



Phone: 480-284-8155  
Fax: 866-823-2115  
Azimsolutions.com  
4657 S. Lakeshore Drive Suite 1  
Tempe, AZ 85282

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Physician: \_\_\_\_\_

## SIBO Treatment Sheet #2

### Diet:

SCD Diet as per handout: Start with Intro Diet and then after a few days go to Phase One for a week and then move into Phase Two.

Follow-up office visit will occur when you are on Phase 2 for a couple of weeks.

DO NOT progress through the phases without Dr. Morstein's okay. Going through the diet too quickly can cause aggravation.

It should take 1-3 months to get through to Phase 5.

Eat Breakfast, Lunch and Supper only—do NOT snack. DO NOT eat from supper to breakfast. The MMC is only active in-between meals.

### Supplements: All Can Be Taken With Food

Continue:

1. Lactoprime Plus—1 capsule with food a day

Add:

1. Polyphenol Nutrients (Multiple for nutrients to heal gut): 3 capsules 2x/day
  - a. Self-Rx:
2. Fish Oils:
  - a. Super EFA: 1 tsp a day
  - b. Berry or Mango flavored Fish oil: 1.5 tsp a day
  - c. VN 700 mg: 3 capsules a day
  - d. Self-Rx:
3. Acetyl-L-carnitine: ¼ tsp a day (to heal MMC nerve)
4. Hercius Erinaceus: 1 capsule 2x/day (to heal MMC)
5. Glutamine: 1 scoop a day (to heal gut lining)

### Prokinetics: Take at least an hour away from food

### Options: One or a Combination

1. Low Dose Naltrexone 4.5 mg: Take 1 at bedtime away from food
  - a. Ordered through Foothills Pharmacy in Awatukee
2. Iberogast: 60 drops at bedtime



**Phone:** 480-284-8155

**Fax:** 866-823-2115

azimsolutions.com

4657 S. Lakeshore Drive Suite 1

Tempe, AZ 85282

3. Motilpro: 3 capsules at bedtime
4. Ginger capsules 1000 mg: take at bedtime
5. Low Dose Erythromycin 50 mg: 1 capsule at bedtime away from food
6. Resolor 2 mg tablet—1/4 tablet at bedtime away from food
  - a. Ordered through [Canadaprescriptionplus.com](http://Canadaprescriptionplus.com)
    - i. Call [canadaprescriptionplus.com](http://canadaprescriptionplus.com) and get account # for Resolor 2 mg (28 pills)
    - ii. Call AIMS and report account #
    - iii. Dr. Morstein will fax in the Rx
    - iv. Call pharmacy back to pay and it will be sent to you.