

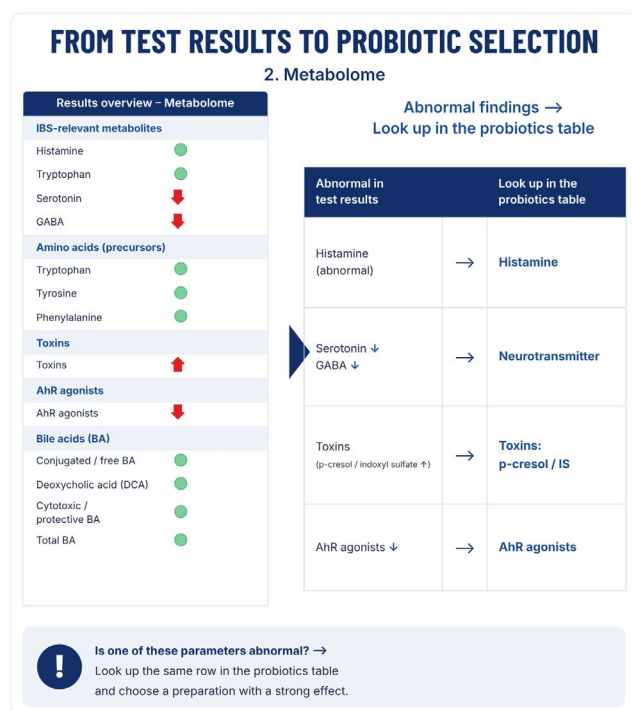
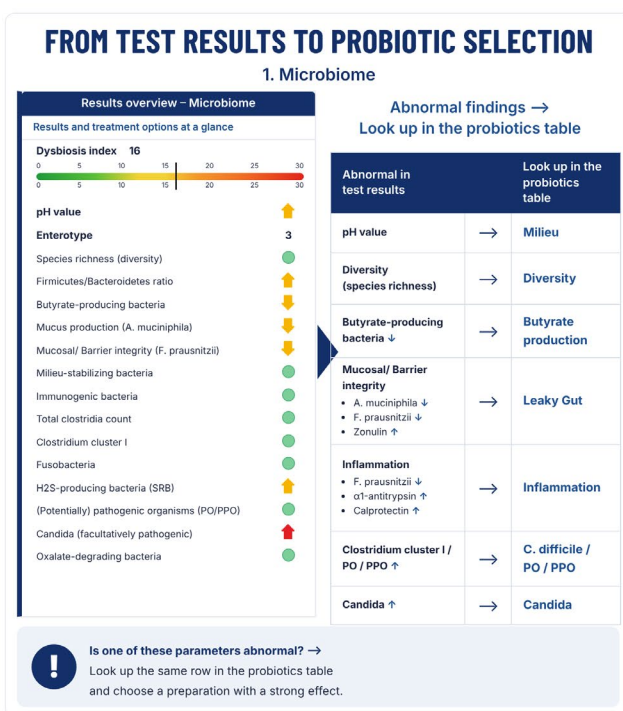
Practical Examples for Probiotic Selection

The following examples show how the rules from Information Sheet 1 are applied in practice. The key is not to compare as many products as possible, but to identify the functional axes that are abnormal in the test results and then to look specifically for shared coverage in the probiotics table.

1. From test results to the relevant axis

BASIC PRINCIPLE

Only the axes that are actually abnormal in the test results are considered in the probiotics table.



The graphical test results summary serves as a quick navigator. It already displays the relevant changes in condensed form. These are assigned to the corresponding rows of the probiotics table – for example, pH value to the milieu, leaky gut to the barrier axis, or p-cresol/indoxyl sulfate to the toxin axis.

Important: You do not need to re-interpret the entire report. Only the axes that are actually abnormal are considered for product selection. This keeps the table easy to use despite the additional functional information.

How to read the examples

1 Results

2 Axis

3 Table

4 Decision

Practical Example 1 – One Product Group Is Sufficient

2. One product group covers the relevant axes

RULE 1

If all relevant main axes are adequately covered within one product group, no additional probiotic is required.

PRACTICAL EXAMPLE: FROM TEST RESULTS TO THE MATCHING PRODUCT GROUP

1 ABNORMALITIES IN THE EXAMPLE PATIENT

pH value elevated ↑

Inflammation ↑

- F. prausnitzii ↓
- α1-antitrypsin ↑
- Calprotectin ↑

Leaky gut / barrier disorder ↑

Toxins elevated ↑

- p-Cresol ↑
- Indoxyl sulfate ↑

2. Search the complete ORIGINAL probiotics table

Probiotics Indications	OB 6 AB Select Lb Premium BG Basic VSL#3	BG MetaB Plus BG Long Vital	OB SR-9 BG Stress AB Compens Lb Forte	OB Hetox light SAH Hista-Care AB Compens BG Stress	OB Power BG SR&C AB Relief KJ Immun	OB 10 BG SR&C AB Akut Lb AAD	SAH Hista-Care AB Sensitive VP Biot Sensitiv	OB SR-9 BG Stress Lb Forte	BG SR&C BG Stress BG Long Vital
Infants (0-1)	s.b.								
Children	s.b.								
Adults	+++	+++	+++	+++	+++	+++	+++	+++	+++
Older adults	++	++	++	++	++	++	++	++	++
Milieu (pH+)	+++++	+++	+++	+++	+	+++	+++	+++	+++
Diversity	+	++	+	+	+	+	++	++	+++
Butyrate prod. (indirect)	+	+++++	+			+			
Inflammation	+++	+++	+++++	+++	+	++	+++	+++	+++
Leaky Gut	+++	+++	+++	+++++	+	+++	+++	+++	+++
Immunomodulation	++	+++	++	++	+++++	++	++		+++
C. difficile, PO, PPO	+	+++	+	+	++	+++++	++		+++
Candida	+	+	+	+		+++++			+
Histamine							+++++		
Neurotransmitter							+++	+++++	++
Toxins: p-cresol, IS		+							+++++
AhR agonists									+++++

+++++ = main indication | +++ = strong effect | ++ = moderate effect | + = slight effect | no effect

Common overlap: BG SR&C · BG Stress · BG Long Vital

In this example, pH value, inflammation, leaky gut, butyrate production and toxins are abnormal. These are therefore exactly the axes considered in the table. The common overlap leads to the product group BG SR&C · BG Stress · BG Long Vital.

The group is sufficient because the axes relevant to this patient are well covered collectively. Within the group, the preparation that best fits the clinical presentation and any additional priorities can then be selected. Individual products may have a stronger effect on certain axes than the stated group value.

Note: First find the appropriate product group – then select the most suitable preparation for the individual patient within that group.

Practical Example 2 – Common Overlap and Alternative for Butyrate Deficiency

3. What counts is not the strongest single effect, but the overall coverage

RULE 1

The decisive factor is the product group that best covers all relevant axes collectively.

PRACTICAL EXAMPLE: FROM TEST RESULTS TO PROBIOTIC SELECTION

EXAMPLE PATIENT: pH ↑, INFLAMMATION ↑, LEAKY GUT ↑, BUTYRATE (INDIRECT) REDUCED ↓

1 ABNORMALITIES IN THE EXAMPLE PATIENT

- pH value elevated ↑
- Inflammation ↑
 - F. praesentis ↓
 - α1-antitrypsin ↑
 - Calprotectin ↑
- Leaky gut / barrier disorder ↑
- Butyrate production (indirect) reduced ↓

2 IDENTIFY RELEVANT AXES

- Milieu (pH+) →
- Inflammation →
- Leaky Gut →
- Butyrate production (indirect) →

3 SEARCH THE ORIGINAL PROBIOTICS TABLE

Probiotics Indications	OB 6 AB Select Lb Premium BG Basic VSL#3	BG MetaB Plus BG Long Vital	OB SR-9 BG Stress AB Compens Lb Forte	OB Hetox light SAH Hista-Care AB Compens BG Stress	OB Power BG SR&C AB Relief KJ Immun	OB 10 BG SR&C AB Akut Lb AAD	SAH Hista-Care AB Sensitive VP Blot Sensitiv	OB SR-9 BG Stress Lb Forte	BG SR&C BG Stress BG Long Vital
Infants (0-1)	s.b.								
Children	s.b.								
Adults	+++	+++	+++	+++	+++	+++	+++	+++	+++
Older adults	+++	++	++	++	++	++	++	++	++
Milieu (pH+)	+++++	+++	+++	+++	++	+++	+++	+++	+++
Diversity	+	++	+	+	+	+	++	++	+++
Butyrate prod. (indirect)	+	+++++	+			+			
Inflammation	+++	+++	+++++	+++	+	+++	+++	+++	+++
Leaky Gut	+++	+++	+++	+++++	+	+++	+++	+++	+++
Immunomodulation	++	+++	++	++	+++++	++	++		+++
C. difficile, PO, PPO	+	+++	+	+	++	+++++	++		+++
Candida	+	+	+	+		+++			+
Histamine							+++++		
Neurotransmitter							+++	+++++	++
Toxins: p-cresol, IS		+							+++++
AhR agonists									+++++

+++++ = main indication | +++ = strong effect | ++ = moderate effect | + = slight effect | no effect

4 COMMON OVERLAP – MATCHING PRODUCT GROUP

Maximum common overlap:
BG MetaB Plus, BG Long Vital
Reason: indirect **butyrate production** and at least +++ in all other indications

Alternative:
prebiotics to promote butyrate production

THE NEW APPROACH:
First identify the relevant axes – then choose the product group with the best shared coverage.

4 abnormalities → 4 relevant axes → 1 matching product group

With pH ↑, inflammation ↑, leaky gut ↑ and reduced butyrate production, the maximum common overlap is **BG MetaB Plus / BG Long Vital**. This product group covers the relevant main axes well collectively.

This example illustrates a key principle of the table: a preparation can be particularly strong on a single axis and still be a poorer fit overall. For therapy, what matters is the combined coverage of the axes that are actually abnormal in the patient.

This makes the selection more indication-specific. Instead of choosing a supposed all-round probiotic, the aim is to find the activity profile that matches the individual pattern of test findings.

Alternative for reduced butyrate production: If the remaining main axes are already adequately covered, the butyrate axis does not necessarily have to be optimized with an additional probiotic. A suitable prebiotic can specifically support the existing butyrate-producing bacteria and thus endogenous butyrate production.

Practical Example 3 – One Probiotic Is Not Enough

4. Two complementary probiotics

RULE 2

If no product group adequately covers all relevant main axes, a second probiotic is added in a targeted manner.

PRACTICAL EXAMPLE: pH ↑ • LEAKY GUT ↑ • CANDIDA ↑

1

ABNORMALITIES IN THE PATIENT

↑

pH value elevated

→

Milieu (pH+)

↑

Leaky gut / barrier disorder

→

Leaky Gut

↑

Candida

→

Candida

2

SEARCH THE ORIGINAL PROBIOTICS TABLE

Probiotics Indications	OB 6 AB Select Lb Premium BG Basic VSL#3	BG MetaB Plus BG Long Vital	OB SR-9 BG Stress AB Compens Lb Forte	OB Hetox light SAH Hista-Care AB Compens BG Stress	OB Power BG SR&C AB Relief KJ Immun	OB 10 BG SR&C AB Akut Lb AAD	SAH Hista-Care AB Sensitive VP Biot Sensitiv	OB SR-9 BG Stress Lb Forte	BG SR&C BG Stress BG Long Vital
Infants (0-1)	s.b.								
Children	s.b.								
Adults	+++	+++	+++	+++	+++	+++	+++	+++	+++
Older adults	++	++	++	++	++	++	++	++	++
Milieu (pH+)	+++++	+++	+++	+++	+	+++	+++	+++	+++
Diversity	+	++	+	+	+	+	++	++	+++
Butyrate prod. (indirect)	+	++++	+			+			
Inflammation	+++	+++	++++	+++	++	++	+++	+++	+++
Leaky Gut	+++	+++	+++	++++	+	+++	+++	+++	+++
Immunomodulation	++	+++	++	++	++++	++	++		+++
C. difficile, PO, PPO	+	+++	+	+	++	++++	++		+++
Candida	+	+	+	+	+++				+
Histamine							++++		
Neurotransmitter							+++	++++	++
Toxins: p-cresol, IS		+							++++
AhR agonists									++++

+++++ = main indication
+++ = strong effect
++ = moderate effect
+ = slight effect
(blank) = no effect

💡

No single probiotic adequately covers all 3 axes.

→ Select 2 complementary probiotics



No single probiotic adequately covers all 3 axes.
→ Select 2 complementary probiotics

With pH ↑, leaky gut ↑ and Candida ↑, there is no single probiotic that covers all three axes with sufficient strength. Therefore, two preparations are selected whose activity profiles complement each other in a meaningful way.

The goal is not to use as many probiotics as possible. The second preparation is added only because a relevant axis is not adequately addressed by the first preparation.

Two possible modes of administration

STAGGERED

e.g., preparation 1 in the morning
preparation 2 in the evening

SEQUENTIAL

e.g., preparation 1 in weeks 1-4
preparation 2 in weeks 5-12

Which option is more appropriate depends on the test results, symptoms, tolerability and therapeutic focus.

Practical Example 4 – Exception: Reduced Diversity

5. Not every less well-covered axis requires a second probiotic

RULE 3

If the main axes are adequately covered and only diversity is less well addressed, a targeted prebiotic can be added.

PRACTICAL EXAMPLE: pH ↑ • LEAKY GUT ↑ • DIVERSITY ↓ • NEUROTRANSMITTERS ↓ (serotonin, GABA)

1 ABNORMALITIES IN THE PATIENT		2 SEARCH THE ORIGINAL PROBIOTICS TABLE									
↑ pH value elevated → Milieu (pH+) ↑ Leaky gut / barrier disorder → Leaky Gut ↓ Diversity reduced → Diversity ↓ Neurotransmitters (serotonin, GABA) reduced → Neuro-transmitter		Probiotics Indications	OB 6 AB Select Lb Premium BG Basic VSL#3	BG MetaB Plus BG Long Vital	OB SR-9 BG Stress AB Compens Lb Forte	OB Hetox light SAH Hista-Care AB Compens BG Stress	OB Power BG SR&C AB Relief KJ Immun	OB 10 BG SR&C AB Akut Lb AAD	SAH Hista-Care AB Sensitive VP Biot Sensitiv	OB SR-9 BG Stress Lb Forte	BG SR&C BG Stress BG Long Vital
		Infants (0-1)	s.b.								
		Children	s.b.								
		Adults	+++	+++	+++	+++	+++	+++	+++	+++	+++
		Older adults	++	++	++	++	++	++	++	++	++
		Milieu (pH+)	++++	++	++	++	+	++	++	++	++
		Leaky Gut	+++	++	++	++++	+	++	++	++	++
		Diversity	+	++	+	+	+	+	++	++	++
		Butyrate prod. (indirect)	+	++++	+			+			
		Inflammation	+++	+++	++++	+++	++	++	++	++	++
		Immunomodulation	++	++	++	++	++++	++	++	++	++
		C. difficile, PO, PPO	+	++	+	+	++	++++	++	+	++
		Candida	+	+	+	+	++				+
		Histamine							++++		
		Neurotransmitter							++	++++	++
		Toxins: p-cresol, IS		+						++++	++++
		AhR agonists									++++

++++ = main indication | +++ = strong effect | ++ = moderate effect | + = slight effect | (blank) = no effect



One probiotic adequately covers the relevant main axes (pH+, leaky gut, neurotransmitters).

→ Add a targeted prebiotic to support diversity

In this example, the neurotransmitter group adequately covers the main axes pH+, leaky gut and neurotransmitters. Diversity reaches only ++ and is therefore below the usual guide value of +++.

Nevertheless, a second probiotic is not required. Diversity is shaped substantially by diet and the available substrate supply and can therefore be specifically supported by a suitable prebiotic.

The same principle can apply to inadequately covered butyrate production: instead of automatically adding another probiotic, microbial butyrate production can be specifically promoted with suitable prebiotics.

The Decision Logic at a Glance

Three practical decision paths

ONE PROBIOTIC	All relevant main axes are adequately covered (guide value: $\geq +++$). → One preparation from the appropriate product group is usually sufficient.
TWO PROBIOTICS	At least one relevant main axis remains inadequately covered by the first preparation. → A complementary second probiotic specifically adds the missing effect.
PROBIOTIC + PREBIOTIC	Only diversity and/or butyrate production are inadequately covered. → Targeted support with a suitable prebiotic is often sufficient.

These examples are not intended to make therapy more complicated. Rather, they show how the additional axis logic can be used when a higher degree of individualization is desired.

Key principle: Use as few preparations as possible – but cover as many therapeutic axes as necessary in a targeted way.

If you prefer not to carry out the detailed selection yourself, you can continue to use the personalized therapeutic flowchart at the beginning of the therapy section. It already lists probiotics and prebiotics for the four most important findings axes. The tables also allow for further individualization.