

METABOLICS: LEAKY GUT

α-Glucosidase	Betaine HCL	Appendix	Avenin (oats)	Resistant starch 1+2
Amylase	Enzymase	Colon	Gluten (gliadin + WGA)	SCFA (butyric acid, propionic acid, acetic acid)
Bile salts	GAP3	Duodenum	Gliadin	IL-6
Carbonic anhydrase (zn)	PRO3	Gall bladder	Wheat germ agglutinin (WGA)	Inflammatory cytokines (IL-17A/F, IL-21, IL-23)
DPP-4	B Complex	Ileum	Hordein (barley)	Leukotrienes
Hydrochloric acid	Glutamine	Jejunum	Orzenin (rice)	Prostaglandins
Intrinsic factor	Magnesium	Pancreas	Panicin (millet)	Serotonin
Lactase	Omega 3	Stomach	Secalin (rye)	TH1 (IL-2, IL-12, TNF-α, Interferon)
Lipase	Vitamin A	Acetaldehyde	Soy bean lectin	TH2 (IL-4, IL-10, IL-13)
Pancreatic enzymes	Vitamin C	Ammonia	Zein (maize)	ZONULIN
Pepsin	Vitamin D3/K2	Ethanol	A1 Milk	IgA
Bacteria	Zinc	Glyphosate	A2 Milk	IgE (allergy)
Chemicals/Toxic Metals/Radiation	Luteolin	Lactic acid	BCM7	IgG
Fungus	Astaxanthin	Carbon dioxide	Caesin	IgM
Lipopolysaccharide (LPS)	Inflammitte	Hydrogen	Goat's milk / Sheep's milk	Thyroglobulin antibodies
Parasites	Quercetin	Hydrogen sulfide	Lactose	TPO antibodies
SIBO aerobes	Turmeric & Piperine	Methane	Diamine oxidase	ITTG2 (gut)
SIBO anaerobes	Colon cleanse	FODMAPs	Histamine	ITTG3 (skin)
Bladderwrack (mucus)	Combocillus	Fructose	HNMT	ITTG6 (brain)
Coconut oil	Inulin	Raffinose	Tyramine	α-Solanine / α-Chaconine