



SIBO Supplements & Recommended Products Guide

Introduction

SIBO is a tricky condition to treat. At this time, unfortunately, there is no ultimate cure for the disease. There are many effective treatment strategies that can help you regain your health but there is a good chance you will have to monitor your gut with a long term strategy. But don't worry, this does not mean that you can't get 80% better and worry less about your bowels.

An important part in any SIBO healing routine is finding the few key supplements that can help you manage your symptoms when they flare up. Your healing journey most likely will not be without setbacks and low points. It can almost be like a rollercoaster ride. You feel so much better for a month then you have a few weeks where your symptoms are bad. This is quite normal and over time through treatment, supplements, and lifestyle you can have fewer low points and more self-confidence.

Like most people you have probably tested numerous different supplements to find relief. There are so many different products out there and it's challenging to sort through all the madness. I've been

there. All you want is supplement that works consistently and provides you with needed relief whether you're dealing with constipation, diarrhea, gas, bloating, or pain. I designed this guide to narrow down, sort through, and categorize the most effective supplements for each symptom so that you can find relief.

Note that some of the supplements listed on this guide are also used for SIBO treatment protocols. I have included them because sometimes they help in small doses for other issues or people may need to test a treatment product on their own. You can also find all of these products on the [SIBO Recommended Products page](#) I created. The guide below is designed to go into more detail about how they work.

Remember: The key is to find the one or two supplements that are the most helpful for your body and symptoms. You don't want to be taking 10 supplements a day because that is not healthy, but finding the few key supplements that help you feel better is important. It make take some trial and error but you should eventually narrow it down to a few key products.

Bloating

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Bloating is one of the most problematic and annoying SIBO symptoms. There are a few supplements that can help decrease this gas and bloating.

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Recommended Bloating Supplements:

- > **Activated Charcoal**- Charcoal contains a concentrated source of carbon which absorbs excess gas and toxins in the digestive tract. It moves through your digestive tract without getting absorbed. It will also turn your stools black. It is best to take this substance a couple hours away from meals and medication. Bulletproof coconut charcoal is a quality product you can try.
- > **Hot Herbal Teas**- Herbal tea can provide relief for bloating. It also helps to drink it hot because the heat relaxes the muscles of the digestive tract. A couple herbs that work especially well to provide relief from gas and bloating are peppermint, fennel, and ginger.
- > **Iberogast**- Iberogast is an all around digestive supplement that helps bloating as well. It contains peppermint, angelica, licorice, and other helpful herbs which work to soothe the digestive tract.
- > Laying on your left side- Laying on your left side can help relieve gas and cramps. This position allow the rectum to relax. Try it out when you feel cramped.

Supplement Instructions:

- > Be sure if you take activated charcoal to take it a few hours away from food and medication to avoid absorbing those substances. You can take a couple capsules or the recommended dose on the label. Charcoal can also be used in a case of food poisoning or ingesting a toxic substance which you want to absorb.
- > Herbal tea can be drank throughout the day. I personally usually have a couple cups a day which helps my digestion a lot.

Constipation

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Constipation can be an annoying issue to deal with. There are a few helpful supplements you can use to get some relief and help move the bowels.

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Recommended Constipation Supplements:

- > **Magnesium Citrate**- Magnesium is a helpful supplement for moving the bowels and getting water to the stool. It also helps muscle relaxation. A lot of people are deficient in magnesium. Magnesium is also critical to healthy muscle function. Natural Calm magnesium is a great product you can try out to help move the bowels.
- > **Epsom Salt Baths**- Epsom salt baths also contain magnesium. Soaking up magnesium through water allows it to reach your whole body and provide muscle relaxation. This is a more potent total body remedy than just taking magnesium.
- > **Green Juice**- Green juice without fruit contains quickly absorbable nutrients and a dose of insoluble fiber which can help move the bowels. Be sure to avoid fruit though because you don't want to feed the bacteria with excess fructose.
- > **Hot Herbal Tea**- An overall great supplement for a healthy gut, herbal tea also help the



gut function better and aids in constipation.

- > **Find the right balance of Soluble vs Insoluble fiber**- This is tricky because people who deal with SIBO have to be careful eating too much soluble fiber because bacteria ferments this fiber much more than insoluble fiber. That being said, it is important to get some soluble fiber in the form of potato or rice because it provides a bit of bulk to the stool. So I would advise getting a little bit of soluble fiber in to provide some bulk and also insoluble fiber in the form of low-FODMAP vegetables. Be careful not to over do it on the fiber or vegetables though because you don't want too much fermentable plant matter if you're dealing with SIBO. It's a tricky balance you have to figure out.