

# 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

## 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

- **Water, Saline, Coffee Enema**: follow label dose
- **Glycerin Suppositories**: follow label dosing
- **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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## Diarrhea

- **Electrolyte replacement &/or Oral Rehydration**
  - Homemade - World Health Organization Recipe:  
8oz water + ¼ tsp salt + ¼ tsp baking soda + 1 Tb honey/dextrose/sugar + Optional: ¼ c orange juice (or carrot, pineapple)
  - 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", "Lactoprime Plus", "VSL3".  
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.
- **Short Chain Fatty Acids:** follow label dosing. Apex "EnteroVite", Butyric acid alone: Biotics, Allergy Research Corp, Nutricology, Ecological Formulas.

## Nausea &/or Food Sits in Stomach

- **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".