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SIBO (SMALL INTESTINAL BACTERIAL OVERGROWTH)

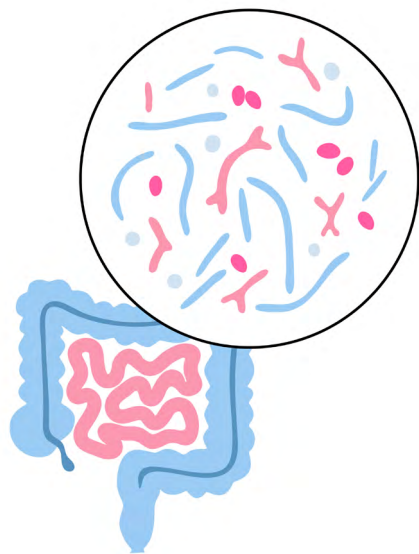


- Exclusive information for health-care professionals -

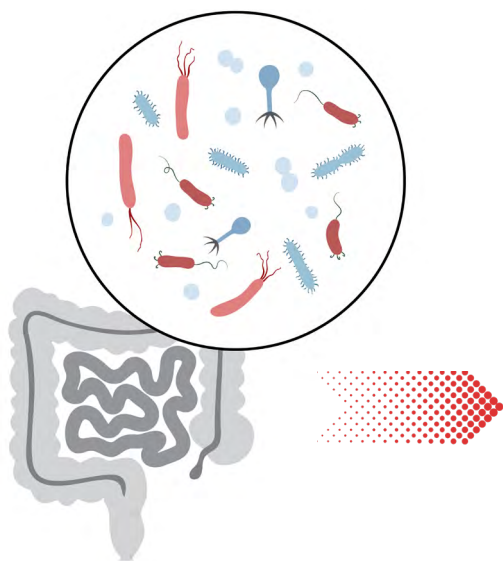


RESOLVES SIBO NATURALLY

HEALTHY SMALL INTESTINE



SMALL INTESTINE WITH SIBO



What is SIBO?

Small intestinal bacterial overgrowth (SIBO) occurs when there is an abnormal and excessive increase in the bacterial population in the small intestine, especially different types of bacteria that are not common in the intestinal tract.

The disease has generally been defined by the presence of **more than 100,000 colony forming units (CFUs)** in the proximal small intestine.

What are the causes?

- » Complications of abdominal surgery (gastric bypass, gastrectomy, etc.)
- » Anatomical abnormalities of the small intestine (intestinal adhesions, diverticulosis, etc.)
- » Certain medical conditions (Crohn's disease, radiation enteritis, scleroderma, celiac disease, diabetes, or other conditions that may reduce intestinal motility)
- » Drugs that decrease intestinal motility (narcotics, antidiarrhoeals, anticholinergic agents, etc.)
- » Hypochlorhydria or achlorhydria.

What are the possible complications?

- » Deficient absorption of fats, carbohydrates and proteins
- » Vitamin (B12, A, D, E) and mineral (iron) deficiencies
- » Weakened bones (osteoporosis)
- » Kidney stones

Bile salts, which are normally needed to digest fats, are broken down by the excess bacteria in the small intestine, leading to incomplete digestion of fats and diarrhoea. The bacteria may compete for available food.

S	» Loss of appetite
Y	» Abdominal pain
M	» Nausea
P	» Bloating
T	» Uncomfortable feeling of fullness after eating
O	» Diarrhoea
M	» Unintentional weight loss
S	» Malnutrition

What treatment is used in medicine?

- » **Antibiotic treatment:** broad-spectrum antibiotics are generally used for 7-14 days. Often several treatment cycles are needed.
- » **Antibiotics prescribed:** rifaximin is used when hydrogen elevation is present; it has few side effects, is easily absorbed and is potentiated by bile. It acts locally in the small intestine. If methane elevation is present, rifaximin + neomycin / metronidazole is prescribed. Ciprofloxacin, doxycycline, amoxicillin / clavulanate or metronidazole are also sometimes used.
- » Complex carbohydrate-free diet.
- » Probiotics to facilitate restoration of the intestinal flora.

How is it diagnosed?

The diagnosis of SIBO is difficult and controversial, due to the low specificity of the symptoms and the lack of definitive objective diagnostic tests. Two tests are used to diagnose SIBO:

- » **Breath test:** a non-invasive test that measures the amount of hydrogen and methane exhaled after drinking a mixture of water and glucose. A positive breath test indicates the presence of bacteria in the small intestine, hence SIBO is diagnosed. Sometimes this test can give false negative or false positive results.
- » **Small bowel aspirate:** endoscopy is used to obtain intestinal fluids for laboratory analysis to check for bacterial overgrowth. This invasive test is performed when the breath test proves negative but SIBO is suspected.

PHASE 1. INTESTINAL CLEANSING. Duration: 3 weeks

Select Ultra Purifiant Cleanse for deep cleansing and detoxification or Psyllium Plus for gentler cleansing. With either formula, drink plenty of water throughout the day.



Product datasheet

Product datasheet

UltraPurifiant Cleanse: a deep cleansing formula that stimulates the filtering organs and helps detoxify the kidneys, blood and lymph. Antifungal / antibacterial / antiparasitic agents such as caprylic acid, grapefruit seed and black walnut help to kill bacteria, parasites and fungi. Detoxifying ingredients such as psyllium, bentonite and blessed thistle help eliminate toxins, including heavy metals and waste products.

Dose: 5 capsules twice a day before meals.

Psyllium Plus: a mild powdered formula (enriched with hibiscus, cloves and liquorice) to help regulate bowel function and cleanse the intestines of fungi, bacteria and waste.

Dose: 2 teaspoons (5 g) once a day with 250 ml of water; drink immediately, followed by a second glass of water.



Product datasheet

Pro Bouldarii Plus: during cleansing, beneficial bacteria are also eliminated. The regeneration of beneficial bacteria is an important step. Eleven beneficial strains, including *S. bouldarii*, which is able to neutralise the effects of pathogenic bacteria and intestinal candidiasis; also other strains such as *L. rhamnosus* and *L. helveticus* for restoring the intestinal flora, reducing the proinflammatory response and protecting the intestinal barrier.

Dose: one capsule in the evening (spaced 3 hours from the administration of UltraPurifiant Cleanse or Psyllium Plus).



Product datasheet

Liver: as the bacterial biofilms are broken down, the liver is very likely to require additional support. The Liver formula contains 8 ingredients that contribute to the function of the liver, spleen, gallbladder, pancreas and kidneys. It affords strong antioxidant properties to help protect and regenerate the liver cells, and aids in detoxification and modulation of the immune system.

Dose: one capsule twice a day before meals.

PHASE 2. ELIMINATION OF BACTERIAL OVERGROWTH. Duration: 4 weeks (up to 6 weeks)

Oregano oil and Grapefruit Seed Extract are rotated every two weeks for 4 weeks in order to avoid bacterial resistance to them. If necessary, extend up to 6 weeks.



Product datasheet

Wild Oregano: exerts very strong antibacterial, antifungal and antiparasitic action. It is also effective in destroying the biofilm generated by pathogenic bacteria. Our wild-harvested oregano (*Origanum minutiflorum*) contains the highest natural concentrations of carvacrol (91-95%).

Dose: 5 drops 3-5 times a day with water. 2 weeks



Product datasheet

Grapefruit Seed Extract: This is a concentrated grapefruit seed extract that is known for its disinfectant and fungicidal properties. It is effective against a broad range of bacteria, fungi, parasites and viruses. Its components exert antioxidant action and can neutralise cell-damaging free radicals.

Dose: 15 drops 3 times a day with water. 2 weeks after using Wild Oregano.



Product datasheet

Black Cumin: in addition to helping in intestinal disorders such as poor appetite, slow digestion, gastrointestinal spasms, colic pain, diarrhoea and flatulence, it is also a disruptor of bacterial biofilm, facilitating the action of natural antimicrobials.

Dose: 2 pearls per day.



Product datasheet

Pro Bouldarii Plus: a formula to protect and restore the intestinal flora during treatment. It contains 11 beneficial strains, including *S. bouldarii*, *L. rhamnosus* and *L. helveticus*, for restoring the intestinal flora, reducing the proinflammatory response and protecting the intestinal barrier.

Dose: 1 capsule in the evening.



Product datasheet



Product datasheet

L-Glutamine powder favours digestion and the immune function of the mucous membranes, and provides a source of energy for the cells lining the small intestine.

Lion's Mane helps to regenerate the gastrointestinal mucosa and is therefore beneficial in cases of excessive intestinal permeability. It is a standardised extract with 40% polysaccharides, obtained through hot water extraction, which releases, concentrates, guarantees and preserves the active compounds, resulting in a higher final polysaccharide content.

Goji seed oil is rich in polysaccharides and antioxidant compounds, which can help gastrointestinal function, sleep quality and even menstrual problems.

Pro Bouldarii Plus is able to neutralise the effects of pathogenic bacteria and intestinal candidiasis. It reduces the proinflammatory response, protecting the intestinal mucosal barrier.

HumanBiota contains 12 beneficial strains of human origin (42,000 million CFU). Specific strains are included to help restore mucosal integrity and barrier function, and repopulate the flora of the entire intestinal tract.



Product datasheet



Product datasheet



Product datasheet

Seabuckthorn Seed Oil is a combination of omegas 3, 6, 7 and 9. It is beneficial in reducing inflammation and repairing mucous membranes, including those of the gastrointestinal tract.

PROGRAMME SUMMARY	Phase 1 (3 weeks) INTESTINAL CLEANSING		Phase 2 (4 weeks) ELIMINATION			Phase 3 (8 weeks) INTESTINAL REPAIR		
	week 1-3		week 4-5	week 6-7	week 8-9	week 10-11	week 13-14	week 15-16
	UltraPurifiant Cleanse or Psyllium Plus	5 capsules/2 times per day 2 teaspoons/night		-	-	-	-	-
Pro Bouldarii Plus	1 capsule/day (evening)		1 capsule/day (evening)	1 capsule/day (evening)	1 capsule per day	1 capsule per day	-	-
Liver	1 capsule 2 times a day		-	-	-	-	-	-
Wild Oregano	-		5 drops/3-5 times a day	-	-	-	-	-
Grapefruit Seed Extract	-		-	15 drops/3 times a day	-	-	-	-
Black Cumin	-		2 softgels per day	2 softgels per day	-	-	-	-
L- Glutamine	-		-	-	5 g per day	2,5 g per day	-	-
Lion's Mane	-		-	-	-	1 capsule per day	1 capsule per day	-
Human Biota	-		-	-	-	-	1 capsule per day	1 capsule per day
Seabuckthorn Oil	-		-	-	-	-	-	1 softgel per day

PHASE 1 - Intestinal cleansing (3 weeks)

- » Use Ultra Purifiant Cleanse or PsylliumPlus:
 - » Ultra Purifiant Cleanse - Take 5 capsules twice a day before meals.
 - » PsylliumPlus - 2 teaspoons (5 g) once a day with 250 ml of water; drink immediately, followed by a second glass of water.
- With either formula, drink plenty of water throughout the day.
- » Liver - one capsule twice a day before meals.
- Protection and restoration of beneficial bacteria:
 - » Pro Bouldarii Plus- one capsule in the evening (spaced 3 hours from the administration of Ultra Purifiant Cleanse or Psyllium Plus).

PHASE 2 - Elimination (4 weeks)

- » Wild Oregano - 5 drops 3-5 times a day with water for 1-3 weeks.
- » Pro Bouldarii Plus - 1-2 capsules in the evening.
- » Black Cumin (optional) - 2 softgels per day.

PHASE 3 - Intestinal Repair (8 weeks): see table above.

- » L- Glutamine - 5 g per day for 1 week. 2nd week 2.5 g per day.
- » Lion's Mane - one capsule per day during the 3rd and 4th week.
- » HumanBiota - one capsule per day from the 5th to the 8th week.
- » Seabuckthorn Oil - one pearl per day from the 7th to the 8th week.

SUPPORTING DIETS

In patients with SIBO, the ingested carbohydrates are fermented by the excess bacteria in the small intestine, leading to increased gas production with consequent bloating and flatulence.

- Specific carbohydrate diet (SCD): This diet is designed for eating those carbohydrates that are easy to digest and avoiding those that are difficult to digest. All complex carbohydrates are prohibited: cereals, legumes, sugars, dairy products and potatoes. Foods that can be eaten are: meat, fish, eggs, vegetables (without starch), nuts and low-sugar fruits.
- FODMAP diet (fermentable oligosaccharides, disaccharides, monosaccharides and polyols): no sugar, honey, syrups, lactose, sorbitol or xylitol type sweeteners, no legumes, nuts, garlic, onions, peppers, artichokes, cabbage, asparagus, mushrooms. In general, reduction of all cereals (especially wheat) and dairy products.

It is advisable to consult a professional nutritionist to follow a specific diet for each person.

SUPPORTING PRODUCTS



Digestive Enzymes. Reduces fullness sensation, bloating and gas. Increases vitamin and mineral absorption. Increases energy. Improves digestion. With pancreatic 4x, betaine hydrochloride, bile extract, pepsin A and papain.

Plant Digestive Enzymes. Helps the digestion of proteins, carbohydrates, fats and other nutrients, and contributes to vitamin

and mineral absorption. Prevents digestive discomfort. Wide range of 100% plant-based enzymes.

MultiNutriMax. The most complete formula of vitamins and minerals in highly bioavailable forms, reinforced with nutraceuticals for antioxidant and immune action. Guarantees an extra supply of micronutrients and antioxidants.

N-Acetyl Cysteine (NAC). Powerful action against bacterial biofilm that can be of help in the eradication phase.

Iron Bisglycinate Plus. Iron deficiency.

Zinc HVP Chelate. Zinc deficiency.

Beta Carotene. Vitamin A deficiency.

B Complex Ultra. Group B vitamin deficiency.

Vitamin B12: Vitamin B12 deficiency.

Vitamin B12 Complex. Vitamin B12 deficiency.

Vitamin E8. Vitamin E deficiency.

Vitamin D3 (1,000, 2,500 and 4,000 IU).

Vitamin D deficiency.

Vitamin K2+D3. Vitamin K and D deficiency.

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