Healthpath's SIBO Breath Test



5.051

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. You also receive targeted diet, supplement and lifestyle recommendations to help you take back control.

The test provides technical information on three key gases:



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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.



SIBO Breath Test results are delivered in your private Healthpath dashboard

You get a personal note from your practitioner:



📎 healthpath

An overview of what your SIBO test looks for:





www.healthpath.com

An detailed explanation of your gas levels:





A summary of your next steps, including food, supplements and helpful guides:

🛞 healthpath	ABOUT - SHOP - SYMPTOMS BLOG MORE - BOOK FREE CONSULTATION					
THE UK GUT HEALTH EXPERTS	OPEN FROM 9:00AM-5:30 PM MON-FRI 🕓 +44 (0)207 193 1693					
DASHBOARD TESTS	Congratulations! We hope that these test results have provided valuable insight. Your practitioner will be in touch to discuss the next steps and add further recommendations.					
 SUPPLEMENTS SYMPTOM SURVEY COURSES FOOD RESOURCES NOW ORDER HISTORY MY ACCOUNT 	O1 Food program recommendations GET STARTED These recipes and meal planning guidelines have been handpicked to aid the repair of your digestive health and optimise your wellbeing, based on your individual test results and personal information.					
	O2 Supplement recommendations GET STARTED Your practitioner has made these highly targeted supplement recommendations to fulfil your individual needs, based on your personal health assessment, alongside your food and lifestyle plans.					
₿ LOGOUT	03 Resource recommendations Get STARTED					

Your personalised recommendations from your practitioner:

🛞 healthpath	ABOUT - SHOP - SYMP	TOMS BLOG MORE -	DOK FREE COM		6
THE UK GUT HEALTH EXPERTS		OPEN FROM 9:00AM-	5:30 PM MON-	-FRI	693
E DASHBOARD	Your supplements schedu Remember, this recommendation is be required.	le spoke to you. Supplement container duratio		SEND TO MY EMAIL ultiple purchases may be	
TESTS					
	Without food				
SUPPLEMENTS	SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE	
SYMPTOM SURVEY	Bio.Me Prebio PHGG 225g	5g	8-12 weeks	Without food	
M STMPTOM SORVET	ProTectis Baby Sml	5 drops	8-12 weeks	Without food	
COURSES					
🐣 FOOD	Breakfast				
	SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE	
@ RESOURCES New	AllicinMax 90's	2 capsules	8-12 weeks	With each meal	
ORDER HISTORY	A.D.P (Oregano) 120's	1-2 capsules	8-12 weeks	With each meal	
	NAC 60's	1 capsule taken twice daily with meals	8-12 weeks	With each meal	
U	Ashwagandha 60's (Currently Unavailabl	e) 1 capsule	8-12 weeks	Breakfast	
e logout	Lunch				
	SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE	
	AllicinMax 90's	2 capsules	8–12 weeks	With each meal	



An evidence-based food plan, hand-picked by our practitioners:





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

bio vis' diagnostik					Blovis Diagnostik MVZ Gmbli Prof. Dr. med. Barkhard Schitz Wiesmchaltiche Leitung Thoms Gugred 1 Arthiche Leitung Dr. med. Michael Kommer 1 Prof. Dr. med. Michael Kommer 1 Justum-Swand S-strike 2 65555 Limburg-Offfenin Fachaet for Laboratemenden Tel.: 0 64 31 / 21 248 - 0 Fac:: 0 64 31 / 21 248 - 60	E-mail: info@biovis.de Web: www.biovis.de
External ID B105					Fax: 0 64 31 / 21 248 - 66	Web: www.biovis.de
Name First Name	Muster Dagobert	Date of Sex	Birth	23.01.1964 Male	Order ID Order Date	12115133 15.07.2020
Sampling Date Sample Material		Validation Validation			Findings Status Findings Date	
Test		Result	Unit			
Special gastro-enterological diagno	ostics					
SIBO-Test						
SIBO-Test		SIBO				NA)
70				1	_	
60					H2	
50					CH4	
40				1		
30						
20						
10	-	-				
ppm Proben: 1	2 3	4	5	6 7		
	2 3	4	5	o /		
SIBO-Test (Wasserstoff) Breathing Gas 1		5,0	ppm	< 20		AT NA) GC
Breathing Gas 2		10,0	ppm	< 20		NA) GC AT NA) GC
Breathing Gas 3		15,0	ppm	< 20		NA) GC 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 < 10		AT NA) GC AT
Breathing Gas 6		8,0	ppm	< 10		AT NA) GC AT NA) GC
Breathing Gas 7		<8,0	bhui	< 10		NA) GC