

# Test report SIBO Test

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SIBO Test  
J4AX24N5-SIB



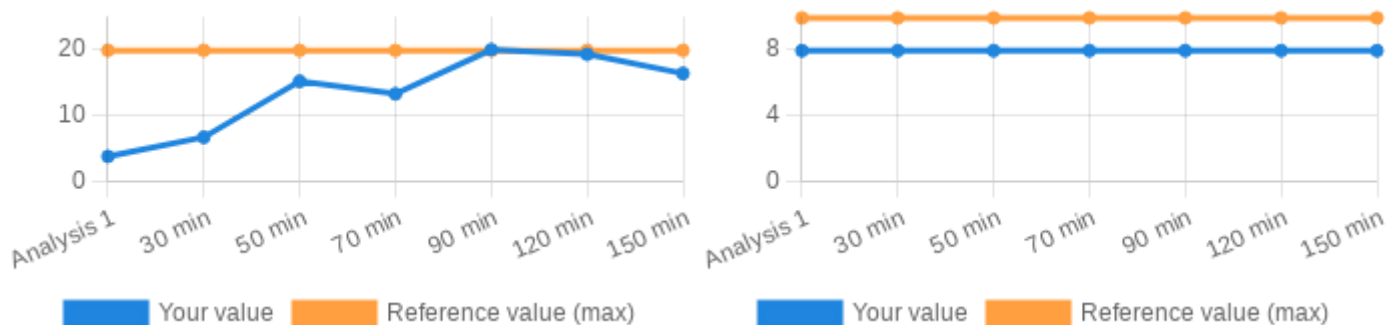
## About SIBO

Our lab has analyzed your breath test for the concentration of hydrogen and methane to detect a possible overcolonization of the small intestine. SIBO is an abbreviation for Small Intestinal Bacterial Overgrowth and means that you have an overcolonization of bacteria in the small intestine, which should not normally be there. With SIBO, you have more hydrogen and / or methane in the exhaled air after drinking the solution with lactulose.

Lactulose can not be metabolized by the human organism and it thus passes unchanged through the intestines where it is broken down by the anaerobic intestinal flora. However, in SIBO, lactulose is already broken down in the small intestine, which results in the gases hydrogen, methane and carbon dioxide as well as the short-chain fatty acids (acetic acid, butyric acid and propionic acid) being formed and creating various gastrointestinal problems. The increase in hydrogen or methane concentration can be measured in the air we breathe out.

SIBO is often a secondary disease and can occur as a result of primary problems in everything from the digestive system, liver, gallbladder and pancreas. Some drugs, such as proton pump inhibitors, can cause a lack of stomach acid, which in turn can cause SIBO to develop. This is because one of the functions of stomach acid is to kill microorganisms that we ingest orally.

## Your test results



If any of your values for the time intervals of 30, 50, 70 or 90 min exceed the values given below, it indicates that you are suffering from SIBO. At 90 minutes, the food passes to the colon and then it is usually no longer defined as SIBO.

**Hydrogen gas** over 20 ppm

**Methane** over 10 ppm

(ppm = parts per million)



## Measured values

### SIBO - Hydrogen

Name	Your value	Reference value
Analysis 1	3.9 ppm	< 20
30 min	6.8 ppm	< 20
50 min	15.3 ppm	< 20
70 min	13.4 ppm	< 20
90 min	20.1 ppm	< 20
120 min	19.4 ppm	< 20
150 min	16.5 ppm	< 20

### SIBO - Methane

Name	Your value	Reference value
Analysis 1	8 ppm	< 10
30 min	8 ppm	< 10
50 min	8 ppm	< 10
70 min	8 ppm	< 10
90 min	8 ppm	< 10
120 min	8 ppm	< 10
150 min	8 ppm	< 10

*\*The lowest measured value for methane is 8 ppm. Thus, showing your result at 8 ppm means this < 8 ppm.*

If any of your test answers for the time intervals of 30, 50, 70 or 90 min exceed the values given below, it indicates that you are suffering from SIBO. At 90 minutes, the food passes to the colon and then it is usually no longer defined as SIBO.

**Hydrogen** over 20 ppm

**Methane** over 10 ppm

(ppm = parts per million)



## What can you do about SIBO?

[Redacted text block]

[Redacted text block]

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## How can you use the results?

[Redacted text block]

### 1. Remove

[Redacted text block]

### 2. Replace

[Redacted text block]

### 3. Reinoculate

[Redacted text block]

### 4. Repair

[Redacted text block]

### 5. Rebalance

[Redacted text block]

[Redacted text block]

