

# 5 STEPS TO GUT HEALTH

# SAMPLE SCHEDULE

## DAYS 1-5

1 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.



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

1 CLEAN



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

## WAKE UP

3 PLANT



Take 1 capsule every morning.

4 FEED



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

## BREAKFAST

2 PREPARE



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

5 PROTECT



Stir into hot or cold liquids.

## LUNCH

2 PREPARE



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

## DINNER

2 PREPARE



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

GUT GARDEN



NOURISH YOUR INNER GARDEN