

Healthpath's SIBO Breath Test

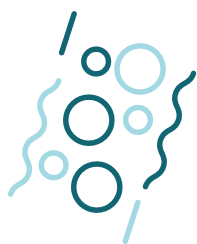
Healthpath's **Small Intestinal Bacterial Overgrowth (SIBO) Breath Test** shows you what's going on inside your gut. By assessing any imbalances of hydrogen and methane in your small intestine, you find out what's contributing to your symptoms. With our **SIBO Plan and SIBO Package** you'll also receive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

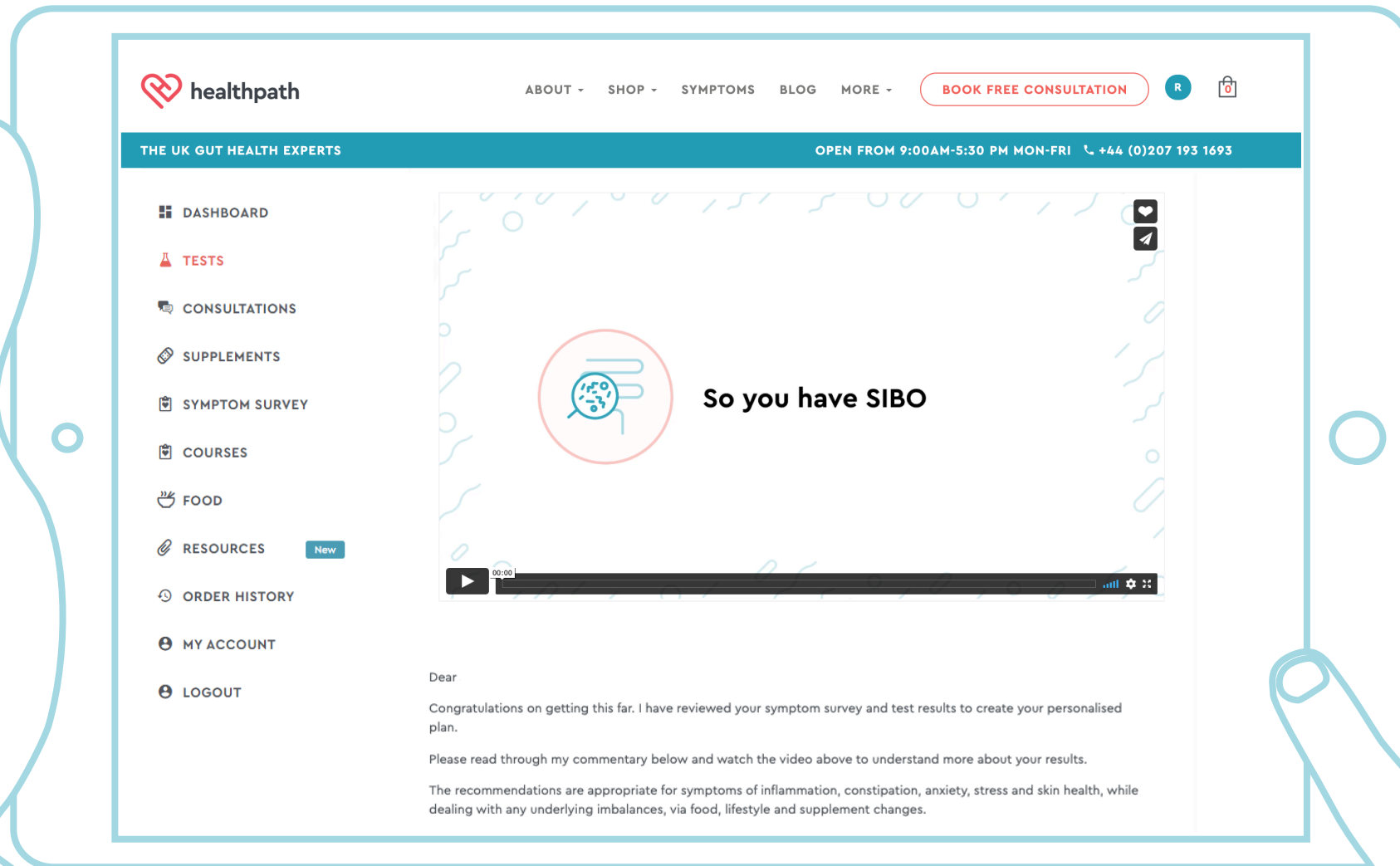
SIBO PLAN

SIBO PACKAGE

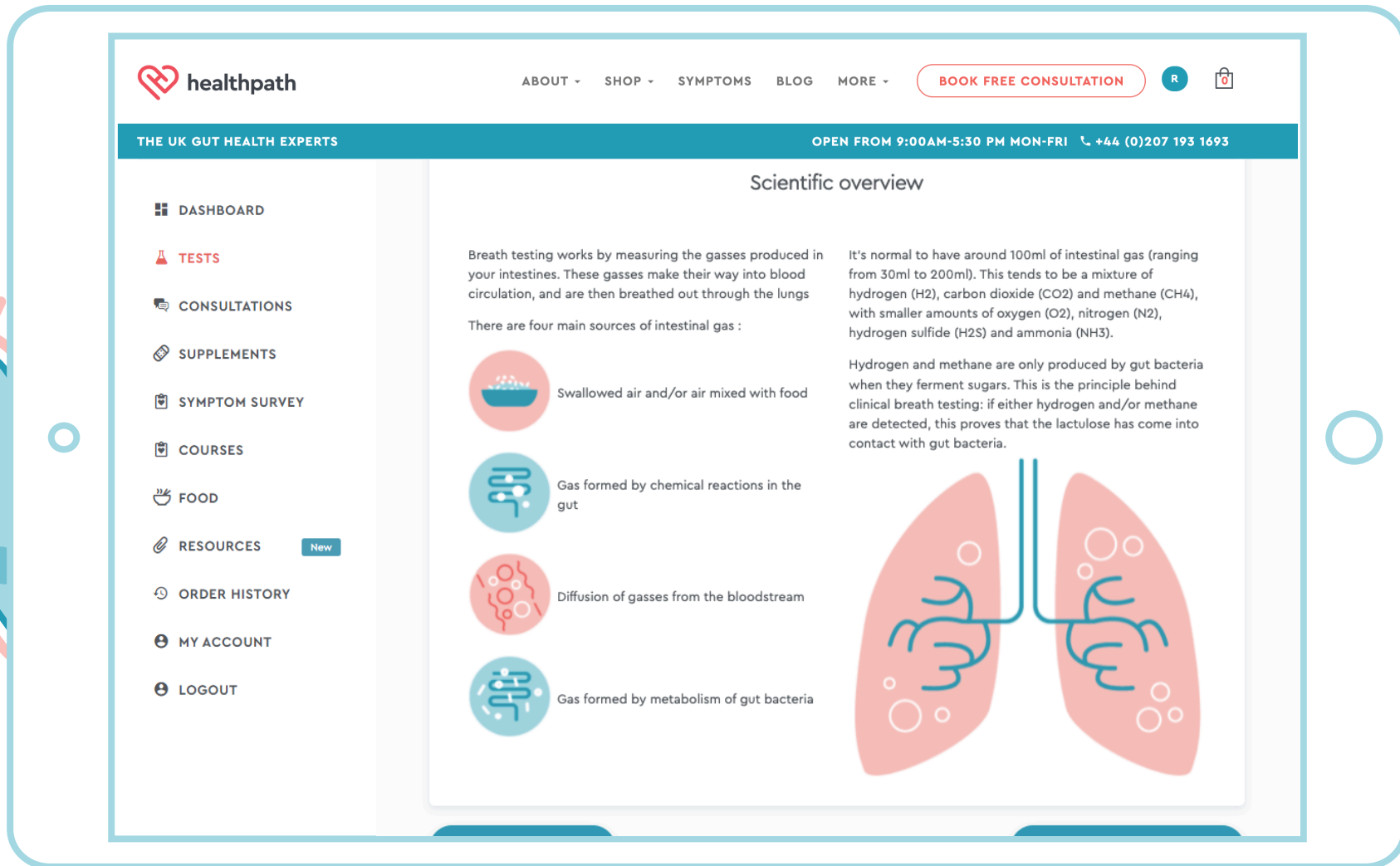
With our SIBO Plan and SIBO Package, you'll also receive targeted food, supplement and lifestyle recommendations to help you take back control.

SIBO Breath Test results are delivered in your private Healthpath dashboard

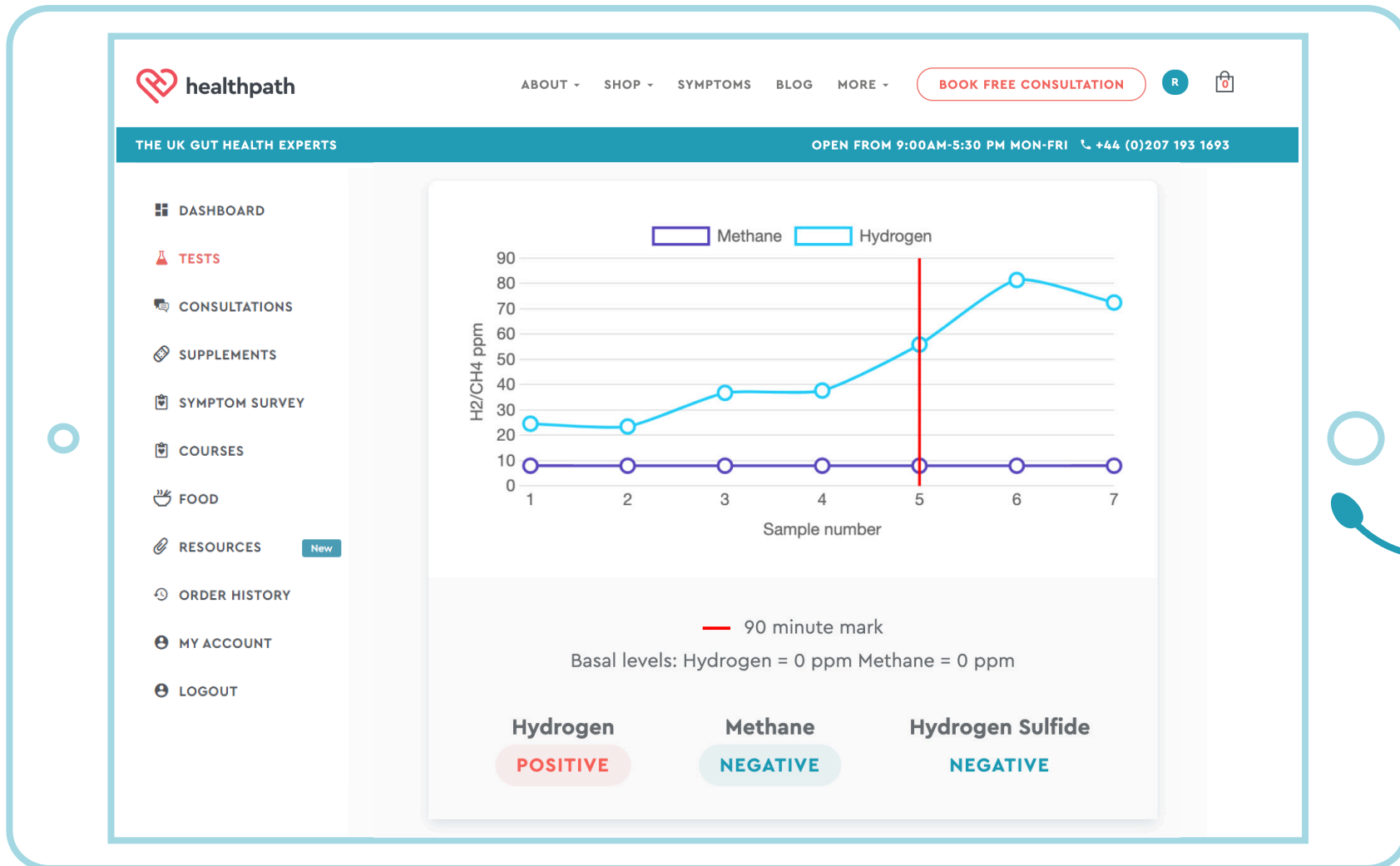
You get a personal note from your practitioner:



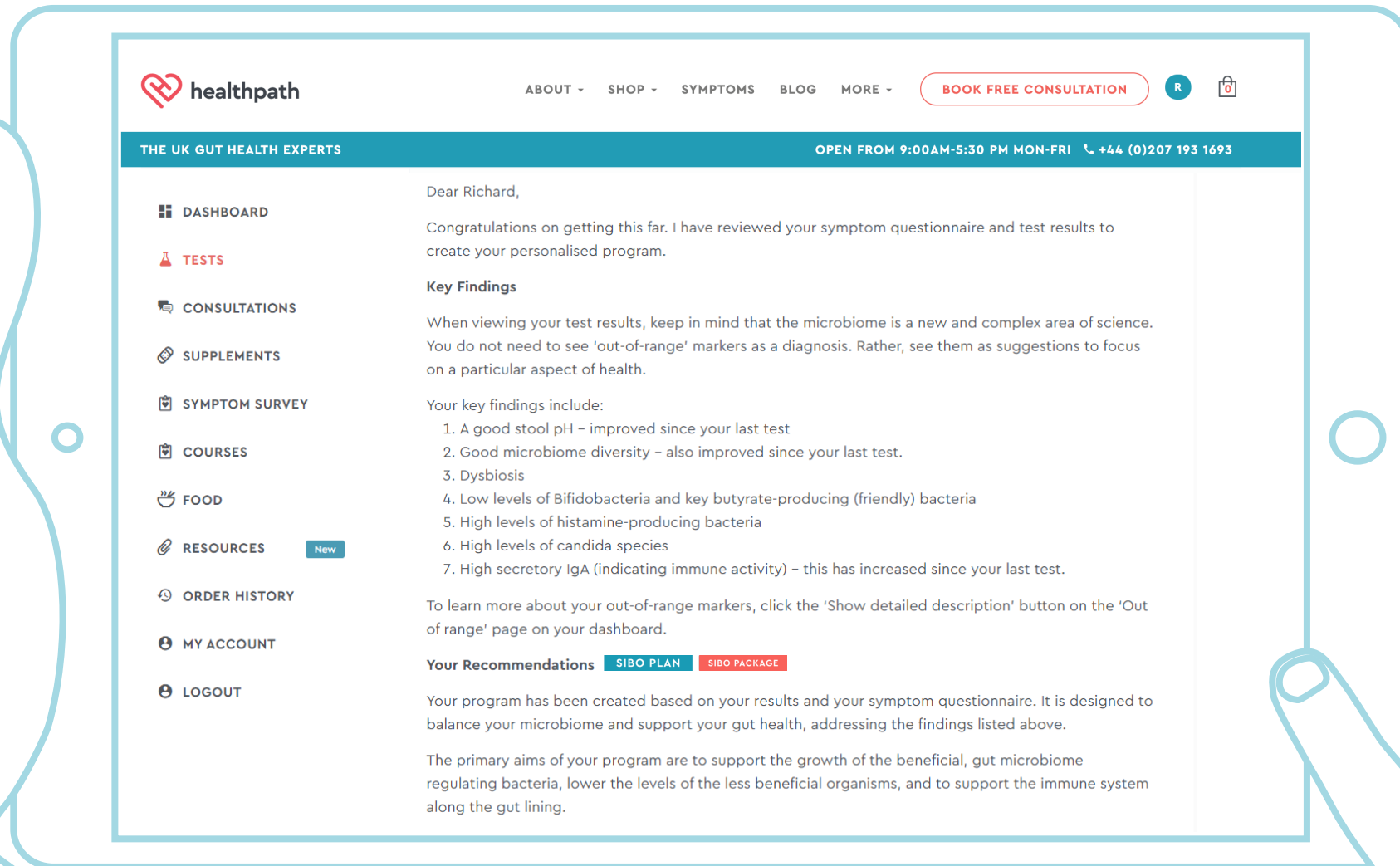
An overview of what your SIBO test looks for:



An detailed explanation of your gas levels:



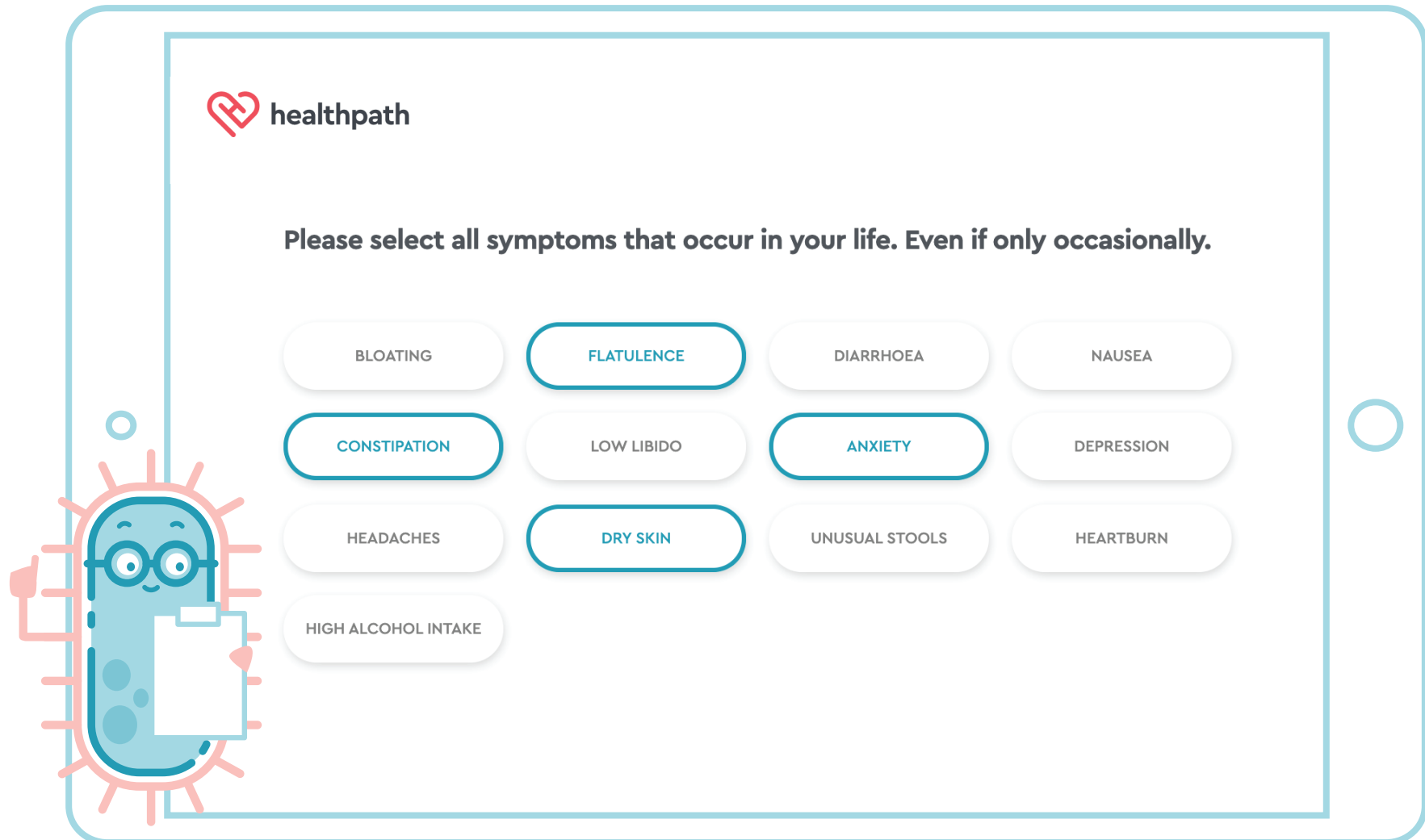
Plus a personal review from your practitioner:



SIBO PLAN

SIBO PACKAGE

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



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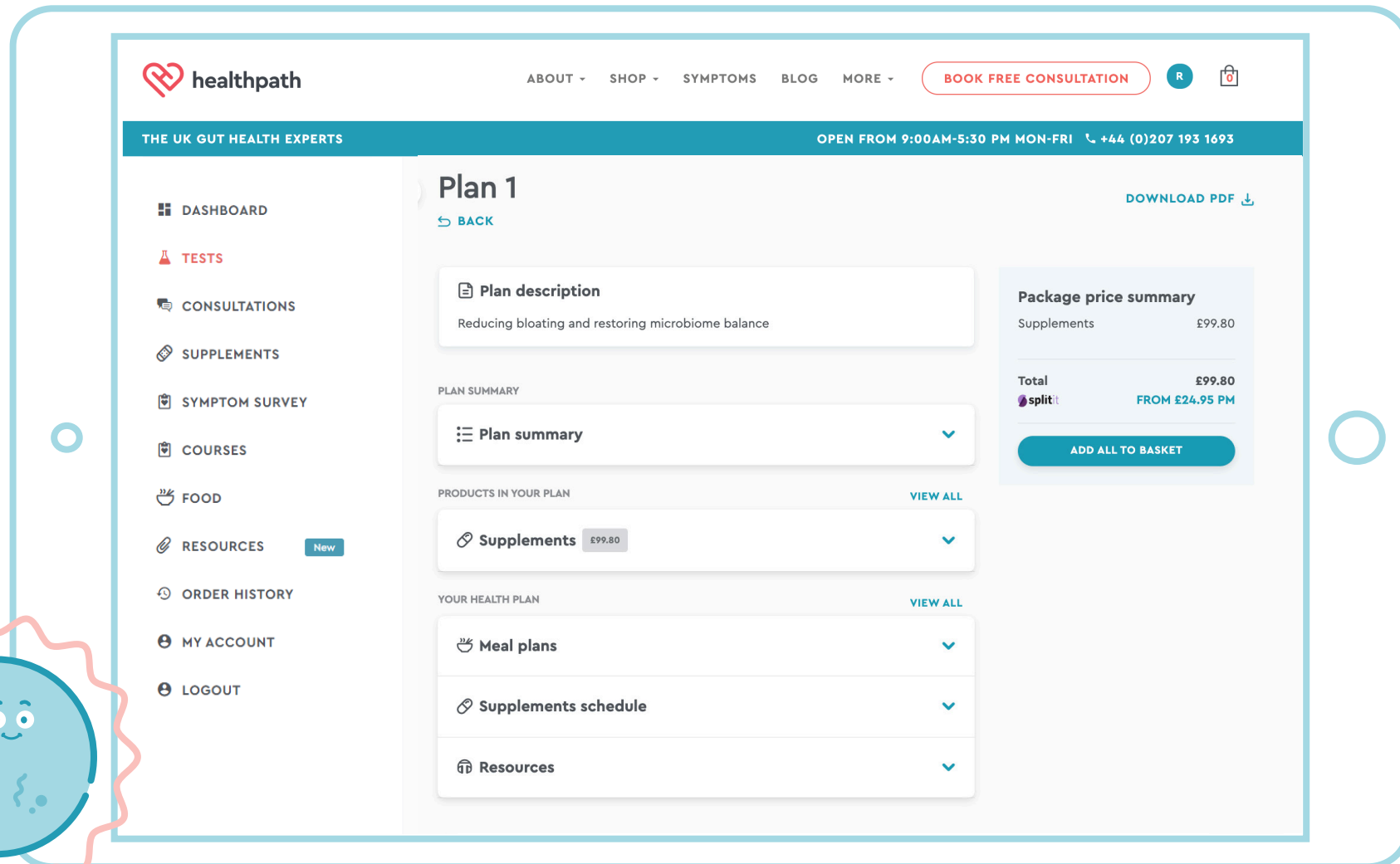
Please select all symptoms that occur in your life. Even if only occasionally.

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

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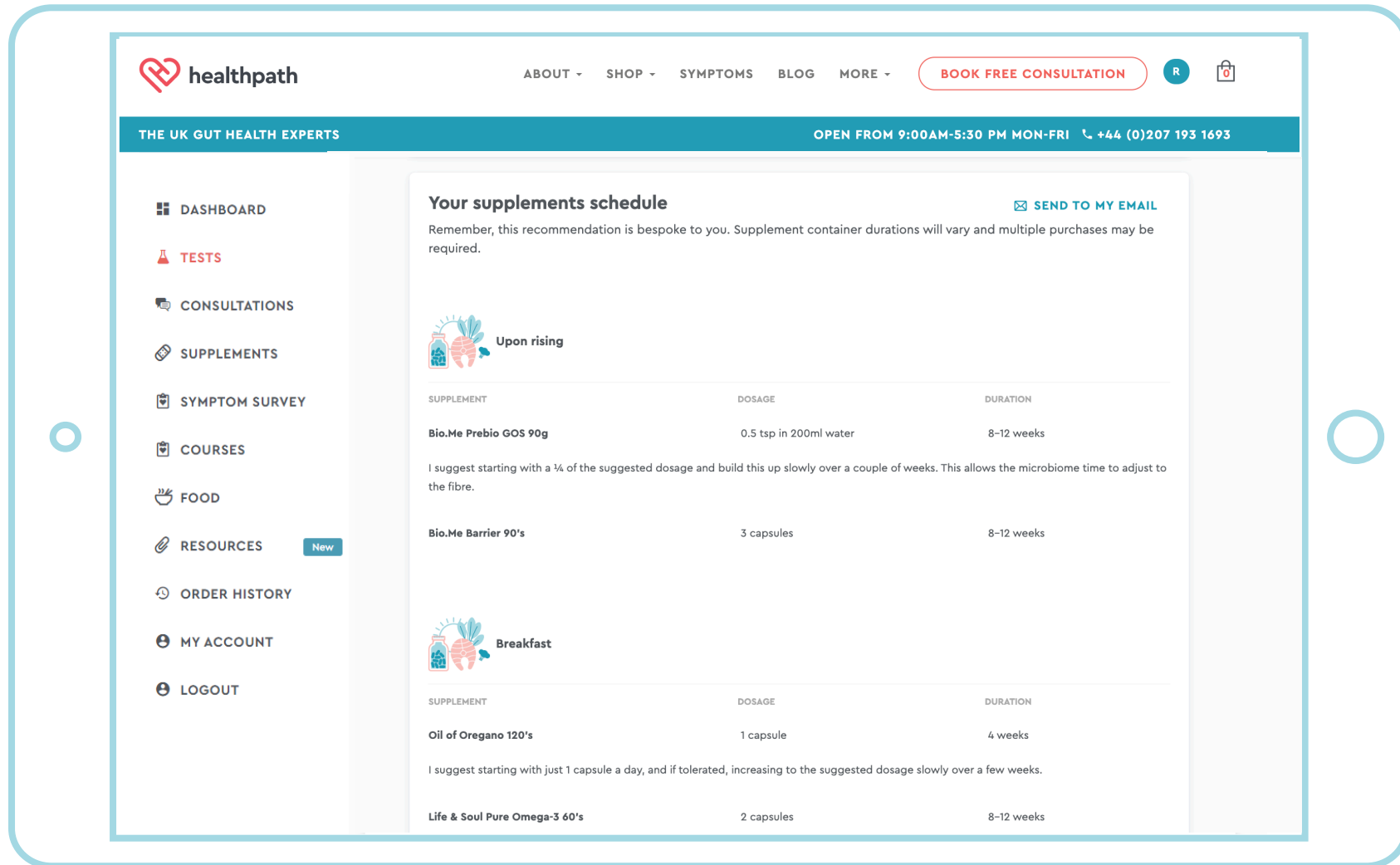
With a Plan or Package, you receive a bespoke health plan designed for you:



SIBO PLAN

SIBO PACKAGE

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



The screenshot displays the healthpath website interface. The top navigation bar includes links for ABOUT, SHOP, SYMPTOMS, BLOG, and MORE, along with a 'BOOK FREE CONSULTATION' button and a user profile icon. A teal banner below the navigation bar states 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The left sidebar contains a menu with options: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOM SURVEY, COURSES, FOOD, RESOURCES (marked as 'New'), ORDER HISTORY, MY ACCOUNT, and LOGOUT. The main content area is titled 'Your supplements schedule' and includes a 'SEND TO MY EMAIL' link. It features two sections: 'Upon rising' and 'Breakfast', each with a table of supplement recommendations. The 'Upon rising' section includes Bio.Me Prebio GOS 90g and Bio.Me Barrier 90's. The 'Breakfast' section includes Oil of Oregano 120's and Life & Soul Pure Omega-3 60's. A cartoon illustration of a blue, smiling microbe with a red checkmark is positioned on the right side of the screen.

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ABOUT ▾ SHOP ▾ SYMPTOMS BLOG MORE ▾ [BOOK FREE CONSULTATION](#) R

THE UK GUT HEALTH EXPERTS OPEN FROM 9:00AM-5:30 PM MON-FRI ☎ +44 (0)207 193 1693

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

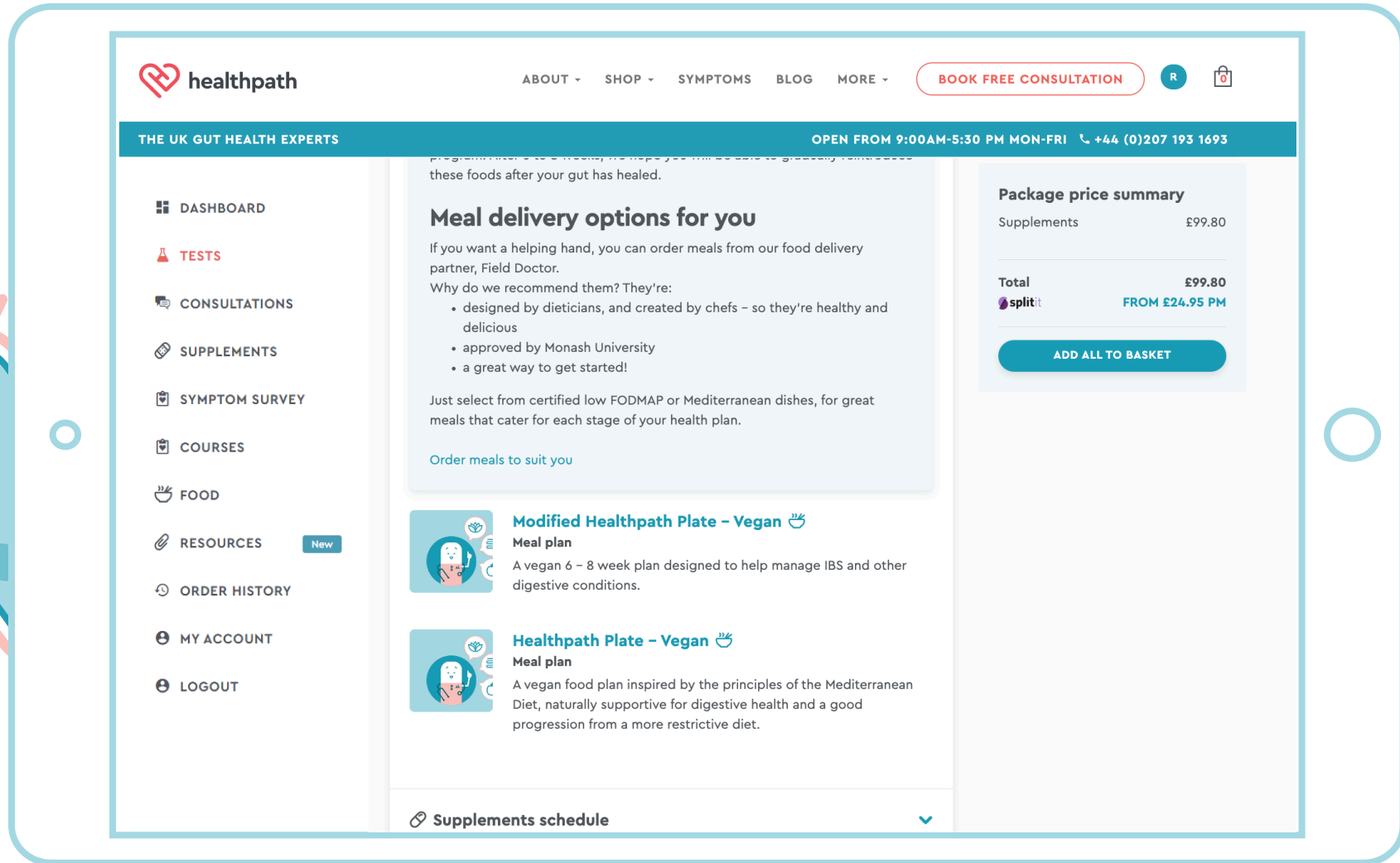
Breakfast

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:



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

