

Function SIBO *Protocol*

Symptoms and Signs Of *SIBO*

(Small Intestinal Bacterial Overgrowth)

Condition in which that there are excess bacteria in the small intestine.



Nausea



Feeling of
fullness



Diarrhea



Fatigue



Abdominal
pain



Bloating



Loss of
appetite



Weight
loss

Understanding Small Intestinal Bacterial Overgrowth

Small Intestinal Bacterial Overgrowth (SIBO) occurs when excessive bacteria migrate into the small intestine - an area that normally contains **very few microbes** compared to the colon. In a healthy gut, the stomach's acidity, bile flow, pancreatic enzymes, and intestinal motility work together to prevent bacterial accumulation. When any of these protective mechanisms are altered, **dysbiosis** develops, leading to a wide range of uncomfortable symptoms and system-wide effects.

While the microbiota plays critical roles in digestion, nutrient metabolism, bile acid transformation, short-chain fatty acid (SCFA) production, and immune regulation, an overgrowth in the small intestine disrupts this balance and contributes to inflammation, intestinal permeability, and multisystem dysfunction. The gut also communicates directly with the brain via the **gut-brain axis**, explaining why SIBO impacts mood, cognition, and neurological health.

If you feel bloated or uncomfortable after eating foods that “everyone says are healthy,” such as:

- kimchi
- sauerkraut
- kefir
- sourdough bread (even fresh-milled)
- bone broth
- kombucha
- miso
- yogurt
- pickled vegetables

this strongly suggests **dysbiosis or SIBO**.

Healthy fermented foods contain living bacteria and prebiotic fibers. A balanced gut tolerates these beautifully - but when bacteria are overgrown in the small intestine, they ferment these foods too early.

Why People on the Carnivore Diet Can Still Develop SIBO

Even people on a carnivore diet can develop or worsen SIBO, because SIBO is not caused only by carbohydrates - it is driven by weak digestion, low stomach acid, poor bile flow, low pancreatic enzymes, and chronic stress.

When stomach acid is inadequate, meat is not fully broken down - especially if chewing is poor - and undigested protein enters the small intestine, where it ferments and feeds bacterial overgrowth. Carnivore diets are also very high in fat, and if bile production is insufficient - common in those with gallbladder issues, years of low-fat dieting, hormonal imbalance, or high stress - fat is poorly absorbed and contributes to bloating, nausea, diarrhea, and dysbiosis.

Many carnivore eaters also have enzyme insufficiency, which further increases fermentation. This is why many people feel worse when starting carnivore: the diet exposes underlying digestive weaknesses rather than resolving them.

Why SIBO Happens

Bacterial concentrations in the healthy small intestine range only between **10^2 – 10^5 CFU/mL**. When levels exceed this threshold, symptoms escalate. Clinical research shows significantly increased SIBO risk among individuals with:

- Functional dyspepsia (up to **53%** prevalence)
- Irritable bowel syndrome (IBS) (almost **5× higher**)
- Inflammatory bowel disease (**10× higher**)
- Diabetes (**40% prevalence**)
- Obesity (**3.5× higher**)
- Nonalcoholic fatty liver disease (**4× higher**)
- Neurodegenerative disorders such as Parkinson's disease

This strong association reflects the deep connection between the microbiota, intestinal permeability, and systemic inflammation.

Stomach Acid and SIBO: The PPI Problem

Low stomach acid (hypochlorhydria or achlorhydria) is one of the most important—and most overlooked - risk factors for SIBO. Without adequate gastric acid, bacteria survive and migrate into the small intestine.

Proton pump inhibitors (PPIs) are a major contributor.

A systematic review and meta-analysis found:

- When SIBO was defined by **duodenal or jejunal aspirate**, PPI users had a **7-fold higher incidence** of SIBO.
- Breath-test - positive SIBO was nearly **double** in PPI users (OR 1.93).

Another study in children taking **20 mg of omeprazole for 4 weeks** found:

- **30% developed SIBO** according to the glucose breath test
- An additional **7% developed symptoms** despite a negative test
- Probiotics **did NOT** prevent PPI-induced SIBO

This suggests that PPIs directly disrupt the protective gastric environment. Unless strongly medically indicated, reducing or tapering PPI use may be beneficial for gut health.

What Fuels SIBO?

1. Low stomach acid
2. Poor motility (slowed migrating motor complex)
3. Pancreatic enzyme insufficiency
4. Bile acid dysfunction
5. Post-infectious changes (food poisoning)
6. Carbohydrate fermentation
7. Chronic stress, poor sleep, irregular eating patterns
8. Medications: antibiotics, anticholinergics, opioids, PPIs
9. Structural changes: surgery, adhesions, strictures
10. Anatomical variations such as a naturally curved or angled gallbladder duct that reduces bile flow and causes bile to stagnate

Diet & Nutrient Considerations

Treating SIBO is **not** about supplements or antibiotics alone - it requires temporarily changing the environment in which the overgrowth thrives. The most effective dietary tool during treatment is the **low FODMAP diet**, because it reduces rapidly fermentable carbohydrates that feed bacteria in the small intestine; however, this diet must be shortterm since long-term restriction carries risks for **nutritional inadequacy**, further microbiome imbalance, and unnecessary food fear.

The low FODMAP diet is essentially an **elimination-and-rechallenge protocol**: high- FODMAP foods are removed during an “induction phase” (typically **4–6 weeks**, though many patients experience improvement within a week), and then gradually reintroduced to determine individual trigger foods while restoring a more diverse and sustainable diet long-term.

SIBO individuals often benefit from:

- Lower fermentable carbohydrate load
- Avoiding snacking
- Mindful, slow eating
- Extra chewing (especially protein)
- Pancreatic enzymes + HCL to support digestion

Common deficiencies:

A, D, E, K, B12, thiamine, niacinamide, iron, calcium

These must be corrected for full recovery.

Introducing Treatment with HORMUNITY® Supplements

A COMPREHENSIVE, MULTI-MECHANISM APPROACH TO SIBO TREATMENT Treating SIBO requires much more than killing bacteria. SIBO develops because foundational digestive and immune processes are impaired: **low stomach acid, poor bile flow, pancreatic insufficiency, inflammation, impaired motility, weakened epithelial lining, and biofilm formation.** Because of this, successful SIBO treatment must address **all mechanisms simultaneously**, not just microbial overgrowth. The HORMUNITY® SIBO Program integrates **targeted antimicrobials, digestive restoration, motility support, mucosal healing, and immune regulation**, mirroring the comprehensive approach supported in clinical research.

ANTIMICROBIALS

SBO Relief™, Dysbiofix Botanicals™, and SBO Clear Oregano Oil™ provide broadspectrum antibacterial, antifungal, and anti-biofilm activity. These botanicals reduce harmful organisms, disrupt biofilms, calm inflammation, and help rebalance the microbiome - mirroring the research-backed herbal combinations shown to match rifaximin in effectiveness.

STOMACH ACID & ENZYME SUPPORT

Betaine HCL + Pepsin™ restores gastric acidity to improve protein digestion and prevent fermentation of undigested food.

Pancreatin Digestive Enzymes™ enhance the breakdown of fats, proteins, and carbohydrates, reducing gas and supporting proper nutrient absorption.

INTESTINAL LINING & INFLAMMATION SUPPORT

GI-Integral™ provides clinically effective nutrients to soothe and rebuild the intestinal lining, support healthy inflammatory response, restore mucosal integrity, and strengthen the gut-immune barrier. It contains no flavors, sweeteners, gums, or allergens - just clean, evidence-based GI-supporting ingredients.

MOTILITY & BOWEL SUPPORT

Daily Motility Cleanse™ supports the natural cleansing waves that move food residue and bacteria through the small intestine between meals. Impaired motility is a common contributor to SIBO recurrence because slow transit allows bacteria to remain in the small intestine and overgrow. Triphala gently supports peristalsis and microbial balance, while magnesium hydroxide draws water into the colon to promote regular, comfortable bowel movements.

How to Take Your *Supplements*

To support your comfort and safety, begin with one supplement and introduce the next every three days. This gradual approach makes it easier to recognize which product may be causing a reaction. If at any point you feel unwell or notice symptoms that concern you, pause the protocol and reassess.

Consult your healthcare provider before use if pregnant, nursing, or taking medications.

These statements have not been evaluated by the FDA.

This product is not intended to diagnose, treat, cure, or prevent any disease.



SBO Relief™

Dosage & Timing

2 capsules × 3/day
15–20 min before meals



2 capsules



3 x daily



Before meals



DysbioFix™ Botanicals

Dosage & Timing

2 capsules × 3/day
15–20 min before meals



2 capsules



3 x daily



Before meals



SBO Clear™ Oregano Oil

Dosage & Timing

2 tablets × 3/day
15–20 min before meals



2 tablets



3 x daily



Before meals



GI-Integral™

Dosage & Timing

2 teaspoons × 1/day
Empty stomach between meals or before bed. Dissolve in water



2 teaspoons



1 x daily



On empty stomach



Betaine HCL + Pepsin™

Dosage & Timing

1-3 capsules × 3/day
With first bites of each meal

Start with 1 cap at first bites of protein meals. Increase gradually until warmth, then reduce by 1. Max ~3000 mg/meal



1-3 capsules



3 x daily



With meals



Pancreatin Digestive Enzymes™

Dosage & Timing

1-2 capsules × 3/day
After meals



1-2 capsules



3 x daily



After meals
AM



Daily Motility Cleanse™

Dosage & Timing

2 capsules once a day in the evening



2 capsules



1 x daily

Timing Notes

- **Antimicrobials** must be taken before meals to reduce bacterial load in the small intestine.
- **HCL** must be taken with the first bites of food that contains animal protein.
- **Digestive enzymes** must be taken with meals.
- **GI-Integral™** should be taken on an empty stomach, between meals or before bed.

Betaine HCL Pepsin: How to Use It Safely & Correctly

Betaine HCL Pepsin is a foundational supplement in SIBO treatment because adequate stomach acid is essential for protein digestion, microbial control, and preventing fermentation in the small intestine. However, **HCL must be used correctly and is not appropriate for everyone.**



CONTRAINDICATIONS (DO NOT USE HCL IF YOU HAVE):

- Active **gastric ulcer**
- Active **duodenal ulcer**
- **Erosive gastritis**
- **Esophagitis** or Barrett's esophagus
- Severe **GERD** with burning before eating
- A history of **GI bleeding**
- If you take **NSAIDs, steroids, or blood thinners** without medical supervision
- After stomach or esophageal surgery unless cleared by a provider

If unsure, consult your healthcare practitioner before using HCL.

How HCL + Pepsin Dosing Works (Always Individualized)

Your HCL dose **depends on the amount and type of animal protein** in the meal. This is why there is no single standard dose - it changes meal by meal.

General rule: more dense animal protein = more HCL needed.

- **HIGH-PROTEIN MEALS - Highest HCL Needs**
(Examples: **red meat, steak, lamb, bison, duck, pork**)
These require the **most capsules** because they demand the strongest acid.
- **MODERATE-PROTEIN MEALS - Medium HCL Needs**
(Examples: **chicken, turkey, white meat**)
Need a moderate HCL dose.
- **LIGHT-PROTEIN MEALS - Lowest HCL Needs**
(Examples: **fish, shrimp, eggs**)
Typically require **less** HCL.

How to Find Your Perfect HCL Dose (Burn-Test Method)

You must find your **individual tolerance** because stomach acid requirements differ for every person and every meal.

STEP 1 - START LOW

At your next **animal-protein meal**, take: **1 capsule** of HCL Pepsin with the first bites of food.

STEP 2 - OBSERVE

If you feel nothing, next meal increases to: **2 capsules**.

If still nothing, next meal: **3 capsules**.

...and so on.

STEP 3 - STOP AT THE "BURN"

When you reach the point where you feel: mild warmth / slight burning / heat in the stomach - you have exceeded your ideal dose **slightly**.

STEP 4 - ADJUST

At the next identical meal, **reduce by 1 capsule**.

That is **your correct dose** for that type of meal.



Important Safety Limits

- Do **NOT** exceed **3000 mg** HCL per meal.
- Dose can change **every meal** depending on protein type and
- amount.
- Do NOT take with meals **without** animal protein.

Conclusion

SIBO is a complex, multifactorial condition that cannot be resolved with antimicrobials alone. Successful treatment must address the root causes: **impaired motility, low stomach acid, weak bile flow, mucosal inflammation, pancreatic insufficiency, post-infectious changes, structural restrictions, and lifestyle factors such as stress, poor sleep, and irregular eating patterns.**

The HORMUNITY® SIBO Protocol is designed as a **comprehensive, evidence-aligned program** that supports each of these mechanisms simultaneously - using targeted botanicals, mitochondrial support, bile stimulators, acid and enzyme replacement, mucosal repair nutrients, immune modulators, and vitamin D optimization. This multifaceted approach reflects the current scientific understanding of SIBO as a disorder involving **microbial imbalance, impaired digestive physiology, and disrupted intestinal barriers**, not just bacterial excess.

Ongoing lifestyle support - structured meals, mindful eating, low-FODMAP diet during the antimicrobial phase, stress reduction, restorative sleep, and motility-friendly habits - helps maintain long-term balance and prevents recurrence.

The evidence shows that **integrative botanical therapy is comparable to rifaximin**, that low stomach acid and impaired bile flow strongly contribute to SIBO, and that addressing motility, inflammation, and nutrient deficiencies significantly improves clinical outcomes. With the right combination of **targeted supplements, digestive restoration, and individualized lifestyle adjustments**, the small intestine can regain balance, symptoms reduce, and long-term gut resilience is restored.

Caution

Consult your healthcare provider before use if pregnant, nursing, or taking medications.
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• Offer

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Carefully structured protocols designed to work together — at a better value than purchasing each product separately.

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