



The clinical value of the AllClear SIBO Breath Test



Hi, I'm Dr. Sodano, the director of clinical support and education at Evexia Diagnostics.



As you most likely know, Small intestinal bacterial overgrowth or SIBO for short, has been recognized as a medical phenomenon for many decades. SIBO is typically defined as a clinical syndrome of GI symptoms caused by the presence of excessive numbers of bacteria within the small intestine. The signs and symptoms of SIBO can arise from the malabsorption of nutrients, alteration in intestinal permeability, inflammation, and/or immune activation that arises from the pathologic bacterial fermentation within the small bowel. Symptoms of SIBO can include, but may not be limited to, nausea, bloating, flatulence, abdominal distension, abdominal cramping, abdominal pain, diarrhea, and/or constipation. In extreme cases, signs can include steatorrhea, weight loss, anemia, deficiencies in fat-soluble vitamins, and/or mucosal inflammation of the small bowel. These are usually associated with extraordinary causes of SIBO such as iatrogenic (postsurgical blind loop) or scleroderma.

The recommended non-invasive test for assessing for SIBO is the All Clear Breath Test. Breath testing for hydrogen and methane has been used for decades in the diagnosis of digestive disorders of carbohydrate absorption, and more recently for small intestinal bacterial overgrowth. Breath tests are based on the principle that when bacteria in the intestine digest carbohydrates, they produce carbon dioxide, hydrogen, and methane. These gases get absorbed into the bloodstream and then exhaled in the breath. When either hydrogen or methane appears in the exhaled air, it's a sign that such carbohydrates have been exposed to bacterial metabolism.



ALL CLEAR SIBO BREATH TEST

Our lab partner "AllClear" utilizes state-of-the-art gas chromatography analyzers that measure both hydrogen and methane concentrations very precisely and accurately. All of the technicians at All Clear are trained by a board-certified gastroenterologist in the on-site sampling technique, performance of the analysis, and interpretation of the test results. The lab test results are also submitted to the gastroenterologist for review and final approval.

Aside from SIBO, breath testing is also used to assess for

- lactose intolerance
- fructose intolerance
- sucrose intolerance and sorbitol intolerance



Common symptoms for these conditions as well as SIBO include:

- Bloating
- Loose stools/diarrhea
- Constipation
- Gas
- Nausea
- Abdominal cramps

Learn more about the AllClear SIBO Breath Test by [clicking here](#).
Learn more about the Evexia Nutraceuticals by [clicking here](#).
To learn more about Evexia Diagnostics scan the QR Code.
Phone: 888-852-2723 | EVEXIADIAGNOSTICS.COM



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Here are some Evexia Nutraceuticals™ recommendations related to hormone balance for your patients:

GASTRO MICROB-ESSENTIALS – Gastro Microb-Essentials is a proprietary blend of botanicals that can help support a healthy microbial balance in the gastrointestinal (GI) tract. Each ingredient in this product has a long history of use for supporting healthy gut flora. These botanicals include: Tribulus Extract, a flowering plant also known as the Puncture Vine, which is native to warm temperate and tropical regions; Berberine Sulfate, found in roots, rhizomes and the stem bark of plants such as barberry, goldenseal, goldthread and tree turmeric; Sweet Wormwood, derived from the inner bark of the Artemisia annua; Black Walnut Extract; Bearberry Extract; and Caprylic Acid. Research has shown that these unique botanicals possess a wide array of properties that can help support optimal gut bacteria balance including antibacterial, antiviral, antiparasitic, and antifungal activities.

D-ZYMES PLUS – A special formula to support optimal digestion, D-Zymes Plus combines betaine hydrochloride (HCl) along with a proprietary blend of digestive enzymes which includes dipeptidyl peptidase IV (a special enzyme which aids in the breakdown of gluten and casein - hard-to-digest proteins); lactase (the enzyme which helps digest lactose, known as the “milk sugar”); and ox bile extract and lipase (to emulsify and digest fats and fat-soluble vitamins).

GASTROBALANCE PLUS – GastroBalance Plus is a blend of botanical extracts and nutrient complexes which support a healthy gastric microbial balance and help maintain a healthy gastric mucosa. This formula may be helpful in managing occasional heartburn, bloating, abdominal pain, or upset stomach. It’s offered in a quick-release capsule which dissolves easily for fast action.



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