

# GOODGUT PROGRAM

## 5 STEPS TO OPTIMAL GUT HEALTH

Gut Garden's **GoodGut Program** is based on the functional medicine approach to digestive health and consists of **five steps**:



### 1 CLEAN

Safely absorb and remove toxins and unwanted material through the digestive tract and out of the body with activated charcoal.



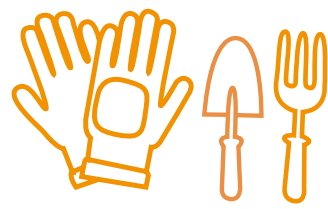
### 4 FEED

Help beneficial bacteria thrive by feeding them with a broad spectrum prebiotic to promote bacterial diversity.



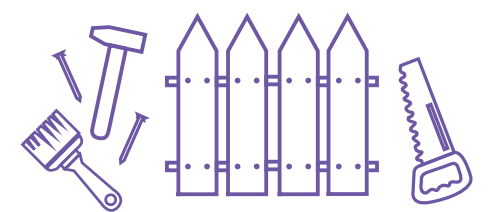
### 2 PREPARE

Replace digestive functions that may have been depleted or compromised over time to help digest fats, carbohydrates, lactose and protein.



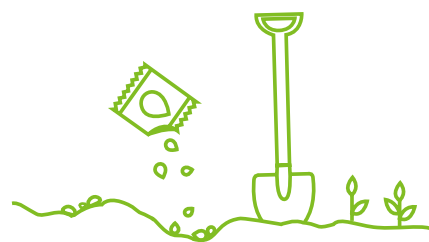
### 5 PROTECT

Restore and strengthen the intestinal lining with the amino acids and nutrients found in collagen.



### 3 PLANT

Reintroduce beneficial bacteria with probiotics to optimize metabolism, digestion, and immune function.



Restore balance, re-establish healthy digestion, and **alleviate chronic and occasional symptoms** once and for all.

## SUGGESTED SCHEDULE



Work with a healthcare practitioner to treat any underlying infections, parasites, bad bacteria or yeast. You may also want to start an elimination diet at this time to determine what foods, if any, are causing GI symptoms.



Take **1 capsule** with a full glass of water **2 hours apart** from meals and any medications. Can take up to 4 times per day.



After the first 5 days, **use as needed** to resolve occasional indigestion, gas and bloating.

### WAKE UP



Take 1 capsule every morning.



Work up to 1 scoop per day taken with a glass of cold or room temperature liquid.

### BREAKFAST



Take 1-2 capsules with meals, especially meals high in protein and fat.



Stir 1-2 scoops into hot or cold liquids.

### LUNCH AND DINNER



Take 1-2 capsules with meals, especially meals high in protein and fat.

