Shopping Lists

Phase 1 — Yogurt + Motility + Biofilm Disruptors

SIBO Yogurt Ingredients

Item	Product	Where (AU)	Notes
L. reuteri	BioGaia Gastrus 60 capsules	iHerb, Chemist Warehouse	Strains: DSM 17938 + ATCC PTA 6475. 4 caps per first 400ml batch. One box = 15 first batches.
L. gasseri	Dr. Mercola Biothin Probiotic 30 caps	iHerb	Strain: BNR17. 10B CFU/cap. 1 cap per first batch. One bottle = 30 first batches.
B. subtilis	Microbiome Labs HU58 60 caps	MyGene AU, Amazon AU	Strain: HU58. 1 cap per batch. Buy from authorised retailer — counterfeits exist on Amazon.
Inulin powder	NOW Foods or any brand	iHerb, Amazon AU, health food stores	1 teaspoon per 400ml batch.
Full-fat milk	Any full-cream milk	Supermarket	200ml per strain per batch. Unhomogenised preferred.
Pouring cream	Any pouring cream	Supermarket	200ml per strain per batch. Mix 50/50 with milk.
Milk powder (optional)	Any full-cream milk powder	Supermarket	2-3 tablespoons per 400ml for extra thickness.
Kitchen thermometer	Accurate at 37-82°C range	Kitchen supply store	Check if yogurt maker came with one.

Motility Support

Item	Product	Where (AU)	Notes
Iberogast	50ml or 100ml liquid drops	Chemist Warehouse, any pharmacy	
Ginger capsules	1000mg extract	Mr Vitamins - Lifestream, iHerb - Nutricost	Nutricost 550mg is 4:1 extract (equiv. 2200mg per cap — only need 1/day). Lifestream is 1000mg extract per cap.
LDN 2.5mg	Existing prescription	Current pharmacy	
ACV	Unfiltered with "the mother"	Supermarket (Bragg's or any brand)	

Biofilm Disruptors (Start Week 2)

Item	Product	Where (AU)	Notes
NAC	600mg caps. NOW Foods, Swanson, or Herbs of Gold	iHerb, Chemist Warehouse, Amazon AU	~120 caps for 8 weeks at 2/day.
Serrapeptase	120,000 SPU. Doctor's Best or California Gold Nutrition	iHerb, Amazon AU	~120 caps for 8 weeks at 2/day. Trace calcium in filler is negligible.

Die-Off Management

Item	Product	Where (AU)	Notes
Activated charcoal	1000mg caps	Chemist Warehouse, iHerb	As needed. 2+ hours away from everything else.
Epsom salts	Magnesium sulfate	Supermarket, pharmacy	2 cups per bath for itchy skin relief.

Phase 1 cost estimate: ~$80-120 AUD yogurt setup + ~$60-80 NAC/serrapeptase. ~$10-15/week ongoing (milk, cream, inulin after first batch).

Phase 2 & 3 — Antimicrobials

Only buy when approaching end of Phase 1.

Primary Antimicrobials (Weeks 9-12)

Item	Product	Where (AU)	Notes
Berberine	500mg caps. Thorne, NOW Foods, California Gold Nutrition	iHerb, Amazon AU	~84 caps for 6 weeks at 2/day.
Allicin	450mg caps. Allimax brand (most studied)	iHerb, Vital.ly	~84 caps for 6 weeks at 2/day. Most expensive single item.

Rotation Antimicrobials (Weeks 13-14, if needed)

Item	Product	Where (AU)	Notes
Oregano oil	Emulsified/enteric-coated 200mg. ADP by Biotics Research or NOW Foods	iHerb, Amazon AU	Must be enteric-coated with reflux.
Neem	300mg caps. Organic India or Nature's Way	iHerb - Nature's Way, iHerb - Organic India	

Optional (Methane-Specific)

Item	Product	Where (AU)	Notes
Atrantil	Quebracho + horse chestnut + peppermint	Natural Health Medicine, Enhanced Vitality	~$40-50/box. Only if methane-dominant.

Phase 2 & 3 cost estimate: ~$150-250 AUD depending on brands. Allimax (allicin) is typically the most expensive.

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