

Microbiome Information for: Cognitive Function

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 Cognitive Function

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
Actinomycetaceae	family	High	2049	Lachnospira	genus	High	28050
Bacteroidaceae	family	High	815	Lactococcus	genus	Low	1357
Bifidobacteriaceae	family	High	31953	Lautropia	genus	High	47670
Erysipelotrichaceae	family	Low	128827	Leptotrichia	genus	High	32067
Lachnospiraceae	family	High	186803	Megamonas	genus	High	158846
Odoribacteraceae	family	Low	1853231	Megasphaera	genus	Low	906
Prevotellaceae	family	High	171552	Nocardia	genus	Low	1817
Ruminococcaceae	family	High	541000	Odoribacter	genus	Low	283168
Akkermansia	genus	High	239934	Oribacterium	genus	Low	265975
Alistipes	genus	Low	239759	Oxalobacter	genus	Low	846
Alloprevotella	genus	Low	1283313	Paraprevotella	genus	High	577309
Bacillus	genus	High	1386	Peptostreptococcus	genus	Low	1257
Bifidobacterium	genus	High	1678	Phascolarctobacterium	genus	High	33024
Blautia	genus	Low	572511	Porphyromonas	genus	Low	836
Burkholderia	genus	High	32008	Prevotella	genus	Low	838
Butyricicoccus	genus	Low	580596	Pseudobutyrvibrio	genus	High	46205
Capnocytophaga	genus	High	1016	Ruminococcus	genus	High	1263
Catenibacterium	genus	Low	135858	Ruthenibacterium	genus	High	1905344
Christensenella	genus	Low	990721	Senegalimassilia	genus	High	1473205
Clostridium	genus	Low	1485	Subdoligranulum	genus	High	292632
Collinsella	genus	High	102106	Sutterella	genus	High	40544
Desulfovibrio	genus	Low	872	Turidibacter	genus	High	191303
Dialister	genus	High	39948	Tyzzera	genus	High	1506577
Dorea	genus	High	189330	Actinomycetes incertae sedis	no rank	Low	1643818
Enterobacter	genus	High	547	Tissierellales	order	Low	1737405
Erysipelatoclostridium	genus	Low	1505663	Agathobaculum butyriciproducens	species	High	1628085
Eubacterium	genus	High	1730	Barnesiella intestinihominis	species	High	487174
Fusicatenibacter	genus	Low	1407607	Blautia obeum	species	High	40520
Granulicatella	genus	High	117563	Eggerthella lenta	species	High	84112
Intestinibacter	genus	High	1505657	Eubacterium ventriosum	species	Low	39496
Lachnoclostridium	genus	Low	1506553	Gordonibacter pamelaee	species	High	471189
				Prevotella histicola	species	High	470565

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.

(2->1)-beta-D-fructofuranan {Inulin}	32 gram/day	Lactobacillus plantarum {L. plantarum}	60 BCFU/day
bacillus		long-term, moderate-intensity exercise {exercise}	
bacillus,lactobacillus,streptococcus,saccharomyces probiotic		oligosaccharides {oligosaccharides}	
bifidobacterium		Outer Layers of Triticum aestivum {Wheat Bran}	
fruit		resistant starch	
fruit/legume fibre		Saccharomyces cerevisiae var boulardii {S. boulardii}	6 BCFU/day
Hordeum vulgare {Barley}	60 gram/day	β-glucan {Beta-Glucan}	500 mg/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day	wheat	

Retail Probiotics

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

Global Healing Center / FloraTrex
 Next Generation
 natviehealthcare.com/Renewbiome Mega
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 Ombre / Healthy Gut
 probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 jarrow formula / ideal bowel support® Ip299v®
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 nature's way (au) / restore probiotic bowel & colon health 30s
 Realdose
 Physician Choice / 60 Billion Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 Metabolics / Lactobacillus Plantarum Powder
 Invivo / Bio.Me Femme UT
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 Bromatech (IT) / Adomelle
 Bromatech (IT) / Enterelle
 Bromatech (IT) / Lautoselle
 Bromatech (IT) / Serobiome
 Smidge / Sensitive Probiotic
 Ombre / Mood Enhancer
 Windlove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 Seeking Health / Probiota HistaminX
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 OMNI-BIOTIC®/ 10 AAD
 OMNI-BIOTIC®/ TRAVEL
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 7 AM Ultra Probiotics
 LiveWell Nutrition / Pro-45
 nature's way (au) / restore probiotic 100 billion
 nature's way (au) / restore probiotic daily health 90s
 nature's way (au) / restore probiotic 30 billion 30s
 blackmores (au) / probiotics + adults daily (90 capsules)
 blackmores (au) / probiotics+ immune defence
 blackmore (au) / probiotics+ bowel support
 blackmore (au) / probiotics+ eczema relief
 blackmore (au) / probiotics+ daily health
 bioglan bio (au) / happy probiotic 100
 bioglan bio (au) / happy probiotic 50
 jarrow formulas / bifidus balance® + fos
 jarrow formulas / jarro-dophilus® ultra
 newrhythm / probiotics 20 stains
 naturopathica (au) / gastrohealth fibrepro
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 biospec / probiotic-5
 zint nutrition / probiotic collagen +
 elixa / probiotic

1 md / complete probiotics platinum
renew life / ultimate flora
garden of life / primal defense
hyperbiotics / pro-15
jarrow formula / jarro-dophilus original
microbiome labs / restorflora
organic 3 / gutpro
organic 3 / primal gut
organic 3 / yeastbiotic
up4 / ultra
up4 / adult
up4 / women's
douglas laboratories / multi probiotic 40 billion
vinco / probiotic eight 65
custom probiotics / four strain lactobacilli
custom probiotics / six strain probiotic powder
renew life men's probiotic - ultimate
lifted naturals / mood boosting probiotic
vita miracle / ultra-30 probiotics
bioray / cytoflora
seed / female version
seed / male version
quantum wellness / restora flora
nature's instincts / ultra spore probiotic
florastor / florastor
nature's bounty / probioti 10
solaray / mycrobome probiotic colon formula
ferring / vsl#3
fairvital / microflora basic
fürstenmed / lacto-bifido
jarrow formulas / jarro-dophilus eps
udo's choice / super 8 gold
spain (es) / axiboulardi
spain (es) / ultralevura
spain (es) / l3.1
spain (es) / vivomixx
goodbelly drink
visbiome
young living / life 9
optibac / for your cholesterol
optibac / saccharomyces boulardii
Ombre / Metabolic Booster
Ombre / Endless Energy
Ombre / Heart Health
Ombre / Ultimate Immunity
Krauterhaus / Lactopro
Dr. Mercola / Complete Probiotics
Lake Avenue Nutrition / Probiotics 10 Strain Blend
MegaFood / MegaFlora
imagilin / NutriLots Replenish
ProbioMax® Daily DF
Resbiotic / resB® Lung Support
SuperSmart / Probio Forte
SuperSmart / Full Spectrum Probiotic Formula
SuperSmart / Candalb
SuperSmart / Derma Relief
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
SuperSmart / Lactoxira

SuperSmart / Saccharomyces Boulardii
Eden's / 3-in-1 Synbiotic Superblend
Schwabe Pharma Italia / AxiBoulardi
Bromatech / ENTERELLE PLUS
Bromatech(IT) / FEMELLE
Northwest Natural Products / PB8
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
Symprove™
UltraFlora® Immune Booster
UltraFlora® Intensive Care
Maple Life Science™ / Lactobacillus plantarum
Wakunaga / Max Probiotic
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
Bulk Probiotics / L. Plantarum Probiotic Powder
Physis / Advance Probiotics
Swiss BioEnergetics / Full Spectrum Probiotic Defence
NaturalPharma / Profit Probiotics
Advanced Bio-Cultures / Advance Multi Strain 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.

Ethyl alcohol {Grain alcohol}

high red meat

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