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.

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

3. **PLANT**
   - Reintroduce beneficial bacteria with probiotics to optimize metabolism, digestion, and immune function.

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

5. **PROTECT**
   - Restore and strengthen the intestinal lining with the amino acids and nutrients found in collagen.

**SUGGESTED SCHEDULE**

**CLEAN**
- 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.
- **DAYS 1-5**
  - 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.
- **DAYS 6-30**
  - After the first 5 days, use as needed to resolve occasional indigestion, gas and bloating.

**WAKE UP**
- **3**
  - Take 1 capsule every morning.
- **4**
  - Work up to 1 scoop per day taken with a glass of cold or room temperature liquid.

**BREAKFAST**
- **2**
  - Take 1-2 capsules with meals, especially meals high in protein and fat.
- **5**
  - Stir 1-2 scoops into hot or cold liquids.

**LUNCH AND DINNER**
- **2**
  - Take 1-2 capsules with meals, especially meals high in protein and fat.