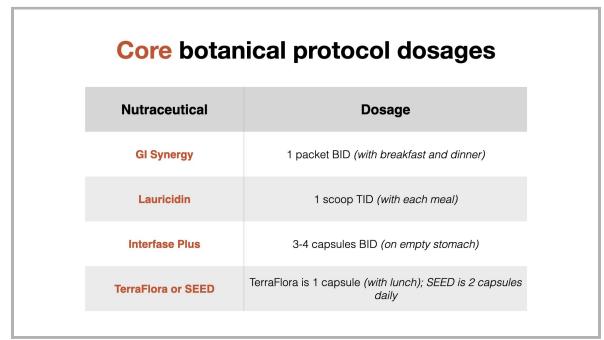


# Antimicrobial Botanical Protocols for Treatment of SIBO

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**

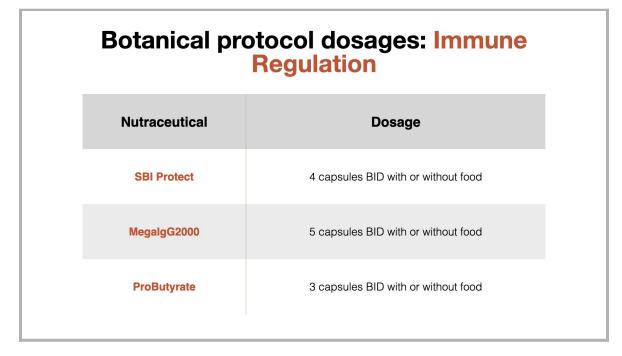




# CORE BOTANICAL PROTOCOL ADDITIONS: DIGESTION AND MOTILITY

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

**CORE BOTANICAL PROTOCOL ADDITIONS: IMMUNE REGULATION** 





## **CORE BOTANICAL PROTOCOL ADDITIONS: METHANE**

NutraceuticalDosageAtrantil2 capsules TID at the beginning of meals Maintenance dose: 1–3 capsules per dayAllimax Pro1 capsule TID with foodIdeal Bowel Support1 capsule BID; can be taken with food but away from antimicrobials or antibiotics	Botanical protocol dosages: Methane	
Atrantii Maintenance dose: 1–3 capsules per day   Allimax Pro 1 capsule TID with food   Ideal Bowel Support 1 capsule BID; can be taken with food but away from	Nutraceutical	Dosage
Ideal Bowel Support 1 capsule BID; can be taken with food but away from	Atrantil	
	Allimax Pro	1 capsule TID with food
	Ideal Bowel Support	
BioGaia Gastrus ( <i>L. reuteri</i> ) 1 tablet per day but away from antimicrobials or antibiotic	BioGaia Gastrus ( <i>L. reuteri</i> )	1 tablet per day but away from antimicrobials or antibiotics

# **CORE BOTANICAL PROTOCOL ADDITIONS: H2S EXCESS**

Botanical protocol dosages: Hydrogen Sulfide Excess	
Nutraceutical	Dosage
Molybdenum	150 mcg BID with food
Hydroxocobalamin	2000 mcg qAM before meals or on an empty stomach
Bismuth	400–525 mg TID for 4 weeks Bio-HPF: 2 capsules TID before meals
Zinc acetate	60–75 mg daily on an empty stomach or with food if nausea occurs
Activated charcoal	1200–1500 mg daily (can be taken as a single dose or split up) away from food, supplements and medications
Korean red ginseng (aka Panax or Asian ginseng)	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.



# **DURATION OF BOTANICAL TREATMENT**

When considering the duration of botanical treatment, you can use the lactulose breath test (LBT) (hydrogen [H2] and/or methane [CH4] 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.

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

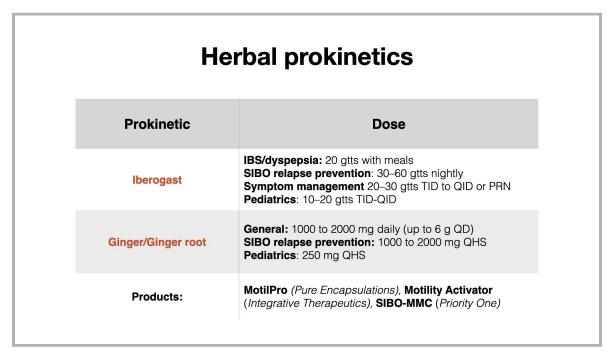
#### LENGTH OF BOTANICAL TREATMENT BASED ON LBT H2 RESULTS



#### 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**



## 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.

Therapeutic AgentDosageRifaximinDepends on breath test resultsLauricidin1 scoop TID with each mealInterFase Plus3–4 capsules BID on an empty stomachTerraflora1 capsule BID upon rising and before bedAtrantil (optional)(Only if methane elevated) 2 capsules TID	Pharmaceutical/combo protocol for SIBO	
Lauricidin   1 scoop TID with each meal     InterFase Plus   3-4 capsules BID on an empty stomach     Terraflora   1 capsule BID upon rising and before bed     Atrantil (optional)   (Only if methane elevated) 2 capsules TID	Therapeutic Agent Dosage	
InterFase Plus   3–4 capsules BID on an empty stomach     Terraflora   1 capsule BID upon rising and before bed     Atrantil (optional)   (Only if methane elevated) 2 capsules TID	Rifaximin	Depends on breath test results
Terraflora 1 capsule BID upon rising and before bed   Atrantil (optional) (Only if methane elevated) 2 capsules TID	Lauricidin	1 scoop TID with each meal
Atrantil (optional) (Only if methane elevated) 2 capsules TID	InterFase Plus	3–4 capsules BID on an empty stomach
	Terraflora	1 capsule BID upon rising and before bed
I plantarum and/or I routeri (optional) (Oply if mathema alovated) 10 billion CEU/d	Atrantil (optional)	(Only if methane elevated) 2 capsules TID
(Only in methane elevated) to billion CFO/d	L.plantarum and/or L.reuteri (optional)	(Only if methane elevated) 10 billion CFU/d
<b>Iberogast</b> (optional) (Only with bile issues) 20 drops TID with meals	Iberogast (optional)	(Only with bile issues) 20 drops TID with meals
<b>Ox bile</b> (optional) (Only with bile issues) 100–500 mg with meals	Ox bile (optional)	(Only with bile issues) 100–500 mg with meals



# Pharmaceutical/combo protocol for SIBO

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