



# NEO Institute of Functional Medicine

*...Your Center for Hope & Healing*

## SIBO “Weed and Feed” Protocol

### STEP 1:

Antibiotics:

\_\_\_\_\_ Rifaximin 400 mg: Take one capsule three times a day.

\_\_\_\_\_ Metronidazole 250 mg: Take one capsule three times daily.

\_\_\_\_\_ Doxycycline 100 mg: Take one capsule twice daily.

\_\_\_\_\_ Tetracycline 250 mg: Take one capsule four times a day.

\_\_\_\_\_ Trimethoprim-sulfamethoxazole: Take one double-strength tablet twice daily.

\_\_\_\_\_ Amoxicillin-clavulanate 500 mg: Take one capsule three times a day.

Other options: Cephalexin 250 mg, Ciproflaxin 500 mg, Chloramphenicol 250 mg, Neomycin 500 mg, Norfloxacin 400 .

If you are not prescribed antibiotics, go directly to Step 2.

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### STEP 2:

Choose **ONE** of the following herbs, and take two capsules two times a day. Start with one capsule a day and build up to the full dose. When one bottle is completed, pause for a few weeks and begin the same protocol with a different herb. You will ideally continue over a course of months to years.

#### Berberine-containing herbs:

\_\_\_ Candi-Bactin BR

\_\_\_ H-PLR

\_\_\_ CM Core

\_\_\_ Biocidin HPF

\_\_\_ Candicid Forte

\_\_\_ Parabiotic Plus

\_\_\_ Uristatin

\_\_\_ UT Max Protect

\_\_\_ Bio-HPF

\_\_\_ Paracid Forte

\_\_\_ GI-Synergy

#### Herbs without Berberine:

\_\_\_ FC-Cidal

\_\_\_ Candi-Bactin AR

\_\_\_ UT Defense

\_\_\_ A.D.P.

\_\_\_ Intestin-in-ol

\_\_\_ Monolaurin

\_\_\_ Microbinate

\_\_\_ Artemesinin SOD

\_\_\_ Yeastonil

\_\_\_ Dysbiocide

\_\_\_ Parasitinol

### **STEP 3:**

Probiotics:

Choose one of the probiotics below and take once or twice a day.

Orthobiotic

Probiotic 225

Orthobiotic 100

Ultra Flora Balance

Ultra Flora Intensive Care

Metakids Probiotic

Ultra Flora Synergy

Ultra Flora Control

Ultra Flora Immune Booster

Women's Probiotic

This is ideally a long-term plan. The makeup of your microbiome is similar to your lawn- if you are prone to growing “weeds” i.e. the wrong bacteria, you will need to a continuous regimen to keep them at bay. If you use the same ones repeatedly, your body adapts and they are not as effective. Mixing and matching herbs and probiotics is the most effective method of “weed control” for your gut.