

Microbiome Information for: membranous nephropathy

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/>)

Thome (<https://www.thome.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 membranous nephropathy

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			
Alloprevotella	genus	High	1283313	Prevotella	genus	High	838
Granulicatella	genus	High	117563	Streptococcus	genus	High	1301
				Treponema pallidum	species	High	160

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.

1,4-α-D-glucan branched {Amylopectin}		
2-hydroxyethyl)trimethylazanium {choline}	1 g/day	
3,3',4',5,7-pentahydroxyflavone {Quercetin}	2 gram/day	
Abstention from eating {Fasting}		
acetylsalicylic acid,aspirin		
Adeps suillus {Lard}		
amaranthus {amaranth}		
arabinogalactan {arabinogalactan}	21 gram/day	
Aronia arbutifolia,Aronia melanocarpa {Chokeberry}		
Avena sativa {Oats}		
Avena sativa x Hordeum vulgare {barley,oat}		
bifidobacterium longum {B.Longum }	10 BCFU/day	
Cannabis sativa {Marijuana}		
Citrus limon {Lemon}		
Fagopyrum esculentum {Buckwheat}		
fat		
fruit		
fruit/legume fibre		
fucoidan {Brown Algae Extract}	8.8 gram/day	
Ganoderma sichuanense {Reishi Mushroom}	3.4 gram/day	
Grape Polyphenols {Grape Flavonoids}		
grapes		
Heyndrickxia coagulans {B. coagulans}	10 BCFU/day	
High-amylose maize starch {HAMS}		
Hordeum vulgare {Barley}	60 gram/day	
Lactocaseibacillus rhamnosus {L. rhamnosus}	48 BCFU/day	
Lactobacillus plantarum {L. plantarum}	60 BCFU/day	
		Linum usitatissimum {Flaxseed} 30 mg/day
		long-term, moderate-intensity exercise {exercise}
		Malus domestica {apple}
		non-starch polysaccharides
		oligosaccharides {oligosaccharides}
		Outer Layers of Triticum aestivum {Wheat Bran}
		pectin {pectin}
		Pediococcus pentosaceus {P. pentosaceus}
		Phaseolus vulgaris {Boston bean}
		Poly[β-D-xylopyranose(1-$\rightarrow$4)] {Xylan}
		polyphenols 3 gram/day
		pseudo-cereals {amaranth,quinoa, taro,buckwheat}
		Pulses, Beans
		quebracho
		raffinose {sugar beet}
		Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day
		Sleep apnea {partial sleep deprivation}
		β-glucan {Beta-Glucan} 500 mg/day
		synthetic disaccharide derivative of lactose {Lactulose}
		tea
		theabrownin {theabrownin}
		Theobroma cacao {Cacao} 20 gram/day
		Tobacco consumption {Smoking}
		Tributyrin
		wheat
		Zea mays {maize}
		Zinc {Zinc Supplements} 300 mg/day
		β -lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

natviehealthcare.com/Renewbiome Mega
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 vita miracle / ultra-30 probiotics
 probiotic pur (de) / realdose nutrition
 1 md / complete probiotics platinum
 Realdose
 LiveWell Nutrition / Pro-45
 nature's way (au) / restore probiotic 100 billion
 Physis / Advance Probiotics
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 OMNI-BIOTIC®/ 10 AAD
 Ombre / Mood Enhancer
 Ombre / Healthy Gut
 Ombre / Metabolic Booster
 Krauterhaus / Lactopro
 Dr. Mercola / Complete Probiotics
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 MegaFood / MegaFlora
 ASEA VIA / BIOME
 newrhythm / probiotics 20 stains
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 bioglan bio (au) / happy probiotic 100
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 renew life / ultimate flora
 garden of life / primal defense
 hyperbiotics / pro-15
 elixa / probiotic
 up4 / ultra
 biospec / probiotic-5
 organic 3 / primal gut
 lifted naturals / mood boosting probiotic
 young living/life 9
 quantum wellness / restora flora
 bioray / cytoflora
 seed / female version
 seed / male version
 solaray / mycrobome probiotic colon formula
 fürstenmed / lacto-bifido
 udo's choice /super 8 gold
 Wakunaga / Max Probiotic
 Next Generation
 SuperSmart / Full Spectrum Probiotic Formula
 Northwest Natural Products / PB8
 Probiotic 10 Billion Active Cells Daily Maintenance
 Symprove™
 SuperSmart / Candalb
 SuperSmart / Derma Relief
 Eden's / 3-in-1 Synbiotic Superblend
 SuperSmart / Lactoxira
 SuperSmart / Oral Health
 Bioflora(MX) / Woman
 Wakunaga / Pro+ Synbiotic

NOW FOODS / Clinical GI Probiotic
Bromatech(IT) / FEMELLE
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
spain (es) / vivomixx
jarrow formulas / jarro-dophilus eps
jarrow formulas / jarro-dophilus mood
cytoplan(uk) / dentavital bifidophilus
jamieson (can) / probiotic 10 bcfu
custom probiotics / d-lactate free probiotics powder
custom probiotics / four strain lactobacilli
custom probiotics / six strain probiotic powder
renew life men's probiotic - ultimate
nature's instincts / ultra spore probiotic
fairvital / microflora basic
optibac / for every day
visbiome
organic 3 / gutpro
zint nutrition / probiotic collagen +
up4 / adult
up4 / women's
douglas laboratories / multi probiotic 40 billion
vinco / probiotic eight 65
jarrow formulas / jarro-dophilus® ultra
bravo europe / starter and complex
jarrow formula / jarro-dophilus original
jarrow formula / ideal bowel support® lp299v®
Wholesome Wellness / Raw Probiotic
bioglan bio (au) / happy probiotic 50
naturopathica (au) / gastrohealth probiotic daily care
naturopathica (au) / gastrohealth probiotic adults 50+
Seeking Health / Probiota HistaminX
ProbioMax® Daily DF
Resbiotic / resB® Lung Support
CVSHealth / Daily Probiotic
Ombre / Endless Energy
Ombre / Heart Health
OMNI-BIOTIC® / TRAVEL
Sanogermina / AB-Kolicare
7 AM Ultra Probiotics
Bromatech (IT) / Serobiome
Smidge / Sensitive Probiotic
Biorela® Daily
blackmore (au) / probiotics+ womens flora balance
Sash Vitality / Bio-Cultures Probiotics for Adults
NaturalPharma / Profit Probiotics
HLH BIOPHARMA(DE) / LACTOBACT® AAD
HLH BIOPHARMA(DE) / LACTOBACT® LDL-CONTROL
Ombre / Ultimate Immunity
Ombre / Restore
Ombre / Harmony
BIO-BOTANICAL RESEARCH / Megacidin
SuperSmart / Probio Forte
imagilin / NutriLots Replenish
PoolPharma (IT) / ProbioTKMIO
CustomProbiotics.com / L. Plantarum Probiotic Powder
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
CustomProbiotics.com / B. Longum Probiotic Powder
Nu U (uk) / Bio-Cultures Complex

Windcove Probiotics / Ecologic®
 Jetson / FIT
 Jetson (US) / Mood Probiotics
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 corebiotic
 nature's way (au) / adult vita gummies daily probiotic 80s
 Nutrition Essentials / Probiotic (900 BCFU)
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 RepHresh / Pro-B Probiotic Supplement for Women
 InnovixLabs / Mood Probiotic
 Metabolics / Bifidobacterium Longum Powder
 Metabolics / Lactobacillus Plantarum Powder
 Metabolics / Lactobacillus Rhamnosus Powder
 Invivo / Bio.Me Femme UT
 JGL / Lactogyn
 Sun Wave Pharma/Bio Sun Instant
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 Genesis Bifidobacterium Complex BB Probiotic
 Bromatech (IT) / Adomelle
 Bromatech (IT) / Bifiselle
 Bromatech (IT) / Enterelle
 Bromatech (IT) / Lautoselle
 Bromatech (IT) / Psicobrain
 Bromatech (IT) / Ramnoselle
 Bromatech (IT) / Rotanelle plus
 jarow formulas / fern-dophilus®
 bravo europe / freeze-dried bravo
 thorne / bacillus coagulansvet 60 caps
 bio-botanical research / proflora4r restorative probiotic
 reserveage nutrition / beautiflora
 just for tummies / live bacteria
 philips / colon health
 microbiome labs / restorflora
 organic 3 / primal soil
 organic 3 / yeastbiotic
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug
 daiichi sankyo healthcare (jp) / panlactamin tablet
 optibac / for your cholesterol
 optibac / for those on antibiotics
 optibac / saccharomyces boulardii
 optibac / for women
 florastor / florastor
 schiff / digestive advantage
 align / align
 nature's bounty / probioti 10
 jarow formulas / fern dophilus
 klaire labs / ther-biotic factor 4
 enviromedica terraflora sbo probiotic
 global health trax / threelac
 custom probiotics / five strain bifidobacteria
 vitamin angels / just thrive
 microbiome labs/ megasporebiotic
 perfect pass / perfect pass probiotic bacillus spore
 mwsb / candida yeast support
 source naturals / duraflora
 ferring / vsl#3
 spain (es) / aquilea intimus
 spain (es) / muvagyn probiotico

spain (es) / ns defenbiotic kids
canada (ca) / calmbiotic
bio-k+
goodbelly drink
klaire labs / biospora
spain (es) / axiboulardi
spain (es) / ns florabiotic instant
spain (es) / ultralevura
spain (es) / I3.1
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
Wakunaga / Daily Probiotic
Wakunaga / 50+
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
Bulk Probiotics / L. Rhamnosus Probiotic Powder
Bulk Probiotics / L. Plantarum Probiotic Powder
Bulk Probiotics / B. Longum Probiotic Powder
Bulk Probiotics / Bacillus Coagulans Probiotic
natviehealthcare.com/Renewbiome Bacillus
Steris Pharma(IN)/OXABACTOR
Steris Pharma(IN)/PYLODIGEST PRO
SuperSmart / Saccharomyces Boulardii
SuperSmart / Vaginal Health
ISCON Elegance/ Ochek Capsule 10
Microbiome Labs / ZENBIOME Dual
PrecisionBiotics / Zenflore
PrecisionBiotics / Immune
PharmExtracta / Bowell
PharmExtracta (IT) / Gliadines buccal stickpacks
Schwabe Pharma Italia / MegaStress
Schwabe Pharma Italia / AxiBoulardi
Bromatech / ENTERELLE PLUS
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
UltraFlora® Immune Booster
UltraFlora® Intensive Care
Seeking Health / Probiota Bifidobacterium
Maple Life Science™ / Bifidobacterium longum
Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
Maple Life Science™ / Lactobacillus plantarum
Probiotic Sticks
ProGoes® Forte
Purica Probiotic Cardio
Purica Probiotic Intensive GI
Law of Nature / Best Days Formula
Align® Extra Strength
Align / Align® Chewables
Biomed / Bacillus Coagulans
Floradapt Cardio
Floradapt Gut Comfort
HMF Metabolic
Immune Defense Daily Chewable Probiotic
Nature's Lab Cardio
Nature's Lab Intensive GI
Pregnancy Care 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}

Azadirachta indica {Neem}

Diferuloylmethane {Curcumin}

Honey {Honey }

Menta × piperita {peppermint}

Metha family {Mint}

Propolis {Bee glue}

rosmarinus officinalis {rosemary}

soy

Thymus vulgaris {thyme}

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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Molecular medicine reports , Volume: 25 Issue: 5 2022 May

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Dietary effects of organic selenium and zinc combination on in vitro microbial dynamics in the rumen.

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Moderate increase in dietary fat induces alterations of microbiota and metabolome along the digestive tract prior to systemic metabolic changes: insights from a pig model.

Gut microbes , Volume: 17 Issue: 1 2025 Dec 31

Authors Ranson A,Vazquez Gomez M,Alili R,Durrafourd J,Vitalis O,Taillandier P,Rebière C,Merabtene F,Belda E,Crespo-Piazuelo D,Gonzalez-Bulnes A,Marcelin G,Mardinoglu A,Chikh K,Le Roy T,Clément K

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Aerobic exercise and gut flora: a key link to improved cognitive impairment in mice with Parkinson's disease.

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Dietary composition and fasting regimens differentially impact the gut microbiome and short-chain fatty acid profile in a Pakistani cohort.

Frontiers in systems biology , Volume: 5 2025

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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

cdk15 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