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Azimsolutions.com  
4657 S. Lakeshore Drive Suite 1  
Tempe, AZ 85282

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

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

### SIBO Treatment Sheet #1

#### HYDROGEN ALONE:

##### Option #1: Prescription Antimicrobials

1. Rifaximin 550 mg: 1 at breakfast, 8 hours later, and at bedtime for 14 days.
  - a. Prescription at Drugstore IF THAT DOES NOT WORK
  - b. Canadaprescriptionplus.com
    - i. Call pharmacy and get account # for Rifaximin 550 mg 100 pills
    - ii. Report account # to AIMS
    - iii. Dr. Morstein with fax in Rx
    - iv. Call pharmacy back to pay
    - v. Take prescription upon receipt of it (2 or so weeks)
2. Guar Gum—1 tsp in 8 oz of water with each Rifaximin pill
  - a. Bob's Red Mill
  - b. Nestle's Nutrisource
3. Lactoprime Plus—2 capsules at lunch

##### Option #2: Botanical Antimicrobials

1. Allisyn garlic—1 capsule three times a day for one month
2. Berberine Complex—2 capsules 2x/day for one month
3. ADP—1 capsule three times a day for one month
4. Neem capsules—1 capsule three times a day for one month

##### Option #3: Elemental Diet

1. Vivonex Plus: 1 packet \_\_\_\_ x a day as figured out by Dr. Morstein
2. Peptagen:
3. Homemade Elemental Diet: See Handout
  - a. Low Carb/Higher Fat
  - b. High Carb/Low Fat

#### HYDROGEN WITH METHANE or ONLY METHANE:

##### Option #1: Prescription Antimicrobials

1. Rifaximin 550 mg: 1 at breakfast, 8 hours later, and at bedtime for 14 days.
  - a. Prescription at Drugstore IF THAT DOES NOT WORK
  - b. Canadaprescriptionplus.com
    - i. Call pharmacy and get account # for Rifaximin 550 mg 100 pills
    - ii. Report account # to AIMS
    - iii. Dr. Morstein with fax in Rx
    - iv. Take prescription upon receipt of it (2 or so weeks)



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2. Neomycin 500 mg—1 capsule 2x/day for 14 days
3. Guar Gum—1 tsp in 8 oz of water with each Rifaximin pill
  - a. Bob's Red Mill
  - b. Nestle's Nutrisource
4. Lactoprim Plus—2 capsules at lunch

**Option #2: Botanical Antimicrobials**

1. Allisyn garlic—1 capsule three times a day for one month
2. Berberine Complex—2 capsules 2x/day for one month
3. ADP—1 capsule three times a day for one month
4. Neem capsules—1 capsule three times a day for one month

**Option #3: Elemental Diet**

1. Vivonex Plus: 1 packet \_\_\_\_ x a day as figured out by Dr. Morstein
2. Peptagen:
3. Homemade Elemental Diet: See Handout

**Large Intestine Stool Analysis Treatment:**

**Supplements for Stool Analysis (If applicable):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Diet:**

Keep eating your normal diet

**Lab Retesting:**

5-10 days after the end of your dosing of antimicrobials, repeat the SIBO test. Follow-up office visit will occur when test results are back.