

# Antimicrobial Botanical Protocols for Treatment of SIBO

Below you will find the Core Botanical Protocol with additions for treating small intestinal bacterial overgrowth (SIBO), intestinal methanogen overgrowth (IMO), and hydrogen sulfide excess (H2S).

## CORE BOTANICAL PROTOCOL

### Core botanical protocol dosages

Nutraceutical	Dosage
<b>GI Synergy</b>	1 packet BID ( <i>with breakfast and dinner</i> )
<b>Lauricidin</b>	1 scoop TID ( <i>with each meal</i> )
<b>Interfase Plus</b>	3-4 capsules BID ( <i>on empty stomach</i> )
<b>TerraFlora or SEED</b>	TerraFlora is 1 capsule ( <i>with lunch</i> ); SEED is 2 capsules daily

## CORE BOTANICAL PROTOCOL ADDITIONS: DIGESTION AND MOTILITY

### Botanical protocol dosages: **Digestion & Motility**

Nutraceutical	Dosage
<b>Iberogast</b>	20–30 drops TID just before meals
<b>MotilPro</b>	1–2 capsules TID on an empty stomach
<b>Betaine HCL with pepsin</b>	1–5 650 mg capsules before meals; sensitive patients can use 200 mg capsules
<b>Digestive enzymes</b>	Depends on the manufacturer; take just before meals
<b>Phosphatidylcholine</b>	3,000–6,000 mg per day with or without food

## CORE BOTANICAL PROTOCOL ADDITIONS: IMMUNE REGULATION

### Botanical protocol dosages: **Immune Regulation**

Nutraceutical	Dosage
<b>SBI Protect</b>	4 capsules BID with or without food
<b>MegaIgG2000</b>	5 capsules BID with or without food
<b>ProButyrate</b>	3 capsules BID with or without food

## CORE BOTANICAL PROTOCOL ADDITIONS: METHANE

### Botanical protocol dosages: **Methane**

Nutraceutical	Dosage
<b>Atrantil</b>	2 capsules TID at the beginning of meals Maintenance dose: 1–3 capsules per day
<b>Allimax Pro</b>	1 capsule TID with food
<b>Ideal Bowel Support</b>	1 capsule BID; can be taken with food but away from antimicrobials or antibiotics
<b>BioGaia Gastrus (<i>L. reuteri</i>)</b>	1 tablet per day but away from antimicrobials or antibiotics

## CORE BOTANICAL PROTOCOL ADDITIONS: H<sub>2</sub>S EXCESS

### Botanical protocol dosages: **Hydrogen Sulfide Excess**

Nutraceutical	Dosage
<b>Molybdenum</b>	150 mcg BID with food
<b>Hydroxocobalamin</b>	2000 mcg qAM before meals or on an empty stomach
<b>Bismuth</b>	400–525 mg TID for 4 weeks Bio-HPF: 2 capsules TID before meals
<b>Zinc acetate</b>	60–75 mg daily on an empty stomach or with food if nausea occurs
<b>Activated charcoal</b>	1200–1500 mg daily (can be taken as a single dose or split up) away from food, supplements and medications
<b>Korean red ginseng (aka Panax or Asian ginseng)</b>	400 mg BID with or without food

## ALTERNATIVES AND SUBSTITUTIONS

Below is a list of alternatives and substitutions for Core Botanical Protocol and “Additions” brands. It’s common for patients and clients not to tolerate certain ingredients or capsules, or they may have trouble sourcing the product.

Nutraceutical	Alternative/Substitution
<b>GI-Synergy</b>	<b>Biocidin LSF, capsules or Advanced Formula</b> ( <i>Bio-Botanical Research</i> )
<b>InterFase Plus</b>	<b>Biofilm Defense</b> ( <i>Kirkman Labs</i> ), <b>MC-BFM-1</b> ( <i>Beyond Balance</i> )
<b>Terraflora/Seed</b>	<b>MegaSporeBiotic</b> ( <i>Microbiome Labs</i> ), <b>Ther-Biotic Complete</b> ( <i>Klaire Labs</i> )
<b>MotilPro</b>	<b>Motility Activator</b> ( <i>Integrative Therapeutics</i> ), <b>SIBO-MMC</b> ( <i>Priority One</i> )
<b>Bismuth</b>	<b>Pepti-Guard</b> ( <i>Thorne</i> ), <b>Bio-HPF</b> ( <i>Biotics Research</i> )

## DURATION OF BOTANICAL TREATMENT

When considering the duration of botanical treatment, you can use the lactulose breath test (LBT) (hydrogen [H<sub>2</sub>] and/or methane [CH<sub>4</sub>] levels) to help guide the duration of treatment. A reminder that in practice, I often see this timeline look more like a 2- to 3-week ramp-up with a 60-day treatment period, but duration length can vary depending on symptom presentation, treatment history, and practitioner preference.

### LENGTH OF BOTANICAL TREATMENT BASED ON LBT H<sub>2</sub> RESULTS

H <sub>2</sub> Level at 80/90 Minutes	Treatment Duration
<45 ppm	4 Weeks
45–70 ppm	8 Weeks
>70 ppm	12 Weeks

## LENGTH OF BOTANICAL TREATMENT BASED ON LBT CH4 RESULTS

Presentation	Treatment Duration
The highest value on the test is between 10 ppm and 25 ppm	30 Days
The highest value on the test is between 25 and 50 ppm	60 Days
The highest value on the test is >50 ppm	90 Days

## HERBAL PROKINETICS

<b>Herbal prokinetics</b>	
Prokinetic	Dose
<b>Iberogast</b>	<b>IBS/dyspepsia:</b> 20 gtts with meals <b>SIBO relapse prevention:</b> 30–60 gtts nightly <b>Symptom management</b> 20–30 gtts TID to QID or PRN <b>Pediatrics:</b> 10–20 gtts TID-QID
<b>Ginger/Ginger root</b>	<b>General:</b> 1000 to 2000 mg daily (up to 6 g QD) <b>SIBO relapse prevention:</b> 1000 to 2000 mg QHS <b>Pediatrics:</b> 250 mg QHS
<b>Products:</b>	<b>MotilPro</b> ( <i>Pure Encapsulations</i> ), <b>Motility Activator</b> ( <i>Integrative Therapeutics</i> ), <b>SIBO-MMC</b> ( <i>Priority One</i> )

## PHARMACEUTICAL + BOTANICAL COMBINATION TREATMENT

In certain cases, a pharmaceutical plus botanical combination treatment may be the best treatment option for a patient. A variety of product combinations and timeline variations are possible. Below are a few examples.

Combination treatment consideration:

- Rifaximin dose can be lowered to 1,200 mg/day if desired.
- Less time may be required than indicated due to increased efficacy of combinations.
- Combination treatment can be more practical since it reduces the high cost of rifaximin.
- A variety of combination options are available.

## Pharmaceutical/combo protocol for SIBO

Therapeutic Agent	Dosage
<b>Rifaximin</b>	Depends on breath test results
<b>Lauricidin</b>	1 scoop TID with each meal
<b>InterFase Plus</b>	3–4 capsules BID on an empty stomach
<b>Terraflora</b>	1 capsule BID upon rising and before bed
<b>Atrantil (optional)</b>	(Only if methane elevated) 2 capsules TID
<b><i>L.plantarum</i> and/or <i>L.reuteri</i> (optional)</b>	(Only if methane elevated) 10 billion CFU/d
<b>Iberogast (optional)</b>	(Only with bile issues) 20 drops TID with meals
<b>Ox bile (optional)</b>	(Only with bile issues) 100–500 mg with meals

## Pharmaceutical/combo protocol for SIBO

Rifaximin for 2–4 weeks	Dosage
<b>Rifaximin</b>	1200 mg to 1650 mg daily for the first 2–4 weeks
Botanical protocol for 4–8 weeks	See previous slides for dosage
<b>GI-Synergy or Biocidin</b>	Core protocol
<b>Terraflora or Seed</b>	Core protocol
<b>InterFase Plus</b>	Core protocol
<b>Allimax Pro and/or Atrantil</b> (optional)	IMO add-on
<b><i>L.plantarum</i> and/or <i>L.reuteri</i></b> (optional)	IMO add-on
<b>Iberogast or Ox bile</b> (optional)	Bile issues add-on
<b>Bismuth</b> (optional)	H2S add-on

### RIFAXIMIN + BOTANICAL TREATMENT DURATION BASED ON LBT\*

H2 Level at 80/90 Minutes	Treatment Duration
<45 ppm	4 Weeks
45–70 ppm	8 Weeks
>70 ppm	12 Weeks

\*Can be done at 1,200 or 1,650 mg/day