

# SIBO SYMPTOM RELIEF GUIDE

## **Bloating** *(with or without pain)*

- **Activated Charcoal (by Nature's Way or Swiss Naturals)** (adsorbs gas): **2-4 caps (up to 1000mg)** away from meals, supplements and medicines (30 mins before or 1 hour after-adsorbs nutrients too.) Repeat every 3-4 hours. **Max 4g/day.** **Note:** *can cause constipation & darkened stool. Take Magnesium or other mild laxative if constipation occurs!*
- **"Iberogast":** (moves gas out); **20 drops between meals or when needed, or 60 drops before bed**
- **"IBgard":** (relieves sensation of bloating); follow label dosing
- **"Digest Force" (by Prairie Naturals):** (adsorbs gas & helps motility); follow label dosing
- **Prokinetics:** (helps move gas out) **"Motil Pro" (Pure Encapsulation), "Motility Activator" (Integrative Therapeutics), "SIBO-MMC" (Priority One), "GI Motility Complex" (Enzyme Science).** Follow label dosing.
- **Herbs:** peppermint, caraway, fennel, anise
- **Movement:** Breath-work (diaphragmatic breathing, alternate nose breathing, 4-7-8 method), Gentle twists (laying down or upright), gentle Yoga

## **Pain**

- **Peppermint oil** (antispasmodic/carminative/smooth muscle relaxant). **Note:** *Anti-inflammatories such as NSAIDs usually don't work for this type of localized pain.*  
**Caution:** may cause/aggravate acid reflux-this is less likely with "IBgard"
  - Enteric coated capsules: "Peppermint Gels"** (by NOW)
  - Peppermint tea:** (if pain is higher up)
- **Activated Charcoal (by Nature's Way or Swiss Naturals)** (adsorbs gas): **2-4 caps (up to 1000mg)** away from meals, supplements and medicines (30 mins before or 1 hour after-adsorbs nutrients too.) Repeat every 3-4 hours. **Max 4g/day.** **Note:** *can cause constipation & darkened stool. Use Magnesium or another mild laxative if constipation occurs!*
- **"Iberogast":** 20 drops between meals or as needed; or 60 drops before bed
- **Position:** Lie face down, to allow for easier upper gas release through burping
- **Heat:** heating pad, hot water bottle, or hot bath
- **Movement:** gentle twists (seated or lying on your back)
- **Herbs:** caraway, fennel, anise, ginger, cinnamon, chamomile

## Constipation

- **Magnesium Oxide or Citrate** (osmotic laxative-draws water into the intestine) **500-2000mg** at bedtime or 2 hours away from food. Start low & increase. (*1000mg is an effective dose for chronic constipation*). **Note:** Mg dosing is finicky & may need to be adjusted. Initial bowel movement may take 2 or more days when starting.
- **"Iberogast": 20 drops between meals or 60 drops at bedtime**
- **Short Chain Fatty Acids (SCFA): "Butyrate Complex"** (Genestra), **"EnteroVite"** (Apex Energetics); **"Butyric Acid"** (sold by many companies). Follow label dosing.
- **Soluble Fibre-Partially Hydrolyzed Guar Gum (PHGG): 5-6 grams** per day (start lower & then increase) **"Reliefibre"** (Natural Factors), **"Solufibre"** (AOR). *Possible side effects: bloating, intestinal irritation/pain.*
- **Insoluble Fibre-Cellulose powder:** by Nutricology, Allergy Research Corp, Vital Nutrients. Follow label dosing (start low & increase to full dose). *Possible side effects: bloating, intestinal irritation/pain.*
- **Increase Fat intake:** (stimulates large intestinal motility) eg: **Fish Oil, butter/ghee**
- **Warm water in morning:** sipped & "chewed" =stimulates gastro-colic reflex/large intestine). Add lemon for a boost!

## Diarrhea

- **Electrolyte replacement &/or Oral rehydration:**
  - DIY:** 8oz of water, juice of 1/2 a lemon, 1/8-1/4 tsp of Celtic sea salt or pink salt, 2 tsp of raw honey
  - "Electromag"** (CanPrev): effervescent drink packets, **"Ultima Replenisher"** electrolyte drink mix packets. **Note:** various products contain fermentable sweeteners that may cause symptoms. Best choices: honey, glucose, dextrose
- **Activated Charcoal (by Nature's Way or Swiss Naturals)** (adsorbs gas): **2-4 caps** (up to 1000mg) away from meals, supplements and medicines (30 mins before or 1 hour after-adsorbs nutrients too.) Repeat every 3-4 hours. **Max 4g/day.** **Note:** can cause constipation & darkened stool. Take Magnesium or other mild laxative if constipation occurs!
- **Starch & Meat diet:** white rice/white potato/white meat, fish, & poultry-during acute flare ups.
- **Soluble Fibre-Partially Hydrolyzed Guar Gum (PHGG):** 5-6 grams per day (start lower & then increase) **"Reliefibre"** (Natural Factors), **"Solufibre"** (AOR). *Possible side effects: bloating, intestinal irritation/pain.*
- **Insoluble Fibre-Cellulose powder:** by Nutricology, Allergy Research Corp, Vital Nutrients. Follow label dosing (start low & increase to full dose). *Possible side effects: bloating, intestinal irritation/pain.*
- **Probiotics (SIBO friendly strains): "Saccromyces Boullardi"** (Pure Encapsulation); follow label dosing.
  - Homemade Coconut Probiotic Yoghurt** (<https://minimalistbaker.com/easy-2-ingredient-coconut-yogurt/>)

## Nausea &/or food sitting in stomach

- **Ginger** (fresh, capsules, tincture, tea, chews): follow label dosing
- **"Iberogast"**: 20 drops between meals; or 60 drops at bedtime
- **Ginger Prokinetics: "Motil Pro"** (Pure Encapsulation), **"SIBO-MMC"** (Priority One)

## Acid Reflux

- **Baking soda**: 1/2 tsp in 4oz of water up to every 2 hours (max=7 doses in 25 hours).
- **"Iberogast"**: 20 drops between meals or 60 drops at bedtime
- **Liquid Herbal Bitters**: 15 min before meals. Follow label dosing. (Also called "Swedish" or "Digestive bitters")
- **Apple Cider Vinegar**: 1 tbsp in 1 cup of water 15 min before meals; can also take a shot of ACV if tolerated!
- **Betaine HCL capsules: 1-2 capsules** at the start of the protein containing meal. **Note:** *discontinue if burning or heaviness occurs & treat with baking soda. \*Contraindicated with active ulcer. Please consult your practitioner.*

**Note:** *This information is not intended nor implied to be a substitute for professional medical advice. Please consult your healthcare practitioner to discuss your personal healthcare requirements or treatment plan. It is recommended to work with a practitioner when using supplementation.*