

# How Do You Find Out If You Have SIBO?

To help you assess whether you might be experiencing SIBO, ask yourself the following questions:

- ✓ Do you frequently experience bloating, gas, or abdominal discomfort?
- ✓ Do you have irregular bowel movements, such as diarrhea or constipation?
- ✓ Have you noticed any unexplained weight gain or weight loss?
- ✓ Do you often feel fatigued or have difficulty concentrating?
- ✓ Have you been diagnosed with IBS but found that treatments are not relieving your symptoms?

**Did you answer 'YES' to several of these questions? You could be dealing with SIBO and should consider getting help.**

[Request SIBO Consultation](#)