

SIBO

SIBO (Small Intestinal Bacterial Overgrowth) is a common condition characterized by bacterial overgrowth and dysbiosis in the small intestine. Compared to the flora in the colon, a healthy small intestinal flora typically maintains a low bacterial density. However, in cases of SIBO, this bacterial density can increase significantly. SIBO often occurs when factors such as surgery or certain medical conditions slow down the passage of food and degradation products in the digestive tract, thereby creating an environment suitable for bacterial growth.

SYMPTOMS

- **particularly common**
 - bloating
 - abdominal cramps
 - diarrhoea
 - constipation
- **other symptoms**
 - depressive moods
 - migraine
 - headaches
 - general fatigue
 - concentration problems
 - sleep disturbances

CAUSES AND PATHOGENESIS

- **mechanical bowel obstruction**
 - tumours, intestinal obstruction, postoperative side effects
- **systemic disease**
 - diabetes, scleroderma, amyloidosis, metabolic syndrome
- **slowed peristalsis**
 - irritable bowel syndrome, pseudo-obstruction, mitochondrial disease
- **medications that inhibit peristalsis**
 - opiates, proton pump inhibitors
- **malabsorption**
 - pancreatic insufficiency, liver cirrhosis, IBD, celiac disease, lactose intolerance, fructose malabsorption
- **Immunodeficiency**
 - sIgA deficiency, AIDS, impaired intestinal mucosal immunity
- **other causes**
 - diverticulosis, aging

THERAPY

- **eliminate causes, if possible**
- **bowel therapy**
 - probiotics based on spore-forming *Bacillus* strains
 - prebiotics (acacia fibers, 2'FL, scFOS/scGOS)
 - inflammation inhibition (phosphatidylcholine, glutamine)
 - mucosa and milieu stabilizing interventions (humic acids, zeolite)
- **compensating for nutrient deficiencies**
 - vitamin B1, B3, B12, A, D, E
 - calcium, iron, zinc
- **additional phytotherapeutics such as garlic extract, oregano, cinnamon, neem, berberine, bearberry**
- **conventional medical measures**
 - antibiotics (e.g. Rifaximin)
 - prokinetics
 - low FODMAP diet
- **nutritional therapy**
 - reduce fermentable carbohydrates
 - adjust fat/protein intake
 - use MCT fats if necessary
 - lactose-free/low-lactose diet for secondary lactose intolerance

DIAGNOSTICS

SB100A SIBO BASIC PROFILE

Material: T929

SIBO Breath Test

- hydrogen and methane

SB100C SIBO SUPPLEMENTARY PROFILE 1

Material: EDTA, S

Less common micronutrient deficiencies

- vitamin B1
- vitamin B3

SB100B SIBO MIDI PROFILE

Material: T929, Fe

In addition to the Basic Profile:

Digestive residues

- nitrogen, water, fat, sugar

Inflammation markers

- α 1-antitrypsin, calprotectin

Bile acid deficiency/Loss of bile acids

- bile acids in stool

Mucosal barrier (leaky gut)

- Zonulin

SB100C SIBO SUPPLEMENTARY PROFILE 2

Material: T901

Secondary lactose intolerance

- Breath Test (hydrogen and methane)

SB100C SIBO COMPLETE PROFILE

Material: T929, Fe, S, Hep

In addition to the Midi Profile:

Häufige Mikronährstoffmängel

- vitamin A
- vitamin D
- vitamin E
- vitamin B12
- iron
- calcium
- zinc