



SIBO "Weed and Feed" Protocol

Step 1:

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

Antibiotics

- Rifaximin 400mg: Take one capsule three times a day.
- Metronidazole 250mg: Take one capsule three times daily.
- Doxycycline 100mg: Take one capsule twice daily.
- Tetracycline 250mg: Take one capsule four times a day.
- Trimethoprim-sulfamethoxazole: Take one double strength tablet twice daily.
- Amoxicillin-clavulanate 500mg: Take one capsule three times a day.

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

Step 2:

Choose **ONE** of the following herbs, and take two capsules of that herb two times a day. Start with one capsule a day and build up to the full dosage. When one bottle is completed, pause for a few weeks and begin the same protocol with a different herb.

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
- Perma Clear

Herbs Without Berberine:

- FC-Cidal
- Candi Bactin AR
- UT Defense
- A.D.P.
- Intestin-in-ol
- Monolaurin
- Microbinate
- Artemesinin SOD
- Yeastinol
- Dysbiocide
- Parasitinol
- Olive Leaf
- Neem
- Caprin (Caprylic Acid)
- SF 722 (Undicycline)
- Candida Control

SIBO "Weed and Feed" Protocol Continued

Step 3:

Probiotics

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

- | | |
|---|---|
| <input type="checkbox"/> Orthobiotic | <input type="checkbox"/> Metakids Probiotic |
| <input type="checkbox"/> Probiotic 225 | <input type="checkbox"/> Ultra Flora Synergy |
| <input type="checkbox"/> Orthobiotic 100 | <input type="checkbox"/> Ultra Flora Control |
| <input type="checkbox"/> Ultra Flora Balance | <input type="checkbox"/> Ultra Flora Immune Booster |
| <input type="checkbox"/> Ultra Flora Intensive Care | <input type="checkbox"/> Women's Probiotic |

Soil Based Probiotics Options:

- Sibotica
- ProScripts Assist
- Bacillus Coagulans

Step 4:

Address digestive disturbances that led to SIBO:

- Proton Pump Inhibitors
- Hypochlorhydria
- Fat Malabsorption

Step 5:

Address motility issues:

- Motil Pro
- Ginger
- GI Motility Complex

The Weed and Feed Protocol is most effective with long term practice. The makeup of your microbiome is similar to managing a lawn. If you are prone to growing "weeds" or the wrong type of bacteria, you will need a continuous regime to keep them at bay. If you use the same protocol repeatedly, the microbiome adapts and it is not as effective. Mixing and matching these herbs and probiotic will help keep your microbiome balanced with good bacteria.