

SIBO SUPPLEMENT CHECKLIST

Individuals vary greatly in their reactions to these items. They may cause no problem or they may cause symptoms. The amount matters. Many find they may tolerate a small amount but not a larger amount. This tolerance threshold varies person to person, item to item and over time in the same person. Experimentation is necessary to find if, and how much, any of these items create symptoms.

Prebiotics

- Inulin
- FOS (fructooligosaccharides)
- GOS (galactooligosaccharides)
- MOS (maltoligosaccharides)
- Arabinogalactan (a common component of gums)

Gums

- Acacia/Arabic
- Beta glucan
- Guar
- Locust bean (carob)
- Xanthan
- Mastic

Starch

- Maltodextrin (above 450mg is often problematic)
- Tapioca starch
- Potato starch
- Arrowroot starch
- Corn starch

Soluble fiber

- Pectin (jam, yogurt)
- Flax, Chia & Hemp seed
- Psyllium
- Bran
- Beta glucan

Seaweeds

- Alginate, Algal
- Carrageenan
- Agar agar

Sugar alcohols- anything that ends in “-ol”

- Maltitol
- Sorbitol
- Mannitol
- Xylitol
- Erythritol (this is the best tolerated sugar alcohol)

Sweeteners

- Agave
- Lactose
- Fructose
- Sugar/ Sucrose
- Sucralose

Note: dextrose is glucose and is not to be confused with maltodextrin which is starch

Supplements Themselves

- D-Mannose (although a monosaccharide, it is poorly absorbed)
- Chondroitin Sulfate, Glucosamine Sulfate and N Acetyl Glucosamine (mucopolysaccharides)
- Glucomannan (Konjac root gum)
- Mucilaginous Herbs- Aloe Vera, Licorice, Marshmallow, Slippery Elm
- Mastic Gum