

## “TOTAL GUT RESTORATION” PROTOCOL INSTRUCTIONS

This "Total Gut Restoration" protocol provides a 3R approach to balancing and healing the gut.

First, we introduce **MegaSporeBiotic** which RECONDITIONS the gut by increasing microbial diversity and encouraging the growth of key health-promoting, commensal gut bacteria. (When we know or suspect there are infections in the gut, we may add HU58 to the MegaSporeBiotic since this probiotic species - Bacillus Subtilis - can produce over 12 targeted antibiotics, which makes it particularly effective at balancing gut flora).

Second, we add **MegaPrebiotic** which REINFORCES the beneficial microbial changes created by MegaSporeBiotic to promote a strong and diverse microbiome. Third, we add **MegaMucosa** to REBUILD a healthy mucosal barrier in the gut.

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### **STEP 1: INTRODUCE MEGASPOREBIOTIC.**

(Take HU58 with the MegaSporeBiotic if you know or suspect you have gut infections such as parasites, etc).

\* **MEGASPOREBIOTIC DOSING:** We recommend starting out slowly in taking MegaSporeBiotic to avoid symptoms associated with detoxification. The most common symptoms you might see are diarrhea/loose stool and intestinal cramping.

- Week 1: Take 1 capsule every other day
  - Week 2: Take 1 capsule every day
  - Week 3: Take 2 capsules every day
- (Take both capsules *together at the same meal – don't split them up*)

Take WITH FOOD or right after a meal (breakfast, lunch, OR dinner). Capsules may be opened and mixed in food or smoothies, if desired. Sensitive adults who may have a greater level of gut dysbiosis may want to start slowly - at 1/4 or 1/2 capsule every other day. Gradually increase the amount until you are able to comfortably take 2 capsules together every day.

\* **HU58 DOSING:** Start slowly and increase up to the therapeutic dose. HU58 can be taken at the same time as MegaSporeBiotic or with a different meal.

- Week 1: Take 1 capsule per day, during or after any meal
- Week 2: Take 2 capsules together, during or after any meal

\*\*\* ONCE YOU HAVE REACHED THE THERAPEUTIC DOSE OF MEGASPOREBIOTIC (2 CAPSULES PER DAY), STAY AT THAT DOSE FOR 3-4 WEEKS, THEN PROCEED TO STEP #2.



**STEP #2, YOU WILL CONTINUE WITH THE MEGASPOREBIOTIC AND YOU WILL ADD MEGAPREBIOTIC.**

[If you were taking HU58 with the MegaSporeBiotic, you can discontinue the HU58 once you have taken it for 30-60 days at the therapeutic dose of 2 capsules/day].

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**STEP #2: ADD MEGAPREBIOTIC**

**\* MEGAPREBIOTIC DOSING:**

- Week 1: Take 1/2 scoop per day (with or without food)
- Week 2: Take 1 scoop per day (with or without food)

**\*\*\*\* ONCE YOU HAVE REACHED THE THERAPEUTIC DOSE OF MEGAPREBIOTIC (1 SCOOP/DAY), STAY AT THAT DOSE FOR 3-4 WEEKS,**

**THEN PROCEED TO STEP #3.**

**STEP #3, YOU WILL CONTINUE WITH THE MEGASPOREBIOTIC AND MEGAPREBIOTIC AND YOU WILL ADD MEGAMUCOSA.**

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**STEP #3: ADD MEGAMUCOSA**

**\* MEGAMUCOSA DOSING:**

- Take 1 scoop per day (with or without food)

**\*\*\*\* ONCE YOU HAVE BEEN ON THE FULL PROTOCOL (MEGASPOREBIOTIC + MEGAPREBIOTIC + MEGAMUCOSA) FOR 30+ DAYS, YOU CAN DECREASE THE DOSES AND FOLLOW A MAINTENANCE PROTOCOL.**



**MAINTENANCE PROTOCOL:**

**\* MegaSporeBiotic:** Take 2 capsules per day 4-7 days per week (Some people prefer to take it every day, while others find that they can take 1-3 days off per week and still receive the same benefits)

**\* MegaPrebiotic:** Take 1 scoop 1-2 times per week

**\* MegaMucosa:** Take 1 scoop 1-2 times per week