

H. pylori

DNA Health Report

REPORT CATEGORY —



GUT HEALTH

Sample Client

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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.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



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.

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

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



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, a few 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

How often do you think about the 39 trillion microbial friends that you share your body with?

The chances are, not very often.

But did you know these microbes outnumber us? There are 5,000 times as many microbes living in your own body as there are humans on earth [R]!

For the most part, this population is friendly. They help keep us healthy. But sometimes, they can be bad.

One microbe that can be particularly troublesome is [Helicobacter pylori](#), or *H. pylori* for short.

Scientists are still unsure whether this bacteria is part of the friendly population that lives inside of us, or an unwanted invader [R].

While the presence of *H. pylori* can have beneficial effects, like helping to reduce allergies in children, it can also be harmful. It can break down the protective mucous lining in your stomach, putting you at risk of developing ulcers and promoting certain types of cancer [R].

The deciding factor as to whether this bacteria is your friend or foe may lie in your DNA.

For example, if you carry a particular variant of the [CXCL8](#) gene, *H. pylori* may put you at a greater risk of peptic ulcers [R]. This is probably because this variant promotes inflammation [R].

The good news is that you may be able to counteract this inflammation and fight *H. pylori* by eating chili peppers [R].

Read on to find out more about:

- How your genetics play a role in *H. pylori* infection
- Your genetic risk score based on over 89,000 genetic variants
- Personalized recommendations based on your genetics

About H. pylori

Key Takeaways:

- Genes involved in H. Pylori affect stomach acid production and the stomach's mucous barrier.
- Risk factors include an unsanitary environment, poverty, eating at restaurants, eating meat, and smoking.
- If you have a high genetic risk, you may reduce overall risk by taking action on risk factors that you can change.
- Click the **next steps** tab for relevant labs and lifestyle factors.

[Helicobacter pylori](#) (*H. pylori*) is a type of bacteria that can live in the stomach. About half of all people may be infected with *H. pylori*. Developing countries have higher infection rates [\[R, R, R\]](#).

Most people don't have any symptoms of infection. In some, however, the bacteria can start to break down the protective mucous barrier of the stomach wall. This can cause serious problems [\[R, R, R\]](#).

H. pylori may contribute to [\[R, R\]](#):

- [Gastritis](#) (stomach inflammation)
- Peptic ulcers (sores in the stomach or upper small intestine lining)
- Stomach cancer

Symptoms arise when a person develops gastritis or ulcers. These can include [\[R, R, R\]](#):

- Nausea
- Stomach pain
- Vomiting
- Low appetite
- Weight loss
- Indigestion

People usually become infected with *H. pylori* in childhood. Growing up around a lot of people or in unsanitary conditions may play a large role. Other risk factors for *H. pylori* infection include [\[R, R\]](#):

- Lower socioeconomic status



TYPICAL LIKELIHOOD

Typical likelihood of H. pylori infection based on 86,987 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
DOCK10	rs10201967	CC
IKZF2	rs10194411	GG
AKR1E2	rs112501331	CC
VMP1	rs111821451	GG
FBXO21	rs111576798	GG
RAP2B	rs112013042	CC
SIPA1L3	rs113428378	AA
HPCAL1	rs10929658	AA
PDSS1	rs112022787	GG
METTL14	rs112991781	TT
PCDH15	rs11004038	TT
PDZD2	rs10472790	TT
FGD4	rs11052023	TT
/	rs11059054	CC
LGSN	rs1020805	GG
PCDH15	rs11004387	TT
/	rs10008115	GG
TCF7L1	rs113194344	GG
GAREM2	rs1019972	CC
HEBP1	rs111707992	AA
TLE1	rs11139024	CC
CLEC2B	rs1088309	GG
LRRTM3	rs10762128	TT
PTCHD4	rs1150811	AA

- Eating out at restaurants
- Eating meat
- Smoking cigarettes

Medications for *H. pylori* help kill the bacteria and heal the stomach. They are usually prescribed in different combinations [R, R, R].

Some strains of *H. pylori* are becoming more difficult to kill with antibiotics. This makes them harder to treat [R, R].

Genetics seems to play a role in the risk of ulcers due to *H. pylori*. Genes involved in *H. pylori* infection and related diseases may influence [R, R]:

- Stomach acid production (*GAST*)
- The mucous barrier in the stomach ([MUC1](#), [FUT2](#), [ABO](#))

GENE	SNP	GENOTYPE
ADAMTSL4	rs10888382	CC
NFE2	rs11170954	TC
KLHL31	rs113924095	AA
FIGLA	rs115235891	CC
RBP7	rs112432872	GG
TFPI	rs10497687	CC
ZNF91	rs112713994	GG
ASAH2	rs10508925	GG
TP53INP1	rs112904682	GG
CLMP	rs11219074	CC
MRPS33	rs113513883	GG
RDH14	rs10181477	AA
SYT13	rs11038374	TT
GULP1	rs112821517	CC
LILRA4	rs112985797	GG
PLCL1	rs113784795	GG

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		DOSAGE			
1	Probiotics	10 billion	2	Berberine	500 mg
3	Saccharomyces Boulardii	10 billion CFU	4	Fermented Dairy	
5	Lactobacillus Reuteri	10 billion CFU	6	Garlic Supplement	200 mg
7	Lactoferrin	100 mg	8	Limit Salt Intake	
9	Cranberry		10	Black Seed (Black Cumin)	1000 mg
11	Bifidobacterium Bifidum	10 billion CFU	12	Clostridium Butyricum	300 mg
13	Lactobacillus Acidophilus	10 billion CFU	14	Probiotic Yogurt	
15	Kefir		16	Maintain Optimal Vitamin D Levels	1000 iu
17	N-acetylcysteine (NAC)	600 mg	18	Lactobacillus Paracasei	10 billion CFU
19	Honey		20	Lactobacillus Delbrueckii And L. Thermophilus	10 billion CFU
21	Bifidobacterium Animalis Subsp. Lactis	10 billion CFU	22	Beta-Caryophyllene	100 mg
23	Lactobacillus Johnsonii	10 billion CFU	24	Bacillus Subtilis And Enterococcus Faecalis	
25	Lactobacillus Gasseri	10 billion CFU	26	Bacillus Clausii	
27	Extra Virgin Olive Oil (EVOO)		28	Lactobacillus Delbrueckii	10 billion CFU
29	Curcumin	500 mg	30	Good Oral Hygiene	2 minutes

31	Green Tea	400 mg	32	Cinnamon	500 mg
33	Polyunsaturated Fatty Acids (PUFAs)		34	Lactobacillus Thermophilus	10 billion CFU
35	Probiotic Dairy		36	Broccoli Sprouts	2 tbsp
37	Coenzyme Q10 (CoQ10)	100 mg	38	Amaranth	
39	Enterococcus Faecalis		40	Choose Healthy Fats	
41	Mastic Gum	350 mg	42	Broccoli	
43	Bacillus Subtilis		44	Streptococcus Thermophilus	10 billion CFU
45	Green Tea Extract	250 mg			

1



Probiotics

IMPACT

4 / 5

EVIDENCE

3 / 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 in combination with standard treatments to eliminate *H. pylori*. They may also help heal stomach ulcers [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics containing *Lactobacillus* species may be especially helpful against *H. pylori*. These include:

- [L. gasseri](#) [\[R\]](#), [\[R\]](#), [\[R\]](#)
- [L. johnsonii](#) [\[R\]](#), [\[R\]](#), [\[R\]](#)
- [L. acidophilus](#) [\[R\]](#)
- [L. reuteri](#) [\[R\]](#), [\[R\]](#)
- [L. delbrueckii](#) combined with [Streptococcus thermophilus](#) [\[R\]](#)
- [L. brevis](#) [\[R\]](#)

Other species such as [Saccharomyces boulardii](#) and [Clostridium butyricum](#) may help reduce side effects of *H. pylori* treatment [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics may help by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reducing inflammation
- Protecting the stomach barrier
- Competing with *H. pylori* in the stomach

2



Berberine

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Take 500 mg of berberine two times a day before meals. Continue this regimen for up to three months, then evaluate its effects with your healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Berberine is a compound found in certain plants, known for its potential to support blood sugar control and heart health.

[Berberine](#) is an active compound of some plants used in traditional medicine, such as [\[R\]](#):

- European barberry
- Oregon grape
- Goldenseal
- Chinese goldthread
- Tree turmeric

Berberine is also available as a supplement. People use it to help with [\[R, R, R\]](#):

- Diabetes
- High cholesterol
- High blood pressure
- PCOS

How it helps

Adding berberine to eradication therapy for *H. pylori* may be as effective as conventional quadruple therapies with bismuth or additional antibiotics [\[R, R, R, R\]](#).

Berberine may help through its antibacterial properties.

3



Saccharomyces Boulardii

IMPACT3 / 5

EVIDENCE3 / 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

Three meta-analyses (the largest one with 18 trials and 3592 patients) concluded that adding *S. boulardii* to standard eradication therapy increases eradication rates (by 9-13%) and reduces the risk of side effects such as diarrhea and constipation (2-3 times) or the need for discontinuation (3 times) [\[R\]](#), [\[R\]](#), [\[R\]](#).

Monotherapy with *S. boulardii* alone was effective in 6 out of 63 patients (pooled eradication rate of 12%) in a meta-analysis of 11 studies [\[R\]](#).

S. boulardii can help inhibit the growth of *H. pylori* bacteria.

4



Fermented Dairy

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Incorporate fermented dairy products like yogurt, kefir, or aged cheeses into one or two of your daily meals. For example, you could have yogurt with breakfast and add kefir to your smoothie for an afternoon snack. This practice should be maintained consistently as part of your diet.

Description

Fermented dairy products like yogurt and kefir contain beneficial probiotic bacteria that can support gut health and enhance digestion. They are also excellent sources of calcium and protein.

Food fermentation is a traditional food preservation method. Fermented foods may support gut and skin health [\[R\]](#) [\[R\]](#).

Food can be fermented by microbes that are naturally found in the product or by adding microbes (a starter culture) [\[R\]](#).

Fermented dairy products include [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Yogurt
- [Kefir](#)
- Cheese
- Buttermilk

How it helps

Fermented dairy products may help prevent and fight *H. pylori* infection. They may help when used alone or with standard treatment [\[R\]](#) [\[R\]](#) [\[R\]](#).

In line with this, consumption of fermented dairy is linked to a lower risk of ulcers [\[R\]](#).

This is likely because fermented dairy products are a source of probiotic bacteria. These probiotics may compete with *H. pylori* in the stomach and reduce inflammation [\[R\]](#) [\[R\]](#) [\[R\]](#).

5



Lactobacillus Reuteri

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take a supplement containing *Lactobacillus reuteri* daily, ideally choosing a product that specifies CFU (colony-forming units) to ensure you receive an effective dose. Dosage can vary depending on the specific product, but it's typically around 10 billion CFUs. Continue taking the supplement for at least 4 to 8 weeks to evaluate its benefits for your gut health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus reuteri 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 reuteri is a [probiotic](#) bacterium that is part of the normal [microbiome](#) of the gut, skin, urinary tract, and, occasionally, the stomach [\[R\]](#).

L. reuteri is also used as a probiotic. People take it to help with [\[R, R, R, R\]](#):

- High cholesterol
- Gut diseases
- Constipation
- Helicobacter pylori infections

In the 1960s, **30-40 percent** of people had *Lactobacillus reuteri* as a part of their microbiome. Today, estimates suggest it is found in only **10-20 percent** [\[R, R\]](#).

How it helps

Supplementing with *L. reuteri* (1-2 × 10⁸ CFU*, 2-3x/day, 2-3 h before meals, for 2-4 weeks) may **slightly improve *H. pylori* treatment outcomes** [\[R, R, R, R, R, R, R\]](#).

However, not all studies found this benefit [\[R, R\]](#).

L. reuteri may offer greater benefits when added to standard therapy and given for 1-2 more weeks afterward. **It may also reduce symptoms during standard therapy**, such as [\[R, R, R, R, R, R, R\]](#):

- Diarrhea
- Nausea
- Bloating
- Taste changes

L. reuteri may also **reduce [gastritis](#) (stomach inflammation)** several weeks after therapy [\[R\]](#).

Studied strains that may help include [\[R, R\]](#):

- DSM 17938
- ATCC PTA 6475
- SD2112

L. reuteri may help by [\[R, R, R, R\]](#):

- Reducing *H. pylori* growth
- Supporting the gut flora
- Improving immunity

*CFU (colony forming units) = the number of active bacteria in one probiotic serving

6



Garlic Supplement

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take a garlic supplement, such as a garlic extract or aged garlic supplement, in a dosage of 600-1,200 mg per day, divided into separate doses. This should be taken with meals to minimize digestive issues. Continue daily for at least 8-12 weeks to evaluate its effects on health markers like blood pressure or cholesterol.

TYPICAL STARTING DOSE

200 mg

Description

Garlic is a pungent herb known for its potential health benefits, including cardiovascular support and immune system enhancement. It contains bioactive compounds that may help reduce the risk of chronic diseases and support overall well-being.

[Garlic](#) is a delicious aromatic herb that adds flavor to your food. But did you know that garlic has been a part of traditional medicine for thousands of years? **From ancient Egypt and Rome to China, people have praised garlic for its many health benefits.** Today, we can trace many of those benefits to sulfur-rich compounds found in garlic. People take garlic to help control their blood pressure and cholesterol [\[R\]](#).

Please note: *Garlic can interact with blood thinners (like aspirin, Plavix, Coumadin). If you are on blood thinners, consult your doctor before supplementing with garlic [\[R\]](#).*

How it helps

Garlic is a controversial folk remedy for ulcers. Garlic extract contains a compound called *allicin* that may help fight *H. pylori*. It may also support the healing of ulcers when added to standard treatment [\[R\]](#).

However, eating garlic may not reduce the risk of *H. pylori* infection [\[R\]](#).

Please note: *Garlic can interact with blood thinners (such as aspirin, Plavix, and Coumadin). In addition, garlic can irritate the stomach in some people. Talk to your doctor before taking garlic [\[R\]](#), [\[R\]](#).*

7



Lactoferrin

IMPACT

2 / 5

EVIDENCE

3 / 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 (400 mg/day for 1 week) in combination with standard treatment may help to eliminate *H. pylori*. However one study did not find this benefit [R, R, R].

Lactoferrin may help by reducing *H. pylori* growth. It may also decrease inflammation [R].

 PERSONALIZED TO YOUR GENES

People with your **TLR10** gene variant may be more prone to *H. pylori* infection. This gene plays a role in inflammation in response to *H. pylori*. Lactoferrin may help reduce *H. pylori* growth and inflammation [R, R, R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
TLR1	rs10004195	AA	

8



Limit Salt Intake

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from [salt](#). However, eating too much salt is linked to an increased risk of stroke and heart disease [\[R\]](#), [\[R\]](#).

Foods higher in salt include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and [capers](#))
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [\[R\]](#).

How it helps

People who eat more salty foods, such as some fermented foods, may have higher rates of *H. pylori* infection. In fact, the higher the salt intake, the greater the chance of infection [\[R\]](#), [\[R\]](#).

This may be because *H. pylori* bacteria grow better and produce more toxins in salty environments [\[R\]](#).

 PERSONALIZED TO YOUR GENES

People with your [TAS2R38](#) gene variant tend to eat more salt [\[R\]](#). Try reducing salt intake to help prevent *H. pylori* infection.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
TAS2R38	rs1726866	GA	

9



Cranberry

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Consume one to two 8-ounce servings of unsweetened cranberry juice daily, or take 500 mg of cranberry supplements twice daily. Continue this practice consistently for at least several weeks to potentially observe benefits.

Description

Cranberries are known for their high antioxidant content and potential to promote urinary tract health by preventing bacterial adhesion. Consuming cranberries or cranberry products may help reduce the risk of urinary tract infections and provide antioxidant benefits.

Cranberries are fruits rich in vitamins, minerals, and antioxidants. They are available in different forms, including [\[R\]](#):

- Dried fruits
- Juice
- Powder
- Pills

How it helps

Cranberry juice (200-500 mL/day) may help fight *H. pylori* infection. However, if a person stops drinking cranberry juice, the bacteria may come back [\[R, R\]](#).

Cranberry extract (1,000 mg/day) may also help when combined with standard treatment [\[R\]](#).

Cranberries may help by blocking the growth and activity of *H. pylori*. They may also decrease *H. pylori*’s ability to attach to the stomach lining [\[R, R\]](#).

Please note: *Cranberry may interact with blood thinners such as warfarin (Coumadin). If you are taking blood thinners, consult your doctor before consuming cranberry* [\[R\]](#).

10



Black Seed (Black Cumin)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 1000 mg of black seed (black cumin) supplement daily, preferably split into two doses of 500 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

1000 mg

Description

Black seed, also known as black cumin or *Nigella sativa*, has been used for its potential health benefits in traditional medicine. It is believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- Allergies
- High blood sugar
- High blood pressure
- Joint pain

How it helps

Black seed (2 g/day for 4 weeks) may help fight *H. pylori*. In one study, black seed combined with PPIs showed similar effectiveness as standard therapy. In another study, it improved the effectiveness of standard treatment [\[R\]](#), [\[R\]](#).

Black seed may help by blocking the growth of *H. pylori* [\[R\]](#).

11



Bifidobacterium Bifidum

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a bifidobacterium bifidum supplement according to the manufacturer's instructions, usually once or twice daily with a glass of water and potentially with meals. Supplement duration varies; some may use it continuously for ongoing gut health support, while others might take it for a specific period, such as 4-8 weeks, especially during or after antibiotic treatment.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium bifidum is a probiotic strain that can help support digestive health and maintain a balanced gut microbiome.

[Bifidobacterium bifidum](#) is a [probiotic](#) bacterium naturally present in the human gastrointestinal tract. This species is the second most abundant one in breast-fed infants, but its levels decrease during adulthood [\[R\]](#).

People take *B. bifidum* to help with [\[R\]](#):

- Digestive issues
- Eczema
- Infections

How it helps

Bifidobacterium Bifidum, a probiotic, helps disrupt the colonizing efforts of H. pylori, hence limiting its growth and potential harm. Its supplementation also promotes overall gut health, which strengthens your body's immune response to such pathogens.

In a placebo-controlled trial of 79 *H. pylori*-positive participants, consuming milk fermented with *B. bifidum* YIT 4007 for 12 weeks improved upper gastrointestinal symptoms, gastric mucosal condition, and reduced *H. pylori* activity. In addition, 2 non-placebo-controlled trials using *L. acidophilus* and *B. bifidum* as an add-on to triple therapy showed improved eradication rates and modulated the intestinal microflora response. However, a multi-strain probiotic with *B. bifidum*, *L. rhamnosus*, and *S. faecium* failed to improve the efficacy of eradication therapy or reduce its adverse effects in a placebo-controlled trial of 107 patients [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

12



Clostridium Butyricum

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take Clostridium butyricum as a supplement in capsule or powder form, typically ranging from 300 to 450 mg per day. This should be consumed with a glass of water, ideally before meals. Continue daily for at least four weeks to evaluate its benefits.

TYPICAL STARTING DOSE

300 mg

Description

Clostridium butyricum is a probiotic bacterium believed to support digestive health by producing beneficial short-chain fatty acids in the gut. It is used in some probiotic supplements to promote gut microbiome balance and overall well-being.

How it helps

The supplement Clostridium Butyricum is a specific type of probiotic that can help your body restore a healthy balance of gut bacteria, which may aid in overcrowding or even killing off H. Pylori. In addition, it produces butyrate that could help reduce inflammation and protect your stomach lining.

In 3 non-placebo-controlled trials of 124 H. pylori-positive patients, adding C butyricum to triple or quadruple therapy **improved gastrointestinal symptoms, reduced the incidence of diarrhea, and preserved a normal microbiome by increasing the Bacteroidetes:Firmicutes ratio** [\[R\]](#), [\[R\]](#), [\[R\]](#).

In a non-placebo-controlled trial of 150 H. pylori-positive patients, C butyricum, both alone and combined with B coagulans, **inhibited H pylori growth to some extent and caused eradication in 18-26% of patients** [\[R\]](#).

13



Lactobacillus Acidophilus

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a probiotic supplement containing Lactobacillus acidophilus. Look for products that offer around 10 billion CFUs (colony-forming units) and take it once daily, preferably on an empty stomach, either first thing in the morning or right before bed.

TYPICAL STARTING DOSE
10 billion CFU

Description

[Lactobacillus acidophilus](#) is a [probiotic](#) bacterium that has been traditionally and widely used in the dairy industry to make yogurt [\[R\]](#).

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

How it helps

Lactobacillus Acidophilus, a type of probiotic found in dietary supplements, can help in treating H. pylori by maintaining a healthy balance of bacteria in the stomach. It competes with H. pylori for resources and inhibits its growth, providing beneficial effects in eradicating the harmful bacteria.

A meta-analysis of 33 randomized controlled trials (RCTs) up to May 2014 found that probiotics supplementation improved eradication rates compared to controls, especially with certain strains (Lactobacillus, Bifidobacterium) and less effective antibiotics. Side effects were lower in the probiotics group, but this was confirmed only in non-blinded trials [\[R\]](#).

14



Probiotic Yogurt

IMPACT

2 / 5

EVIDENCE

2 / 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

Probiotic yogurt contains beneficial bacteria that can help fight off the harmful H. pylori bacteria in your gut. This can reduce the infection and alleviate symptoms like stomach pain and indigestion.

In an intervention study, 59 adult volunteers infected with H. pylori were given AB-yogurt (10(7) colony-forming units of both La5 and Bb12/mL) twice daily after a meal for 6 weeks. Eleven subjects positive for H. pylori infection were treated with milk placebo as control subjects.

Administration of AB-yogurt decreased the urease activity of H. pylori [\[R\]](#).

Prior treatment with Lactobacillus- and Bifidobacterium-containing yogurt (AB-yogurt) improved the efficacy of quadruple therapy in eradicating residual Helicobacter pylori after failed triple therapy. A 4-week AB-yogurt pretreatment reduced H. pylori loads and increased eradication rates, even in cases of antibiotic resistance [\[R\]](#), [\[R\]](#).

15



Kefir

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate kefir into your daily diet by drinking approximately 1-2 cups (240-480 ml) per day. It can be consumed on its own, blended into smoothies, or used as a base for salad dressings or soups. Continuous consumption over several weeks is recommended to observe its health benefits.

Description

Kefir is a fermented dairy product packed with probiotics, which can promote gut health and support digestion. Regular consumption of kefir is associated with improved digestive function and may enhance the immune system.

How it helps

Kefir is packed with probiotics which, when consumed, helps to crowd out the H. pylori bacteria in the stomach. Furthermore, it boosts immune system activity in the gut which can help eradicate the bacteria.

Kefir (250 mL, 2x/day) added to triple eradication therapy for 14 days improved eradication rates and reduced side effects in a placebo-controlled trial of 82 patients with symptomatic *H. pylori* infection [\[R\]](#).

16

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 *H. pylori* infection tend to have lower levels of vitamin D. In line with this, higher levels of vitamin D are linked to better treatment outcomes [\[R\]](#).

Vitamin D may help by supporting the elimination of *H. pylori* [\[R\]](#), [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

17



N-acetylcysteine (NAC)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

600 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

N-acetylcysteine (NAC) helps in treating H. pylori by disrupting the biofilms that this bacteria creates to protect itself, making it easier for antibiotics to fight the infection. It also possesses antioxidant properties which aids in reducing inflammation induced by the bacteria.

In a [placebo-controlled trial of 99 patients with H. pylori](#), supplementation with NAC (400 mg, 2x/day) during the first 5 days of eradication therapy **increased eradication rates** [\[R\]](#).

18



Lactobacillus Paracasei

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing Lactobacillus paracasei daily, with a dose of around 10 billion colony-forming units (CFUs). Consume the supplement with or without food, but consistently at the same time each day for at least 4 weeks to observe beneficial effects.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus paracasei 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 paracasei](#) is a type of bacteria naturally found in the intestine. It is considered a [probiotic bacteria](#), which means “good” bacteria that has health benefits when taken in adequate amounts [\[R\]](#).

L. paracasei is used in the production of the following fermented foods [\[R\]](#):

- Yogurt
- Cheese
- Sauerkraut

It may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve gut and skin health
- Boost immunity
- Fight allergies

How it helps

Drinking fermented milk with *L. paracasei* HP7 and licorice for 8 weeks reduced *H. pylori* density and improved histologic inflammation in a placebo-controlled trial of 142 patients with *H. pylori* infection [\[R\]](#).

19



Honey

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 1-2 tablespoons of raw honey daily, either directly or by mixing it into warm water, tea, or yogurt. Continue this practice regularly to observe benefits.

Description

Honey is a natural sweetener known for its antimicrobial properties and potential benefits for wound healing. It contains antioxidants and may have soothing effects on sore throats and coughs.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It can potentially help with [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Burns

How it helps

In people with gut problems, eating honey may be linked to a lower risk of *H. pylori* infection [\[R\]](#).

Honey may help by blocking the growth and activity of *H. pylori* [\[R, R, R\]](#).

20



Lactobacillus Delbrueckii And L. Thermophilus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus delbrueckii and L. thermophilus daily, usually found in capsule or powder form. The exact dosage can vary, but it is commonly around 10 billion CFUs (colony-forming units). It is recommended to follow the dosage instructions on the product label or consult with a healthcare professional. This regimen can be ongoing to help support gut health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus dulbrueckii and lactobacillus thermophilus are beneficial probiotic strains that can support digestive health and contribute to a balanced gut microbiome. They may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

In a non-placebo-controlled trial of 200 patients with *H. pylori* infection, pretreatment with regular yogurt (with *L. delbureckii* and *S. thermophilus*) before triple eradication therapy increased eradication rates but failed to reduce adverse effects from the therapy [R].

L. delbrueckii and *L. thermophilus* may help in the treatment of *H. pylori* by creating a hostile environment for the harmful bacteria, thus helping to slow its growth. They may also boost the effectiveness of antibiotics used to treat *H. pylori*.

21



Bifidobacterium Animalis Subsp. Lactis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Bifidobacterium animalis subsp. lactis at a dose of 10 billion colony-forming units (CFU) daily, with or without food. Joe's preferred strain is *B lactis* HN019 (10B CFU). Continue this regimen daily for at least 2 weeks to 4 weeks to observe potential benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium animalis lactis is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function.

[Bifidobacterium animalis](#) is a [probiotic](#) bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [\[R\]](#), [\[R\]](#).

People mainly take *B. animalis* to support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Bifidobacterium Animalis Subsp. Lactis supports a healthier gut environment that can inhibit the growth of H. pylori, a bacteria linked with stomach ulcers and cancer. It normalizes gut flora balance, boosting your immune defenses and potentially suppressing H. pylori overgrowth.

In an RCT with 159 patients receiving H. pylori eradication therapy, those in the ERA+probiotic group (receiving Bifidobacterium animalis subsp. lactis B94) had significantly higher eradication rates (86.8% vs. 70.8%) and lower first-week treatment non-compliance due to diarrhea (1.88% vs. 12.26%) compared to the ERA-only and ERA-placebo groups. Treatment resistance rates were similar between the groups [\[R\]](#).

22



Beta-Caryophyllene

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take beta-caryophyllene as a dietary supplement in a dose of 100-150 mg per day. It can be consumed in capsule form once daily with a meal to aid absorption. Continue this regimen daily for at least 8 weeks to evaluate its effects on your health.

TYPICAL STARTING DOSE

100 mg

Description

Beta-caryophyllene is a terpene found in various plants, including certain spices and cannabis. It has potential anti-inflammatory and analgesic properties and may be used in natural remedies to alleviate pain and support overall well-being.

How it helps

In a placebo-controlled trial of 66 participants with *H. pylori* infection, supplementation with β-caryophyllene (126 mg/day) for 8 weeks reduced nausea, epigastric pain, and IL-1B levels [R].

Beta-caryophyllene may help by minimizing inflammation and enhancing stomach lining defense.

23



Lactobacillus Johnsonii

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Lactobacillus johnsonii supplement daily with a glass of water, preferably on an empty stomach or before meals. The dosage varies, but a common amount is 10 billion CFUs (colony forming units). Continue this regimen for at least four weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus Johnsonii 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.

How it helps

Lactobacillus johnsonii strains, such as La1 and LC1, have shown potential in reducing *H. pylori* activity and colonization in various trials. However, complete infection resolution may not be achieved [R, R, R, R, R].

L. johnsonii may inhibit the growth of this harmful bacteria and disrupt its ability to stick to the stomach lining.

24



Bacillus Subtilis And Enterococcus Faecalis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing *Bacillus subtilis* and *Enterococcus faecalis* according to the product's label, usually one capsule per day with water. It's often recommended to take probiotics on an empty stomach for better absorption, typically in the morning or before bedtime. Duration of use can vary, but many people take probiotic supplements continuously for months or as directed by a healthcare provider.

Description

Bacillus subtilis and *enterococcus faecalis* are beneficial bacteria strains commonly used in probiotic supplements to support digestive health and maintain a balanced gut microbiome. Incorporating probiotics containing *bacillus subtilis* and *enterococcus faecalis* may promote better gut function.

How it helps

A study evaluated the outcome of a probiotic strain composed of *Bacillus subtilis* and *Enterococcus faecalis* used as an add-on to triple therapy on *H pylori* eradication in 352 infected patients. It found a higher eradication rate compared to the triple-only group (83.5% vs. 73.3%). Moreover, diarrhea and overall side effects were more common in the triple-only group [\[R\]](#).

Bacillus subtilis and *Enterococcus faecalis* may help by supporting beneficial gut bacteria and keeping your digestive system balanced.

25



Lactobacillus Gasseri

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Lactobacillus gasseri supplement containing around 10 billion colony-forming units (CFUs) daily, ideally with a meal, for at least 2 weeks to 4 months to observe benefits. Continuous daily intake is recommended for ongoing support.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus Gasseri 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.

How it helps

In uncontrolled and placebo-controlled trials, *L. gasseri* OLL2716-enriched dairy products showed promise in managing *H. pylori* infection. In the uncontrolled trial, yogurt with *L. gasseri* OLL2716 reduced *H. pylori* and gastric inflammation. In a placebo-controlled trial of 440 children, cheese with the probiotic led to *H. pylori* eradication in 29.3% of infected children and lowered new infection rates among *H. pylori*-negative children. Additionally, adding yogurt with *L. gasseri* OLL2716 to triple eradication therapy improved the eradication of clarithromycin-resistant strains in patients with *H. pylori* infection [\[R, R, R\]](#).

L. gasseri acts as a protective barrier in the stomach, outcompeting *H. pylori* for resources and space. Moreover, it produces substances that can directly inhibit the growth of *H. pylori*.

26



Bacillus Clausii

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take Bacillus clausii as an oral probiotic supplement, usually found in liquid or capsule form. For adults and children, the typical dosage is one or two capsules (or one or two vials of liquid, if using that form) daily. The duration of use can vary; some may take it for a few weeks during or after antibiotic treatment, while others might use it for longer periods to support digestive health.

Description

Bacillus causii is a type of beneficial bacteria that can be found in probiotic supplements, potentially contributing to digestive health and a balanced gut microbiome.

How it helps

Bacillus Clausii is a probiotic that helps to boost gut health and immunity, although it does not directly treat *H. pylori*. However, it can support the body during the antibiotic treatment of *H. pylori* by reducing side effects like diarrhea and enhancing the body's overall resistance.

In a placebo-controlled trial of 120 *H. pylori*-positive patients, supplementation with B clausii (2x10⁹ spores/day) for 14 days as an add-on to eradication therapy reduced the incidence and severity of nausea, diarrhea, and epigastric pain [\[R\]](#).

27



Extra Virgin Olive Oil (EVOO)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

[Olive oil](#) is fat from the olive, a traditional tree of the Mediterranean Basin [\[R\]](#).

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [\[R\]](#), [\[R\]](#):

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the [Mediterranean diet](#), which may improve brain and heart health [\[R\]](#).

How it helps

Extra virgin olive oil holds compounds that can prevent the growth of H. pylori, a bacteria causing stomach ulcers and cancer. Additionally, consuming EVOO can help heal the gut lining that's damaged by an H. Pylori infection.

28



Lactobacillus Delbrueckii

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a supplement containing Lactobacillus delbrueckii at a dosage as advised on the product packaging, usually once daily. It is typically found in probiotic supplements or dairy products enriched with probiotics. Consistency is key, so take it at the same time each day, preferably with a meal for the best absorption and efficacy.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus delbrueckii 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 delbrueckii](#) is a bacterium widely used in the production of yogurt and other fermented dairy products [\[R\]](#).

As a [probiotic](#), people mainly take *L. delbrueckii* to boost the immune system. This helps fight and prevent infections [\[R, R, R\]](#).

How it helps

In a [non-placebo-controlled trial of 200 patients with H. pylori infection](#), pretreatment with regular yogurt (with *L. delbureckii* and *S. thermophilus*) before triple eradication therapy **increased eradication rates but failed to reduce adverse effects from the therapy** [\[R\]](#).

L. delbrueckii may help control *H. pylori* by creating a barrier against this bacteria. Additionally, it can assist in lowering acid levels in the stomach, which slows *H. pylori* growth.

29



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE

500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, which is found in turmeric, contains antibacterial properties that can help combat H. pylori bacteria in your stomach. It's also anti-inflammatory, which may soothe irritation and reduce stomach damage caused by this bacterial infection.

30



Good Oral Hygiene

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Brush your teeth at least twice a day for two minutes each time using fluoride toothpaste. Floss daily to remove plaque from places your toothbrush can't reach and consider using mouthwash. Visit your dentist at least twice a year for professional cleanings and checkups.

TYPICAL STARTING DOSE

2 minutes

Description

Good oral hygiene, which includes regular brushing, flossing, and dental check-ups, is crucial for preventing tooth decay, gum disease, and maintaining overall oral health. A healthy mouth contributes to overall well-being and can prevent dental issues that may impact systemic health.

Oral hygiene refers to practices that keep the mouth healthy. Good habits include [R](#), [R](#):

- Gently brushing the teeth and tongue for two minutes, at least twice a day
- Flossing daily
- Using a toothpaste with fluoride and a soft toothbrush
- Replacing a worn toothbrush at least every 3 months

To help maintain good oral hygiene, it is also important to regularly see dental professionals. They can help prevent and address issues with your teeth and gums.

How it helps

Maintaining a clean mouth reduces harmful bacteria, which might contribute to a decreased risk of H. pylori transmission.

31



Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Compounds in green tea, such as catechins, have antimicrobial properties that may inhibit the growth of H. pylori.

32



Cinnamon

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

[Cinnamon](#) is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [\[R\]](#):

- Decrease inflammation
- Fight [oxidative stress](#)
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [\[R\]](#).

There are two main types of cinnamon [\[R\]](#):

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon contains antibacterial compounds that can inhibit the growth of H. pylori bacteria in the stomach. This helps to treat infections and relieve symptoms like stomach discomfort and ulcers.

33



Polyunsaturated Fatty Acids (PUFAs)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in polyunsaturated fatty acids (PUFAs) into your daily diet. Examples include eating fatty fish like salmon, mackerel, or sardines two to three times a week, using plant-based oils like flaxseed, soybean, and canola oil in cooking and salads, and adding nuts and seeds such as walnuts and flaxseeds to your meals or snacks daily.

Description

Polyunsaturated fatty acids (PUFAs) are fatty acids with at least two double bonds. They are considered "healthy fats" and include **omega-3 and omega-6** fatty acids [R].

[Omega-3 fatty acids](#) help [R, R]:

- Lower inflammation and blood sugar
- Protect the heart, brain, and eyes

Omega-6 fatty acids play important roles in [R]:

- Skin health
- Energy production
- Immunity

Good sources of PUFAs include [R, R, R, R]:

- Fish and seafood
- Plant oils (e.g., flaxseed, corn, sunflower, soybean, and grapeseed oil)
- Seeds (e.g., safflower, sunflower, and pumpkin seeds)
- Walnuts
- Tofu

How it helps

Polyunsaturated Fatty Acids (PUFAs) may inhibit the growth of H. pylori bacteria, which cause stomach ulcers. This can aid in prevention and decrease the severity of an existing infection.

34



Lactobacillus Thermophilus

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a supplement containing Lactobacillus thermophilus daily, with the dosage as per the product's labeling or healthcare provider's advice. It is usually taken once a day, preferably at the same time each day, with or without food.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus thermophilus 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.

How it helps

Lactobacillus Thermophilus can create an unfavorable environment for H. pylori, reducing its colonization. This effect may alleviate symptoms and promote healing in the stomach lining, assisting in the treatment of H. pylori infection.

35



Probiotic Dairy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate probiotic-rich dairy products, such as yogurt or kefir, into your diet daily. Aim to consume at least one serving, which typically ranges from 100 to 200 grams, per day.

Description

Probiotic dairy products, such as yogurt and kefir, contain live beneficial bacteria that support gut health and digestion, as well as the immune system, blood sugar, and mood. These products are rich in probiotics, calcium, and protein.

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

Probiotics can be taken as supplements. They can also be added to dairy products like milk and yogurt [\[R, R\]](#).

How it helps

Probiotic dairy products like yogurt with live cultures can introduce beneficial bacteria that may help crowd out H. pylori and improve gut health.

36



Broccoli Sprouts

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 2-4 tablespoons of fresh broccoli sprouts daily. They can be added to salads, sandwiches, or smoothies to make them easier to consume. Continue this practice daily for at least 3 months to potentially see benefits.

TYPICAL STARTING DOSE

2 tbsp

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

How it helps

Broccoli sprouts contain a chemical called sulforaphane that has antibacterial properties, which can inhibit the growth of H. pylori, a bacteria that causes stomach infections. Regular consumption can prevent H. Pylori infections by eliminating the bacteria from your system.

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Coenzyme Q10 (CoQ10)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 100 mg Coenzyme Q10 (CoQ10) supplement once daily with a meal that contains fat for better absorption.

TYPICAL STARTING DOSE

100 mg

Description

Coenzyme Q10 (CoQ10) is a naturally occurring antioxidant that plays a crucial role in cellular energy production. It is often taken as a supplement to support heart health, improve energy levels, and provide antioxidant protection, especially for individuals with certain medical conditions or as they age.

[Coenzyme Q10](#) (CoQ10) is a compound that helps enzymes work better. By doing so, CoQ10 helps improve [R](#), [R](#), [R](#), [R](#):

- Energy levels
- Antioxidant protection
- Heart health
- Muscle strength
- Blood sugar control

The amount of CoQ10 made by your body decreases as you get older. Luckily, you can also get it from food or supplements. Good sources of CoQ10 include [R](#), [R](#):

- Organ meats
- Fatty fish
- Whole grains

How it helps

Coenzyme Q10 doesn't directly treat H.pylori, it supports overall body health. However, it helps by boosting the immune system, which could increase the body's ability to fight against the H.pylori infection.

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Amaranth

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate amaranth into your diet by adding it to your daily meals. You can use amaranth grains as a substitute for rice in dishes, add them to your morning porridge, or use amaranth flour in your baking recipes. Aim to include amaranth 2-3 times per week to reap its benefits.

Description

Amaranth is a nutritious, gluten-free grain-like seed that has been a staple in the diets of various cultures for centuries. It is rich in protein, fiber, vitamins, and minerals like calcium and iron. Amaranth is used to promote heart health, support digestion, and provide sustained energy.

How it helps

Amaranth has natural anti-bacterial properties that may help in fighting H. pylori infections by inhibiting the bacteria's growth. However, it should be used as a supportive measure and not a primary treatment for the infection.

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Enterococcus Faecalis

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take an Enterococcus faecalis supplement as directed on the product label, usually one to two capsules daily with water, ideally 30 minutes before a meal or as recommended by a healthcare provider. Continue this regimen for a duration suggested by the product or your healthcare provider, often ranging from a few weeks to several months, depending on the desired health outcome.

Description

These are types of beneficial bacteria that can be found in probiotic supplements. They may contribute to digestive health, support the immune system, and promote gut microbiome balance. Incorporating probiotics containing these strains can help maintain overall well-being.

How it helps

Enterococcus Faecalis is a probiotic that can help in the suppression and elimination of H. pylori by enhancing your immune response. It can also aid in the restoration of the gut flora, improving the overall gut health.

A study evaluated the outcome of a probiotic strain composed of bacillus subtilis and Enterococcus faecalis on HP eradication (352 HP infected patients). Using the intention to treat analysis, evaluation of the triple-plus-probiotics group showed a higher eradication rate than the triple-only group (83.5% vs. 73.3%). Diarrhea and overall side effects were more common in the triple-only group [R].

40



Choose Healthy Fats

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate sources of unsaturated fats such as olive oil, avocados, nuts, seeds, and fatty fish into your daily diet. Aim for at least two servings of fatty fish per week and use olive oil for cooking and salad dressings. Replace saturated fats found in red meat, butter, and processed foods with these healthier options whenever possible.

Description

Choosing healthy fats, such as those found in avocados, nuts, and fatty fish, can support cardiovascular health, reduce inflammation, and promote overall well-being. A diet balanced in healthy fats can help manage cholesterol levels and reduce the risk of heart disease.

Based on their structure, the fats in our diet can be broadly divided into *saturated* and *unsaturated* fat. Trans fat is a type of unsaturated fat [\[R, R, R\]](#).

In large amounts, trans fat and saturated fat may have a negative impact on your heart and reproductive health. Processed foods and animal products like red meat and dairy are rich in these fats [\[R, R, R, R, R\]](#).

Some types of unsaturated fat can protect your heart and support fertility. **Experts say you should add more unsaturated fats to your diet.** Some good sources include [\[R, R, R\]](#):

- Nuts
- Seeds
- Fish

Unsaturated fats include polyunsaturated fats or PUFAs (omega-3 and omega-6) and monounsaturated fats or MUFAs [\[R, R\]](#).

How it helps

Healthy fats can enhance your body's immune response, helping fight H. pylori infection. They also promote a healthy gut environment, making it harder for the bacteria to thrive and prevent future infections.

41



Mastic Gum

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 350-1000 mg of mastic gum in capsule form daily, usually divided into two doses - morning and evening, with a glass of water. Follow these instructions for at least two weeks to see improvements in digestive health.

TYPICAL STARTING DOSE
350 mg

Description

Mastic gum is a natural resin with potential digestive health benefits. It's believed to support gastrointestinal comfort and may help alleviate symptoms of conditions like indigestion and acid reflux.

[Mastic](#) is a resin from the mastic tree. The mastic tree is native to the Greek island of Chios [\[R\]](#), [\[R\]](#).

Mastic is consumed as a chewing gum, used in cosmetics, and added to foods and drinks as a sweetener. People also take it to potentially help with gut problems [\[R\]](#).

How it helps

Mastic gum has antibacterial properties that specifically help in eliminating H. pylori bacteria from your body. It damages the cell membranes of the bacteria, disrupting their functioning and ultimately aiding in their eradication.

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Broccoli

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least one cup of chopped broccoli, either steamed or raw, into your daily diet. This can be as part of a meal or snack. Continue this practice daily for ongoing health benefits.

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

Broccoli is high in vitamin K and C, as well as a number of other vitamins and minerals, and antioxidants like quercetin. A ½ cup serving provides 110 mcg of vitamin K or 92%DV.

How it helps

Broccoli contains sulforaphane, a compound that can help suppress the growth of H. pylori and may enhance the effects of antibiotics used to treat the infection.

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Bacillus Subtilis

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a probiotic supplement containing Bacillus subtilis at a dose recommended by the manufacturer, typically once daily with a glass of water, preferably on an empty stomach for optimal absorption. Continue this regimen daily for at least one to two months to evaluate its benefits.

Description

Bacillus subtilis is a beneficial bacteria strain commonly used in probiotic supplements to support digestive health and maintain a balanced gut microbiome. Incorporating probiotics containing bacillus subtilis may promote better gut function.

How it helps

A study evaluated the outcome of a probiotic strain composed of *Bacillus subtilis* and *Enterococcus faecalis* used as an add-on to triple therapy on *H pylori* eradication in 352 infected patients. It found a higher eradication rate compared to the triple-only group (83.5% vs. 73.3%). Moreover, diarrhea and overall side effects were more common in the triple-only group [R].

Bacillus subtilis may help by competing with *H. pylori* in the gut and supporting a healthy gut microbiota.

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Streptococcus Thermophilus

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a supplement containing Streptococcus thermophilus according to the product's label, typically once or twice daily with a glass of water. It is commonly found in probiotic supplements and the exact dosage can vary, so following the manufacturer's guidelines is essential. Continue use as part of your daily routine or as directed by a health professional.

TYPICAL STARTING DOSE
10 billion CFU

Description

Streptococcus thermophilus is a probiotic bacterium used in the fermentation of dairy products like yogurt. It contributes to improved gut health by aiding in the digestion of lactose and promoting the growth of beneficial gut bacteria.

How it helps

Streptococcus thermophilus is a probiotic that can help create an unfriendly environment for H. pylori in the stomach by producing lactic acid and other substances. It may disrupt the H. pylori's ability to adhere to the stomach lining, thereby helping to manage or even treat the condition.

45



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green tea catechins have antimicrobial properties that may be effective against H. pylori, hindering its growth and adherence to the gastric mucosa.

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.

	Zinc	17.12 umol/L		9 Nov 2025
	Vitamin B12	687 pg/mL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025