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Clarification of a small intestine bacterial overgrowth (SIBO)

After lactulose intake, there occurred no significant increase in the respiratory hydrogen and/or methane gas concentration, which is evidence **against** the presence of a small intestine bacterial overgrowth (SIBO).

If there is no known constipation, a rise after 90 minutes can be viewed as a proper progression. Because the lactulose cannot be metabolized by the body, it is then physiologically broken down by the flora in the large intestine. This causes the corresponding increases.

Lactulose cannot be utilized by the organism. It passes unchanged to the intestines, where it is broken down by anaerobic flora. With SIBO, lactulose is already broken down in the small intestine. The resulting gases hydrogen, methane and carbon dioxide as well as the short-chain fatty acids (acetic, butyric and propionic acid) are responsible for various gastrointestinal complaints. The increase in hydrogen or methane concentration can be measured in the air we breathe.

If the hydrogen concentration (H2) rises above 20 ppm within 90 minutes and/or the methane concentration (CH4) rises above 10 ppm within all measurements compared to the basal value or the previous value, a SIBO is present.

With kind regards

Your Biovis-Diagnostik

Attention: The recommendations given are only advice based on the compiled findings and possible clinical information. They are exclusively addressed to the therapist/physician and are <u>not intended</u> for direct transfer to the patient. They cannot replace diagnosis and therapy of the treating therapist. The recommendations for therapy are a suggestion. The responsibility for the final selection/measure/dosage lies with the medical professional/therapist responsible for each individual case. Please also note that there may be contraindications/interactions associated with the recommended medication/nutritional supplements for pre-existing primary diseases and when taking certain medication. These must be investigated by the medical professional/therapist before starting therapy.

To achieve a special medical purpose, the dosing recommendations for individual substances may be higher than those of EU Regulation 2016/128.