

Total Gut Restoration

12 Week Protocol for Adults



STEP 1: RECONDITION

1 MegaSporeBiotic™



STEP 2: REINFORCE

2 MegaPreBiotic™



STEP 3: REBUILD

3 MegaMucosa™

Week 1-4:

- **Week 1** – 1 capsule every 2nd day with food.
- **Week 2** – If no detoxification symptoms increase to 1 capsule daily.
- **Week 3 onwards** – If no detoxification symptoms, increase to 2 capsules daily (taken simultaneously). If at any stage detoxification symptoms are displayed reduce the dose as per the titration schedule in the catalogue.
- Existing patients already taking MegaSporeBiotic at 2 capsules daily for over 4 weeks move to step 2.

Weeks 5-8:

- **Week 5** – Continue taking MegaSporeBiotic at 2 capsules daily and introduce MegaPreBiotic - Starting dose at ½ scoop daily for 1 week. Take with or without food, mix into a large glass of cold water or liquid of your choice (starting with ½ scoop helps eliminate digestive discomfort).
- **Week 6 to Week 8** – Increase dose to 1 scoop daily of MegaPreBiotic.
- Use MegaPreBiotic for a minimum of 8 weeks. Can be taken at the same time as MegaSporeBiotic.

Week 9-12:

- **Week 9** – Continue taking MegaSporeBiotic and MegaPreBiotic and now introduce MegaMucosa, starting dose at ½ scoop daily for 1 week. Take with or without food, mix into a large glass of cold water or liquid of your choice. Can be taken at the same time as MegaSporeBiotic and can be mixed with the MegaPreBiotic.
- **Week 10 to week 12** – Increase dose to 1 scoop daily of MegaMucosa – use for a minimum of 4 weeks with 1 scoop daily of MegaPreBiotic and continue with 2 capsules daily of MegaSporeBiotic.

Use MegaSporeBiotic for the full duration of this 12 week protocol and continue with it afterwards for long term maintenance.

Protocol FAQ's

Can this protocol be used for children under the age of 10 years old?

- Yes, using reduced dosing. Refer to the titration schedule for MegaSporeBiotic™ - infants/ children dosage and product datasheets for MegaPreBiotic™ and MegaMucosa™.

How long do you stay on this protocol?

- This protocol can be continued for a longer period of time depending on what you are treating and patients symptoms. If they have a primary gut condition like IBS, crohn's, colitis, continue till symptomology is under control, stools are normalising (diarrhoea and constipation has gone away), food intolerances have improved.
- After completing the 12 week gut restoration protocol, continue with a maintenance dose of 2 capsules daily of MegaSporeBiotic for continued protection.
- MegaPreBiotic and MegaMucosa can be taken intermittently 2-3 x a week after completing the protocol. Increase daily if travelling or during acute illnesses, colds or flu. After antibiotic use Microbiome Labs recommend taking daily for a minimum of 7 days or 2-3 week then revert back to maintenance dose.

Total Gut Restoration

RECONDITION | REINFORCE | REBUILD

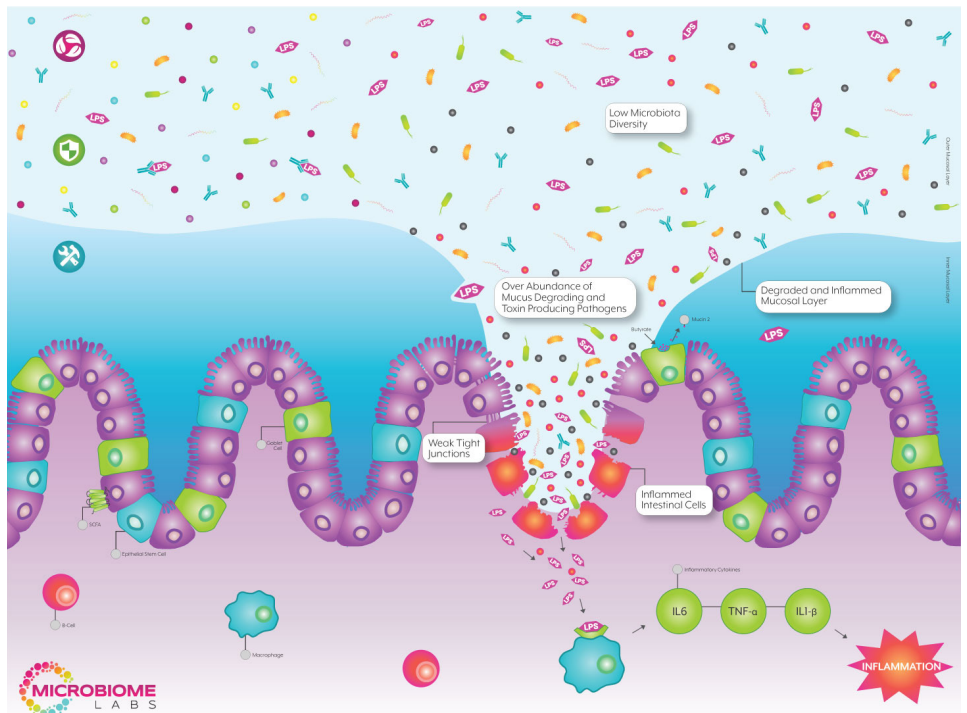


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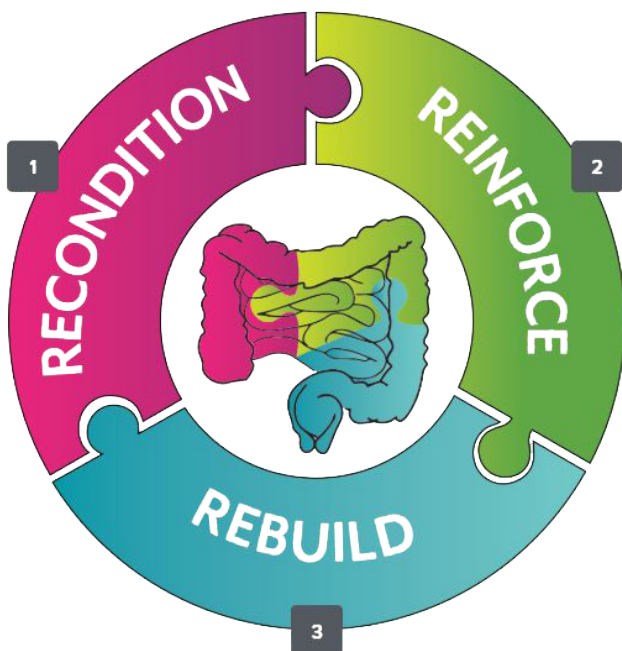
The three fundamental aspects of gut health include: the microbial population, physical structures, and regulatory immune function.

A healthy gut microbiome is multi-faceted and relies heavily upon all 3 of these factors, like a three-legged stool. For this reason, therapies that only address one of these facets do not typically provide total restoration of a dysfunctional GI tract.

The Microbiome Labs Total Gut Restoration system was uniquely designed to target all 3 of these areas, providing healthcare professionals with highly effective tools in the battle against chronic disease.



THE 3R'S



1 MegaSporeBiotic™

RECONDITION



2 MegaPreBiotic™

REINFORCE



3 MegaMucosa™

REBUILD

Please contact Technical Support on 0800 439 633 or techsupport@fxmed.co.nz if you require any additional support regarding the products or this protocol.