

# Healthpath's SIBO Breath Test

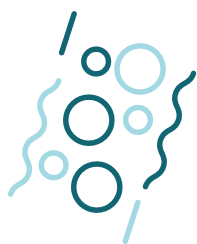
Healthpath's **Small Intestinal Bacterial Overgrowth (SIBO) Breath Test** shows you what's going on inside your gut. By assessing any imbalances of hydrogen and methane in your small intestine, you find out what's contributing to your symptoms. You also receive targeted diet, supplement and lifestyle recommendations to help you take back control.

**The test provides technical information on three key gases:**



## 1 | Hydrogen

A rise in hydrogen of greater than or equal to 20 p.p.m by 90 minutes during lactulose breath testing for SIBO is considered positive.



## 2 | Methane

A methane level of greater than or equal to 10 p.p.m is considered methane positive.



## 3 | Hydrogen Sulfide

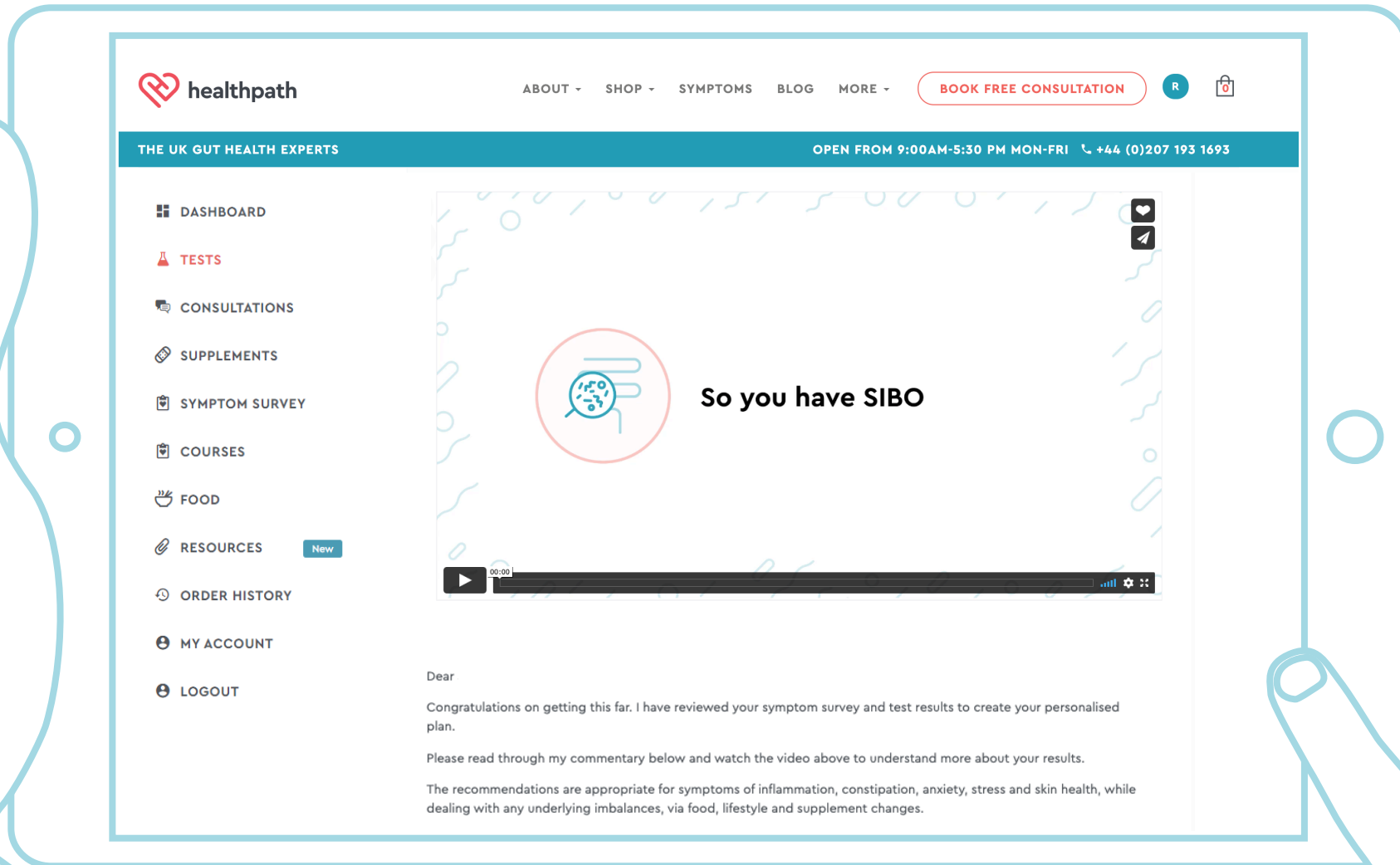
It is thought that when hydrogen and methane gases are very low, especially throughout the 2.5 hours, that hydrogen sulfide SIBO may be present.

### Why take a SIBO Breath test?

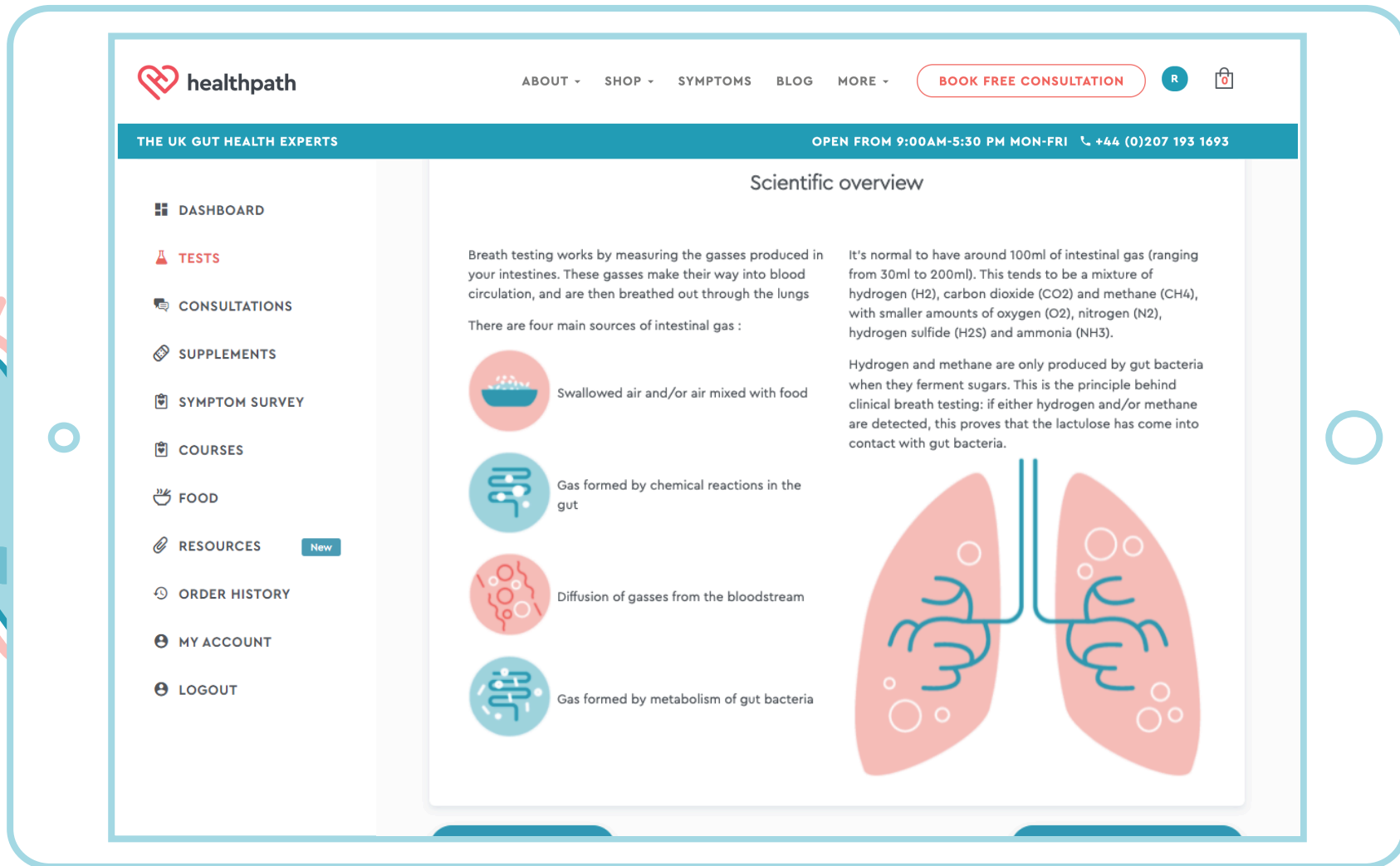
Anyone suffering from IBS or fibromyalgia would benefit from this SIBO test. This is because 84% of IBS cases are actually believed to be SIBO, while 77% of people with fibromyalgia also have SIBO. If you suffer from digestive symptoms (diarrhoea, constipation, bloating), or you have food intolerances (especially to certain carbohydrates), a SIBO test could be helpful for you .

# SIBO Breath Test results are delivered in your private Healthpath dashboard

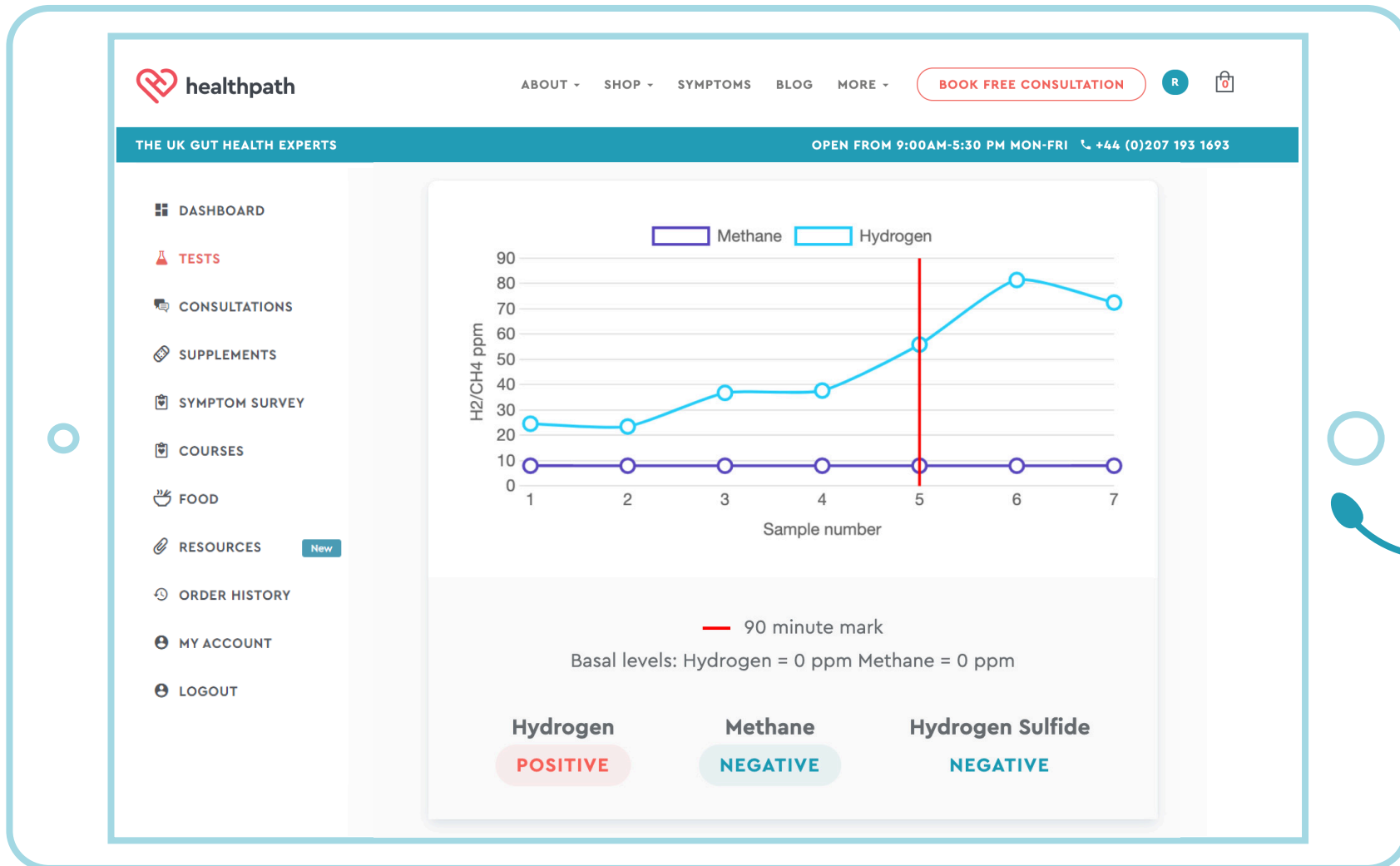
You get a personal note from your practitioner:



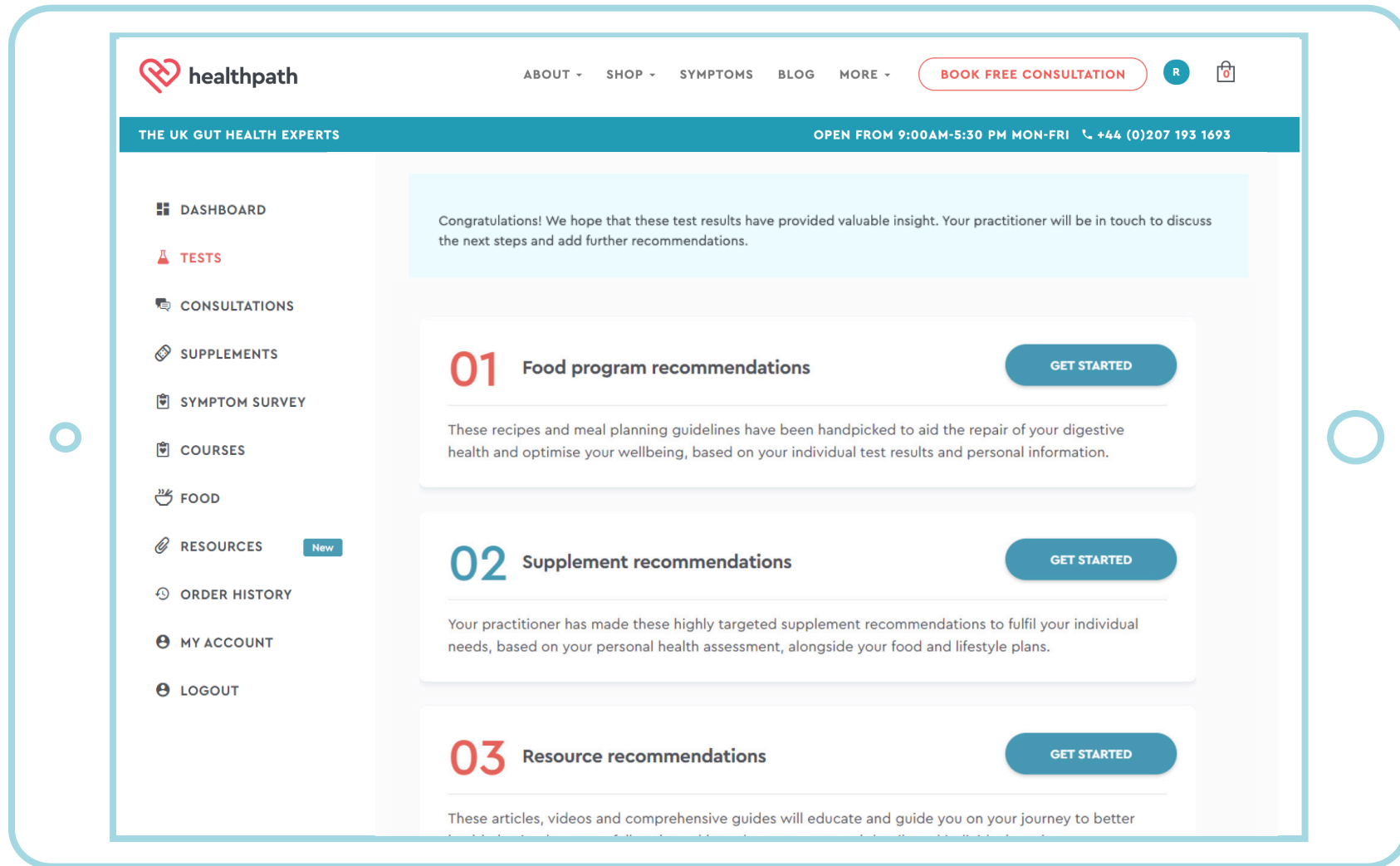
# An overview of what your SIBO test looks for:



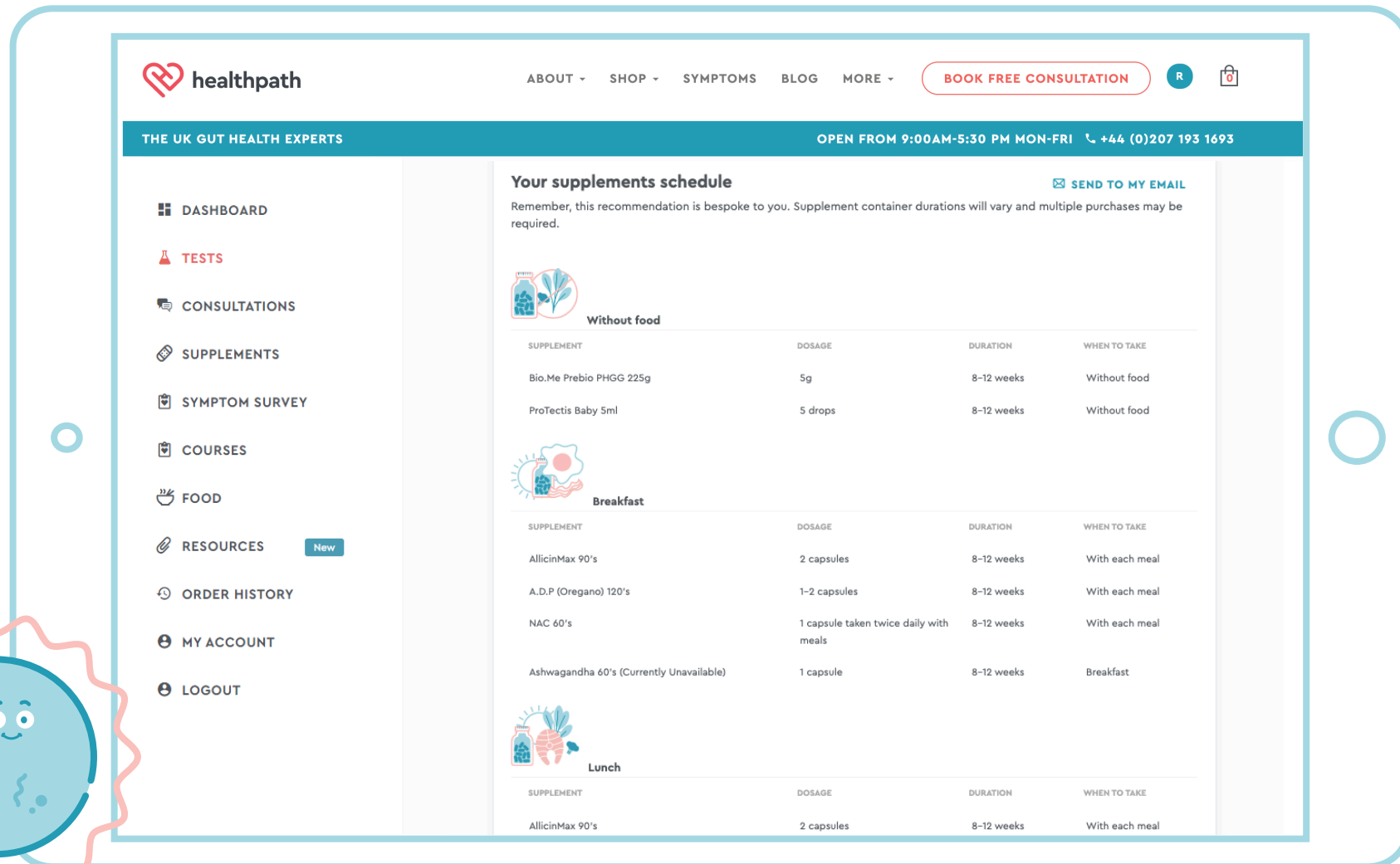
# An detailed explanation of your gas levels:



# A summary of your next steps, including food, supplements and helpful guides:



# Your personalised recommendations from your practitioner:



**healthpath**

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### Your supplements schedule

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Remember, this recommendation is bespoke to you. Supplement container durations will vary and multiple purchases may be required.

#### Without food

SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE
Bio.Me Prebio PHGG 225g	5g	8-12 weeks	Without food
ProTectis Baby 5ml	5 drops	8-12 weeks	Without food

#### Breakfast

SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE
AllicinMax 90's	2 capsules	8-12 weeks	With each meal
A.D.P (Oregano) 120's	1-2 capsules	8-12 weeks	With each meal
NAC 60's	1 capsule taken twice daily with meals	8-12 weeks	With each meal
Ashwagandha 60's (Currently Unavailable)	1 capsule	8-12 weeks	Breakfast

#### Lunch

SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE
AllicinMax 90's	2 capsules	8-12 weeks	With each meal

# Plus a copy of the original lab report (example):

