

[Developed by Daniel Kalish, D.C.]⁺

Protocol Objectives:

To provide supplemental recommendations to help support the gastrointestinal microbiome and healthy bacterial levels while maintaining normal intestinal permeability and GI function.[‡]

Refer to the Gastrointestinal Support Protocol[‡] for further recommendations for digestive support.[‡]

Clinical Objective [‡]	Assessment	Select from the Following Recommendations [‡]	Dosing
Support healthy bacteria levels and balance gut microflora	Lab: Assess hydrogen/methane breath test, comprehensive stool analysis: microbial, microflora, SCFAs Patient presents with occasional gas, bloating, bowel discomfort, occasional fatigue	Microbiome Protect™	1-2 scoops powder daily
		Microbiome Fiber	1 scoop powder daily
		Multi-Probiotic® 40 Billion (Capsules or Powder)	2 capsules or ½ teaspoon powder daily, with food
Microbial support in stomach	Lab: Assess stool antigen test, PCR/DNA test, or blood test for stomach related bacteria Patient presents with minor stomach discomfort, occasional heartburn, nausea, indigestion, bloating	Pylori-Plex	2 capsules, 2-3 times daily
		Licorice Root-V (Glycyrrhizin)	1 capsule, 3 times daily
		Olive Leaf Extract	1-2 capsules daily
Microbial support in small intestine	Lab: Assess microbial stool analysis, hydrogen/methane test Patient presents with occasional fatigue, sugar cravings, gas, bloating, indigestion, loose stool	Ultra MFP Forte	4 capsules daily
		Caprylex™	2 tablets, twice daily, with meals
		Betaine Hydrochloride	1 capsule with each meal
		S.B.C.	1 capsule daily, with food
Microbial support in large intestine	Lab: Assess microbial stool analysis, commensal bacteria (PCR) test Patient presents with occasional diarrhea or loose stool, cramping, bloating	Ultra MFP Forte	4 capsules, twice daily
		Intestamine® (Capsules or Powder)	3-6 capsules or 1 scoop powder daily, without food
		S.B.C.	1 capsule daily, with food
Support healthy intestinal barrier	Lab: Assess lactulose/mannitol test, Zonulin test, DAO/Histamine, organic acids Patient presents with occasional fatigue, digestive concerns, food intolerances, immune responses	Microbiome Protect™	2 scoops powder daily
		Microbiome Fiber	1 scoop powder daily
		Multi-Probiotic® 40 Billion (Capsules or Powder)	2 capsules or ½ teaspoon powder daily, with food
		Intestamine® (Powder)	1 scoop powder daily
Support the normal immune response to antigens	Lab: Assess SIgA, IgE, IgG test Patient presents with food sensitivities and immune responses, skin concerns, joint concerns, occasional fatigue	Optimized Curcumin With Neurophenol®	2 capsules daily
		Wobenzym® Plus	2 tablets, twice daily, without food
		Liquid Vitamin D-3	0.5 -1 ml daily, with food
		QÜELL Fish Oil® Clinical Strength EPA	2 softgels daily, with food
		See also: recommendations to support healthy intestinal barrier [‡] (above)	

Dietary Recommendations:

- Address food sensitivities and/or consider an elimination diet free from gluten, dairy, soy, egg, corn, nuts and nightshades.
- For the short term until symptoms improve:
 - Consider the SCD diet (Specific Carbohydrate Diet) or AIP diet (Autoimmune Paleo Diet), both of which will limit complex carbohydrate disaccharides and polysaccharides, lactose and sucrose that may benefit patients with SIBO.
 - Consider eating a diet low in FODMAP (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols), which include the classes of fermentable sugars and sugar alcohols that contribute to fermentation in the GI tract, resulting in gas and bloating.

⁺Please note that patients may not require all supplements listed.

[‡]Dr. Kalish is a retained advisor to Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Consult your physician for any health problems.

Available for download at douglaslabs.com/gi-microbiome



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