

Patient Name:

Date:

Small Intestinal Bacterial Overgrowth (SIBO)

The small intestine is the longest section of your digestive tract, where food mixes with digestive juices and nutrients are absorbed into your body. Unlike your large intestine, your small intestine normally has lower levels of bacteria due to the rapid flow of contents and the presence of bile from the liver. Certain factors may slow down, block or reverse the passage of contents from the small intestine to the large intestine, creating a breeding ground for bacteria.

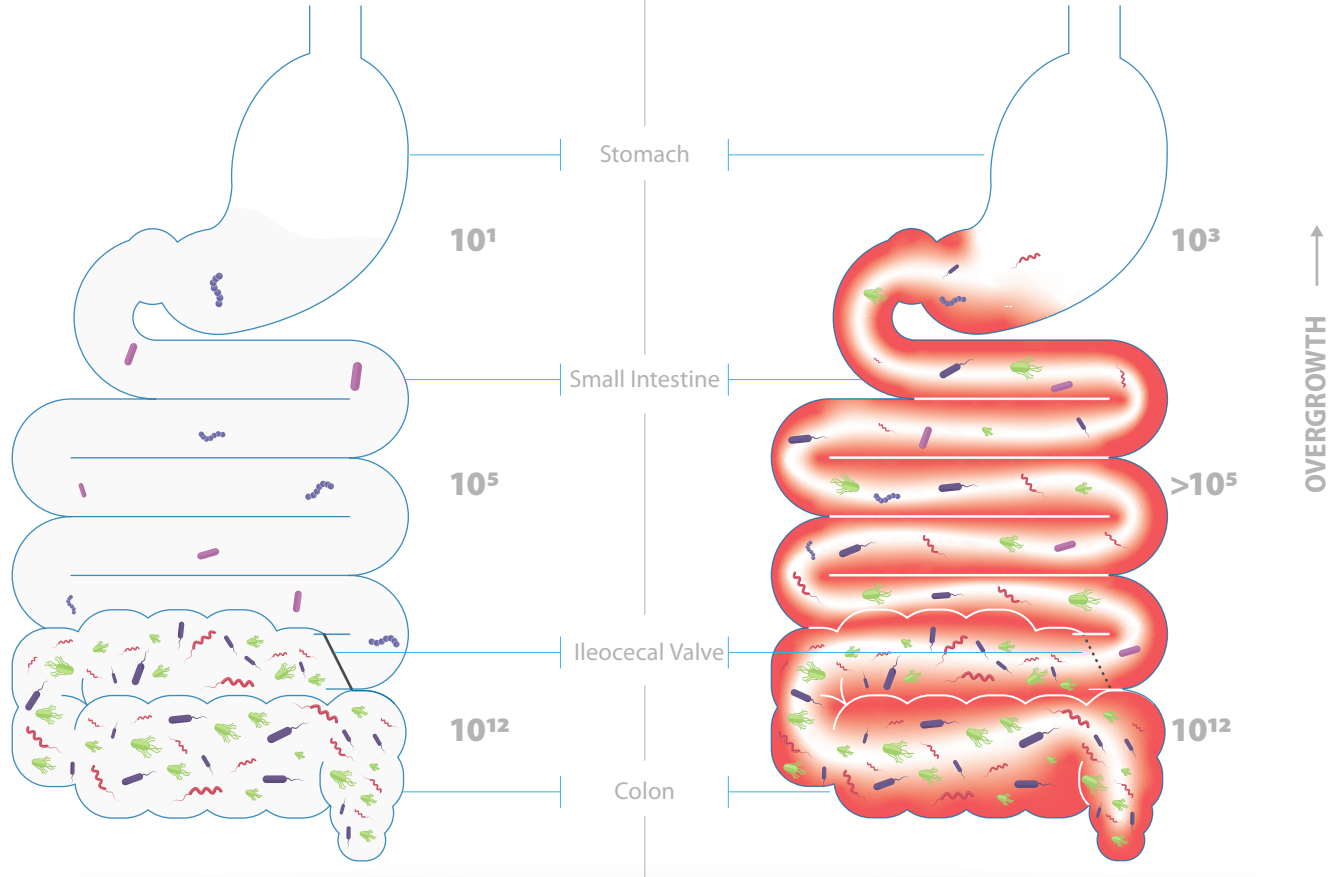
Small intestinal bacterial overgrowth (SIBO) occurs when there is an unusual increase in bacterial population in the small intestine, particularly types of bacteria not often found in that part of the digestive tract. The unwanted bacteria may produce toxins and interfere with the absorption of nutrients. Individuals with SIBO may experience gas, bloating, diarrhea, and weight loss.

Some common risk factors for SIBO may include:

- Slow or inactive motility in the small intestine
- Reduced thyroid hormone levels
- Problems with production of digestive enzymes, stomach acid or bile
- Blockages in the digestive tract
- Prolonged use of opioid medications

BACTERIAL CONCENTRATION
WITHOUT SIBO

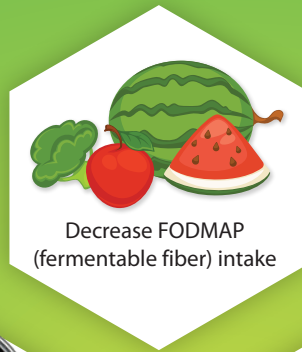
BACTERIAL CONCENTRATION
WITH SIBO



Lifestyle Modifications



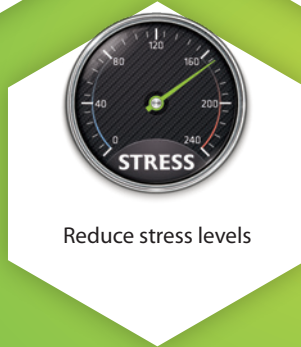
Eliminate foods identified as sensitivities, allergies or intolerances



Decrease FODMAP (fermentable fiber) intake



Limit sugar consumption



Reduce stress levels



Eliminate snacking between meals



Exercise regularly

Nutrient Solutions

Spore-Forming Probiotics	Serum-Derived Bovine Immunoglobulins	Prokinetic Agent	Antimicrobial	Prebiotic
Help maintain a healthy and balanced gastrointestinal tract Prevent "bad" bacteria from overgrowing Decrease inflammation	Support barrier function Broad-spectrum binding capacity to toxins helps protect the gut lining Reset immune tolerance	Promotes contractions and propels contents from a stagnant GI tract Stimulates motility and transport Helps sweep away and prevents accumulation of unwanted bacteria	Promotes microbial balance and immune support Disrupts production of unwanted organisms Provides antioxidant support and soothes the GI tract	Promotes probiotic growth and diversity Supports healthy intestinal lining Strengthens gut barrier function
<i>Bacillus coagulans</i>: 2 billion CFU* <i>Bacillus clausii</i>: 1 billion CFU* <i>Bacillus subtilis</i>: 1 billion CFU* * Colony Forming Units	1 g/day	Artichoke Extract: 100 mg per day** Ginger Extract: 20 mg per day** **Taken on an empty stomach	Berberine: 150 mg, 3x/day Oregano Leaf Extract: 150 mg, 3x/day Sodium Caprylate: 150 mg, 3x/day	Pomegranate Extract: 500 mg/day Citrus Fruit Extract: 500 mg/day

Special Considerations for You:
