

Compatibility Reference

Do NOT Combine

A	B	Reason
SIBO yogurt	Herbal antimicrobials (berberine, oregano, allicin, neem)	Antimicrobials kill the yogurt's beneficial strains indiscriminately
SIBO yogurt	Berberine specifically	Berberine blocks the yogurt's benefits (confirmed by Davis's Inner Circle)
NAC / serrapeptase	Ca, Zn, Fe, Mg supplements	Minerals reinforce biofilm matrix. Avoid within 3 hours. Trace amounts in capsule filler (~20-30mg) are negligible and fine.
MotilPro / 5-HTP	SSRIs / MAO inhibitors	Serotonin syndrome risk
Non-enteric-coated oregano oil	Empty stomach (with reflux)	Worsens reflux — use enteric-coated only
Elemental diet	Antimicrobials	Diet starves bacteria dormant; antimicrobials need active replicating bacteria to work
Activated charcoal	Any supplement or food	Charcoal binds everything indiscriminately. Must be 2+ hours away from all other supplements and food.

Safe Together

A	B	Why
SIBO yogurt	Iberogast + ginger + LDN	Different mechanisms, no conflict. Prokinetics support motility; yogurt kills bacteria via bacteriocins.
SIBO yogurt	NAC + serrapeptase	Biofilm disruptors don't kill bacteria — they strip shields, giving yogurt's bacteriocins better access to exposed SIBO bacteria. Yogurt strains unharmed.

A	B	Why
NAC + serrapeptase	Berberine + allicin	Exposed bacteria getting hit by antimicrobials — this is the intended combo for Phase 3.
Iberogast	LDN + ginger	Three prokinetics with different mechanisms — can be combined for greater effect.
Multiple prokinetics	Each other	Different mechanisms of action. Combining amplifies MMC support.
ACV	All supplements	Supports stomach acid environment. No conflicts.
Activated charcoal	Nothing within 2 hours	Only use for die-off symptom management, well-spaced from everything else.

Phase-by-Phase Compatibility

Phase	Yogurt	Biofilm Disruptors	Herbal Antimicrobials	Prokinetics
Phase 1 (Weeks 1-6)	☐	☐ (from week 2)	☐	☐
Phase 2 (Weeks 7-8)	☐	☐	☐	☐
Phase 3 (Weeks 9-14)	☐	☐	☐	☐
Phase 4 (Week 15+)	☐	☐	☐	☐

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