

SIBO SYMPTOMATIC RELIEF SUGGESTIONS

Bloating

(with or without pain)

- **Activated Charcoal** (adsorbs gas): Natures Way: 2-4 caps (up to 1,000mg), repeat every 3-4 hours (max 4g/d), away from meals, supplements, medicines (30 min before, 1 hr after – adsorbs nutrients too). Gaia Herbs "Gas and Bloating": charcoal mixed with herbs- follow label dose. Note: can cause constipation and darkened stool. Tx with Magnesium/other laxative if constipation occurs.
- **Simethicone:** "Gas X" (breaks gas into smaller bubbles to facilitate passage) - follow label dosing
- **"Iberogast"** (helps move gas out): 20 drops with meals or when needed, &/or 20-60 drops at bed.
- **Prokinetics** (help move gas out): label dose. "GI Motility Complex", "Motility Activator", "Motil Pro", "Prokine", "SIBO-MMC", "Bio.Me.Kinetic"(UK-only).
- **IBgard** (sensation of bloating): follow label dose.

Constipation

Magnesium Oxide or Citrate (osmotic laxative- draws water into intestine) 500-2000 mg/bedtime, 2 hours away from food. Start lower & increase (1000mg is a common effective dose for chronic constipation). Vitamin Shoppe "Magnesium Oxide". Note: Mg dosing is finicky & may need to be adjusted, initial BM may take 2+ days when starting.

- **"Iberogast":** 20 drops with meals or as needed, &/or 20-60 drops at bed
- **Short Chain Fatty Acids:** Apex "EnteroVite", or Butyric acid (sold by many companies). Follow label dose.
- **Insoluble Fiber- Cellulose powder:** Nutricology, Allergy Research Corp, Vital Nutrients. Follow label dose (start lower then increase). Possible side effects: bloating, intestinal irritation/pain.
- **Soluble Fiber - Partially Hydrolyzed Guar Gum:** 5-6g/day (start lower, then increase). Nestle "Nutrisource", Healthy Origins "Healthy Fiber" (may also help methane, bloating, pain) Possible side effects: bloating, intestinal irritation/pain.
- **Increase Fat Intake** (stimulates large intestine motility)
 - Fish oil, oil, butter/ghee, egg yolks, lactose free whole milk, Yogurt or Sour cream or home-made 24-hour Yogurt from cream or ½ & ½
- **Warm Water in morning:** drunk slowly/'chewed' (stimulates gastro-colic reflex/ large intestine)
- **Combination:** upon arising take liquid Cod Liver Oil/other oil & Probiotic with Warm Water
- **Stool softeners:** follow label dosing
- **Water, Saline, Coffee Enema:** follow label dose
- **Glycerin Suppositories:** follow label dosing

Pain

Peppermint Oil (antispasmodic/smooth muscle relaxant). Note: Anti inflammatories such as NSAID's usually don't work for this type of pain. Caution: may cause/worsen acid reflux by relaxing the lower esophageal sphincter – less likely with IBgard.

- **Enteric Coated Pills:** follow label dose. Sold by many companies or "Ibgard".
- **Peppermint Tea:** if pain is high up
- **Activated Charcoal** (adsorbs gas): 2-4 caps (up to 1,000mg), repeat every 1-3 hours (max 4g/d), away from meals, supplements, medicines (30 min before, 1 hr after – adsorbs nutrients too). Note: can cause constipation and darkened stool.
- **"Iberogast":** 20 drops with meals or as needed
- **"Gas X" (simethicone)** (breaks gas into smaller bubbles, allows gas movement): follow label dosing
- **Position:** Lie face down, to allow for easier upper gas release through burping
- **Heat:** hot bath, heating pad, hot water bottle
- **Increase Potassium intake** (helps muscle contractions)
 - **Juice** (homemade or fresh is best): orange/ melon/cucumber/tomato/carrot/spinach/chard
 - **Food:** avocado, banana, cantaloupe/honeydew, kiwi, chard, lactose-free yogurt
 - **Supplements:** follow label dosing. Electrolyte supplements may also be used for potassium.
- **Probiotics:**
 - Lactose Free Yogurt or Kefir (full fat - stimulates large intestine motility)
 - 24-hour yogurt: Homemade (from cream or ½&½) or Commercial ("White Mountain")
 - Commercial: Yogurt or Sour Cream ("Green Valley"), Kefir ("Lifeway")
 - Real fermented sauerkraut juice or other fermented vegetable juice (from the jar)
 - **Supplements:** Biogaia "Protectis Baby Drops", "Align", "Ultimate Flora Ultra Potent 100 Billion", "Lactoprime Plus", "SCDophilus", Custom Probiotics "11 strain", Innate Flora "50-14" Note: avoid Prebiotics - FOS, GOS, MOS, Inulin, Chicory & Arabinogalactan as a main ingredient with 'mg' listing; may be Ok in "other ingredients" due to the tiny amount.

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8oz water + ¼ tsp salt + ¼ tsp baking soda + 1 Tb
honey/sugar + Optional: ¼ c orange juice
(apple)

Diarrhea

- Supplement: "SOS Rehydrate" packets
- Prepared: "Pedialyte" Unflavored
- Note: fermentable sweeteners in various products may aggravate. Best choices: glucose/dextrose, sucrose.*
- **Activated Charcoal** (adsorbs fluid): 2-4 caps (up to 1,000mg), repeat every 3-4 hours (max 4g/d), away from meals, supplements, medicines (30 min before, 1 hr after). *Note: can cause constipation and darkened stool*
- **Bismuth subsalicylate:** Target's Up & Up "5 Symptom Relief" pills, "Pepto-Bismol". Follow label dose. *Note: fermentable sweeteners in liquid/chewable may aggravate. Possible side effects: constipation, black stool &/or tongue, Tinnitus.*
- **Imodium** (slows transit): follow label dose
- **Starch & Meat Diet:** white rice/white potato/white bread & meat/fish/poultry - during acute flares.
 - **During flares careful with:** fruit (except banana), vegetables, fats (i.e. egg yolks, cream, oils, bacon)
- **Soluble Fiber - Partially Hydrolyzed Guar Gum:** 5-6g/day (start lower, then increase). Nestle "Nutrisource", Healthy Origins "Healthy Fiber". *Possible side effects: bloating, intestinal irritation/pain.*
- **Insoluble Fiber - Cellulose powder:** Follow label dose (start lower then increase). Nutricology, Allergy Research Corp, Vital Nutrients. *Possible side effects: bloating, intestinal irritation/pain.*
- **Immunoglobulins:** 2-4g/day. Functional Medicine Formulations "Intestinal Support Formula", Microbiome Labs "Mega IgG 2000", Orthomolecular "SBI Protect", Bright Path Wellness & Extreme Immunity: "Serum Derived Bovine Immunoglobulin". *Vegetarian:* Xymogen "GI Protect" (IgG + L-glutamine) NuMedica "ImmunoG PRP Powder".
- **Probiotics**
 - Lactose Free Yogurt or Kefir (low fat or whole milk - fat can stimulate large intestine motility)
 - 24-hour Yogurt: Homemade (from low fat or whole milk) or Commercial ("White Mountain")
 - Commercial: Yogurt ("Green Valley"), Kefir ("Lifeway")
 - Real fermented sauerkraut juice or other fermented vegetable juice (from the jar)
 - **Supplements:** Saccromyces boulardii, "Bio-K", Culturelle "Health & Wellness" ("Health & Wellness" has no prebiotics), "Ultimate Flora Ultra Potent 100 Billion", "Lactonime Plus", "VSL2"

Nausea &/or Food Sits in Stomach

with 'mg' listing; may be Ok in

- **Ginger:** follow label dosing (capsules, tincture, tea, candy chews) *Note: can cause acid reflux/ginger burn- treat by drinking water or baking soda (see "Acid Reflux" below)*
- **Iberogast:** 20 drops with or before meals, or when needed
- **Ginger Prokinetic Formulas:** 'Motility Activator' & GI Digest (ginger burn less likely). "Prokine", "Motil Pro", "SIBO-MMC", "Bio.Me.Kinetic"(UK only).

Acid Reflux

- **Baking soda:** ½ tsp in 4oz water up to every 2 hrs (max: 7 doses/24 hrs), "Alka Seltzer Gold". For immediate relief.
- **"Iberogast":** 20 drops with meals or as needed
- **Liquid Herbal Bitters:** 15 min before meals, follow label dosing (*Also called "Swedish" or "Digestive" bitters*)
- **Apple Cider Vinegar:** 1Tb in 1 cup of water 15 min before meals
- **Betaine HCl capsules:** 1-2 at the start of protein containing meals (may increase to 6) *Note: Discontinue if heaviness or burning occurs & treat with baking soda*

General/ Indigestion

- **Baking soda:** ½ tsp in 4oz water or "Alka Seltzer Gold"
- **"Iberogast":** 20 drops with meals or as needed
- **Digestive Enzymes:** follow label dosing. "ProZymes", "Vital Zymes", "Digest Platinum", "Digest Gold"
- **Betaine HCl with Pepsin, Herbal Bitters or Apple Cider Vinegar** (see dosing under "Acid Reflux")
- **Colostrum:** follow label dosing. "Symbiotics" (lactose free)
- **Probiotics:** see Constipation and Diarrhea sections
- **Dyspepsia** (upper abdominal symptoms: belching, fullness, acid or food reflux, discomfort): "Iberogast". Pills: "FDgard", "Regimint", Now "Peppermint Gels with Ginger & Fennel"- follow label dose. Tea: Traditional Medicinals "Belly Comfort", "Gas Relief", Simple Truth Organic "Digestive".