

SIBO Herbal Protocols

SIBO Center Protocols

3 caps/3x day Berberine Complex - <http://www.integrativepro.com/Products/Gastrointestinal/Microbial-Balance/Berberine-Complex>

1 cap/2x day AlliMed - <http://www.allimax.us/Allimed-Capsules>

OR

4-6 caps/day Oregano ADP - <http://www.bioticsresearch.com/node/1653>

3 caps/day AlliMed

Can also add:

2 caps/2x day Neem Plus - http://www.ayush.com/NEEM-PLUS_p_284.html

New methane protocol from Dr. Sandburg-Lewis and Keller:

2 caps/3x day AlliMed

2 caps/3x day Neem Plus

Claim it will drop CH₄ by 40-50ppm in 20-30 days.

Tough Cases can use a continuous herb dosage, alternating every 3 weeks with one at a time of the following:

Berberine (1000 mg QD-TID)

Oregano ADP (50mg TID)

Allicin (150 mg TID)

Neem Plus (500 mg TID)

John Hopkins Study Protocols

Used in the study *Herbal therapy is equivalent to rifaximin for the treatment of small intestinal bacterial overgrowth* - <http://www.ncbi.nlm.nih.gov/pubmed/?term=24891990>

2 caps/2x day Candibactin-AR - <http://www.metagenics.com/mp/products/candibactin-ar>

2 caps/2x day Candibactin-BR - <http://www.metagenics.com/mp/products/candibactin-br>

OR

2 caps/2x day Disbiocide - <http://www.bioticsresearch.com/node/1694>

2 caps/2x day FC Cidal - <http://www.bioticsresearch.com/node/1695>

Dr. Gerard Mullen Protocol

This is from the IFM Symposium and was given to me by Rachel Oliver, Physician Advisor from Biotics Research Corporation.

- 1: ADP – 3-5/meal for 2 weeks - <http://www.bioticsresearch.com/node/1653>
- 2: Dysbiocide – 2 tid, for 2 weeks
- 3: FC Cidal – 2 tid, for 2 weeks

Use the above three products consecutively for two weeks, then discontinue (rest) for one week.

Repeat; 2 times, for a total of 3 cycles; 9 weeks total therapy.

Pre-, probiotics may be utilized during the rest period.

Heavy Duty Mullen Protocol

This was given to me by a patient whose ND said it had an 80% effective rate of clearing in 8 weeks. I know it has worked for two people who were mixed methane and hydrogen.

- 1: ADP – 3-5/3x a day - <http://www.bioticsresearch.com/node/1653>
- 2: Berberine HCL - 1 cap/3x a day - <http://www.bioticsresearch.com/node/3126>
- 3: Dysbiocide – 2 tid, for 2 weeks - <http://www.bioticsresearch.com/node/1694>
- 4: FC Cidal – 2 tid, for 2 weeks - <http://www.bioticsresearch.com/node/1695>

Use the above four products consecutively for two weeks, then discontinue (rest) for one week. Repeat; 2 times, for a total of 3 cycles; 9 weeks total therapy.

During the off week use:

Saccharomyces Boulardi - 1 cap/2x day - <http://www.bioticsresearch.com/node/3074>

After the 8 weeks then use the following for 60 days:

BioDoph 7-Plus - 1 cap/2x a day - <http://www.bioticsresearch.com/node/1547>

Metagenics Candibactin Protocol

This is from an e-mail I received from Metagenics.

Candibactin-AR - one soft gel up to three times a day with a meal

Candibactin-BR - 4-6 tablets a day in a divided dose