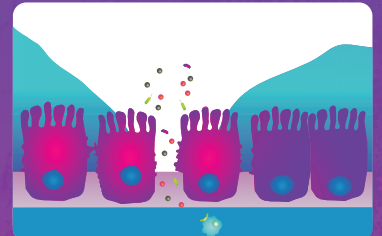


Total Gut Restoration™

RECONDITION | REINFORCE | REBUILD

LEAKY GUT

Leaky gut occurs when cracks or holes develop in the lining of the intestinal tract. These holes allow toxins and unwanted particles to enter into your blood stream and weaken your immune system. If you have leaky gut, it is important to follow an approach that addresses the key layers of a healthy gut. The Total Gut Restoration system can help fix your gut in 3 simple steps.



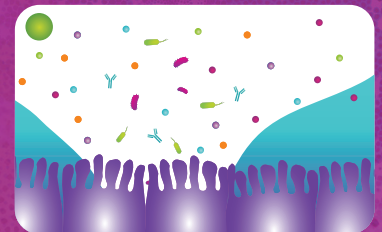
STEP ONE: RECONDITION

Reconditioning the gut changes the environment so that it favors your beneficial gut bacteria. MegaSporeBiotic™ can change this environment by changing the acidity in the intestines, limiting the presence of harmful bacteria, and producing metabolites that feed beneficial bacteria.



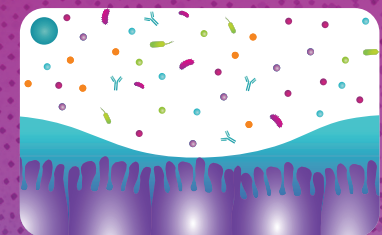
STEP TWO: REINFORCE

The gut microbiome is a very dynamic environment so it's important to reinforce the beneficial changes from MegaSporeBiotic™ by feeding friendly keystone bacteria. MegaPre™ contains short-chain carbohydrates, known as oligosaccharides, that have been shown to selectively feed beneficial bacteria and enhance gut restoration.



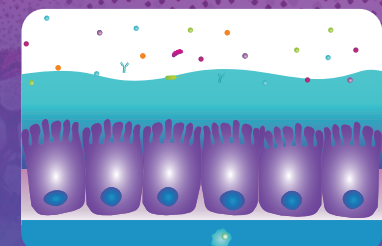
STEP THREE: REBUILD

In a leaky gut, the protective mucosal layer breaks down and allows toxins to tear through the intestinal lining and into the blood stream. MegaMucosa™ contains key amino acids to help your body naturally rebuild your protective mucus layer and immune cells to help fend off any unwanted toxins during the rebuilding process.



TOTAL GUT RESTORATION

A healthy gut microbiome is multi-faceted and relies heavily upon 3 fundamental aspects of gut health including the microbial population, physical structures, and immune function. For this reason, therapies that only address one layer are often ineffective. This system was uniquely designed to target all three of these areas to help you achieve Total Gut Restoration.



STANDARD PROTOCOL

Total Gut Restoration™

RECONDITION | REINFORCE | REBUILD

This is a four month plus program. Once this program has been completed, we recommend you follow the maintenance program below.



1

MONTH 1

MegaSporeBiotic™

This is a pharmaceutical grade probiotic. It is important to slowly increase the dose over the next four weeks to reach the suggested daily dose.

Week One: Take 1 capsule every other day.

Week Two: Take 1 capsule daily.

Week Three+: Take 2 capsules daily.

To ensure the best results, take two capsules of MegaSporeBiotic once a day with a meal at any time of day.

2

MONTH 2

MegaSporeBiotic™

Continue taking 2 caps together, with meals.

MegaPre™ Powder

Increase microbial diversity / Reinforces microbial changes. We are going to titrate up to the standard dose.

Week One: ½ scoop daily, mixed with at least 250ml water.

Week Two+: 1 full scoop daily, mixed with at least 250ml water.

OR

MegaPre™ Capsules

Week One: Take 3 capsules daily, with or without a meal.

Week Two+: Take 6 capsules daily, with or without a meal.

3

MONTH 3

MegaSporeBiotic™

Continue taking 2 caps together, with meals.

MegaPre™ Powder

Continue taking one scoop daily, mixed with at least 250ml water. OR

MegaPre™ Capsules

Take 6 capsules daily, with or without a meal.

MegaMucosa™ Powder

Rebuild a healthy mucosal barrier/alleviate barrier dysfunction.

Week One+: One scoop daily, mixed with at least 250ml water.

OR

MegaMucosa™ Capsules

Week One: Take 3 capsules daily, with or without a meal.

Week Two+: Take 6 capsules daily, with or without a meal.

4

MONTH 4 (& THEREAFTER)

MegaSporeBiotic™

Continue taking 2 caps together, with meals.

MegaPre™ Powder

Continue taking one full scoop daily, mixed in at least 250ml water. OR

MegaPre™ Capsules

Take 6 capsules daily, with or without a meal.

MegaMucosa™ Powder

Continue taking one scoop daily, mixed with at least 250ml water.

OR

MegaMucosa™ Capsules

Take 6 capsules daily, with or without a meal.

5

MAINTENANCE PROGRAM

One to two months after all symptoms have corrected begin your initial maintenance program.

Continue taking all three products in #4 above, but reduce MegaSporeBiotic™ to 2-3 times a week and MegaMucosa™ and MegaPre™ to once a week.

FEBRUARY 2023