



SIBO - Successful with Individual Diagnostics and Therapy

SIBO - What is it?

SIBO (Small Intestinal Bacterial Overgrowth) is a bacterial overgrowth in the small intestine, which manifests through gastrointestinal and systemic symptoms. These arise from excessive fermentation in the small intestine and the irregular breakdown of bile acids, which can reduce fat absorption and produce toxic metabolic products.

SIBO - Typical Symptoms

- Bloating and fatty stools^(1, 3)
- Bloated abdomen shortly after eating
- Food intolerances
- Fatigue
- General discomfort
- Feeling hungry right after eating

SIBO - The Causes

Physiologically, small numbers of bacteria are found in the small intestine. This is ensured by stomach acid and the continuous emptying into the large intestine. Disruptions of these two digestive functions can cause SIBO^(1,2). Possible causes include:

- Chronic stress
- Gastrointestinal infections
- Use of antacids
- Unhealthy diet with high sugar, white flour or alcohol consumption
- Eating many small portions throughout the day

SIBO - The Prevalence

SIBO is probably very common. However, distinguishing SIBO from postprandial distress syndrome and irritable bowel syndrome is difficult. It is possible that both syndromes are associated with SIBO or that SIBO is even their cause. The advantage is that the pathomechanisms of SIBO are known and can be treated, offering new therapy options.

SIBO - The Diagnosis

- Anamnesis – Essential! Specifically ask about symptoms such as flatulence, bloating and fatty stools.
- Lactulose Breath Test – An effective method to confirm SIBO. Although the preparation can be intensive, it often provides a good indication of the presence of hydrogen or methane SIBO.
- Microbiome Analysis – Helps identify gas-forming bacteria or a typical SIBO profile with high pH, high fat, low immunogenic bacteria, and sometimes leaky gut. Ideal as a basis for a personalized treatment with pro- and prebiotics.

Literature

(1) F. R. Ponziani, V. Gerardi, A. Gasbarrini, Expert Review of Gastroenterology & Hepatology. 10, 215–227 (2016).

(2) T. G. Williams, L. E. Drake, Integr Med (Encinitas). 19, 32–36 (2020).

(3) E. M. M. Quigley, J. A. Murray, M. Pimentel, Gastroenterology. 159, 1526–1532 (2020).



SIBO - Everyone is Different!

Just as a gut microbiome is individual, so is SIBO in affected individuals. The consequence is clear: there cannot be one therapy for everyone. It is important in each individual case to know the overgrowth precisely and to use the right probiotic bacterial strains in the correct dosage for therapy. Typically, people with SIBO also have other health problems and symptoms. Therefore, for successful treatment, it is important not to focus solely on SIBO but to include everything in a targeted, personalized therapy concept.

Microbiome Center

- Combines knowledge and experience on SIBO and the gut microbiome
- Has many research-backed bacterial strains and optimized for SIBO (e.g., *Bacillus subtilis*, *Bacillus clausii* UBBC-07, *Bacillus coagulans* Unique IS-2, etc.)
- Brings the right people and organizations together and has thus created a unique concept for the diagnosis and therapy of SIBO

Microbiome Center makes it possible to prescribe an individual SIBO therapy that can also include other health complaints of the clients.

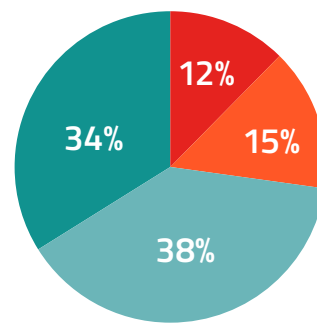


SIBO - The Success!

Analyses show: 72% of SIBO patients achieve good to very good improvement in their symptoms.

This means...

SIBO – individual treatment is important and effective!



72%

good to very good improvement

- Score: 1 (No effect)
- Score: 2-5
- Score: 6 of 7
- Score: 8-10 (Excellent effect)



More information

Scan this QR code to learn more about the Microbiome Center.