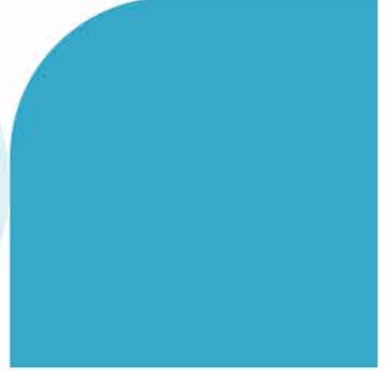
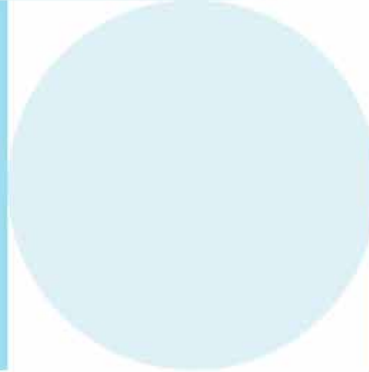
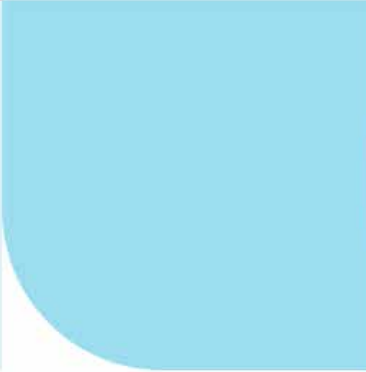
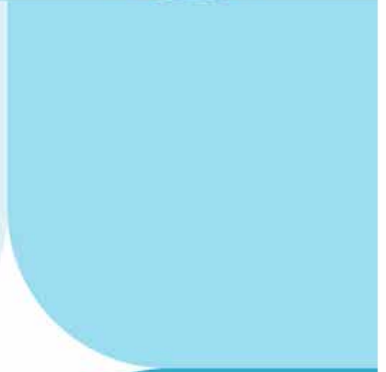
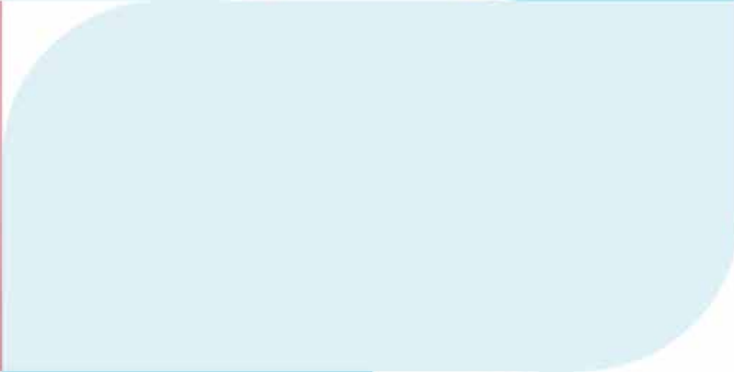




Test report



At-home test



# SIBO Test

Lab test

⇒ Breath

Name: **Sample Report**    Date of test: **08/17/2023**    Analysis-ID: **DUMMY-55**

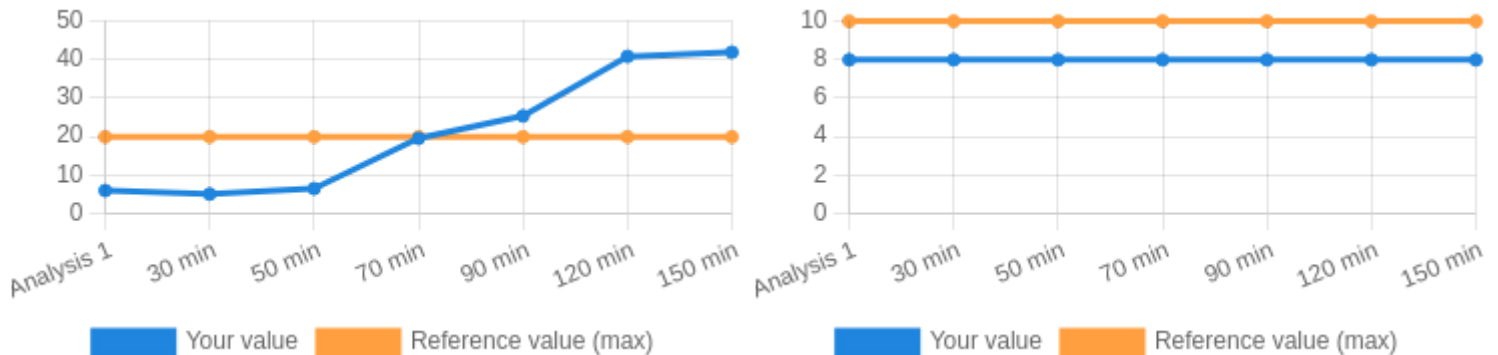
## About SIBO

Our lab has analyzed your breath test for the concentration of hydrogen and methane to detect a possible overcolonization of the small intestine. SIBO is an abbreviation for Small Intestinal Bacterial Overgrowth and means that you have an overcolonization of bacteria in the small intestine, which should not normally be there. With SIBO, you have more hydrogen and / or methane in the exhaled air after drinking the solution with lactulose.

Lactulose can not be metabolized by the human organism and it thus passes unchanged through the intestines where it is broken down by the anaerobic intestinal flora. However, in SIBO, lactulose is already broken down in the small intestine, which results in the gases hydrogen, methane and carbon dioxide as well as the short-chain fatty acids (acetic acid, butyric acid and propionic acid) being formed and creating various gastrointestinal problems. The increase in hydrogen or methane concentration can be measured in the air we breathe out.

SIBO is often a secondary disease and can occur as a result of primary problems in everything from the digestive system, liver, gallbladder and pancreas. Some drugs, such as proton pump inhibitors, can cause a lack of stomach acid, which in turn can cause SIBO to develop. This is because one of the functions of stomach acid is to kill microorganisms that we ingest orally.

## Your test results



If any of your values for the time intervals of 30, 50, 70 or 90 min exceed the values given below, it indicates that you are suffering from SIBO. At 90 minutes, the food passes to the colon and then it is usually no longer defined as SIBO even though the values exceed the reference value.








**Hydrogen gas** over 20 ppm

**Methane** over 10 ppm








(ppm = parts per million)

## Measured values

### SIBO - Hydrogen

Name	Your value	Reference value
Analysis 1	 6.10 ppm	< 20
30 min	 5.20 ppm	< 20
50 min	 6.60 ppm	< 20
70 min	 19.60 ppm	< 20
90 min	 25.40 ppm	< 20
120 min	 40.80 ppm	< 20
150 min	 41.90 ppm	< 20

### SIBO - Methane

Name	Your value	Reference value
Analysis 1	 8.00 ppm	< 10
30 min	 8.00 ppm	< 10
50 min	 8.00 ppm	< 10
70 min	 8.00 ppm	< 10
90 min	 8.00 ppm	< 10
120 min	 8.00 ppm	< 10
150 min	 8.00 ppm	< 10

\*The lowest measured value for methane is 8 ppm. Thus, showing your result at 8 ppm means this < 8 ppm.

If any of your values for the time intervals of 30, 50, 70 or 90 min exceed the values given below, it indicates that you are suffering from SIBO. At 90 minutes, the food passes to the colon and then it is usually no longer defined as SIBO even though the values exceed the reference value.

**Hydrogen** over 20 ppm

**Methane** over 10 ppm

(ppm = parts per million)

## What can you do about SIBO?

To fight SIBO you can use antibiotics (if needed) or various herbs. Studies have shown that the use of herbs is as effective as antibiotics and with fewer side effects. Examples of herbs that can be used are oregano (or its extract), berberine, grape seed extract and all of oregano. Another unique herb called a non-pathogenic yeast, has also been shown in studies to help balance bacterial overgrowth. Glutamine (an amino acid) can also be used for its anti-inflammatory effects and to restore intestinal permeability. Digestive enzymes or extra hydrochloric acid can also be helpful.

Additionally, a low FODMAP diet has proven to be suitable for many people who suffer from SIBO. Keep in mind that people with SIBO often have difficulty tolerating probiotics and fermented foods and should therefore avoid them as long as SIBO persists and you experience discomfort from it. Some people with SIBO also have difficulty with probiotics.

Certain nutritional deficiencies can occur in SIBO, especially deficiencies in vitamins B12, B6 and E, as well as the minerals selenium and iron.

## How can you use the results?

IB is a treatment protocol developed by the Institute for Functional Medicine in the United States to restore gastrointestinal health and other problems that originate therefrom. If you have any imbalances, we recommend that you follow the program as described below. The program usually takes between 2-4 months to complete.

### 1. Remove

Find and exclude any molecules, foods or toxins that may interfere with normal intestinal function and exclude them. Examples of intolerable herbs are all types of oregano, berberine, oregano and grape seed extract, all types of oregano and all of oregano. If you suspect food intolerance or a toxic load, we offer food intolerance tests and heavy metal tests.

### 2. Replace

Support the digestive system with suitable digestive support. For example, betaine HCl with pepsin, digestive enzymes or herbs such as cardamom, cinnamon, fennel, ginger, ginger and turmeric.

### 3. Rebalance

Balance the intestinal flora with dietary fiber, probiotic foods and probiotic supplements. Choose probiotics according to the intestinal bacteria you are looking for according to the test results.

### 4. Repair

Support the intestinal mucosa. Examples of substances to support the intestinal mucosa are also zinc, B-vitamins, essential fatty acids, L-glutamine, mucins, flavonoids and vitamin A.

### 5. Rebalance

Balance your lifestyle that exercises, sleep and stress.

This test does not replace a medical consultation. Always seek medical attention if you experience severe symptoms.

