



GUT HEALING PROTOCOL

Alongside an anti-inflammatory diet, our supplement protocol promotes healing of the gut through three distinct phases: reduce, repair, and repopulate. The supplements assist in 1) reducing harmful bacteria and parasites, 2) healing the gut lining, and 3) encouraging growth of beneficial bacteria to boost the immune system and gut-brain connection.

Supplements:

- KRILL OIL (OMEGA 3)
- GLUTAMINE (AMINO ACID)
- VITAMIN C
- VITAMIN B COMPLEX
- MAGNESIUM COMPLEX
- ION*BIOME (GUT-SIGNALING MOLECULE)
- INTESTINE PRO (CRANBERRY FRUIT (11% EXTRACT), GARLIC BULB EXTRACT (1.2% ALLICIN), BLACK WALNUT HULL POWDER, APPLE PECTIN FRUIT POWDER, CARROT ROOT POWDER, PAPAYA FRUIT POWDER, PAU D' ARCO BARK POWDER, PUMPKIN SEED POWDER, WOOD BETONY POWDER (AERIAL PARTS & FLOWERS), BUTTERNUT BARK POWDER, CLOVES SEED POWDER, WORMWOOD HERB POWDER, OREGON GRAPE ROOT POWDER, BLUEBERRY LEAF (20% EXTRACT), COPTIS CHINENSIS ROOT (5% EXTRACT), GOLDENSEAL ROOT (5% EXTRACT) AND ECHINACEA ANGUSTIFOLIA ROOT POWDER)
- GLUTATHIONE (ANTI-OXIDANT)
- GLUCOSAMINE
- POMEGRANATE SEED
- RED FRUIT POWDER
- PROBIOTICS (L-REUTERI)
- MELATONIN (IF WANTED FOR SLEEP)
- *OPTIONAL PHARMACEUTICAL GRADE ANTI-PARASITIC MEDICATION DURING CLEANSE PHASE THAT CONTAINS ALBENDAZOLE, ALSO KNOWN AS ALBENDAZOLUM

What to expect:

- Making changes in the gut biome can cause ripple effects throughout the entire body. You may notice changes in your digestion, mood, skin, and more. Digestive distress is common in the first week when we are using herbs to kill pathogenic bacteria and parasites. Ginger tea and activated charcoal (taken away from food and medication) can be helpful to reduce bloating/gas/diarrhea. If digestive issues become very painful, alert a member of staff.

Where to go:

- The supplements will be distributed during breakfast and dinner times with a sign alongside them explaining what they are.



SUPPLEMENT SCHEDULE CLEANSE PHASE

DAY 1

N/A
N/A

DAY 2

N/A
INTESTINE PRO, OMEGA 3/KRILL, MAGENESIUM

DAY 3

INTESTINE PRO, VITAMIN C, B COMPLEX SUBLINGUAL
INTESTINE PRO, OMEGA 3/KRILL, MAGENESIUM

DAY 4

INTESTINE PRO, VITAMIN C, ZINC (WITH FOOD)
INTESTINE PRO, OMEGA 3/KRILL, MAGENESIUM

DAY 5

INTESTINE PRO, VITAMIN C
INTESTINE PRO, OMEGA 3/KRILL, MAGENESIUM

DAY 6

INTESTINE PRO, VITAMIN C
INTESTINE PRO, OMEGA 3/KRILL, MAGENESIUM

DAY 7

INTESTINE PRO, VITAMIN C, B COMPLEX SUBLINGUAL
INTESTINE PRO, OMEGA 3/ KRILL, MAGENESIUM, ANTI-PARASITIC



SUPPLEMENT SCHEDULE RESTORE & BUILD PHASE

DAY 8

GLUTAMINE (6 TBSP PER LITER, 100ML EACH/HALF GLASS), RESTORE ION 1/2TBSP/PERSON, VIT C, SACCHAROMYCES BOULARDII

ACTIVATED CHARCOAL
(AWAY FROM MEALS AND MEDICATION)

DAY 9

GLUTAMINE (6 TBSP PER LITER, 100ML EACH/HALF GLASS), RESTORE ION 1/2TBSP/PERSON, VIT C, SACCHAROMYCES BOULARDII

ACTIVATED CHARCOAL
(AWAY FROM MEALS AND MEDICATION)

DAY 10

GLUTAMINE (6 TBSP PER LITER, 100ML EACH/HALF GLASS), RESTORE ION 1/2TBSP/PERSON, VIT C, VIT B, ZINC

GLUTATHIONE (AWAY FROM FAT), ADRENAL SUPPORT

DAY 11

GLUTAMINE(6 TBSP PER LITER, 150ML EACH/HALF GLASS),RESTORE ION 1TBSP/PERSON, VIT C, SACCHAROMYCES BOULARDII, ADRENAL SUPPORT

GLUTATHIONE,
POMEGRANATE SEED,
MAGNESIUM, L-REUTERI,
POLYPHENOLS, KVASS

DAY 12

GLUTAMINE(6 TBSP PER LITER, 150ML EACH/HALF GLASS),RESTORE ION 1TBSP/PERSON, VIT C

POMEGRANATE SEED,
MAGMNEASGINUEMSI,ULM-
REUTERI, POLYPHENOLS,
KVASS

DAY 13

GLUTAMINE (6 TBSP PER LITER, 150ML EACH/HALF GLASS), VIT C, SACCHAROMYCES BOULARDII, VIT B

INTESTINE
PRO,OMEGA 3/KRILL,
MAGENESIUM

DAY 14

RESTORE ION, VITAMIN C,
ZINC

POMEGRANATE SEED,
MAGNESIUM, L-REUTERI,
POLYPHENOLS, KVASS



WHY DO WE USE EACH SUPPLEMENT?

Intestine Pro

To kill harmful bacteria and parasites.

Vitamin C

Antioxidant and required for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.

Vitamin C liposomal

Liposomes are tiny, nano-sized bubbles that mimic the body's own cell membranes and are designed to protect the Vitamin C as it travels through the body.

Liposomes also have the ability to travel through the body's cells aiding and accelerating absorption (increased bioavailability).

Restore ION

ION*Gut Health supports the body's production of beneficial enzymes through redox signaling (cellular communication). Those beneficial enzymes support the tight junctions (the seals between cells) in our gut lining, and improves the blood-brain barrier. It supports gut health boosts the immune system and helps to reduce inflammation.

Omega 3

Omega 3's help to reduce inflammation, boost brain and nervous system function, reduce triglycerides and blood clots. The balance between Omega 3 and Omega 6 is what matters. Common sources of Omega 6 include: Safflower oil, sunflower oil, corn oil, soy oil, sunflower seeds, poultry, walnuts, pumpkin seeds, peanut butter, tofu. Foods high in Omega 3 include: coldwater fish (salmon, trout, sardines), pastured beef, eggs and butter, flax seeds, chia seeds. A whole foods diet high in fish generally has the right ratio.

The most import change to make is to reduce or eliminate rancid oil high in omega 3 commonly found in deep fried foods.

Glutamine

An amino acid that helps to maintain the integrity of the gut lining.

Magnesium

Involved in over 300 chemical reactions in the important for hormonal health, sleep, relaxation.

Glutathione

A potent antioxidant that binds to heavy metals, toxic chemicals and impurities and carries them to the bile and stool to be excreted.

Glucosamine

Helps to build and lubricate ligaments, joints and tendons.

Polyphenols

Reducing agents that help to protect the body from oxidative stress and are prebiotics that feed the Bifidobacteria in the gut.

Pomegranate Seed

A source of polyphenols/prebiotic that feed the Bifidobacteria.

Kvass Sauerkraut

A whole food source of Lactobacillus bacteria.

Adrenal support

Various adaptogenic herbs that support the adrenal glands including; Ashwagandha Root, Holy Basil, Rhodiola Rosea.

L-reuteri

A psychobiotic useful for mood and digestion.

B-vitamin

Essential to many functions of the body including cognitive function, oxygen transport, digestion and nervous system function.

Saccharomyces Boulardii

A species of yeast that competes with pathogenic bacteria in the gut.

Zinc

Important for immune function, recovery and energy production. Take with food!