SelfDecode™

C. difficile Infection

DNA Health Report

REPORT CATEGORIES

GUT HEALTH

IMMUNITY & INFECTIONS

Sample Client

Report date: 15 January 2026

Powered by omicsedge

Table of Contents

03 How this works

04 Impact

05 Evidence

06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

26 Next Steps

26 Your Lab Results

Personal information

NAME

Sample Client

SEX AT BIRTH

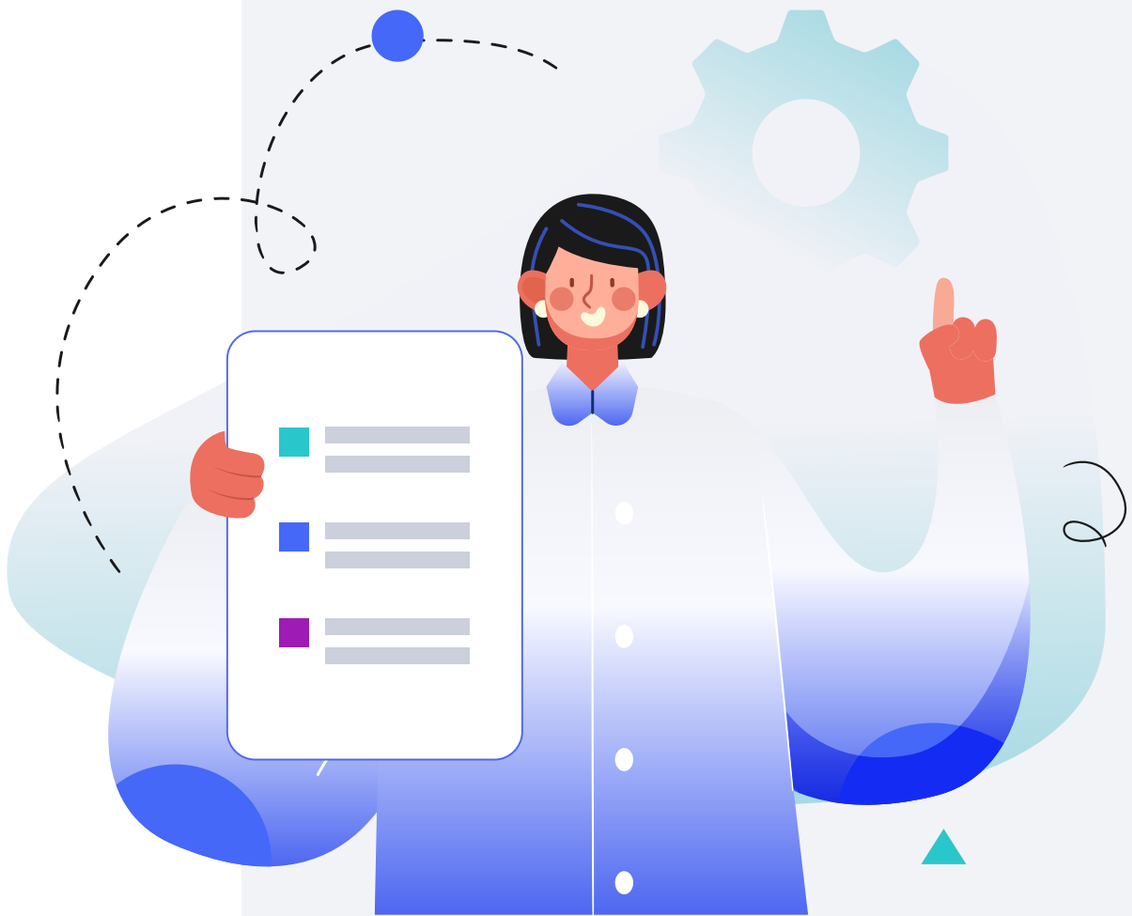
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

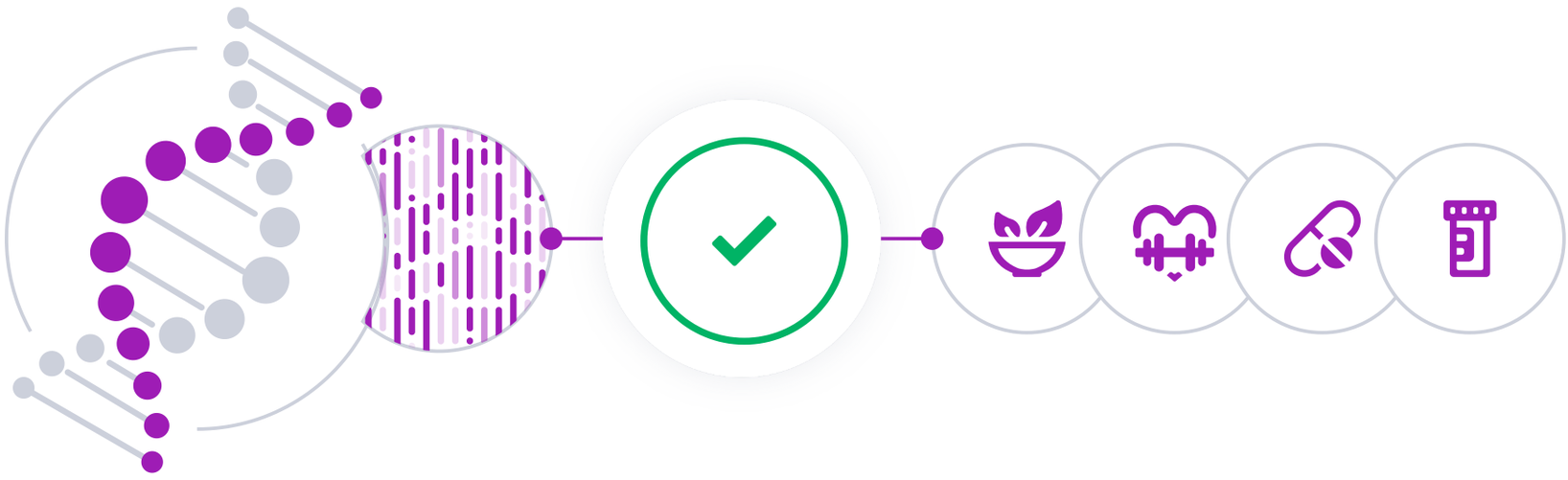


DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

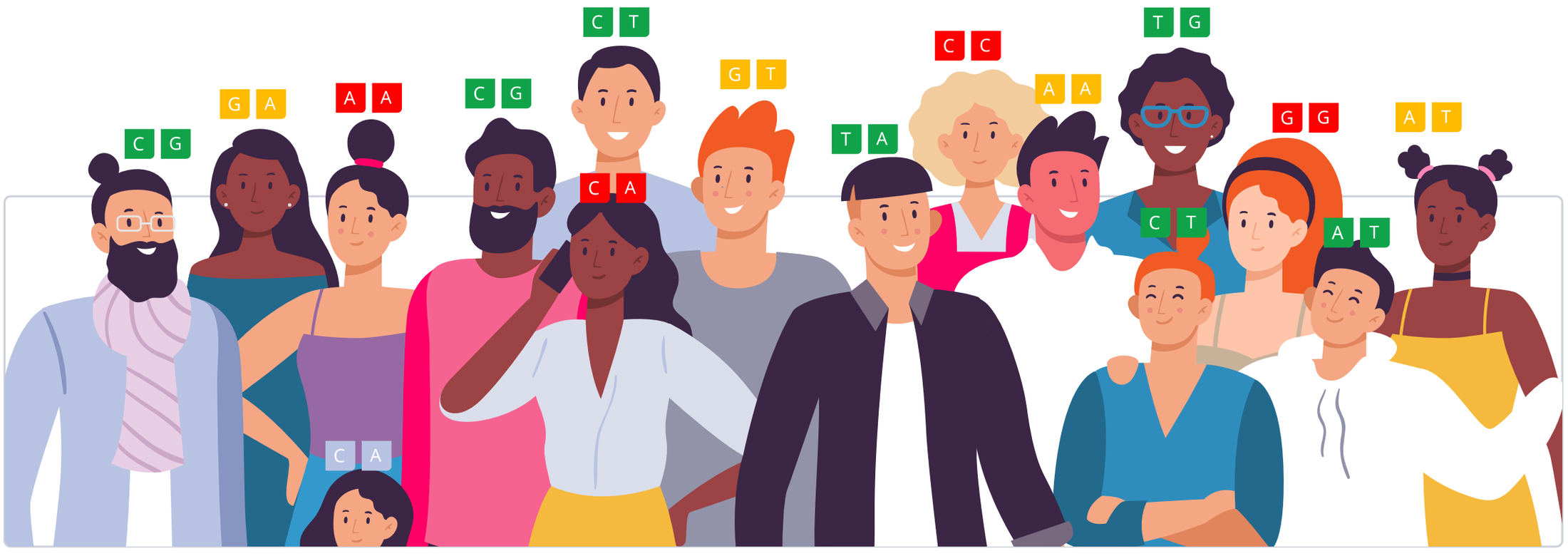
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

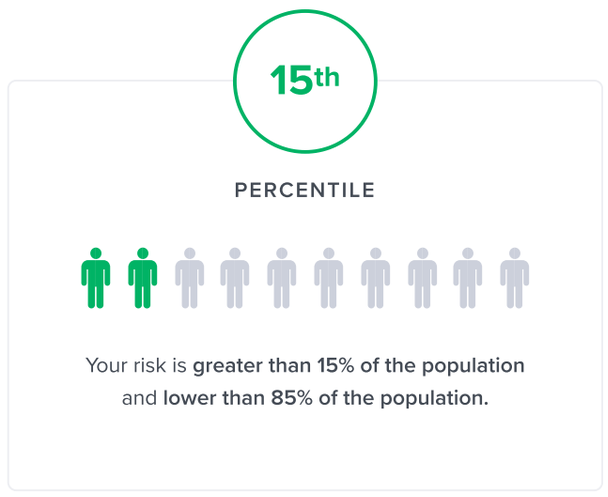
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



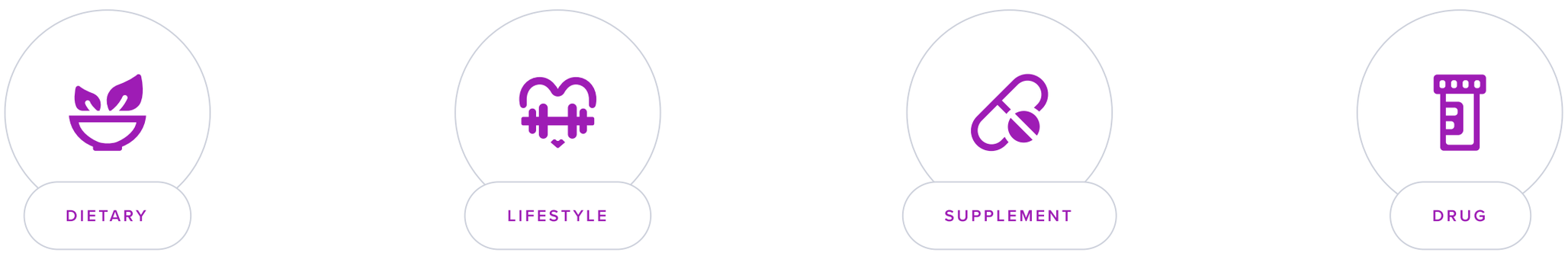
Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):

Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, afew large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

We have about 39 trillion microbial friends in our guts. For the most part, this population called the gut microbiome is friendly. But sometimes, it can be bad.

***Clostridioides difficile* (*C. difficile)* is a dangerous species of bacteria that can infect the large intestine and cause severe inflammation**. Scientists discovered *C. difficile* in 1935 and considered it rare until the 1970s [R].

However, after the introduction of antibiotics, *C. difficile* became more and more common. Patients treated with antibiotics got *C. difficile* infections and developed diarrhea more often, to the point where *C. difficile* became a common hospital infection [R].

Treatment and prevention of C. difficile infections are challenging due to the bacteria's ability to resist antibiotics and harsh conditions [R, R].

About C. difficile Infection

***C. difficile* is a type of bacteria that may cause colitis**, meaning inflammation of the large intestine or colon. It can be found in **contaminated** [R, R, R]:

- Water
- Food (e.g., retail meat, vegetables)
- Human and animal feces
- Hospital surfaces

Recent antibiotic use is the main risk factor for *C. difficile* infection. Antibiotics alter the gut microbiome and make it susceptible to infection. Other risk factors include [R, R, R, R]:

- **Hospital or nursing home stay**
- Malnutrition
- Being 65 or older
- Drugs to reduce stomach acid (e.g., omeprazole)
- Inflammatory diseases (e.g., inflammatory bowel disease)
- Chronic kidney or liver disease
- Chemotherapy
- Previous *C. difficile* infection
- **Genetics**

***C. difficile* produces toxins**, which contribute to the following infection symptoms [R, R, R]:

- Diarrhea
- Belly pain and cramps
- Nausea and vomiting
- Fever

C. difficile infection may cause severe colon inflammation and even death if left untreated [R].

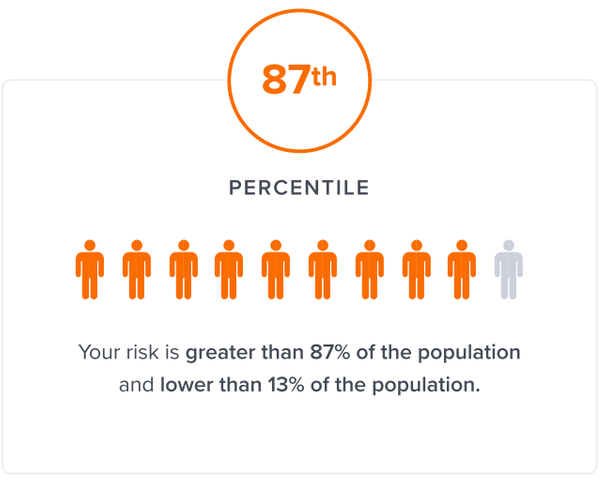
On the other hand, some people may not have symptoms at all, but they may still pass *C. difficile* on to others [R, R].

Medications for *C. difficile* help kill the bacteria. To prevent *C. difficile* infections, doctors also recommend [R, R, R]:

- Hand hygiene with soap and water
- Avoiding antibiotic misuse

MORE LIKELY

More likely to get a C. difficile infection based on 2,751 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
USP25	rs192418381	TC
PDE5A	rs72672568	TC
PCDH9	rs1982305	GA
/	rs1434351	GT
/	rs11617974	AC
CDH8	rs141932469	CC
PRSS37	rs17719655	CC
CNOT4	rs117373257	GG
NWD2	rs116838950	TT
TRIM37	rs73321289	CC
DAP	rs13181507	GG
CSMD3	rs80176672	AA
KCTD1	rs57118264	CC
CSMD1	rs890001	GG
NECTIN2	rs138769755	GG
C6ORF47	rs115062572	CC
LRRN1	rs139959052	GG
ASCL2	rs117600357	GG
/	rs35294279	TT
TCF19	rs149917912	TT
GALNT5	rs13409177	CC
KCNJ15	rs62222030	TT
SORCS2	rs12641357	AA
/	rs867720	TT

- Taking probiotics

Some strains of *C. difficile* are becoming more difficult to kill with antibiotics. This makes them harder to treat and calls for new treatment approaches. One such treatment is *fecal microbiota transplantation* (FMT), or the transfer of a healthy person's feces into a patient's colon [R, R, R, R].

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Good Hygiene Practices	20 seconds
2	Regular Hand Washing	
3	Probiotics	10 billion
4	Drink at Least 8 Glasses of Water a Day	
5	Avoid Close Contact With Infected People	
6	Lactobacillus Casei	10 billion CFU
7	Prebiotics	125 mg
8	Zinc	10 mg
9	Maintain Optimal Vitamin D Levels	1000 iu
10	Lactoferrin	100 mg
11	Fructooligosaccharides (FOS)	3 g
12	Avoid Sugary Foods & Drinks	
13	Saccharomyces Boulardii	10 billion CFU
14	Lactulose	
15	Probiotic Yogurt	
16	Lactobacillus Rhamnosus	10 billion CFU
17	Lactobacillus Plantarum	10 billion CFU

1

Good Hygiene Practices

IMPACT 4 / 5

EVIDENCE 5 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, especially before eating, after using the restroom, and when returning home. Shower or bathe daily using soap, focusing especially on areas that produce more sweat. Brush your teeth twice a day with fluoride toothpaste and floss daily to maintain oral hygiene.

TYPICAL STARTING DOSE

20 seconds

Description

Good hygiene practices, such as regular handwashing and proper sanitation, are essential for preventing the spread of infections and maintaining public health. Adhering to good hygiene habits can reduce the risk of illness and promote general well-being.

Good hygiene practices involve keeping your body and environment clean. Everyday, we get in contact with millions of germs. Neglecting hygiene practices creates an ideal environment for these germs, increasing the risk of infections.

Personal hygiene is the action of maintaining the body clean and healthy. Good practices include:

- Showering or bathing at least every other day
- Washing your hands multiple times a day
- Brushing your teeth at least twice a day
- Trimming and brushing your nails regularly

Domestic hygiene includes all the work done to keep people's clothes, beddings, and houses clean.

Poor hygiene is associated with an increased risk of [R]:

- **Respiratory infections**
- Gastrointestinal infections
- Athlete's foot
- Head, body, and pubic lice
- Tooth decay
- Hot tub rash
- Pinworms
- Scabies
- Swimmer's ear
- Ringworms

How it helps

Because contact with infected people is the main source of *C. difficile* transmission, healthcare workers and visitors should be especially careful with their hand hygiene. Experts recommend using soap and warm water over alcohol-based hand sanitizers because alcohol doesn't effectively destroy the spores [R, R, R].

Healthcare workers attending infected patients should also use disposable equipment such as gloves, stethoscopes, and thermometers to prevent spreading the infection [R, R].

Importantly, hard surfaces, towels, clothes, and bedsheets are sources of transmission because they may contain *C. difficile* spores. Thorough disinfection with products that kill the spores helps prevent disease spreading in hospital and long-care settings [R, R, R, R].

People with *C. difficile* infection should wash their hands frequently and minimize close contact with others. This also includes [R]:

- Not sharing towels or toilets
- Not cooking or handling food for others

2

Regular Hand Washing

IMPACT 4 / 5

EVIDENCE 5 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Because contact with infected people is the main source of *C. difficile* transmission, healthcare workers and visitors should be especially careful with their hand hygiene.

Experts recommend using soap and warm water over alcohol-based hand sanitizers because alcohol doesn't effectively destroy the spores [R, R, R].

3

Probiotics

IMPACT 4 / 5

EVIDENCE 4 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

10 billion

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are "good" bacteria found mainly in the large intestine. They support your body and mind by [R, R, R, R, R, R, R, R]:

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of "good" bacteria** [R, R].

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [R, R]:

- Oligo-fructose
- Oligo-galactose
- Inulin

Mixtures of probiotics and prebiotics are known as **synbiotics** [R].

How it helps

Probiotics may help prevent *C. difficile* infections and diarrhea in populations at risk such as people taking antibiotics, hospitalized patients, infants, and elderly people. However, the evidence is mixed [R, R, R, R, R, R, R, R, R, R, R, R].

Lactobacillus probiotics have been most widely studied. While a review of studies recommended their use to prevent *C. difficile* infections, another one found the evidence insufficient. *L. casei* may be the most effective species. Other *Lactobacillus* probiotics that may help include [R, R, R, R]:

- *L. rhamnosus* [R, R, R]
- *L. plantarum* [R, R]
- *L. acidophilus* [R, R]
- *L. paracasei* [R]
- *L. delbrueckii* [R]
- *L. helveticus* [R]

The probiotic yeast *Saccharomyces boulardii* may also reduce *C. difficile* infections and diarrhea [R, R, R].

Other studied probiotics are:

- *Bifidobacterium lactis* [R]
- *B. longum* [R]
- *Streptococcus thermophilus* [R]

However, experts don't recommend the use of probiotics due to the mixed evidence and their potential to cause harm [R, R].

4

Drink at Least 8 Glasses of Water a Day

IMPACT 4 / 5

EVIDENCE 3 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [R].

Water helps maintain [R]:

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [R].

How it helps

C. difficile infection can cause mild to severe diarrhea. This causes considerable fluid loss and increases the risk of dehydration. Experts recommend generous hydration to replenish the lost fluids. Drinks that may help include [R, R, R]:

- Water
- Clear soft drinks
- Dilute juices
- Clear broths
- Non-caffeinated sports drinks
- Oral rehydration solutions

5

Avoid Close Contact With Infected People

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Maintain a distance of at least 6 feet from people who are showing symptoms of respiratory illness, such as coughing or sneezing. This should be done continuously, especially during outbreaks of contagious diseases, until public health officials declare it safe to resume normal interactions.

Description

Avoiding close contact with infected people is essential to prevent the spread of contagious diseases. Many infections, including respiratory viruses, are transmitted through respiratory droplets expelled during close interactions. Maintaining distance helps reduce the risk of exposure, protecting individuals from contracting and spreading illnesses.

This practice is particularly important during outbreaks or pandemics, as it contributes to breaking the chain of transmission and safeguarding public health.

How it helps

Make sure to avoid close contact with a person suspected to carry a c. diff infection. This also includes [R]:

- Not sharing towels or toilets
- Not cooking or handling food for others

6

Lactobacillus Casei

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take a supplement containing Lactobacillus casei daily, with a dosage recommended by the product's manufacturer or a healthcare professional. The specific amount can vary, but it is commonly found in doses around 10 billion colony-forming units (CFUs). Continue this regimen for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus casei is a probiotic bacterium known for its potential to support gut health and immune function. It contributes to a balanced gut microbiome and may help alleviate digestive issues like diarrhea.

Lactobacillus casei is a probiotic bacterium found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [R, R].

People mainly take *L. casei* to support a healthy gut microbiota [R].

How it helps

A meta-analysis of 10 trials and 4692 patients identified *L. casei* as the most effective probiotic at preventing *C. difficile*-associated diarrhea [R].

Two more meta-analyses (the largest one with 7 studies) found the combination of *L. acidophilus* CL1285 and *L. casei* LBC80R effective at preventing *C. difficile*-associated diarrhea [R, R].

L. casei may help restore a healthy gut microbiome, potentially helping fight off *C. difficile*.

7

Prebiotics

IMPACT 3 / 5

EVIDENCE 2 / 5

How to implement

Take 125 mg of a prebiotic supplement daily. Consistent daily intake is key for maintaining gut health.

TYPICAL STARTING DOSE

125 mg

Description

Prebiotics are primarily plant-based sources of dietary fiber that provide nourishment for beneficial gut bacteria. These foods, like garlic, onions, and asparagus, promote a healthy gut microbiome, support digestion, and enhance nutrient absorption.

Prebiotics are certain fibers and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of "good" bacteria** [R, R].

Some natural sources of prebiotics include [R, R]:

- Whole grains
- Bananas
- Onions
- Soybeans

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [R, R]:

- Oligo-fructose
- Oligo-galactose
- Inulin

Combined mixtures of probiotics and prebiotics are known as **synbiotics** [R].

How it helps

Oligofructose (12 g/day for 30 days) may reduce diarrhea recurrence in people with *C. difficile* infection [R].

In hospitalized patients receiving antibiotics, lactulose (20 g, 3x/day) may reduce the risk of *C. difficile infection* [R].

Synbiotics with fructo- and galacto-oligosaccharides may help reduce the abundance of *C. difficile* in infants and surgical patients. However, prebiotics alone may fail to prevent *C. difficile* infections in infants [R, R, R, R].

Prebiotics may help by favoring the growth of "good" bacteria over *C. difficile* in the gut [R, R].

8

Zinc

IMPACT 3 / 5

EVIDENCE 2 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

Zinc is an essential mineral. Your body needs it to [R, R]:

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [R].

Adults should get **8-11 mg of zinc** per day [R].

How it helps

People with low zinc levels may be at increased *C. difficile* infection after treatment with fecal microbiota transplant. Supplementation with zinc (25-40 mg/day for 1-2 months) may help reduce infection recurrence [R, R, R].

Zinc may help by reducing diarrhea and promoting the growth of “good” gut bacteria [R, R].

Please note: *A high intake of zinc may cause stomach pain and gut irritation. Medical bodies recommend against taking more than **40 mg** of zinc per day* [R, R].

9

Maintain Optimal Vitamin D Levels

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs vitamin D for strong bones. Vitamin D also plays a role in [R]:

- Mood
- Immunity
- Heart health
- Blood sugar control

Sunlight is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [R, R].

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [R].

How it helps

People with *C. difficile* infection may have lower vitamin D levels. In turn, those with lowest levels of this vitamin may be at increased risk of *C. difficile* infection [R].

Vitamin D may help by supporting the immune function [R].

10

Lactoferrin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 100-200 mg of lactoferrin supplement per day, preferably on an empty stomach to enhance its absorption. Continue this regimen daily for 8 to 12 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

100 mg

Description

Lactoferrin is a protein found in milk and other bodily fluids that has been studied for its potential health benefits, including immune system support and antimicrobial properties. It plays a role in promoting gut health.

Lactoferrin is a protein found in milk. It can bind to iron and travel all around the body [R].

Lactoferrin may help support [R, R]:

- Immunity
- Iron status

How it helps

Lactoferrin may help prevent antibiotic-associated diarrhea caused by *C. difficile* and other germs [R].

Lactoferrin may prevent infectious germs from invading the gut [R, R].

11

Fructooligosaccharides (FOS)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 3 to 10 grams of fructooligosaccharides (FOS) supplement per day, preferably with meals. Start with a lower dose to assess your tolerance and gradually increase to avoid digestive discomfort. This supplement can be taken indefinitely as part of your daily routine to support gut health.

TYPICAL STARTING DOSE

3 g

Description

Fructooligosaccharides are a type of prebiotic fiber found in various fruits and vegetables. They support gut health by nourishing beneficial gut bacteria, promoting digestive regularity, and potentially enhancing overall well-being.

How it helps

Fructooligosaccharides (FOS) can encourage the growth of beneficial bacteria in your gut, which can help outcompete the C. difficile bacteria. This could lead to a decrease in the severity and frequency of C. difficile infection symptoms.

12

Avoid Sugary Foods & Drinks

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [R, R, R]:

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [R, R, R]
- Weight gain and obesity [R, R]
- Insomnia [R]
- Heart disease [R]

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [R, R].

How it helps

Reducing sugar intake can be beneficial as high sugar diets may feed the bad bacteria and exacerbate the infection.

13

Saccharomyces Boulardii

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take Saccharomyces boulardii as an oral supplement, typically available in capsule or powder form, twice daily with a glass of water. Continue this regimen for 4-8 weeks, or as directed by a healthcare provider.

TYPICAL STARTING DOSE

10 billion CFU

Description

Saccharomyces boulardii is a beneficial yeast often used as a probiotic supplement to support digestive health and prevent or alleviate symptoms of diarrhea, including those caused by antibiotics or infections.

How it helps

Saccharomyces Boulardii, a yeast-based probiotic, aids in combating C. difficile infection by strengthening your gut's health, and directly inhibiting the growth and toxins of this harmful bacteria. It helps restore your intestines' protective layer, enabling better recovery from the condition.

14

Lactulose

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take lactulose solution orally. The usual dose for adults is 15-30 milliliters (mL) once daily, which may be adjusted based on response. This medication can be taken with or without food. Make sure to measure the dose accurately with a proper measuring device. For constipation, it's generally used on a short-term basis, but for conditions like hepatic encephalopathy, it may be used longer as directed by a doctor.

Description

Lactulose is a synthetic sugar used as a laxative to treat constipation. It works by increasing water content in the colon and promoting regular bowel movements, making it a useful option for individuals with constipation-related issues.

How it helps

Lactulose does not directly treat C. difficile infection. However, by promoting bowel movement and altering gut flora, it may indirectly help restore bowel health after treatment.

15

Probiotic Yogurt

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Yogurt containing probiotics can support the balance of good bacteria in the gut, helping to combat harmful bacteria such as C. difficile.

16

Lactobacillus Rhamnosus

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

Lactobacillus rhamnosus is a probiotic bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [R, R].

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [R].

How it helps

Lactobacillus Rhamnosus is a probiotic that encourages good bacteria growth in your gut, helping to fight the C. difficile infection. This invasion creates a competition for resources, restricting C. difficile's growth and toxin production, thus reducing symptoms and hastening recovery.

17

Lactobacillus Plantarum

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus plantarum is a probiotic bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [R].

People take *L. plantarum* supplements to improve [R, R, R, R]:

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

Lactobacillus Plantarum, a type of probiotic, can help restore a healthy balance of bacteria in your gut, which is vital in the treatment of C. difficile. It works by crowding out the C. difficile bacteria, preventing it from growing out of control.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

WBC	6.92 x10^3/mm3	2 4 6.5 11 40	9 Nov 2025
Zinc	17.12 umol/L	7.65 9.18 12.24 19.89	9 Nov 2025
Vitamin D, 25-Hydroxy, Total	58.59 ng/mL	10 20 30 75 150	9 Nov 2025
Albumin	4.3 g/dL	3.4 4.4 5.5	9 Nov 2025
hs-CRP	1.6 mg/L	0 0.5 3 100 500	9 Nov 2025