

# GIT Protocol and Dosage Considerations

## Core Recommendations:

PRODUCT	DOSAGE
<b>PHASE I - HEAL   DURATION 1-4 WEEKS</b>	
GI-Revive™	1 heaped teaspoon twice daily
FloraMyces™	1-2 capsules daily
ProbioMed™ 50	1-2 capsules daily
<b>PHASE II - ELIMINATE &amp; SUPPORT   DURATION 4-8 WEEKS</b>	
<b>Eliminate</b>	
GI Microb-X™	1 capsule per day
OR	
Oil of Oregano™	1 capsule 1-4 times a day
OR	
Berb-Evail™	2 capsules 2 times a day
OR	
GastroMend HP™	4 capsules per day
<b>Support</b>	
FloraMyces™	1-2 capsules daily
ProbioMed™ 50	1-2 capsules taken with your evening meal
GI-Revive™	1 serve morning or night
ZymeGest™	2 capsules up to 30 minutes before a meal
<b>PHASE III - MAINTAIN   DURATION 4-8 WEEKS</b>	
ZymeGest™	2 capsules up to 30 minutes before a meal
ProbioMed™ 50	1 capsule morning and night
GI-Revive™	1 serve morning or night
PaleoFibre®	2 scoops per day

## Further Recommendations:

PRODUCT	DOSAGE
Curcum-Evail™	1 capsule morning and night
OmegAvail TG1000™	1 capsule morning and night
Immunitone Plus™	3 capsules per day
Whole Body Collagen	1 scoop per day
Liposomal Glutathione	2 pumps daily
TriGandha	1 capsule morning and night



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## Dietary Recommendations:

- > Address all food sensitivities and allergies and remove offending foods.
- > Consider eating foods that are low residue and easily digestible (in contrast to high residue, hard to digest foods such as lactose, legumes, beans, fructose, resistant starch and other high fibre foods).
- > Determine the best style of eating for your patient, be it low FODMAP or Specific Carbohydrate Diet (SCD)
  - Consider implementing, for a short period, a low FODMAPs diet – Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols – the classes of fermentable sugars and sugar alcohols which contribute to fermentation in the GI tract if your patient is symptomatic
  - Consider the Specific Carbohydrate Diet (SCD) which will limit complex carbohydrates (disaccharides and polysaccharides), lactose and sucrose. This is useful when fungal overgrowths and gut inflammation are apparent.
- > Avoid artificial sweeteners, chemical additives and stimulants or excitotoxins.
- > Drink plenty of filtered/pure water.
- > Reducing or removing sugar and alcohol from the diet (diminishing the food source of pathogenic bacteria).
- > Drink green tea daily as it works to selectively inhibit the regrowth of pathogenic bowel flora.

## Lifestyle Recommendations:

- > Incorporate methods to reduce anxiety and high stress.
- > If you have not already, test for *E. coli* overgrowth, low stomach acidity, dysbiosis, and immune dysfunction via the DFH GI-MAP from Diagnostic Solutions Labs.
- > Check for and correct adrenal dysfunction.
- > Prioritize supportive relationships.

\*Please note the information and recommendations provided in this document are guidelines only for practitioner reference. It is not intended as medical advice for individual problems. Each case will require individual considerations based on the presentations of the patient.