

TAYLOR DUKES WELLNESS

Gut Reset Bundle



TAYLORDUKESWELLNESS.COM

From Taylor



Hi! You made such a wise decision to commit to your health and I am so proud of you! Gut health truly does affect overall health, and I am so glad that you have my Gut Reset supplement bundle. You do not have to start all of them at once. You can slowly work your way up to the recommended daily dosage. If you are sensitive to supplements, please start 1 supplement at a time, and introduce a new one every 3 days.

I'm confident you'll experience improved digestion, better nutrient absorption, less digestive distress, and ultimately improved health!

It truly is my joy, honor, and privilege to help people on their health journey. Now, let's get started!

*Xx,
Taylor*

DISCLAIMER: Information and content on this guide is provided for information and educational purposes only, and is not intended as a substitute for the advice provided by your physician or other healthcare professional. Taylor Dukes Wellness, LLC will in no way be diagnosing, treating, or acting as a medical professional. If you have or suspect that you have a medical problem or acute issue, promptly contact your healthcare provider. Always speak with your healthcare professional before taking any medication, nutritional or herbal supplement. We will not be ordering any insurance-covered services or filing to your insurance. No ICD-10 codes will be provided. Information provided here does not create a provider-patient relationship between you and any medical professional affiliated with this course. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Copyright © 2024 by Taylor Dukes Wellness, LLC. All Rights Reserved.

No part of this guide may be used, reproduced, or resold by any means, graphic, electronic, or mechanical, including photocopying, recording, taping, or by any information storage retrieval system without the written permission of the author, Taylor Dukes Wellness, LLC. In other words, no part of this guide may be copied, reproduced, aggregated, republished, uploaded, posted, publicly displayed, encoded, translated, transmitted, distributed, sold, licensed, or otherwise exploited for any purpose whatsoever, without express, prior written permission from the author.

Provided that you have purchased this guide, you are granted a limited license to access and use the guide. You may download, save, or print a copy of any portion of the guide to which you have properly gained access solely for your personal, non-commercial use. We reserve all rights not expressly granted to you. Violation of these copyright terms will result in legal action.

Table of Contents

Supplements Use/Purpose	4
Instructional Video	5
Written Directions	6
Chart	7
Frequently Asked Questions	8

GUT RESET BUNDLE INSTRUCTIONS

Supplements Use/Purpose

CLEAN

In liquid form, this supplement helps to prepare the body for Biocidin capsules. It gently allows your body to begin to purge the unwanted pathogens and microbes, safely and effectively.

BIND

Supports healthy detoxification and full-body cleansing by assisting in gathering together microbial and biofilm components for excretion.

DIGEST

A unique blend of powerful enzymes that enhance digestion and ensure maximum nutrient intake. Targeted to address symptoms of poor digestion such as bloating, gas, cramping, diarrhea, or constipation.

MAGNESIUM

A blend of three different types of magnesium to help restore levels of this essential mineral that so many are critically low in. The benefits of replenishing this important mineral are endless, especially for improving bowel regularity.

GUT SUPPORT

Supports gut health by promoting a healthy inflammatory response while improving the gut lining by providing concentrated nutrition for gut cells.

BIO-BOTANICAL RESEARCH BIOCIDIN CAPSULES

Supports gut health by dismantling biofilms and destroying unwanted organisms. Also selectively enhances beneficial organisms.

Gut Reset Protocol

GUT RESET PROTOCOL DIRECTIONS

Clean: Start with 2 drops daily and gradually work up to 15 drops twice daily. Best taken 30 minutes before a meal either directly on the tongue or diluted in $\frac{1}{4}$ cup of water. Be sure to take at least 2 hours away from any probiotics

Bind: Take 2 capsules on an empty stomach with a full glass of water. Take 1 hour apart from other medications and supplements.

Digest: Take 1 capsule by mouth at every meal.












Magnesium: Take 2 capsules daily.

Gut Support: Take 1 scoop once daily in water or any other liquid.

Biocidin Capsules: (DO NOT START THIS UNTIL AFTER YOU COMPLETE GET YOUR GUT RIGHT CLEAN) Take 1 capsule 3 times daily. Best taken 30 minutes before a meal. Be sure to take at least 2 hours away from probiotics.

****If pregnant and/or breastfeeding ONLY take DIGEST and MAGNESIUM**

GUT RESET PROTOCOL CHART

Supplement	First Thing	Breakfast	Before Lunch	Lunch	Before Dinner	Dinner	Before Bed
Clean							
Bind							
Digest							
Magnesium							
Gut Support							
Biocidin Capsules*							

*ONLY start after completing GET YOUR GUT RIGHT CLEAN

**If pregnant and/or breastfeeding ONLY take DIGEST and MAGNESIUM

GUT RESET BUNDLE INSTRUCTIONS

FAQs

Do I need to start all of the supplements at one time?

You can, but you don't have to start them all at once. If you feel better "easing" into it and starting them one at a time, you can absolutely do so! I'd do it in this order: Digest, then Clean, then Bind, then Gut Support, then Magnesium.

What happens if I start to experience uncomfortable symptoms after starting all of the supplements?

If you find that you're responding in a sensitive way (loose stools, nausea, detox symptoms, etc.), then you should stop the supplements. When feeling better, introduce each supplement one at a time and give your body 3-4 days of observation to see how you feel between each new introduction.

What happens if I start to experience diarrhea or loose stools?

If you have loose stools, stay away from the Clean at first. Introduce that supplement last, after your body has begun to adjust and heal while using the other supplements.

Is it abnormal for me to be feeling tired? Or to have a change in my bowel movements?

It's not! Rest assured, it's not abnormal to feel tired or see a change in bowel patterns at the beginning. Your body is detoxifying and regulating!

GUT RESET BUNDLE INSTRUCTIONS

FAQs

For Clean, it says to work up to 15 drops... How do you recommend we do that?

I'd start with 3 to 4 drops and go from there. Some people work up to 15 drops in just a few days, but if you are sensitive, go slower. Every couple of days you can add two to three more drops.

Can I just get started with the Biocidin Capsules right away?

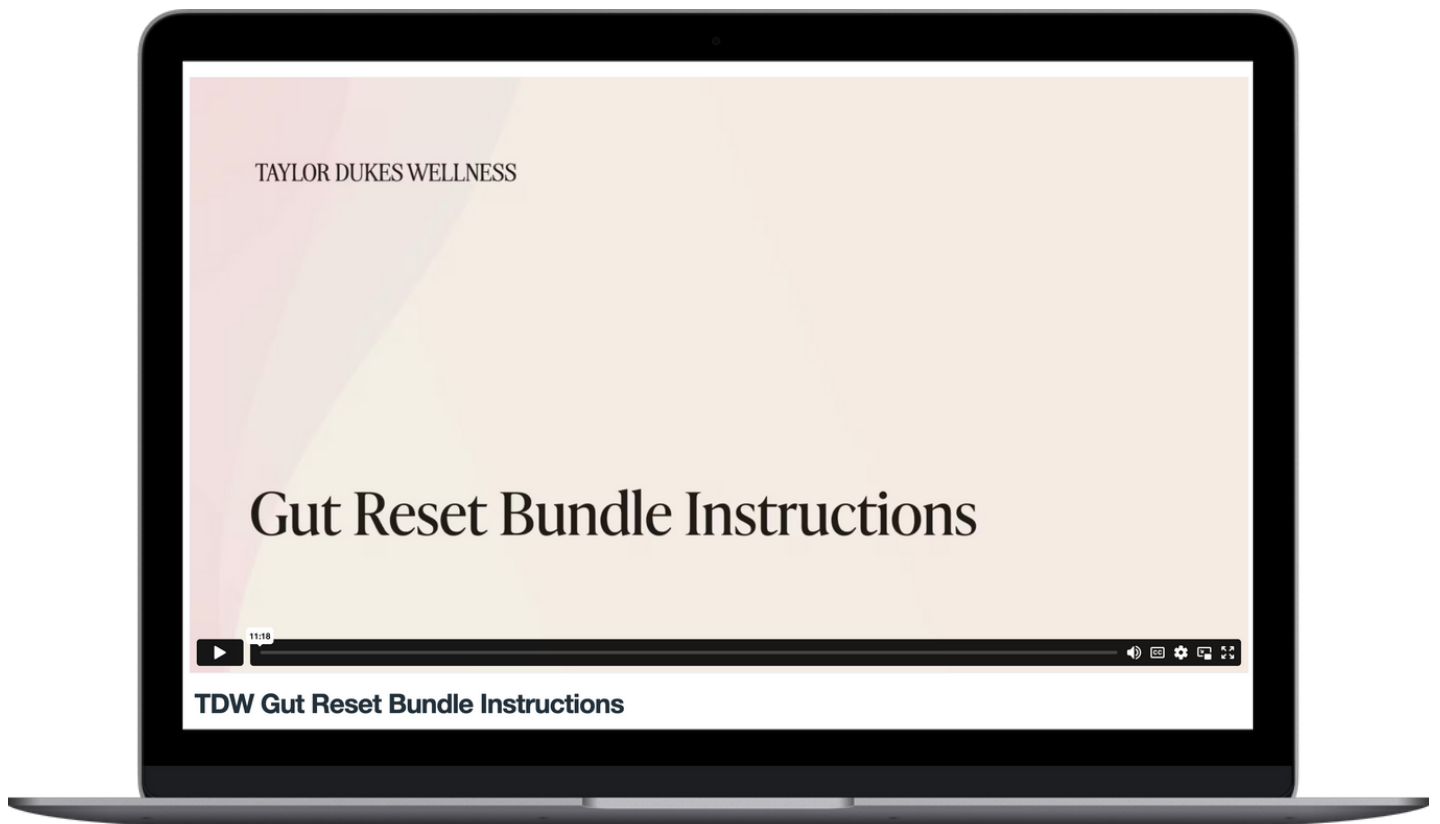
No! Do not start with the Biocidin Capsules until you complete the ENTIRE bottle of Clean. Then, take 1 capsule 3 times daily 30 minutes before or 2 hours after a meal.

Can I take all of the supplements if I'm pregnant or breastfeeding?

No, if you're pregnant or breastfeeding, ONLY take Digest and Magnesium.

GUT RESET BUNDLE INSTRUCTIONS

Gut Reset Video Instructions



[Click to Watch The Video](#)