



SIBO SOS®

SUPPLEMENT TRACKER

BY SHIVAN SARNA



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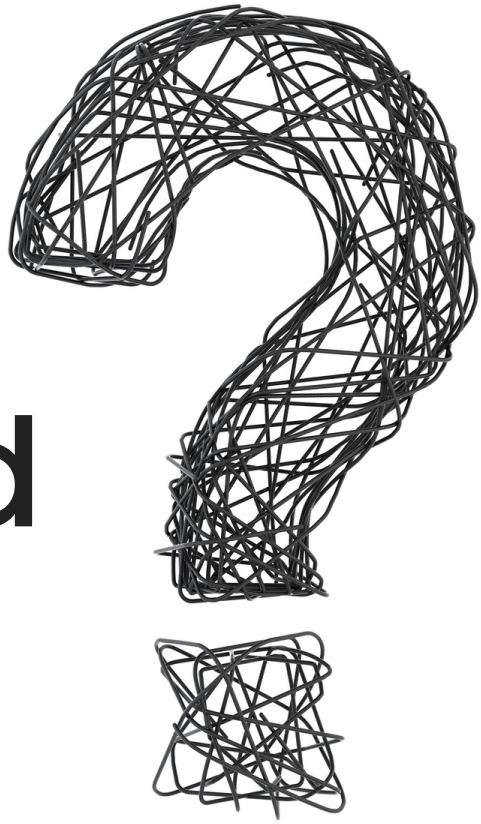
The Wellness Wasteland



Are you familiar with the feeling of "pill fatigue"? The exhaustion that comes from managing a myriad of medications and supplements throughout your day?

- What supplement at what time - morning, afternoon or night?
- With meals or an empty stomach?
- How many hours in between? Or how many hours before bed?
- Taken away from another medication or taken with another medication?
- ...and it goes on and on and on

To make matters worse...

Everybody has something to say. Today's health landscape can often leave you drowning in well-intentioned advice from every corner—friends, family, practitioners, and the endless abyss of online recommendations.

It's no wonder you end up with a "supplement graveyard" filled with half-used bottles that you've abandoned because... it's just way too much!

Hi, I'm Shivan Sarna.



I'm a health advocate, investigative journalist, and bestselling author of Healing SIBO: Fix the Real Cause of IBS & Bloating in 21 Days.

But most importantly, I am a patient like you!

I've had digestive issues for as long as I can remember. And to get all my symptoms under control - the bloating, the fatigue, skin issues, et cetera - I have had to take an insane amount of supplements. But even though I know they helped, I still had such a hard time with compliance. I don't know why. I can't answer you!

I wish I could you tell you that, because of my long health history, I am well-equipped with giving you one plan, one system, one schedule that will take you from being a weary wellness warrior to a vision of health... but the truth is...

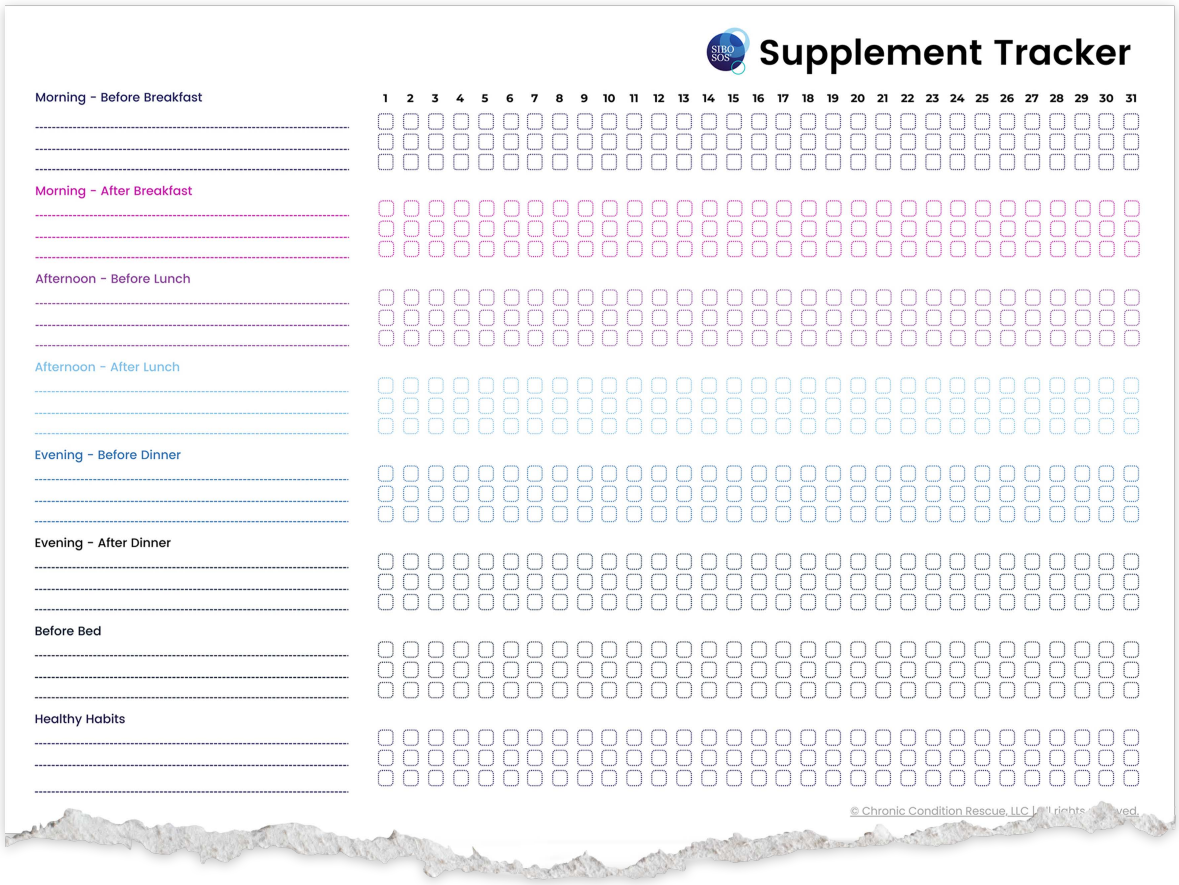
What works for me won't work for you... and what works for you at this time may not work for you the next week or month or year...

And so that's why I've created this supplement tracker. I wanted to give you a customizable and flexible planner that will help you simplify your wellness routine and help you regain control and clarity of your health goals.

This tracker is the perfect companion to help you battle the pill fatigue so you can rise above the supplement graveyard that's become your life!

How to Use This Tracker

The last thing I want to do is add to the ever-growing list of wellness routines you have to keep up with every single day.
So we're going to keep things simple!



Quick Note: You can either print the tracker and work through it the old-fashion way - paper and pencil! Or you can keep things digital. You can type in and leave your check marks right in this PDF! Again, whichever feels simpler for you is the best way to go...

1 On the left-hand side of the tracker, you first type/write in necessary medications - those go in first! You have a section for each time window of the day (morning, noon or night), so make sure you put them in the appropriate section.

2 Next, you want to type/write in prescriptions/supplements that help you relieve active symptoms. A good example of this might be Atrantil to help you get a hold of the bloating. We don't want you walking around with a streamlined supplement system with a distension! So get your symptom relief stuff in next.

3 Now comes the hard part! We're going to need you to take an accounting of all the supplements you're taking.

> Write/type in the ones that need to be taken with or away from the ones that you already have on your list. Let's get those conflicts out of the way now.

> Next, write/type in the ones that need to be taken a certain time of day for them to have their best effect.

> And finally, if you still have some supplements left that's not accounted for, go ahead and write/type them in, keeping in mind that you don't want to drown yourself in pills during any time window - morning, afternoon or evening. Pace yourself, timing is key!

> Finally, we've left some space for you at the bottom to add in any healthy habits you want to keep track of moving forward (ie get some early morning sun, daily walks, exercise, you name it!)

Set yourself up for success! Research has shown that tracking your progress alone increases the likelihood of compliance by almost 50%. You didn't have to add yet another pill, or go to another doctor's appointment to get that 50% bump! This tracker is a simple tool for you to start visualizing your achievements in real-time!



SIBO Symptomatic Relief

By Dr. Allison Siebecker, ND

SIBO is notorious for causing a cascade of symptoms! If you need instant relief... we've got your back! Below, you'll find Dr. Allison Siebecker's index of SIBO symptoms and their remedies in the next chapter!

Supplement Tracker

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Morning - Before Breakfast																															
Morning - After Breakfast																															
Afternoon - Before Lunch																															
Afternoon - After Lunch																															
Evening - Before Dinner																															
Evening - After Dinner																															
Before Bed																															
Healthy Habits																															

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SIBO Symptomatic Relief

Bloating

Activated Charcoal

Nature's Way Activated Charcoal

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

Follow label dose. *GI Motility Complex, Motility Activator, Motil Pro, Prokine, SIBO-MMC, Bio.Me.Kinetic (UK-only)*

IBGard

Sensation of bloating. Follow label dose.

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Constipation



Magnesium Oxide or Citrate

Vitamin Shoppe's Magnesium Oxide

Osmotic laxativedraws water into intestine. 500-2000 mg/bedtime, 2 hours away from food. Start lower & increase (1000mg is a common effective dose for chronic constipation). 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)

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

Nestle's Nutrisource, Healthy Origins' Healthy Fiber

5-6g/day (start lower, then increase). 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

Constipation

Warm Water in morning
Drunk slowly or '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 dose.

Water, Saline, Coffee Enema
Follow label dose.

Glycerin Suppositories
Follow label dose.

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.



Constipation

Probiotics

Stimulates large intestine motility.

- *Lactose Free Yogurt or Kefir (full fat)*

  24-hour yogurt: Homemade (from cream or ½&½) or Commercial ("White Mountain") o Commercial: Yogurt or Sour Cream ("Green Valley"), Kefir ("Lifeway")

- *Real fermented sauerkraut juice or other fermented vegetable juice (from the jar)*
- *Supplements*:

  Biogaia's Protectis Baby Drops, Align, Ultimate Flora Ultra Potent 100 Billion, Lactoprime Plus, SCDophilus, Custom Probiotics' 11 strain, Innate Flora's 50-14

  Note: Avoid Prebiotics that has FOS, GOS, MOS, Inulin, Chicory & Arabinogalactan as a main ingredient with 'mg' listing (they may be acceptable 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)

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
Follow label dose. Target's *Up & Up "5 Symptom Relief" pills, Pepto-Bismol*
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)



Diarrhea

Soluble Fiber - Partially Hydrolyzed Guar Gum
5-6g/day (start lower, then increase). *Nestle's 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, MicrobiomeLabs' Mega IgG 2000, Orthomolecular's SBI Protect, Bright Path Wellness & Extreme Immunity's Serum Derived Bovine Immunoglobulin*.
Vegetarian: *Xymogen's GI Protect (IgG + L-glutamine), NuMedica's ImmunoG PRP Powder*



Probiotics

- *Lactose Free Yogurt or Kefir (low fat or whole milk). Stimulates 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)*

Diarrhea

- *Supplements*

  Saccromyces boulardii "Bio-K", Culturelle's Health & Wellness, 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*.

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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)



Nausea &/or Food Sits in Stomach

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

Pain

Peppermint Oil

Antispasmodic/smooth muscle relaxant.

- *Enteric Coated Pills: follow label dose. Sold by many companies or Ibgard.*
- *Peppermint Tea: if pain is high up*

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.

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 meals or as needed

Position

Lie face down, to allow for easier upper gas release through burping

Heat

Hot bath, heating pad, hot water bottle

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. *FDgard*, *Regimint*, *Now Peppermint Gels with Ginger & Fennel*. Follow label dose.
Tea: *Traditional Medicinals' Belly Comfort*, *Gas Relief*, *Simple Truth Organic's Digestive*.

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How to Save Money On Your Supplements

This tracker is your companion to your everyday wellness routine! But wait, there's more... here's a list of our favorite supplement sources to inform and empower your next health decisions - often with exclusive discounts!



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