

GMO FOOD

SOY
CORN
Wheat

LOW FIBER
< 25g

POOR
Microbiome

Abx Glyphosate
Alcohol Toxins
Caffeine
Artificial Sw.
Low fiber

TOXINS

Nitrates / Sulfates
GLYPHOSATE
Additives
Coloring
FERTILIZER

LEAKY
GUT

FOOD
Sensitivities

Amino Acids
Vit/Min
Omega
3s

NUTRIENT
Deficiencies

L-glutamine