

# Shopping Lists

## Phase 1 — Yogurt + Motility + Biofilm Disruptors

### SIBO Yogurt Ingredients

Item	Product	Where (AU)	Notes
L. reuteri	BioGaia Gastrus 60 capsules	<a href="#">iHerb</a> , 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	<a href="#">iHerb</a>	Strain: BNR17. 10B CFU/cap. 1 cap per first batch. One bottle = 30 first batches.
B. subtilis	Microbiome Labs HU58 60 caps	<a href="#">MyGene AU</a> , <a href="#">Amazon AU</a>	Strain: HU58. 1 cap per batch. Buy from authorised retailer — counterfeits exist on Amazon.
Inulin powder	NOW Foods or any brand	<a href="#">iHerb</a> , 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	<u>Chemist Warehouse</u> , any pharmacy	
Ginger capsules	1000mg extract	<u>Mr Vitamins - Lifestream</u> , <u>iHerb - Nutricost</u>	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	<u>iHerb</u> , Chemist Warehouse, Amazon AU	~120 caps for 8 weeks at 2/day.
Serrapeptase	120,000 SPU. Doctor's Best or California Gold Nutrition	<u>iHerb</u> , 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	<a href="#">iHerb</a> , Amazon AU	~84 caps for 6 weeks at 2/day.
Allicin	450mg caps. Allimax brand (most studied)	<a href="#">iHerb</a> , <a href="#">Vital.ly</a>	~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	<a href="#">iHerb</a> , Amazon AU	Must be enteric-coated with reflux.
Neem	300mg caps. Organic India or Nature's Way	<a href="#">iHerb</a> - <a href="#">Nature's Way</a> , <a href="#">iHerb</a> - <a href="#">Organic India</a>	

# Optional (Methane-Specific)

Item	Product	Where (AU)	Notes
Atrantil	Quebracho + horse chestnut + peppermint	<a href="#">Natural Health Medicine</a> , <a href="#">Enhanced Vitality</a>	~\$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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