

Training Header Sheet with Change Log Form

Kentucky
Science - Biology
2022 Spring Op

BI1701_08
Impact of Sucralose on Gut
Ecosystem

Practice Set

Date	Comments	Version
10/2022	Training Set	Set A

Uin:AAATNP13818000035982 Form:18SCBISPONEN00000003 Clip:BI1701_08

Based on the treatment options, the best two treatments in my opinion are removing the sweetener and substituting another type of artificial sweetener. I think these two are the best, because they cost very little yet still are fixing the problem. It states that Mr. Smith can not afford medication/solution with a high price. If he choses to completely remove the sweetner it may take a while for him to recover, but it most likely is completely taking out the problem. By removing the source of the problem it cleans out his system of the issue. If he coses to substitute it with another sweetner, Mr. Smith still gets what he wants (artifical sweetner), but with less harm to his system. They both are affordable solutions in the case for Mr. Smith.

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- Claim: I think that the best treatment options are: substituting another type of artificial sweetener and using over-the-counter bacteria replacements(probiotics)
- Evidence: The benefits of these two options is they are the cheapest option to be able to keep using the artificial sweetener. They are not the most fast working or the best options but they are actually the cheapest ones that he can afford.
- Reasoning: He describes that he needs to get but doesn't have sufficient money to get the best treatment he can

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Treatment option 1: Removing sweetener from Mr. Smith's diet.

This would be the best treatment because there is no additional cost so its not expensive for him if it doesn't work. The benefit is that it removes harmful factors that are likely causing his illness. The negatives are that the recovery will take a long time because the bacteria will return to its levels slowly. The mechanism is normal to environmental conditions within his intestinal ecosystem. This treatment option is the best because it is not expensive, have bad side affects, and is almost positive that it will work.

Treatment option 2: using ove-the-counter bacteria repacments (probiotics.)

this would be the 2nd best option because the cost is moderate so its not too expensive. The benefit is it supplements normal, healthy ecosystem inhabitants (bacteria) quickly. The negatives are that it can cause gas, and bloating. The mechanism is that it restores healthy bacterial balance to his intestinal ecosystem quickly. This would be a good option because it has minimal side affects and treats him quick.

I think that the removal of the sweetener from Mr. Smith's diet and a substitute another type of artificial sweetener are the best options from Mr. Smith to take. The cost is low, meaning he can afford it. The benefits are decent, and the negative effects are bearable. With the low cost, the good benefits, and the bearable negative effects, I would say these are Mr. Smith's best options.

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Mr.smith should remove the harmful factors that is causing his illness because it would help him recover and it's right at his budget.

by removing this should help him loose the wieght that suits him for abetter and healthier life style

Uin:AAATNP13818000039966 Form:18SCBISPONEN00000003 Clip:BI1701_08

I THINK THAT THE BEST TREATMENT OPTIONS WOULD BE TO USE OVER- THE- COUNTER BACTERIA REPLACEMENTS/ PROBIOTICS OR SUBSTITUTING FOR ANOTHER ARTIFICIAL SWEETENER. THE COST IS MODERATE FOR THE PROBIOTICS AND LOW FOR THE SWEETENER. THE EFFECTS THAT IT WILL HAVE WILL IMPROVE MR. SMITH'S BACTERIAL IMBALANCE. THE NEGATIVES AREN'T NEARLY AS BAD AS SOME OF THE OTHER CHOICES.

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remove the swetener from smiths diet. probiotics

Uin:AAATNP13818000014064 Form:18SCBISPONEN00000003 Clip:BI1701_08

I think the best option would be to remove sweetener from Mr. Smith's diet, because it has no addition cost, removes harmful factors that are probably causing his illness, the only downside is that there is a long recovery time.

The second best option would be to Use over-the-counter bacteria replacements, it doesnt cost as much as some of the other options, has good benefits, the only downside is that it can cause gas and bloating.

The other options were too risky to use, or too pricy, i think that with these two options that it'd be the safest way for him to be treated.

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the important criteria listed will show mr.smith what options he has, so he can either get better or worse. the best option for mr.smith is using over the counter bacteria replacements or mr.smith completely stop using sweetner. the benefits on using the over the counter bacteria replacements is it will kill the bacteria in mr.smiths body quickly. the negatives is it can cause bloating or gas but thats the only negatives to this over the counter bacteria medicine. the mechanism is it restores healthy bacterial balance. the good and bad for mr.smith completely stop using sweetner is it will removes the illness from his body but the negative is it will take a long time for mr.smith to recover from his illness. and it will also help mr.smith keep his intestinal balance back to his body.

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removing sweetener from mr.smith diet and using the counter bacteria replacements because,they dont cost much both remove harmful fator that causes his sickness,and dont take long time to return the bacteria to normal levels,both restores healthy bateria to the normal enviroments

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remove the sweetner and substitue another type of artifical sweetner thay cost low amounts of money.removes likely factor causing his illness probably not improve his intestinal ecosystem quickly.removal of factor causing the bacterial imbalance.

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The two best treatment options to resolve Mr. Smith's symptoms due to the imbalance in his intestinal ecosystem is : using over-the-counter bacteria replacements (probiotics,) and removing sweetener from his diet all together. I decided this because probiotics will restore healthy bacterial balance to his intestinal ecosystem quickly. They also are moderatly priced, and supplement normal, healthy ecosystem inhabitants quickly. A small down fall however, is the symptom which is the the possibility of gas and bloating. The other treatment option Mr. Smith should consider is removing sweetener from his diet all together. The benefits of this is that it's no additional cost, and it removes the harmful factor that is likely causing his illness, by returning the enviromental conditions within his intestinal ecosystem. A negative to this option though, is the long recovery time to return the bacteria levels to normal.

Uin:AAATNP13818000055402 Form:18SCBISPONEN00000003 Clip:BI1701_08

Treatment option and Benefit, i think these are the 2 best tratment obtions because removing sweetner from Mr Smith's diet is good for him in the long run

Option 2. Removing harmfull factor that is likely causing harm. This is good because Mr Smithwill be clean.

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I think that the best two options that he could choose are number one, he could stop using sweeteners altogether it is the cheapest option the only problem is you may have to wait a little bit for the levels to return to normal. But the second best option would be getting probiotics, these are a little pricey but not too high but it helps restore the ecosystem fairly fast. The only problem with this one is it will give you gas and make you bloated.

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The two treatment options I think would be the best for Mr. Smith would be, the first treatment, and the second treatment. The first treatment is one of the best options because, it's no cost, removes the harmful factors most likely causing his illness, and the ecosystem within his body will return normal again. Although the recovery process time is long, his illness will eventually go away.

The second option in my opinion is also another good treatment. I believe this because, he will use over the counter bacteria replacements which are at a moderate price, and considering he only has a certain amount of money he can spend this is a good option. Also, this probiotic will make his ecosystem healthy, and inhabitants bacteria quickly. However, this supplement can cause bloating or gas, but these negatives aren't deadly. Lastly, it restores the healthy bacteria balance to his intestinal ecosystem.

I considered these treatments with caution, and what was the best for Mr. Smith. I took the cost, benefits, negatives, and the mechanism all into very serious consideration when deciding which two were best. In my opinion the first two options were the best treatments for Mr. Smith's symptoms.

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One of the two treatments I would recommend is for Mr. Smith to remove the artificial sweetener from his diet. Doing so would cause a slow reformation of his intestinal ecosystem. While this is the most cost-friendly treatment, it is not the fastest treatment Mr. Smith can use to restore his health, but it will also remove the bacterial factor causing his illness at a rate that is healthy for his intestines. With no side effects, I would recommend this treatment because it has no financial cost to Mr. Smith. The other treatment I would recommend to Mr. Smith would be to substitute the sweetener with a natural sweetener. Doing so might not help the imbalance quickly, but it also might remove the harmful bacteria causing the imbalance. At this treatment's low cost, it won't affect Mr. Smith's finances much, and help him to restore his intestinal balance at a healthy rate.

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The treatment option of using over-the-counter bacteria replacements (probiotics) is the best option when it comes to restoring the intestinal ecosystem quickly. The benefit of over-the-counter is that there will be a healthy ecosystem inhabitants. Each bacteria will be present and in their average range. However the cost is moderate but it is cheaper than a prescription drug. Also taking over-the-counter can cause bloating. Mr. Smith can also try substituting another type of artificial sweetener into his diet. The added artificial sweetener will remove factors causing his illness (low levels of *Lactobacillus* and *Bifidobacterium*). There will be a removal of *Enterobacterium* so that the intestines can return to an ideal bacterial balance. Substituting another artificial sugar is very low cost but the improvement of the imbalance in the intestines will not happen quickly.

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In my opinion, removing the sweetener from Mr. Smith's diet and using OTC bacteria replacements (probiotics) will help Mr. Smith the most. Firstly, removing the sweetener has no cost, and it will remove the harmful factor in his intestines that is likely causing his illness. Using OTC's has a moderate cost, but it has a fast recovery rate and it supplements normal, healthy ecosystem inhabitants (helpful bacteria). Secondly, the only negative about removing the sweetener from his diet is that it will take a while for the bacteria to return to normal levels and for him to recover. The only negatives about the OTC's is that they can cause gas and bloating. However, in the end, they both restore balance to his intestinal ecosystem.

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If you were to remove the sweetener from her diet completely it would get rid of the problem entirely, There's no cost and it will keep her healthy in the long run but she will also miss and crave sweeteners.

The 2nd option would be to try and use a different brand or sweetener. It would still cost but possibly remove the negative from using the sweetener and she can still get that sweet kick she wants.

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example number 2 which is using over the counter bacteria replacement (probiotics) would be one of the two options i would choose because its does not cost a fortune ,the supplements are normal,yes it does cause bloating but most all medicines have one or even a few negatives/problems.but on the other hand it does restore healthy bacterial balance to his intestinal ecosystem quickly.

as for the 2nd best choice would be using broad-spectrum antibiotics, its cost is high but in most cases when the product is high that means its good or even it could mean that a lot of people think the product works so they dont really care about the cost but here are some reasons this product is worth trying for Mr. smith , can stop growth of harmful bacteria quickly.. reduces the population of all bacteria in the body,including those causing distress in his intestinal ecosystem.