

# H. Pylori Eradication Protocol

Clinical Protocol to Support Microbial Balance and Mucosal Health\*



## The Pathophysiology of *Helicobacter Pylori*

Supporting optimal gastrointestinal health is critical to comprehensive patient care. *Helicobacter pylori* (*H. pylori*) is a gram-negative, helically-shaped bacterium with an estimated global prevalence of 44.3%.<sup>1</sup> Although patients infected with *H. pylori* can be asymptomatic for years, the potential for more severe health complications, if not eradicated promptly, can be detrimental to host health, not limited to the gastrointestinal (GI) system.<sup>2,3</sup> *H. pylori* is associated with gastritis, stomach ulcers, and, eventually, gastric cancers, such as malt-associated lymphoid tissue (MALT) lymphomas.<sup>2</sup> Extra-hepatically, *H. pylori* may be associated with ischemic stroke,<sup>4</sup> dementia,<sup>5</sup> rosacea,<sup>6</sup> iron-deficiency anemia,<sup>7,8</sup> low amounts of vitamin B12,<sup>9</sup> ocular diseases, cardiovascular diseases, metabolic diseases, and certain allergic diseases.<sup>3</sup>

The site of *H. pylori* infection and its corresponding inflammation in the gastric environment can alter its etiology.<sup>10,11</sup> For example, if *H. pylori*-induced gastritis is predominantly found in the body of the stomach, hypochlorhydria is more common and, with it, a greater risk for gastric cancers.<sup>11-13</sup> On the other hand, antrum-predominant gastritis precedes hyperchlorhydria and, subsequently, a greater risk for duodenal ulcer disease.<sup>11</sup> Hypochlorhydria can disrupt downstream digestive processes, including maldigestion, through decreased bile acid and pancreatic enzyme output.<sup>14</sup> Additionally, inadequate stomach acid reduces the first-line pathogen-killing potential of the highly acidic gastric environment, making the digestive tract more susceptible to other opportunistic microorganisms.<sup>15-17</sup>

This clinical protocol is designed to support individuals with *H. pylori* by promoting a healthy microbial environment and supporting mucosal health through evidence-based lifestyle, dietary, and nutrient interventions.\*

## Diagnostic Biomarkers and Clinical Indicators of *Helicobacter Pylori*

- GI Spotlight (includes microbiome keystone diversity, inflammatory dysbiosis, digestive insufficiency, and immune response/tolerance spotlights).
- GI MAP - Microbial Assay Plus (includes bacterial testing presence, including *H. pylori* and its virulence factors).
- Invasive Tests<sup>18,19</sup>:
  - Endoscopic observation - **Limitation:** Only a small section of the gastric mucosa can be observed.
  - Gastric biopsy samples - Histological identification, rapid urease test (RUT), culture from biopsy, polymerase chain reaction (PCR)-based testing, serology
  - Heidelberg pH Test
- Non-Invasive Tests<sup>18,19</sup>:
  - Urea Breath Test (UBT) – Most-used non-invasive test.<sup>20</sup>
  - Stool Antigen Test (SAT)<sup>21,22</sup>
  - Serological Testing Methods
  - Molecular Tests<sup>23</sup>
- Empirical test for assessing low stomach acid

## Therapeutic Diet and Nutritional Considerations

- Encourage patients to consume a varied whole foods diet rich in prebiotics, probiotics, and phytonutrient-rich foods to support microbial balance and mucosal health.<sup>24</sup> This includes foods and drinks like green tea, turmeric, black pepper, sweet potato, butternut squash, shrimp, and crab, which are also rich in secondary dietary metabolites such as terpenoids, polyphenols, and alkaloids, to support healthy immune responses.<sup>25</sup>
- *H. pylori* is associated with lower amounts of essential vitamins and minerals, including vitamin B12, iron, vitamin C, vitamin D, and folate,<sup>26</sup> which facilitates the importance of a diverse diet.
- Recommend foods such as broccoli sprouts, raw cruciferous vegetables (including their juices), radishes, and mustard greens to promote a healthy microbial environment.<sup>27</sup>
- Encourage the use of fresh spices and herbs, such as *Angelica keiskei*, black cumin, clove, turmeric, oregano, ginseng, garlic, and black pepper to help promote healthy inflammatory responses.<sup>28,29</sup>
- Educate on the use of manuka honey, which contains high amounts of methylglyoxal (MGO) and bee-derived propolis, which may help attenuate the proliferation of *H. pylori*.<sup>29,30</sup>

## Lifestyle Interventions

- Educate patients on a healthy sleep pattern, as sleep fragmentation and short sleep duration are associated with GI dysbiosis.<sup>31</sup>
- Advise patients on stress relief strategies, as chronic stress is associated with alterations in the gut-brain axis, including altering GI motility and the microbiome.<sup>32</sup> Finding effective stress management strategies is important, especially since stress is associated with an increased risk of peptic ulcers and impairs normal immune responses.<sup>33,34</sup>
- Recommend a balanced physical activity routine.<sup>35</sup>
- Provide resources for smoking cessation.<sup>36</sup>
- Recommend reducing or eliminating alcohol intake.<sup>37</sup>
- Recommend reducing or eliminating coffee.<sup>36,38</sup>

# Supplement Protocol

Primary Support:



<b>GastroMend-HP™</b>	
<b>Dose</b>	2 capsules, two times a day
<b>Duration</b>	3 months; retest
<b>Formula Highlights</b>	
<p>GastroMend-HP™ is a blend of botanical extracts and micronutrients that support a healthy gastric microbial balance and help maintain a healthy gastric mucosa.<sup>39</sup> It features the gastric-supportive nutrients of deglycyrrhizinated licorice (DGL), zinc carnosine, mastic gum, and methylmethionine sulfonium.* This formula may be helpful for occasional heartburn, bloating, or upset stomach.*</p>	

<b>FloraMyces™</b>	
<b>Dose</b>	1 capsule, two times a day
<b>Duration</b>	3 months; retest
<b>Formula Highlights</b>	
<p>FloraMyces™ is the nonpathogenic yeast, <i>Saccharomyces boulardii</i>, which possesses probiotic activity that supports GI health and immune function.* This strain does not require refrigeration and has the ability to survive passage through the harsh gastric environment, withstanding high acidity, bile, and heat. <i>Saccharomyces boulardii</i> has been shown in clinical studies to support healthy microbial environments in the GI tract.<sup>40</sup></p>	

<b>IgGI Shield™ powder or capsules</b>	
<b>Dose</b>	Mix 1 scoop in liquid per day or take 4 capsules per day
<b>Duration</b>	3 months; retest
<b>Formula Highlights</b>	
<p>IgGI Shield™, available in powder or capsule form, combines ImmunoLin®, a serum-derived bovine immunoglobulin concentrate (SBI), with N-acetyl-D-glucosamine to support the structure of the cells of the intestinal lining and to promote a healthy inflammatory response in the mucosal cells of the GI tract.* These ingredients work together to provide support to the intestinal barrier and to promote a proper immune response to pathogens in the gut by binding them with immunoglobulins and supporting their elimination.* ImmunoLin® has been shown in vitro to demonstrate antigen-binding properties.<sup>41</sup></p>	

Secondary Support: As Needed in Cases of Significant Additional Dysbiosis\*



<b>GI Microb-X™</b>	
<b>Dose</b>	Take 2 capsules, twice per day, on an empty stomach
<b>Duration</b>	4 weeks; retest
<b>Formula Highlights</b>	
<p>GI Microb-X™ is a blend of botanical extracts with a long history of use for supporting a healthy GI microbial balance.* Research shows that the bioactive ingredients in these botanicals possess properties that may help promote a healthy balance of normal gut flora.<sup>42</sup> Please note that it is not recommended to take GI Microb-X™ and GastroMend-HP™ at the same time.*</p>	
<p><b>Warning:</b> Do not use if pregnant or breastfeeding. Consult your health-care practitioner for use beyond 30 days, or for use at higher dosing or frequency.</p>	

<b>BroccoProtect™</b>	
<b>Dose</b>	1 capsule per day with a meal
<b>Duration</b>	3 months; retest
<b>Formula Highlights</b>	
<p>BroccoProtect™ is a synergistic blend of specially cultivated broccoli seed extract (as TrueBroc®) and mustard seed powder (<i>Sinapis alba</i>) concentrate providing sulforaphane glucosinolate (SGS) and myrosinase enzyme (MYR), respectively, for maximal conversion to broccoli's beneficial compound, sulforaphane (SFN). Sulforaphane has been shown to promote healthy microbial environments in the GI tract.<sup>43</sup> TrueBroc® is standardized to contain 13% glucoraphanin yielding 24 mg of SGS. The mustard seed extract provides 5 enzyme units of myrosinase per capsule to optimize SFN bioavailability and ensure its conversion.* BroccoProtect™ may help support detoxification pathways, antioxidant status, healthy estrogen metabolism, and cellular health.*</p>	

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---h-pylori-protocol-references>

Dosing recommendations are given for typical use based on an average 150-pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.