



ENNANT PRODUCTS®
Integrative & Natural Health

Gut Bootcamp

User Guide



Take with
Filtered Water



Take on an
Empty Stomach



No meds 30 min before
or 2 hours after taking
Gut Bootcamp

Instructions:



Wait 2 hours
before or
after eating



1 Scoop



2 Capsules



1 Capsule



4 oz



8 oz

Option 1 - Most Recommended



Morning



2 Capsules



1 Capsule



OK with
Food



Do Not Take
With Iodine



Midday



1 Scoop in
4 oz of Water



Follow with
8 oz of Water



Take on an
Empty Stomach

Option 2



Morning



1 Scoop in
4 oz of Water



Follow with
8 oz of Water



Take on an
Empty Stomach



Night



2 Capsules



1 Capsule



Do Not Take
With Iodine

Option 3



Morning



2 Capsules



1 Capsule



OK with
Food



Do Not Take
With Iodine



Night



1 Scoop in
4 oz of Water



Follow with
8 oz of Water



Take on an
Empty Stomach

Information provided is suggested use only. Consult with your healthcare provider and modify as needed. Some medication can be impacted by supplements.



Visit Our Website
to learn more!

REV 7/2023

Have you tried our shaker bottle?
You'll love it!

