

IBD Remission & Maintenance Treatment

INDUCING REMISSION AND TREATING AN ACTIVE FLARE OF IBD

Intervention	Notes
GAPS Intro or Elemental Diet	Either can be effective Elemental for 2 weeks only
Rifaximin	1,650 mg/d (550 TID) for 12 weeks
Butyrate	Sodium-potassium form (3-4 g/d) & prebiotics
Probiotics (& FMT)	VSL#3, Elixia, MegaSporeBiotic, Prescript-Assist, Mutaflor (E. coli Nissle 1917)

MAINTAINING REMISSION & ONGOING TREATMENT FOR IBD

Intervention	Notes
Low-dose naltrexone	4.5 mg used in studies; 1.5-3 mg most commonly used in practice
Probiotics (& FMT)	VSL#3, Elixia, MegaSporeBiotic, Prescript-Assist, Mutaflor (E. coli Nissle 1917)
Curcumin	NovaSOL, BCM-95, liposomal, Theracurmin
Glutathione	Liposomal form best; 2 tsp per day
Colostrum	Tegricel form best; 1.5 g/d
Vitamin D	Aim for serum level of 40-60 ng/mL