



SIBO Symptomatic Relief Suggestions

Bloating (with or without pain)

- Activated Charcoal (absorbs gas): up to 2 every 2-3 hours, away from meals/supplements/medicines, if possible (absorbs nutrients too). *Note:* can cause constipation and darkened stool
- Simethicone: “Gas X” (breaks gas into smaller bubbles, does not remove gas) - follow label dosing
- ‘Iberogast’: 20 drops with meals or as needed, &/or 20-60 drops at bed

Pain

- Antispasmodics/ muscle relaxants:: follow label dosing
 - Enteric coated Peppermint Oil/ IBgard (or Peppermint Tea if pain is high up)
Caution: Mint can cause/worsen acid reflux by relaxing the lower esophageal sphincter
 - Kava Kava, Black Cohosh
- Note:* Anti inflammatories such as NSAID’s usually don’t work for this type of pain
- Activated Charcoal (absorbs gas): up to 2 every 2-3 hours, away from meals/supplements/medicines, if possible (absorbs nutrients too). *Note:* can cause constipation and darkened stool
- ‘Iberogast’- 20 drops with meals or as needed
- Simethicone: “Gas X” (breaks gas into smaller bubbles, allows gas movement) - follow label dosing
- Position - Lie face down, to allow for easier upper gas release through burping

Constipation

- Magnesium Oxide or Citrate (osmotic laxative- draws water into intestine)
500-2000 mg/night, start lower, (1000mg is a common effective dose)
Note: Mg dosing is finicky & may need to be adjusted, effect may take 2 days
- ‘Iberogast’: 20 drops with meals or as needed, &/or 20-60 drops at bed
- Insoluble Fiber: Nut flour and butters. Cellulose powder from Nutricology, Allergy Research Corp, Vital Nutrients. *Caution:* insoluble fiber may irritate the intestines
- Soluble Fiber: Partially Hydrolyzed Guar Gum, 5-6g/day (start lower, then increase) from Nestle ‘Nutrisource’, Healthy Origins ‘Healthy Fiber’ (also helps bloating, pain, methane)
- Probiotics:
 - Lactose Free Yogurt or Kefir (full fat - see “increase fat” below)
 - 24-hour yogurt: Homemade (from cream or ½&½) or Commercial (i.e. White Mountain)
 - Commercial lactose free yogurt or Kefir (i.e. Green Valley, Lifeway)
 - Real fermented sauerkraut juice or other fermented vegetable juice
 - 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 FOS, GOS, MOS, Inulin & Arabinogalactan as a main ingredient with mg listing; may be Ok in the base ingredients due to the tiny amount
- Increase Fat Intake (Large Intestine motility is increased by fat)
 - Fish oil, oil, butter/ghee, egg yolks, Homemade 24-hour yogurt from cream or ½ & ½
- Warm Water in morning: drunk slowly (stimulates gastro-colic reflex/ large intestine)
- Combination: upon arising take liquid Cod Liver Oil & Probiotic with Warm Water
- Increase Potassium intake (retains water in the stool)
 - Juice: (homemade is best) tomato/carrot/spinach/chard/melon
 - Plant Foods: avocado, banana, melon, chard, tomato sauce, winter & summer squash
 - Animal Foods: lactose-free yogurt, meats/poultry/fish (& their slow cooked broth)
- Stool softeners: follow label dosing
- Water or Saline Enema: follow label dosing
- Glycerin Suppositories: follow label dosing



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Diarrhea

-Electrolyte replacement/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, papaya}).
- Supplement: SOS Rehydrate packets
- Prepared: Pedialyte Unflavored

-Probiotics

- Lactose Free Yogurt or Kefir (low fat/whole milk vs cream/½ & ½ - fat can stimulate motility)
 - 24-hour yogurt: Homemade (from low fat or whole) or Commercial (i.e. White Mountain)
 - Commercial lactose free yogurt or Kefir (i.e. Green Valley, Lifeway)
- Real fermented sauerkraut juice or other fermented vegetable juice
- Supplements: Saccromyces boulardii, ‘Bio-K’, ‘Culturelle- Natural Health & Wellness’ (*no prebiotics in this one*), ‘Ultimate Flora Ultra Potent 100 Billion’, ‘Lactoprime Plus’, ‘VSL3’
Note: avoid Prebiotics (FOS, GOS, MOS, Inulin, Arabinogalactan) as a main ingredient with mg listing; may be Ok in the base ingredients due to the tiny amount

- Insoluble Fiber: Nut flour and butters. Cellulose powder from Nutricology, Allergy Research Corp, Vital Nutrients. *Caution: insoluble fiber may irritate the intestines*

-Soluble Fiber: Partially Hydrolyzed Guar Gum, 5-6g/day (start lower, then increase) from Nestle ‘Nutrisource’, Healthy Origins ‘Healthy Fiber’ (also helps bloating, pain)

-Activated Charcoal (absorbs fluid): up to 2 every 2-3 hours, away from meals/supplements/medicines if possible (absorbs nutrients too). Short term use. *Note: can cause constipation and darkened stool*

-Bismuth subsalicylate : ‘Pepto-bismol’, ‘Target Up & Up 5 symptom Relief’ - follow label dosing. *Possible side effects: constipation, black stool and/or tongue, Tinnitus. Short term/occasional use.*

-Imodium: follow label dosing

-Avoid/careful with: fruit, veggies, fats (i.e. egg yolks, oils) when diarrhea is worse

Nausea &/or Food Sits in Stomach

-Ginger: follow label dosing (capsules, tincture, tea, chews)

-‘Iberogast’: 20 drops with or before meals, or as needed

Acid Reflux

-Baking soda: ½ - 1 tsp in a cup of water for immediate relief

-‘Iberogast’: 20 drops with meals or as needed

-Liquid herbal bitters/‘Swedish bitters’: before meals: follow label dosing

-Apple Cider Vinegar: 1Tb in a cup of water before meals

-Betaine HCl capsules: 1 at the start of protein containing meals (may increase to 6)

Caution: Discontinue if heaviness or burning occurs & treat with baking soda

General/ Indigestion

-‘Iberogast’: 20 drops with meals or as needed

-Digestive Enzymes (with brush border enzymes): follow label dosing

‘ProZymes’, ‘Vital Zymes’, ‘Digest Platinum’, ‘Digest Gold’

-Betaine HCl with Pepsin, Herbal Bitters or Apple Cider Vinegar (see dosing above- under “Reflux”)

-Colostrum: follow label dosing. ‘Symbiotics’ (lactose free)

-Probiotics: see Constipation and Diarrhea sections