobacillus reuteri {L. Reuteri}	22 BCFU/day
bacillus		long-term, moderate-intensity exercise {exercise}	
bacillus licheniformis {b. licheniformis}	10 BCFU/day	Mannan oligosaccharides {Mannooligosaccharide}	8 gram/day
Bifidobacterium animalis {B. animalis}		Morus {Mulberry }	
Bovine Milk Products {Dairy}		oligosaccharides {oligosaccharides}	
Brassica oleracea var. italica {Broccoli}		Outer Layers of Triticum aestivum {Wheat Bran}	
D-ribofuranoside {Ribose}	10 gram/day	Panax ... {Ginseng}	2000 mg/day
Fagopyrum esculentum {Buckwheat}		polyphenols	3 gram/day
fructo-oligosaccharides	15 gram/day	Prunus dulcis {Almonds}	90 gram/day
Hordeum vulgare {Barley}	60 gram/day	Rheum × hybridum {Rhubarb}	
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day	Rhubarb x Peony {Rhubarb Peony Decoction}	
Lactocaseibacillus casei {L. casei}	48 BCFU/day	synthetic disaccharide derivative of lactose {Lactulose}	
Lactocaseibacillus paracasei {L.paracasei}	40 BCFU/day	wheat	
Lactocaseibacillus rhamnosus {l. rhamnosus}	48 BCFU/day	yogurt	
lactobacillus acidophilus {L. acidophilus}	20 BCFU/day	Zea mays {maize}	
lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis		Zinc {Zinc Supplements}	300 mg/day

Retail Probiotics

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

hyperbiotics / pro-15
 Garden of Life / Dr. Formulated Once Daily Women's
 SuperSmart / Full Spectrum Probiotic Formula
 newrhythm / probiotics 20 stains
 jarro formulas / jarro-dophilus® ultra
 bioglan bio (au) / happy probiotic 100
 Wholesome Wellness / Raw Probiotic
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 bioray / cytoflora
 seed / female version
 organic 3 / primal gut
 elixa / probiotic
 renew life / ultimate flora
 garden of life / primal defense
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 Physician Choice / 60 Billion Probiotics
 MegaFood / MegaFlora
 Dr. Mercola / Complete Probiotics
 Northwest Natural Products / PB8
 Probiotic 10 Billion Active Cells Daily Maintenance
 douglas laboratories / multi probiotic 40 billion
 vinco / probiotic eight 65
 up4 / ultra
 nature's bounty / probioti 10
 solaray / microbiome probiotic colon formula
 renew life men's probiotic - ultimate
 udo's choice / super 8 gold
 fürstenmed / lacto-bifido
 Physis / Advance Probiotics
 ASEA VIA / BIOME
 OMNI-BIOTIC®/ 10 AAD
 OMNI-BIOTIC®/ TRAVEL
 bioglan bio (au) / happy probiotic 50
 Winclove Probiotics / Ecologic®825
 Jetson (US) / Immunity Probiotics
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 jarro formula / jarro-dophilus original
 HLH BIOPHARMA(DE) / LACTOBACT® PREMIUM
 Sash Vitality / Bio-Cultures Probiotics for Adults
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 Invivo / Bio.Me Femme UT
 custom probiotics / four strain lactobacilli
 custom probiotics / six strain probiotic powder
 jamieson (can) / probiotic 10 bcfu
 seed / male version
 bravo europe / starter and complex
 bravo europe / freeze-dried bravo
 young living / life 9
 SuperSmart / Vaginal Health
 NOW FOODS / Clinical GI Probiotic
 Wakunaga / Max Probiotic

Bromatech(IT) / FEMELLE
Bioflora(MX) / Woman
Krauterhaus / Lactopro
Nu U (uk) / Bio-Cultures Complex
SuperSmart / Candalb
SuperSmart / Derma Relief
Resbiotic / resB® Lung Support
SuperSmart / Probio Forte
Bromatech (IT) / Psicobrain
ISCON Elegance/ Ochek Capsule 10
SuperSmart / Lactoxira
SuperSmart / Oral Health
Symprove™
klair labs / target gb-x
bio-k+
optibac / for every day
zint nutrition / probiotic collagen +
just for tummies / live bacteria
visbiome
up4 / women's
ferring / vsl#3
fairvital / microflora basic
lifted naturals / mood boosting probiotic
jarrow formulas / jarro-dophilus eps
spain (es) / vivomixx
HLH BIOPHARMA(DE) / LACTOBACT® 60PLUS
HLH BIOPHARMA(DE) / LACTOBACT® OMNI FOS
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
naturopathica (au) / gastrohealth women's probiotic with cranberry
ecology_allergycare
blackmores (au) / probiotics + adults daily (90 capsules)
blackmore (au) / probiotics+ womens flora balance
blackmore (au) / probiotics+ daily health
nature's way (au) / restore probiotic bowel & colon health 30s
naturopathica (au) / gastrohealth probiotic adults 50+
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
jarrow formula / ideal bowel support® lp299v®
jarrow formulas / fem-dophilus®
HLH BIOPHARMA(DE) / LACTOBACT® AAD
Seeking Health / Probiota HistaminX
JGL / Lactogyn
ImmuneBiotech Medical Sweden AB / GutMagnific®
Bromatech (IT) / Acronelle
Bromatech (IT) / Adomelle
Bromatech (IT) / Aflugenex
Bromatech (IT) / Citogenex
Bromatech (IT) / Milonet
NaturalPharma / Profit Probiotics
Swiss BioEnergetics / Full Spectrum Probiotic Defence
spain (es) / aquilea intimus
custom probiotics / d-lactate free probiotics powder
jarrow formulas / fem dophilus
solgar / advanced multi-billion dophilus
solgar / advanced 40+ acidophilus
organic 3 / gutpro
up4 / adult
optibac / for those on antibiotics

cytoplan(uk) /dentavital bifidophilus
optibac / for women
UltraFlora® Immune Booster
UltraFlora® Restore
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
HMF Metabolic
Immune Defense Daily Chewable Probiotic
Schwabe Pharma Italia / EnteroDophilus
Bromatech (IT) / Ramnoselle
Bromatech (IT) / Rotanelle plus
Smidge / Sensitive Probiotic
Biorela® Daily
Ombre / Mood Enhancer
Ombre / Restore
Ombre / Harmony
RepHresh / Pro-B Probiotic Supplement for Women
ProbioMax® Daily DF
CVSHealth / Daily Probiotic
BioGaia / BioGaia Osfortis
BioGaia / BioGaia Products
Energybalance / ColoBiotica 28 Colon Support
SuperSmart / H. Pylori Fight
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
SuperSmart / Lactobacillus reuteri
Metabolics / Lactobacillus Acidophilus
Metabolics / Lactobacillus Plantarum Powder
Metabolics / Lactobacillus Rhamnosus Powder
Metabolics / Lactobacillus Salivarius Powder
Ombre / Heart Health
Ombre / Ultimate Immunity
Botica Alternativa / Lactobacilos Reuteri
VSL Pharmaceuticals / Oxadrop
Microbiome Labs / MEGA Genesis
PharmExtracta (IT) / FG5 Forte In Sachets
PharmExtracta (IT) / INatal Sachets
BioGaia / Elactia
Floradapt Cardio
Floradapt Gut Comfort
FloraVantage® Balance
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
HMF Forte
HMF IBS Relief
HMF Intensive
Materna® Opti-Lac® Breast Feeding Support
Microbiome Plus+™ Gastrointestinal
Nature's Lab Cardio
Nature's Lab Intensive GI
Pregnancy Care Probiotic
Purica Probiotic Cardio
Purica Probiotic Intensive GI
ProGoes® Forte
Maple Life Science™ / Lactobacillus salivarius
Maple Life Science™ / Lactobacillus plantarum
Maple Life Science™ / Lactobacillus fermentum
Maple Life Science™ / Lactobacillus reuteri
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
UltraFlora® Intensive Care
UltraFlora® Balance

Bulk Probiotics / L. Salivarius Probiotic Powder
Bulk Probiotics / L. Rhamnosus Probiotic Powder
Bulk Probiotics / L. Reuteri Probiotic Powder
Bulk Probiotics / L. Plantarum Probiotic Powder
Bulk Probiotics / L. Paracasei Probiotic Powder
Bulk Probiotics / L. Fermentum Probiotic Powder
Bulk Probiotics / L. Casei Probiotic Powder (Candida Support)
Bulk Probiotics / L. Acidophilus Probiotic Powder
Wakunaga / Pro+ Synbiotic
danactive drink
genestra brands® hm
goodbelly drink
gnc / ultra probiotic complex
optibac / bifidobacteria & fibre
optibac / for daily immunity
optibac / for every day max
optibac / for your cholesterol
powerlabs (au) / ultra blend
shin biofermin (jp) /s
wakamoto (jp) / strong wakamoto w
solgar / advanced acidophilus plus
anabolic laboratories / probiotic complete
jarrow formulas / jarro-dophilus mood
spain (es) / lactanza hereditum
spain (es) / muvagyn probiotico
spain (es) / ns defenbiotic kids
spain (es) / profaes4 edad escolar
spain (es) / casenbiotic
spain (es) / gum periobalance
spain (es) / gastrus
spain (es) / ns florabiotic instant
spain (es) / reuteri gotas
spain (es) / l3.1
spain (es) / profaes4 viajeros
bayer / trubiotics daily probiotic
natren / healthy trinity probiotic
natren / megadophilus
reg'activ / immune & vitality
speer labs / emuaid first defense
Nature's Bounty / Acidophilus Probiotic
Bromatech (IT) / Pilorex
Pädia GmbH (DE)/Mambiotic Kapseln
CustomProbiotics.com / L. Acidophilus Probiotic Powder
CustomProbiotics.com / L. Casei Probiotic Powder
CustomProbiotics.com / L. Paracasei Probiotic Powder
CustomProbiotics.com / L. Plantarum Probiotic Powder
CustomProbiotics.com / L. Reuteri Probiotic Powder
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
CustomProbiotics.com / L. Salivarius Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
jarrow formulas / bifidus balance® + fos
naturopathica (au) / gastrohealth fibrepro
naturopathica (au) / gastrohealth antacid
naturopathica (au)/ gastrohealth probiotic daily care
bioglan bio (au/ happy probiotic 25
trubiotics / one a day
nature's way (au) / restore probiotic daily health 90s
nature's way (au) / restore probiotic choc balls 60s

nature's way (au) / restore probiotic 30 billion 30s
bioglan (au) / healthy kids probiotic choc balls 50s
quality health (au) / fridge free* probiotic 60s
quality health(au)/ fridge free probiotic 25b
blackmores (au) / probiotics+ immune defence
blackmore (au) / probiotics+ eczema relief
Jetson (US) / Mood Probiotics

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.

acetylsalicylic acid,aspirin	nicotinic acid {Vitamin B-3}
Azadirachta indica {Neem}	Polydextrose {polydextrose}
Bifidobacterium catenulatum subsp. catenulatum	resistant starch
{Bifidobacterium catenulatum}	resveratrol-pterostilbene {grapes, blueberries}
bifidobacterium pseudocatenulatum {B. pseudocatenulatum }	Riboflavin {Vitamin B2}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Saccharomyces cerevisiae var boulardii {S. boulardii}
chlorhexidine	Sodium Bicarbonate {Baking Soda}
D-glucose {Glucose}	Sodium Chloride {Salt}
Diferuloylmethane {Curcumin}	Sus domesticus {Pork}
Disodium fumarate {Fumaric acid disodium salt}	terpenophenolics {cannabinoids}
enterococcus durans {Streptococcus durans}	Thymus vulgaris {thyme}
Finnish Probiotic {Valio Probiotic}	Ulmus rubra {slippery elm}
Heridium erinaceus {Lion's Mane Mushroom }	vitamin d
Heyndrickxia coagulans {B. coagulans}	Zingiber officinale Roscoe {ginger}
Honey {Honey }	

Sample of Literature Used

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

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Additional APriori Analysis Available

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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