

New Product: SBO Kit

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Biotics Research has developed a new kit designed to support SIBO and SIFO repair. SIBO, as you probably know, is defined as the presence of an abnormal number of bacteria in the small intestine. SIFO is small intestinal fungal overgrowth. The exact prevalence is unknown. However, the estimates are that up to 22% of patients that walk in your door have some level of SIBO. You see, SIBO increases with age and in populations with comorbidities.

Inadequate production of stomach acid, enzymes, and bile allow these critters to go unchecked. And of course, medications like proton pump inhibitors, antibiotics, opioids all contribute to SIBO and SIFO. Diets high in sugars and refined carbohydrates feed the bacteria. So, advancing age, lower stomach acid, decreased motility levels, higher levels of medications, all create the perfect storm. The biggest clues are bloating, feeling of fullness, diarrhea, flatulence, weakness, abdominal pain or discomfort especially after eating a carbohydrate heavy meal.



The current medical treatment for SIBO is an antibiotic called Rifaximin. You may remember a study championed by Dr. Gerard Mullin and colleagues back in 2014. In a 4-week clinical trial with over 100 participants, patients received either Rifaximin or herbal therapy. Pre and post breath tests were performed to assess effectiveness of treatment. Patients with SIBO have significantly more amounts of methane and/or hydrogen as a byproduct of the bacterial overgrowth. 34% of patients taking Rifaximin had normal breath tests after 30 days. This means 66% did not benefit from the treatment. Of interest was 46% of patients receiving herbal

therapy had normal breath tests. What was also interesting in this study was although 66% of the patients did not respond to Rifaximin, many of those did respond to the herbal therapy.

What were the botanicals, and although 46% isn't bad, what can be done to increase effectiveness? The botanical used in the study were contained in the products: FC-Cidal, 1 bid, and Dysbiocide, 2 bid, with meals. Both products have dysbiotic properties. What was used in the study is an extremely mild dose.

Feedback from clinicians has validated an updated protocol shown to be even more

effective than 46%. One of the reasons for the limited effectiveness and especially for the reoccurrence of SIBO is the discovery of SIFO, small intestine fungal overgrowth. One of the most stubborn organisms to eradicate are fungi. Many species can change into a protective mode when their environment is challenged.

Knowing this, and based on clinical feedback, Biotics Research has developed a SBO Kit. It's "a 30-day intensive gut support program designed to restore microbial balance." The kit contains 3 products; FC-Cidal, Dysbiocide, and A.D.P., as well as a patient guidebook, to provide a step-by-step guide to support patients on the program. You can see literature sheets to the right on each product for greater detail on each product. Briefly, FC-Cidal contains a proprietary blend of French Tarragon, Indian Tinospora, Horsetail, Thyme, Pau D'Arco, Stinging Nettle, and Olive, herbs that support healthy GI function. Dysbiocide is a synergistic herbal formula supporting healthy gut microbiota, namely Dill, Stemona, Wormwood, Java Brucea, Chinese Pulsatilla, Jamaica Quassia, Hedyotis, Cutch Tree, and Yarrow. By supporting healthy gut microflora, the environment changes and many parasites are either weakened or displaced. Clinicians have shared for years that Dysbiocide has been effective for small worms. A.D.P. is a patented, clinically studied formula of sustained release emulsified oil of oregano. It contains multiple antimicrobial and antifungal compounds, shown to directly kill or inhibit growth of intestinal microbes. What makes it unique is the micro-emulsification process, which offers greater antimicrobial surface area coverage.

The dosage used in the Mullen study was 1 capsule of FC-Cidal and 2 capsules of Dysbiocide bid. Based on clinical experience, the

dosage of each product has been increased to 2 capsules, three times a day, and as I mentioned, A.D.P. was added at 2 capsules, tid as well. A.D.P., an emulsified oil of oregano, has been one of Biotics' top selling products for years.

I briefly mentioned the step-by-step patient guidebook. Historically, diets for SIBO have been overbearing. Meaning, they are limited and unsustainable by all but the most disciplined patient. This guidebook provides dietary suggestions that will inhibit bacterial overgrowth, but at the same time encourage healthy bacteria growth. The beauty of this program is that it is a 30-day program. It's a 30-day commitment, which is about the time needed to help people realistically make long lasting dietary changes. Products are best taken between meals to give maximum contact in the gut. However, if needed, they can be taken with meals. What I like about the new SIBO kit is that it is a 30-day providing 30 days of targeted antimicrobial therapy, using time tested botanical formulas. By using combinations of effective botanicals contained in the SIBO kit, 18 different mechanisms to support gut health are applied, where antibiotics like Rifaximin employ only one. And it may seem over simplistic, but I love the easy-to-follow guidebook which reduces confusion and improves patient compliance.

I want to add another caveat. As I mentioned in the opening moments of our conversation the cause of SIBO or SIFO is often the lack of digestive enzymes that kill the bacteria or fungi on our food. After the 30 days is over, make sure you have conversations regarding digestion to prevent relapse.

Thanks for taking time to be with me, I look forward to being with you again next Tuesday.