

GUT HEALTH MASTERCLASS

Supplement Recommendations Summary

- **Constipation Relief:**

- Magnesium (200-800mg mag citrate)
- Insoluble Fiber

- **Gut Healing Therapies:**

- Slippery Elm (tea, lozenge, tincture or capsules)
- Marshmallow root (tea, lozenge, tincture or capsules)
- Cabbage Juice (150-180mL/day)
- Aloe Vera (George's or Lilly of the Desert)
- Bone Broth
- Broccoli sprouts
- Zinc carnosine (Pure Encapsulations Peptic-Care, Seeking Health Zinc Carnosine)
- Multi-Herbal Gut Healing Formulas:
 - GI Revive (Digestion for Health)
 - DGL Plus (Pure Encapsulations)
 - GI Encap (Thorne)

- **Herbal H Pylori Remedies:**

- Broccoli Sprouts
- Zinc Carnosine
- Mastic Gum
- Gastromend (combination of mastic gum, zinc carnosine, DGL Licorice)
- Matula Tea
- Hydrosol Silver

- **Stomach Acid Support:**

- Betaine HCl
- Betaine PLUS
 - Betaine dosing depends on your need; need to do an HCl Dosing Challenge
- Apple Cider Vinegar
- Digestive Bitters

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- **Digestive Enzyme Support (plant derived or animal derived):**

- Panplex-2 Phase (Integrative Therapeutics)
- Digestion GB (Pure Encapsulations)
- Digest Spectrum (Enzymedica)
- Gast Stop (Renew Life)
- Digest-9 (Thorne)
- SpectraZyme Pan9x ES (Metagenics)
- RPP (Thorne)
- Enzalase (Master Supplements)
- GlutenEase (Enzymedica)
- DigestGold (Enzymedica)
- DigestMore (Renew Life)

- **Liver & Gallbladder Support:**

- Digestive Bitters (Urban Moonshine)
- Iberogast
- Digestion GB (Pure Encapsulations)
- Lipotropic Complex (Integrative Therapeutics)
- D-Limonene (Integrative Therapeutics)
- d-Limonene (Jarrow Formulas)
- Beta Plus (Biotics Research)
- Ox Bile (NutriCology)
- Panplex-2 Phase (Integrative Therapeutics)
- Bio-Gest (Thorne)
- S.A.T (Thorne)
- 5 Day Liver Detox (Dr. Schulze's)
- Artichoke (Nature's Way)
- Artichoke (Jarrow Formulas)
- Phosphatidylcholine (Thorne)

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5R Protocol

- **ANTIMICROBIAL:**

- Biocidin (Bio Botanical Research)
- ADP (Biotics Research)
- FC-Cidal (Biotics Research)
- Grapefruit Seed (Pure Encapsulations)
- Silvercillin Liquid (Designs for Health)
- CandiBactin-AR (Metagenics)
- CandiBactin-BR (Metagenics)
- Probiophage DF (Designs for Health)

- **ANTIFUNGAL:**

- Biocidin (Bio Botanical Research)
- ADP (Biotics Research)
- FC-Cidal (Biotics Research)
- CandiBactin-AR (Metagenics)
- CandiBactin-BR (Metagenics)
- CandiSmart (RenewLife)
- Undecylenic Acid (formerly Formula SF722) (Thorne)
- Undecyn (Thorne)
- Yeast Arrest (Vitanica)
- Women's Vaginal Probiotic (Renew Life)

- **ANTIPARASITIC:**

- Para Smart (RenewLife)
- GI Microb-X (Designs for Health)
- Biocidin (Bio Botanical Research)
- Para 1 (Cellcore)
- Mimosa Pudica Seed (Microbe Formulas)
- Para 2 (Cellcore)
- Formula 1 (Microbe Formulas)
- Para 3 (Cellcore)
- Formula 2 (Microbe Formulas)

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- **BIOFILM & BINDERS:**

- Interfase (Klaire Labs)
- Intenzyme Forte (Biotics Research)
- Enzyme Defense (Enzymedica)
- Fermented Chlorella (Dr Mercola)
- GI Detox (Biocidin Botanics)
- Ultra Binder Capsules (Quicksilver Scientific)

- **PROBIOTICS & GUT IMMUNITY:**

- Ther-biotic Complete (Klaire Labs)
- UltraFlora BiomePro (Metagenics)
- LactoBif 30 (California GOLD Nutrition)
- Megasporebiotic (Microbiome Labs)
- MegaPre (Microbiome Labs)
- MegaMucosa (Microbiome Labs)
- Mega IgG2000 (Microbiome Labs)