

Healthpath's SIBO Breath Test

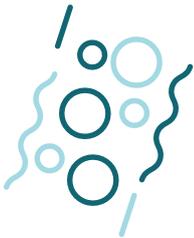
Healthpath's **Small Intestinal Bacterial Overgrowth (SIBO) Breath Test** shows you what's going on inside your gut. By assessing any imbalances of hydrogen and methane in your small intestine, you find out what's contributing to your symptoms. With our **SIBO Plan and SIBO Package** you'll also receive 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 .

Your Test Results

All tests come with a personalised note from our in-house practitioners, easy-to-understand results and a copy of the original lab report.

Your test results will be in your private Healthpath dashboard.

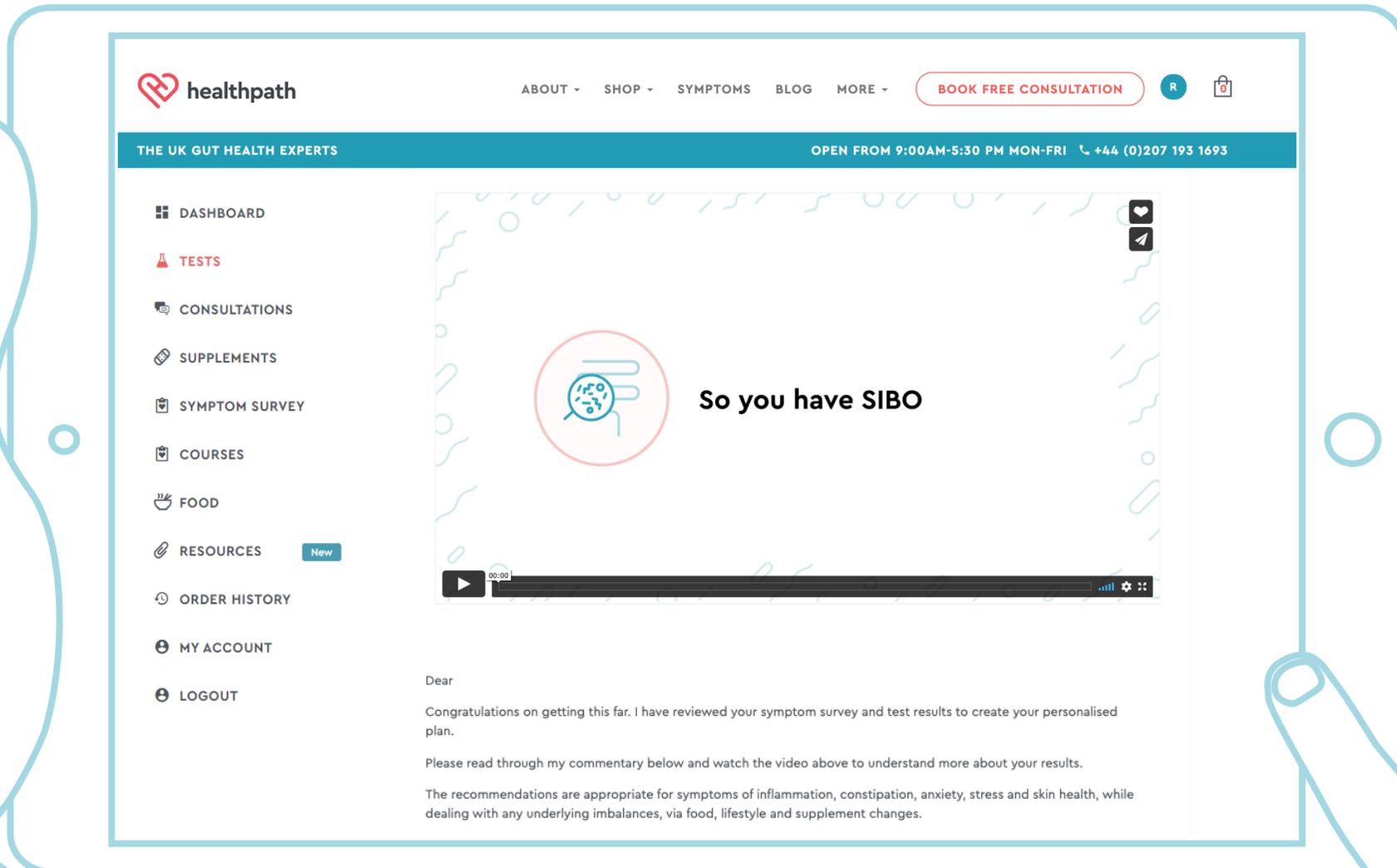
SIBO PLAN

SIBO PACKAGE

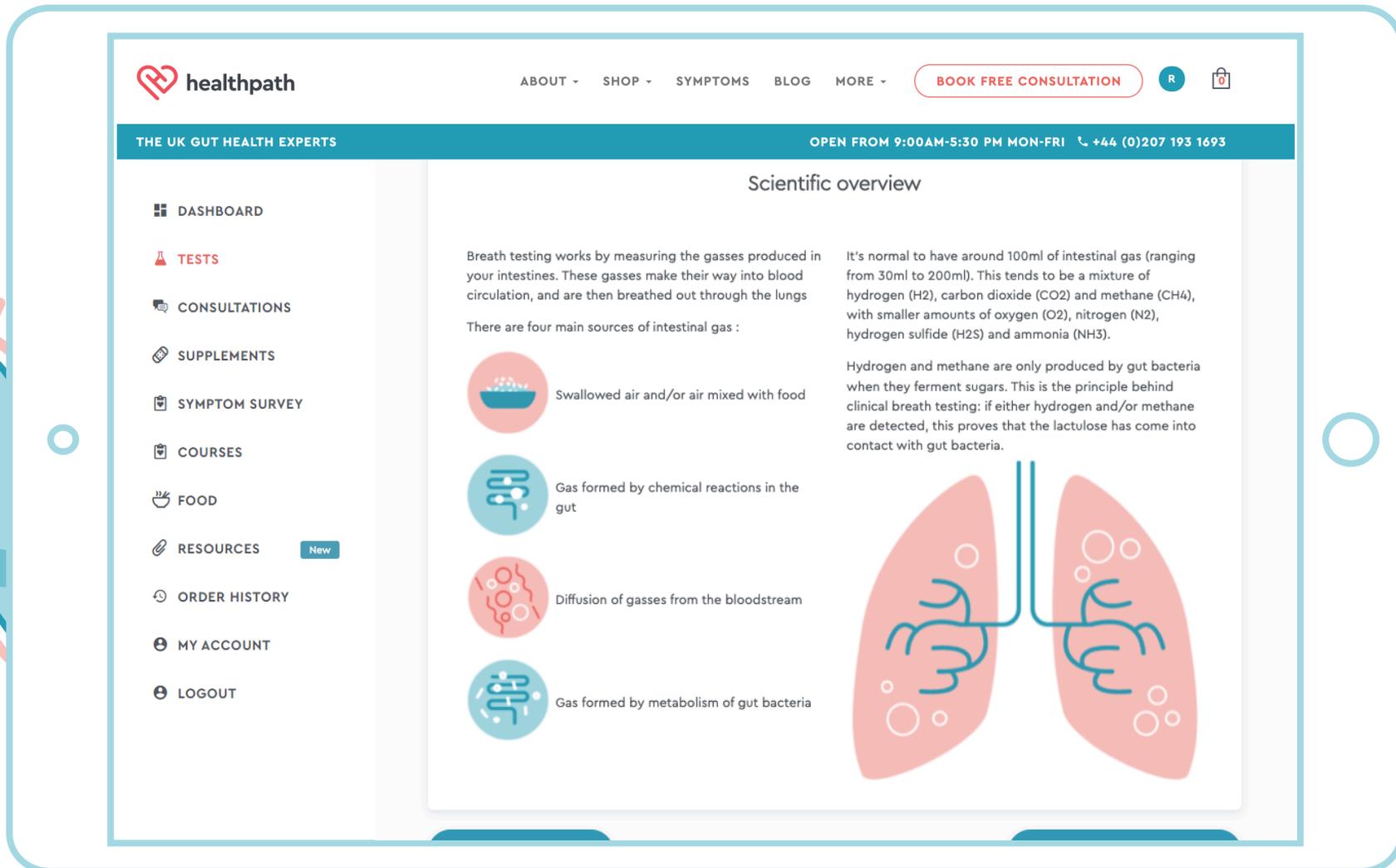
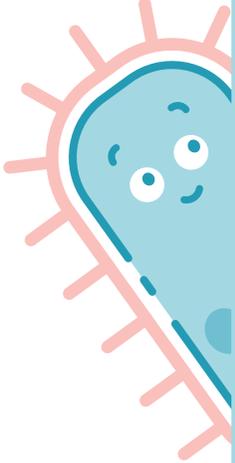
With our **SIBO Plan** and **SIBO Package**, you'll also receive targeted food, supplement and lifestyle recommendations to help you take back control.

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:



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Scientific overview

DASHBOARD

TESTS

CONSULTATIONS

SUPPLEMENTS

SYMPTOM SURVEY

COURSES

FOOD

RESOURCES New

ORDER HISTORY

MY ACCOUNT

LOGOUT

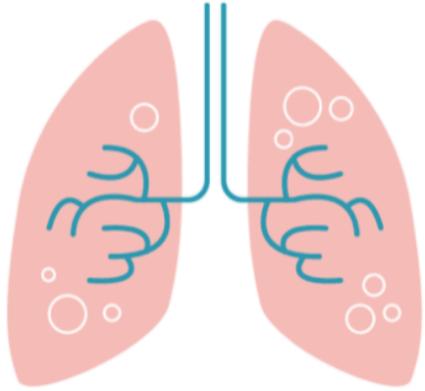
Breath testing works by measuring the gasses produced in your intestines. These gasses make their way into blood circulation, and are then breathed out through the lungs

There are four main sources of intestinal gas :

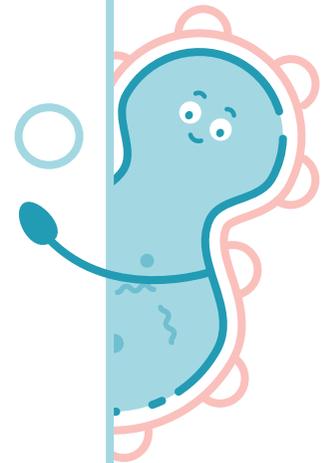
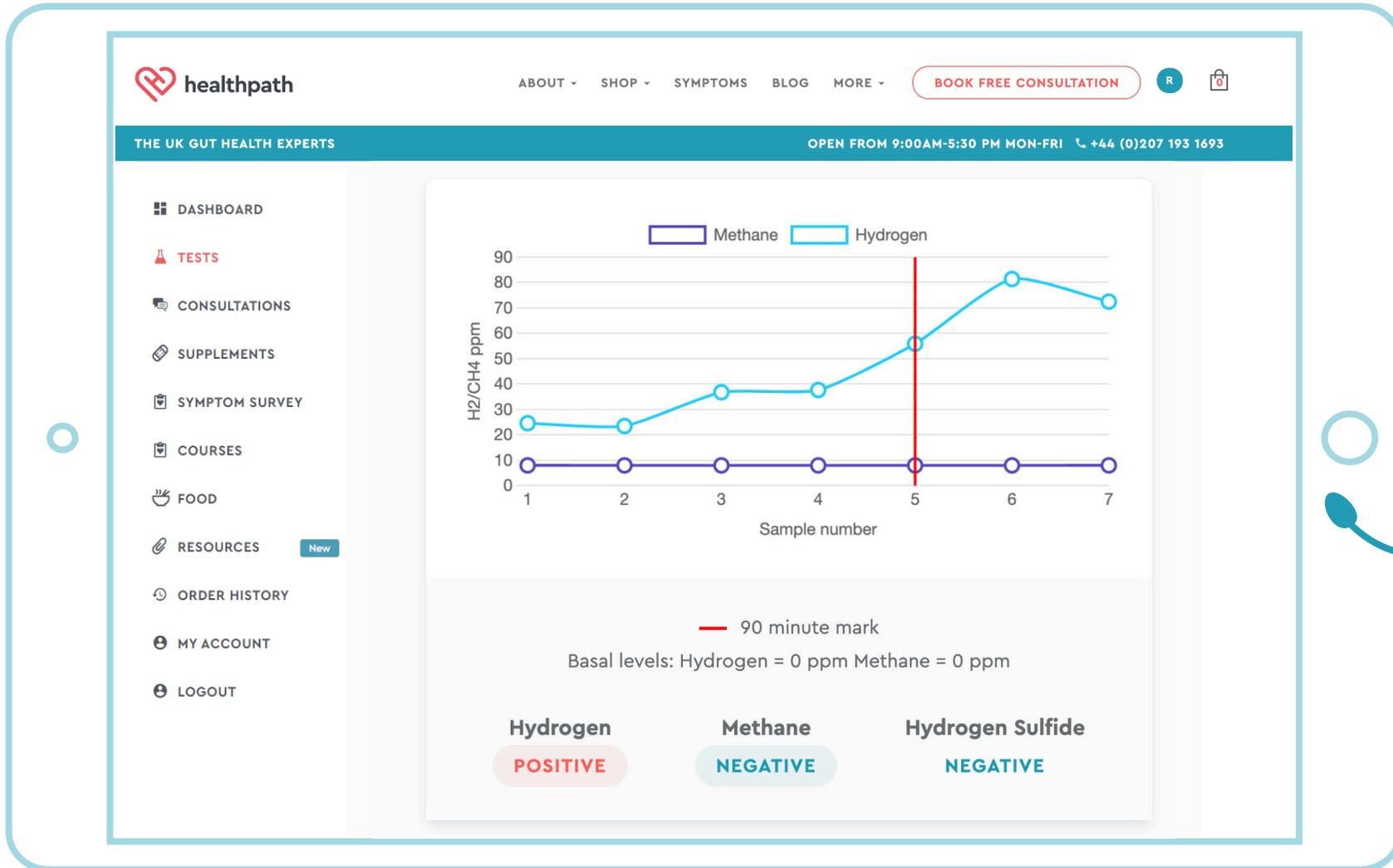
-  Swallowed air and/or air mixed with food
-  Gas formed by chemical reactions in the gut
-  Diffusion of gasses from the bloodstream
-  Gas formed by metabolism of gut bacteria

It's normal to have around 100ml of intestinal gas (ranging from 30ml to 200ml). This tends to be a mixture of hydrogen (H₂), carbon dioxide (CO₂) and methane (CH₄), with smaller amounts of oxygen (O₂), nitrogen (N₂), hydrogen sulfide (H₂S) and ammonia (NH₃).

Hydrogen and methane are only produced by gut bacteria when they ferment sugars. This is the principle behind clinical breath testing: if either hydrogen and/or methane are detected, this proves that the lactulose has come into contact with gut bacteria.



An detailed explanation of your gas levels:



Plus a personal review from your practitioner:

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- DASHBOARD
- TESTS
- CONSULTATIONS
- SUPPLEMENTS
- SYMPTOM SURVEY
- COURSES
- FOOD
- RESOURCES New
- ORDER HISTORY
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Dear Richard,

Congratulations on getting this far. I have reviewed your symptom questionnaire and test results to create your personalised program.

Key Findings

When viewing your test results, keep in mind that the microbiome is a new and complex area of science. You do not need to see 'out-of-range' markers as a diagnosis. Rather, see them as suggestions to focus on a particular aspect of health.

Your key findings include:

1. A good stool pH – improved since your last test
2. Good microbiome diversity – also improved since your last test.
3. Dysbiosis
4. Low levels of Bifidobacteria and key butyrate-producing (friendly) bacteria
5. High levels of histamine-producing bacteria
6. High levels of candida species
7. High secretory IgA (indicating immune activity) – this has increased since your last test.

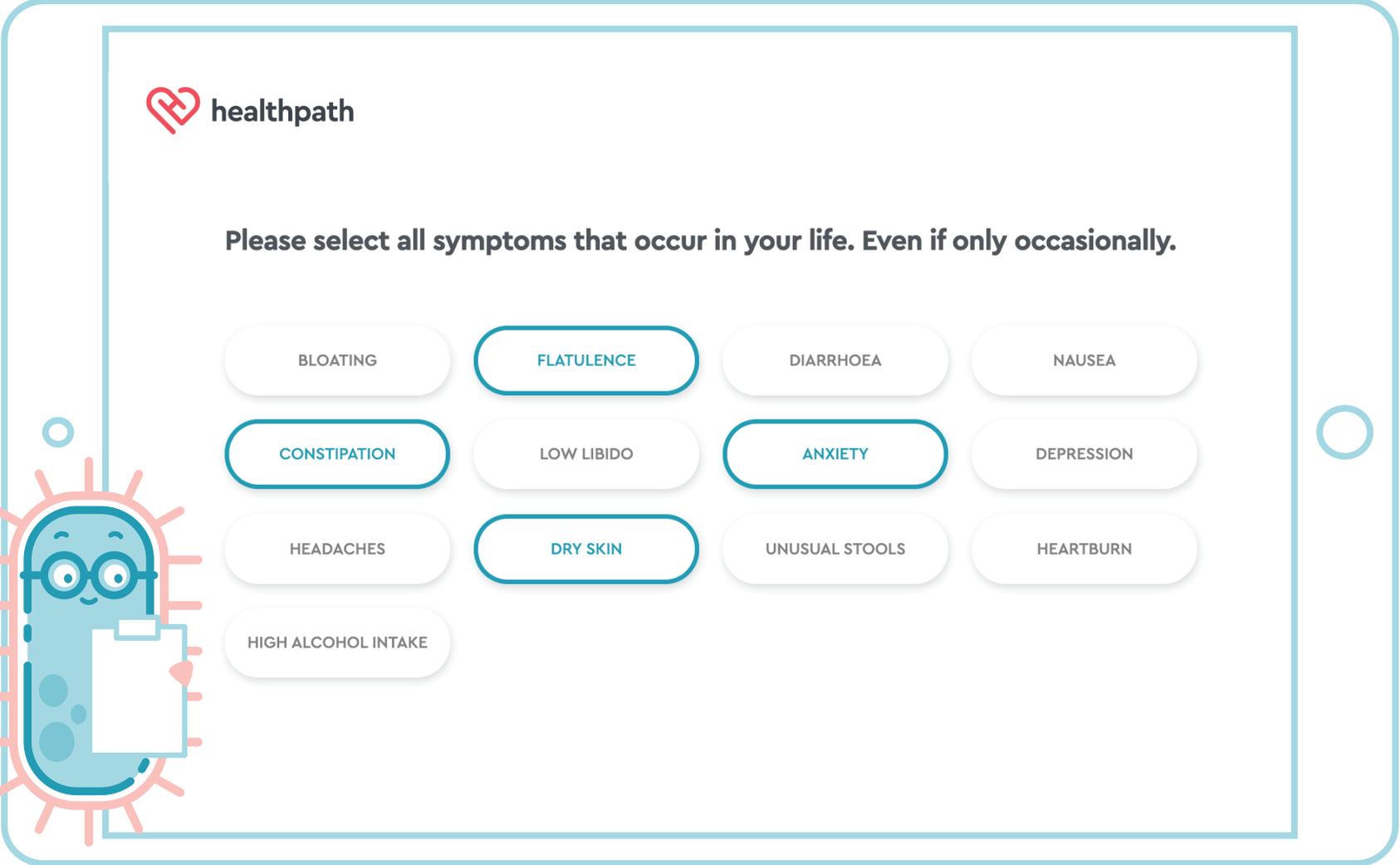
To learn more about your out-of-range markers, click the 'Show detailed description' button on the 'Out of range' page on your dashboard.

Your Recommendations [SIBO PLAN](#) [SIBO PACKAGE](#)

Your program has been created based on your results and your symptom questionnaire. It is designed to balance your microbiome and support your gut health, addressing the findings listed above.

The primary aims of your program are to support the growth of the beneficial, gut microbiome regulating bacteria, lower the levels of the less beneficial organisms, and to support the immune system along the gut lining.

With a Plan or Package, your practitioner reviews your symptoms and health history:



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Please select all symptoms that occur in your life. Even if only occasionally.

BLOATING	FLATULENCE	DIARRHOEA	NAUSEA
CONSTIPATION	LOW LIBIDO	ANXIETY	DEPRESSION
HEADACHES	DRY SKIN	UNUSUAL STOOLS	HEARTBURN
HIGH ALCOHOL INTAKE			

SIBO PLAN

SIBO PACKAGE

With a Plan or Package, you receive a bespoke health plan designed for you:

The screenshot displays the healthpath website interface for a SIBO Plan. The header features the healthpath logo, navigation links (ABOUT, SHOP, SYMPTOMS, BLOG, MORE), a 'BOOK FREE CONSULTATION' button, and user account icons. A teal banner below the header states 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The main content area is titled 'Plan 1' and includes a 'BACK' link and a 'DOWNLOAD PDF' button. The plan description is 'Reducing bloating and restoring microbiome balance'. A 'Package price summary' table shows 'Supplements' for £99.80, with a total of £99.80, and a 'split' payment option from £24.95 PM. A 'NEW' badge is visible next to the 'RESOURCES' menu item. A cartoon illustration of a smiling blue microbe is positioned in the bottom left corner of the screenshot.

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DASHBOARD

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FOOD

RESOURCES **New**

ORDER HISTORY

MY ACCOUNT

LOGOUT

Plan 1

BACK

DOWNLOAD PDF

Plan description

Reducing bloating and restoring microbiome balance

PLAN SUMMARY

Plan summary

PRODUCTS IN YOUR PLAN [VIEW ALL](#)

Supplements £99.80

YOUR HEALTH PLAN [VIEW ALL](#)

Meal plans

Supplements schedule

Resources

Package price summary

Supplements	£99.80
Total	£99.80
split	FROM £24.95 PM

ADD ALL TO BASKET

SIBO PLAN

SIBO PACKAGE

With a Plan or Package, you receive a personalised supplement protocol:

The screenshot displays the healthpath website interface. At the top, there is a navigation bar with links for ABOUT, SHOP, SYMPTOMS, BLOG, and MORE, along with a 'BOOK FREE CONSULTATION' button and a user profile icon. Below this is a teal banner with the text 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The main content area is titled 'Your supplements schedule' and includes a 'SEND TO MY EMAIL' link. A note states: 'Remember, this recommendation is bespoke to you. Supplement container durations will vary and multiple purchases may be required.' The schedule is divided into two sections: 'Upon rising' and 'Breakfast'. Each section contains a table of supplements with columns for SUPPLEMENT, DOSAGE, and DURATION. The 'Upon rising' section lists Bio.Me Prebio GOS 90g (0.5 tsp in 200ml water, 8-12 weeks) and Bio.Me Barrier 90's (3 capsules, 8-12 weeks). The 'Breakfast' section lists Oil of Oregano 120's (1 capsule, 4 weeks) and Life & Soul Pure Omega-3 60's (2 capsules, 8-12 weeks). A sidebar on the left contains navigation options: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOM SURVEY, COURSES, FOOD, RESOURCES (marked 'New'), ORDER HISTORY, MY ACCOUNT, and LOGOUT. A cartoon blue character with a red hand is visible on the right side of the screen.

Your supplements schedule

[SEND TO MY EMAIL](#)

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

Upon rising

SUPPLEMENT	DOSAGE	DURATION
Bio.Me Prebio GOS 90g	0.5 tsp in 200ml water	8-12 weeks
I suggest starting with a ¼ of the suggested dosage and build this up slowly over a couple of weeks. This allows the microbiome time to adjust to the fibre.		
Bio.Me Barrier 90's	3 capsules	8-12 weeks

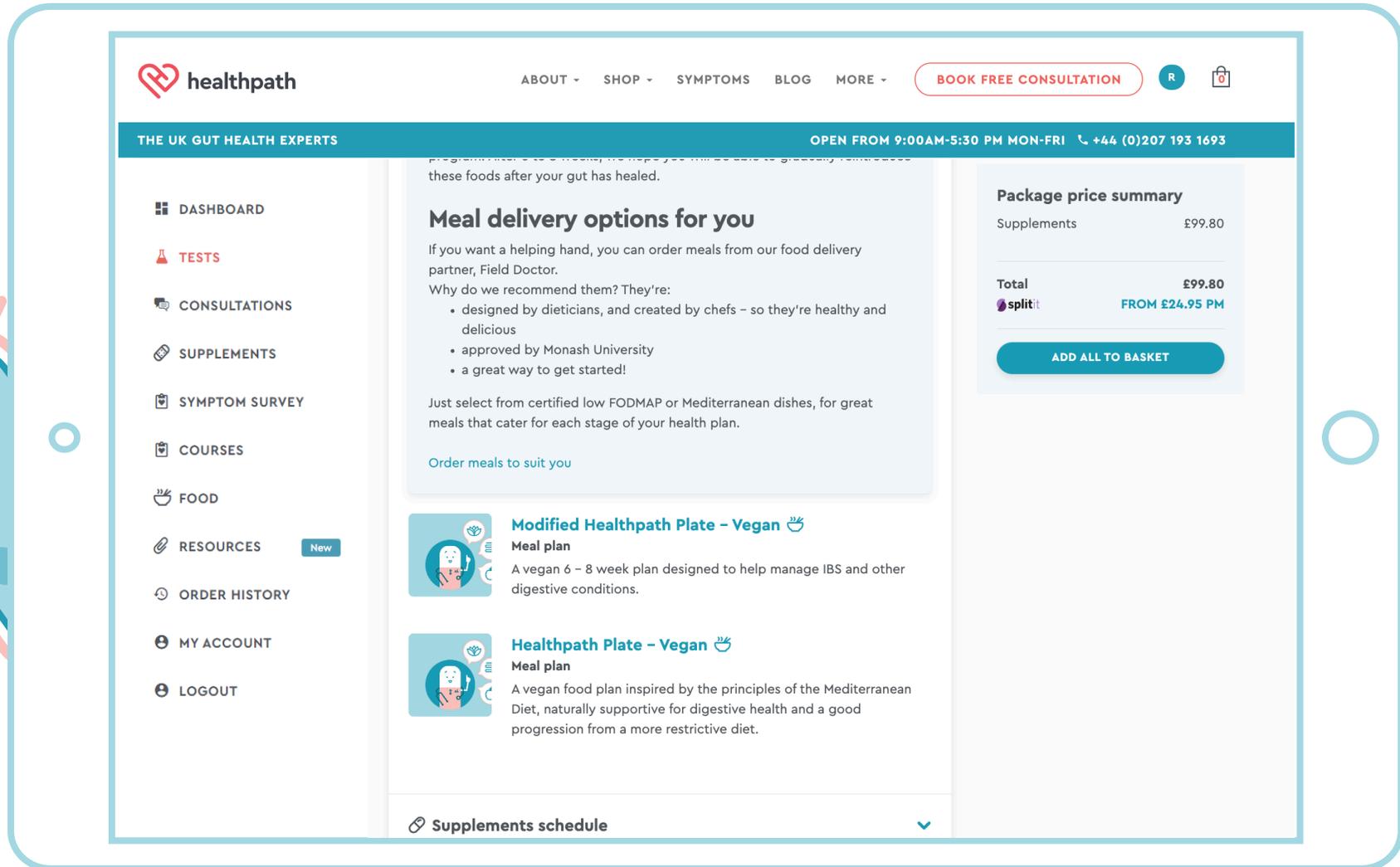
Breakfast

SUPPLEMENT	DOSAGE	DURATION
Oil of Oregano 120's	1 capsule	4 weeks
I suggest starting with just 1 capsule a day, and if tolerated, increasing to the suggested dosage slowly over a few weeks.		
Life & Soul Pure Omega-3 60's	2 capsules	8-12 weeks

SIBO PLAN

SIBO PACKAGE

With a Plan or Package you'll receive an evidence-based food plan, hand-picked by your practitioner:



The screenshot displays the Healthpath website interface. At the top, the Healthpath logo is on the left, and navigation links (ABOUT, SHOP, SYMPTOMS, BLOG, MORE) and a 'BOOK FREE CONSULTATION' button are on the right. A teal banner below the navigation reads 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The main content area is divided into three columns. The left column is a sidebar menu with options: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOM SURVEY, COURSES, FOOD, RESOURCES (marked 'New'), ORDER HISTORY, MY ACCOUNT, and LOGOUT. The middle column features a 'Meal delivery options for you' section with text: 'If you want a helping hand, you can order meals from our food delivery partner, Field Doctor. Why do we recommend them? They're: • designed by dietitians, and created by chefs – so they're healthy and delicious • approved by Monash University • a great way to get started! Just select from certified low FODMAP or Mediterranean dishes, for great meals that cater for each stage of your health plan. Order meals to suit you'. Below this are two meal plan options: 'Modified Healthpath Plate - Vegan Meal plan' (A vegan 6 - 8 week plan designed to help manage IBS and other digestive conditions.) and 'Healthpath Plate - Vegan Meal plan' (A vegan food plan inspired by the principles of the Mediterranean Diet, naturally supportive for digestive health and a good progression from a more restrictive diet.). The right column shows a 'Package price summary' table: 'Supplements £99.80', 'Total £99.80', and 'splitit FROM £24.95 PM'. An 'ADD ALL TO BASKET' button is at the bottom of the price summary. At the bottom of the page, there is a 'Supplements schedule' link with a dropdown arrow.

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

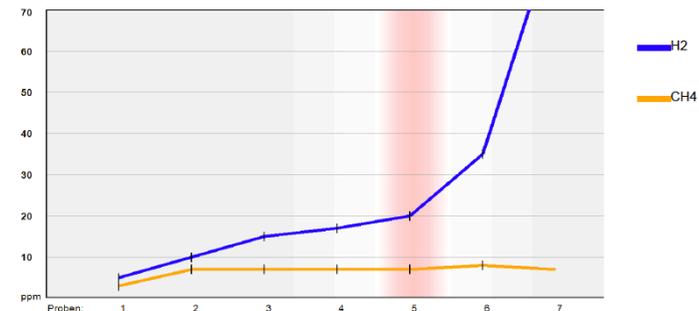


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External ID	B105				
Name	Muster	Date of Birth	23.01.1964	Order ID	12115133
First Name	Dagobert	Sex	Male	Order Date	15.07.2020
Sampling Date		Validation Date		Findings Status	
Sample Material		Validation on		Findings Date	

Test	Result	Unit	Findings Date
Special gastro-enterological diagnostics			
SIBO-Test			
SIBO-Test	SIBO		NA)



SIBO-Test (Wasserstoff)				
Breathing Gas 1	5,0	ppm	< 20	AT NA) GC
Breathing Gas 2	10,0	ppm	< 20	AT NA) GC
Breathing Gas 3	15,0	ppm	< 20	AT NA) GC
Breathing Gas 4	17,0	ppm	< 20	AT NA) GC
Breathing Gas 5	20,0	ppm	< 20	AT NA) GC
Breathing Gas 6	35,0	ppm	< 20	AT NA) GC
Breathing Gas 7	90,0	ppm	< 20	AT NA) GC

SIBO-Test (Methan)				
Breathing Gas 1	3,0	ppm	< 10	AT NA) GC
Breathing Gas 2	<8,0	ppm	< 10	AT NA) GC
Breathing Gas 3	<8,0	ppm	< 10	AT NA) GC
Breathing Gas 4	<8,0	ppm	< 10	AT NA) GC
Breathing Gas 5	<8,0	ppm	< 10	AT NA) GC
Breathing Gas 6	8,0	ppm	< 10	AT NA) GC
Breathing Gas 7	<8,0	ppm	< 10	AT NA) GC