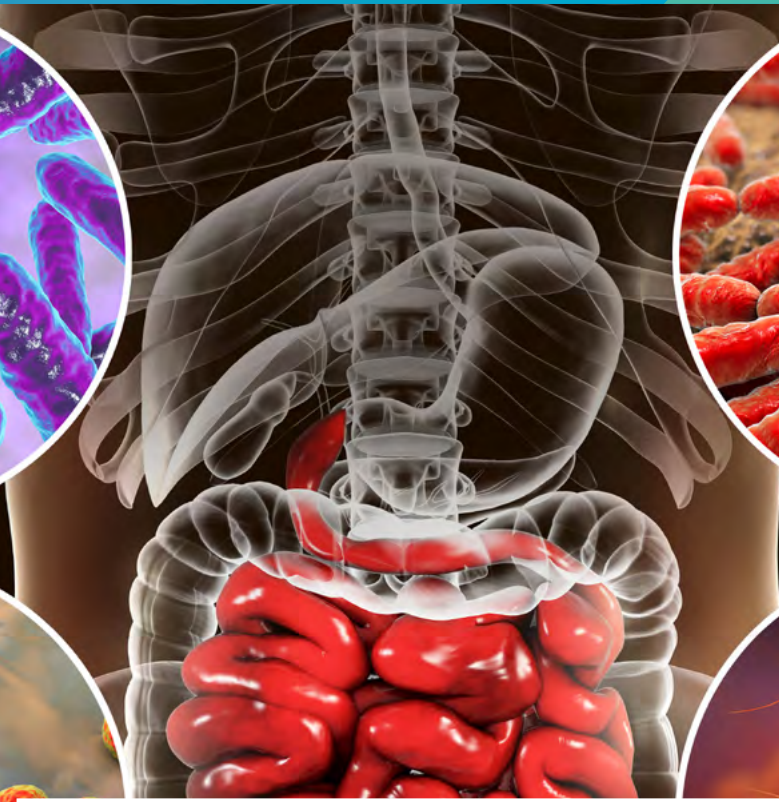
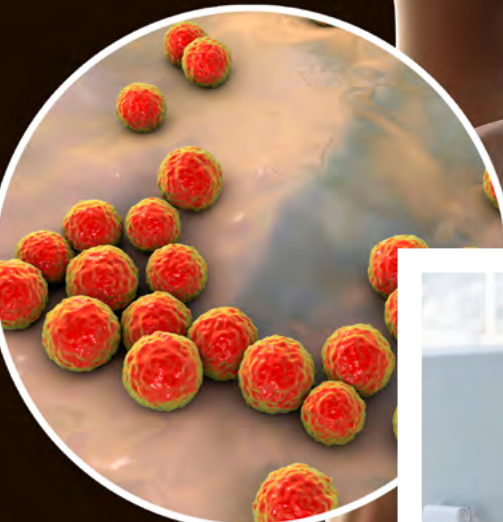
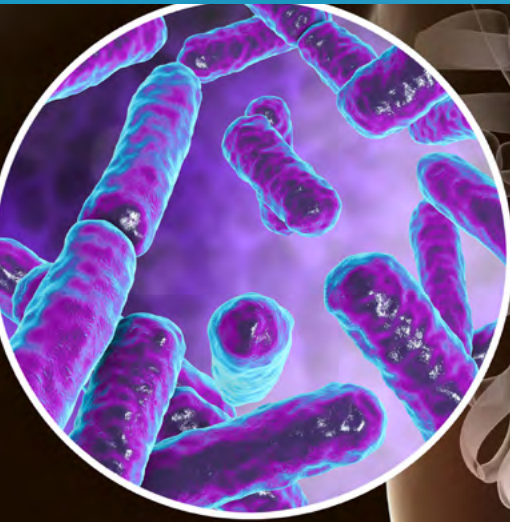


the  
**sibo**  
**DOCTOR**

Dr Nirala Jacobi ND

# 2018 SIBO Dispensary Guide





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# 2018 SIBO Dispensary Guide

The natural treatment of SIBO is an evolving field. Botanical medicine has a time-honored, proven track record when it comes to the treatment of gastrointestinal conditions. The herbs and nutrients listed are the most current treatment strategies but it is also a work in progress.

I have treated hundreds of patients with SIBO in Australia, USA, and Europe, and have found these products to be most effective in the eradication of SIBO. Other products certainly exist, but I cannot vouch for their efficacy as I may not have used them or only used them in a limited context.

I do not have any financial interests in these products.

For more information, or to consider further training please visit my education portal [www.thesibodoctor.com](http://www.thesibodoctor.com)

## The treatments outlined in this guide focus on:

- Antimicrobial Treatment – Herbal and conventional
- Prokinetics – medicines or herbs/nutrients to promote the migrating motor complex and motility in general
- Digestive Aids
- Biofilm treatment

DISCLAIMER: This guide is not intended as medical advice. If you are a patient, please ask your medical provider if these products are indicated in your case.



## Herbal Antimicrobials

Adjust dose when combining products. BID= twice daily, TID= three times daily

**Hydrogen** (note: some products listed are also used as antifungals and anti methanogens)

Australian Products	Dosage	USA Products	Dosage
Metagenics Bactrex	2 bid - tid	Thorne Berberine 500	2 bid - tid
Mediherb BactoCand GI	2 bid - tid	Xymogen Berbermycin	2 bid - tid
Nutrition Care Pomegranate	2 bid	Metagenics Candibactin BR Metagenics Candibactin AR	2 bid- tid. 1-2 bid - tid
		Mediherb Gut Flora Complex	2 bid- tid
		Biotics Research Dysbiocide	2 bid- tid
		Biotics Research FC-Cidal	2 bid- tid
		Biotics Research A.D.P	1-2 bid
		Biocidin	Dosage individualised – contact manufacturer
		Agush Neem Plus	1bid - tid

## Herbal Antimicrobials – Methane

Australian Products	Dosage	USA Products	Dosage
Biomedica Allimax	3 bid	Allimax Allimed Ultra	1 bid - tid
Mediherb BactoCand GI	2 bid	Agush Neem Plus	1bid- tid
		Atrantil	2 tid
		Priority 1 SIBOtic	2 tid
		Biotics Research A.D.P	1 bid - tid

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## Herbal Antifungals

Australian Products	Dosage	USA Products	Dosage
Kolorex Advanced Candida Care	1 tid	Metagenics Candibactin AR	1-2 bid -tid
MediHerb Bacto Cand	2 bid	Thorne Research Formula SF722	2 tid
		Enzymedica Candida Control	2 bid-tid
		Biotics Research A.D.P	1 bid-tid
		Priority 1 SIBOtic	2 tid
		Kolorex Advanced Candida Care	1 tid
		Tanalbit	1-2 bid -tid

## Conventional Antibiotics

### Typical SIBO prescriptions

**Rifaximin:** Rifaximin 550 mg TID (1650 mg per day) x 14 days. (Pimentel)

**Rifaximin + Neomycin:** Rifaximin 1600 mg per day + Neomycin 500mg BID x 10 days

**Metronidazole** 250mg TID

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## Digestive Support and Repair

(Mostly taken before or with meals)

Digestive support includes improving hydrochloric acid, enzymes and bile production and flow, an important defense mechanism for the upper gut. Gut Repair is often indicated as SIBO can cause leaky gut/intestinal permeability. Listed are the products that do not contain ingredients that are problematic for SIBO patients, such as:

- Some Fibers (eg psyllium husk)
- Prebiotics (eg inulin, FOS) - a trained practitioner may use specific prebiotics in their treatment at certain stages
- Sugar or excessive fructose

Australian Products	Dosage	USA Products	Dosage
Pure Innovations HCl Caps	1-2 bid -tid	Thorne Research Betaine HCl	1-2 bid-tid
Dr Jacobi's Herbal Bitters	3 drops tid	Priority One SIBO-zyme	1-2 bid-tid
Biomedica Biomatrix	1 scoop bid	Thorne Research Dipan-9	1-2 tid
Nutrition Care Gut Relief	1 scoop bid	Thorne Research Dipan-9	1-2 tid
Pure Innovations Green Tea Extract	2 bid	DAO Labs Umbrellux DAO	1 tid
Metagenics Glutagenics	1 scoop bid	Pure Encapsulations Digestion GB	1 tid
Bioceuticals Intestamine		Thorne Research L-Glutamine	

## Prokinetics

Australian Products	Dosage	USA Products	Dosage
Iberogast	60 drops at bedtime	Pure Encapsulations Motilpro	3 qd - bid
Dr Jacobi's Bitters	3 dropperfuls 3xdaily	Priority One SIBO MMC (note- new product, no extensive experience yet)	3 caps BID
		Melatonin	1-3mg at bedtime

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## Conventional Prokinetics

- LDE- low dose Erythromycin 50mg at bed time
- LDN – low dose naltrexone:  
2.5mg for SIBO-D, 5mg for SIBO-C at bedtime
- Prucalopride (Resolor/Resotrans)  
0.5-1mg at bed time (not available in the US) - available in Canada and Australia

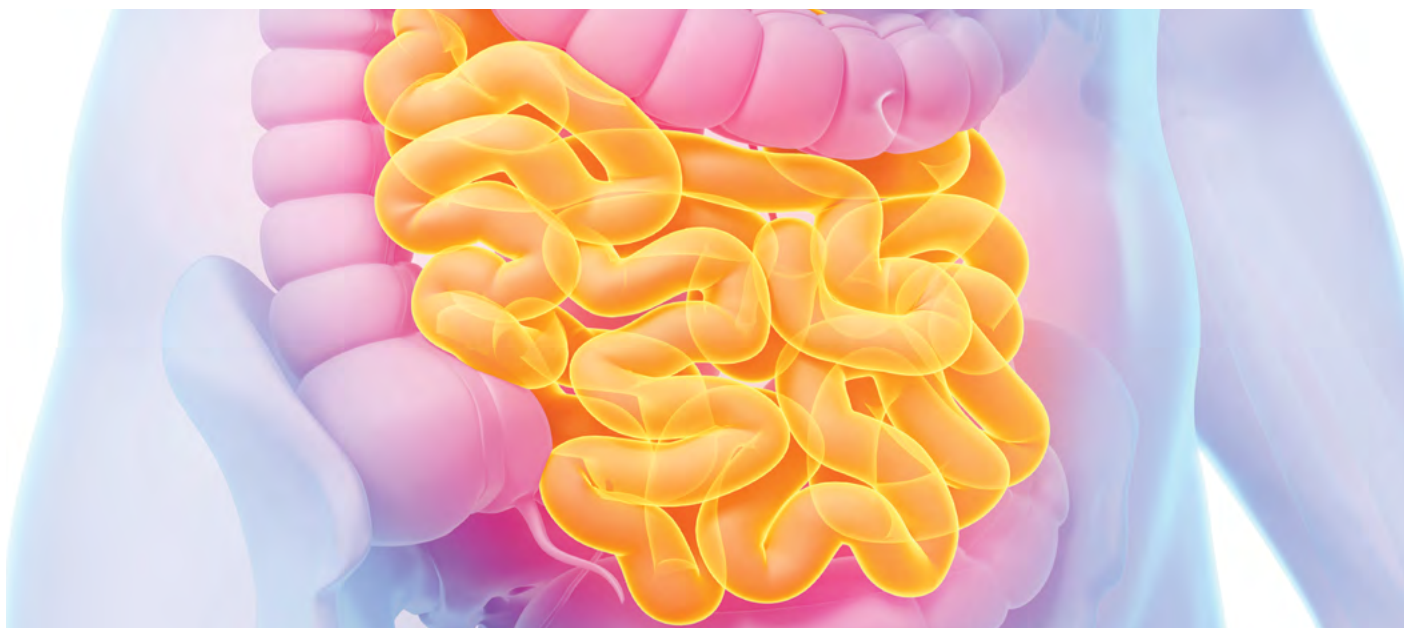
## Probiotics

These are strain specific probiotic recommendations for specific symptoms or for specific effects. Please consider the SIBO Bi-Phasic treatment protocol course!

See [www.thesibodoctor.com](http://www.thesibodoctor.com) for specific guidelines

Australian Products	Dosage	USA Products	Dosage
BioGaia protectis	10 drops at bedtime	Klaire Labs Lactoprime Plus	1 bid
Metagenics UltraFlora Intensive Care	1 bid-tid	Jarrow Formula Ideal Bowel Support 299v	1 bid
Bioceuticals SB Floractiv	2 bid	Jarrow Formula Baby's Jarro-Dophilus Drops Bb12	10 drops
Metagenics Probex	1 bid	Metagenics Ultra Flora Acute Care	1 bid
Orthoplex Ultra Pure GGExtract		Klaire Labs Saccharomyces Boulardii	2bid
Orthoplex Multigen Biotic	1 bid	Protocol for Life Bifido Digest	1 bid
Spectrumceuticals Pro4-50	1 bid	BioGaia protectis	10 drops at bedtime
Mutaflor	2 bid - tid	Xymogen Probiomax DF	1 bid

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## Prebiotics

Actilax Lactulose - 10-15ml daily

Healthy Fibre Partially Hydrolysed Guar Gum - 1 scoop daily

Bimuno Galacto Oligosaccharides - 1 sachet daily

## Biofilm

Biofilms are a protective mucus secreted by the overgrown bacteria and/or fungi. For successful bacterial eradication, adjunctive biofilm treatment can be very effective. There are several biofilm products on the market.

*NOTE: Sometimes adding in a biofilm product early in the treatment along with antimicrobial therapy can lead to heavy die-off. Consider adding it into your treatment protocol after 2-3 weeks*

Australian Products	Dosage	USA Products	Dosage
Biofilm Buster (Compounded)	2 mid morning	Priority One Biofilm Phase 2 Advanced	2 mid morning
Biomedica N-Acetyl Cysteine	1 scoop daily	Nutrimedix Serrapeptase	1 bid
Bioceticals SB Floractiv	2 bid	Jarrow Formula Baby's Jarro-Dophilus Drops Bb12	2 caps between meals twice daily
		Argentyn 23	15ml bid

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