

Clinical Pearls: Small Intestine Bacterial Overgrowth (SIBO)

Small intestine bacterial overgrowth (SIBO) is a disease that is characterized by the overgrowth of bacteria in the small intestine. The small intestine normally has a minimal amount of bacteria but with SIBO, the bacteria has begun to accumulate and overpopulate.

Main causes of SIBO include decreased gastric acid and abnormal gastrointestinal (GI) motility. Gastric acid plays an important role in managing the gut microbiome. The gastric acid helps minimize the overpopulation of bacteria, by degrading the unwanted bacteria in the GI tract. Gastric acid production can be compromised by a multitude of different causes which include infection with *H. pylori*, aging, and antacids (H₂ receptor blockers (i.e., Pepcid) and proton pump inhibitors (i.e., Prilosec)). GI motility is a normal bodily function that helps move food through the gastrointestinal tract. This motility can potentially be disrupted by diabetes, prior viral infection, cirrhosis, connective tissue disorders and ischemia (decreased blood supply).

Risk factors of SIBO include IBS, recurrent use of antibiotics, celiac disease, Crohn's disease, gastroparesis, immunodeficiencies, and age.

Symptoms of SIBO can be non-specific but can include bloating, diarrhea, weight loss, abdominal distention, abdominal pain/ discomfort, constipation, fatigue, and weakness. The severity of the symptoms as well as the frequency of symptoms can depend on the amount of bacterial overgrowth and inflammation in the small intestine. The non-specific nature of the symptoms makes it hard to distinguish/ diagnose SIBO from other GI disorders. If SIBO is left untreated it can cause complications in vitamin and nutrient deficiencies which can lead to more severe issues such as neuropathies and malabsorption. There are tests available in diagnosing SIBO. Ask our pharmacy team about which test is best for you.

Treatment for SIBO targets inflammation in the small intestine caused by the overgrowth of bacteria. Antimicrobials are then used to cleanse the small intestine by killing excess bacteria. It is also important to maintain healthy digestion and immune function if diagnosed with SIBO.



Natural Pharmaceutical Grade Treatments include:

- A.D.P: Oregano oil; natural antimicrobial
- FC- Cidal: Herbs and spices that have both antimicrobial properties and support GI function
- Dysbiocide: Proprietary blend of herbs and herbal extracts that promote gut healing and repairs the damaged tissue resulting from the overgrowth of bacteria
- **Berberine HCl: Natural antimicrobial with anti-inflammatory properties (available at Olive Tree Compounding Pharmacy)**
- ProMulti Plus: Essential vitamins that are deficient in SIBO patients
- **Immuno-gG SBI: Natural immunoglobulins to maintain good GI tract and healthy digestion (available at Olive Tree Compounding Pharmacy)**

Here at Olive Tree Compounding we are more than happy to help you with discovering the right treatment for you!

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Dukowicz AC, Lacy BE, Levine GM. Small intestinal bacterial overgrowth: a comprehensive review. *Gastroenterol Hepatol (N Y)*. 2007;3(2):112-122.

