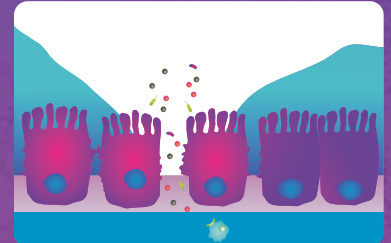


# Total Gut Restoration™

RECONDITION | REINFORCE | REBUILD

## LEAKY GUT

Leaky gut occurs when cracks or holes develop in the lining of the intestinal tract. These holes allow toxins and unwanted particles to enter into your blood stream and weaken your immune system. If you have leaky gut, it is important to follow an approach that addresses the key layers of a healthy gut. The Total Gut Restoration system can help fix your gut in 3 simple steps.



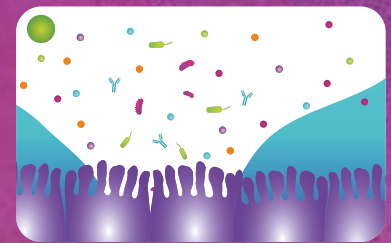
## STEP ONE: RECONDITION

Reconditioning the gut changes the environment so that it favours your beneficial gut bacteria. MegaSporeBiotic™ can change this environment by changing the acidity in the intestines, limiting the presence of harmful bacteria, and producing metabolites that feed beneficial bacteria.



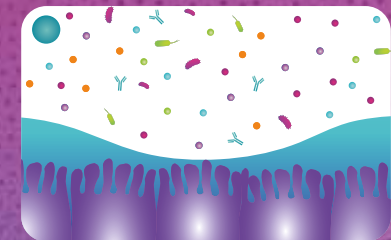
## STEP TWO: REINFORCE

The gut microbiome is a very dynamic environment so it's important to reinforce the beneficial changes from MegaSporeBiotic™ by feeding friendly keystone bacteria. MegaPre™ contains short-chain carbohydrates, known as oligosaccharides, that have been shown to selectively feed beneficial bacteria and enhance gut restoration.



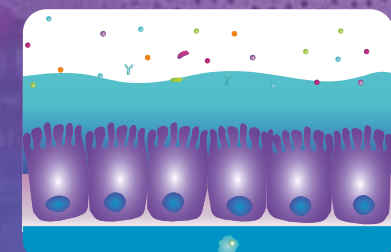
## STEP THREE: REBUILD

In a leaky gut, the protective mucosal layer breaks down and allows toxins to tear through the intestinal lining and into the blood stream. MegaMucosa™ contains key amino acids to help your body naturally rebuild your protective mucus layer and immune cells to help fend off any unwanted toxins during the rebuilding process.



## TOTAL GUT RESTORATION

A healthy gut microbiome is multi-faceted and relies heavily upon 3 fundamental aspects of gut health including the microbial population, physical structures and immune function. For this reason, therapies that only address one layer are often ineffective. This system was uniquely designed to target all three of these areas to help you achieve Total Gut Restoration.



## STANDARD PROTOCOL

# Total Gut Restoration™

RECONDITION | REINFORCE | REBUILD

This is a 3-month plus programme, depending on your symptoms and practitioner's recommendations. Once this programme has been completed properly you should not have to repeat it again. That is if: 1) you maintain the correct maintenance programme detailed in point 5 below and 2) you maintain a healthy diet and lifestyle that supports your intestinal microbiome.

1

### MONTH 1

#### **MegaSporeBiotic™ OR MegaSporeBiotic™ PLUS**

This is a pharmaceutical grade probiotic. It is important to slowly increase the dose over the next 4 weeks to reach the suggested daily dose.

**Week One:** Take 1 capsule every other day

**Week Two:** Take 1 capsule daily

**Week Three+:** Take 2 capsules daily

To ensure the best results, take two capsules of MegaSporeBiotic once a day with a meal (at any time of day).

2

### MONTH 2

#### **MegaSporeBiotic™ OR MegaSporeBiotic™ PLUS**

Continue taking 2 capsules daily, at the same time, with a meal.

#### **MegaPre™ Capsules**

**Week One:** Take 3 capsules daily, with or without a meal.

**Week Two+:** Take 6 capsules daily, with or without a meal.

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### MONTH 3

#### **MegaSporeBiotic™ OR MegaSporeBiotic™ PLUS**

Continue taking 2 capsules daily, at the same time, with a meal.

#### **MegaPre™ Capsules**

Take 6 capsules daily, with or without a meal.

#### **MegaMucosa™ Capsules**

**Week One:** Take 3 capsules daily, with or without a meal.

**Week Two+:** Take 6 capsules daily, with or without a meal.

4

### MONTH 4 (& THEREAFTER)

#### **MegaSporeBiotic™ OR MegaSporeBiotic™ PLUS**

Continue taking 2 capsules daily, at the same time, with a meal.

#### **MegaPre™ Capsules**

Take 6 capsules daily, with or without a meal.

#### **MegaMucosa™ Capsules**

Take 6 capsules daily, with or without a meal.

5

### MAINTENANCE PROGRAM - Speak to your Health Practitioner

**One to two months after all symptoms have corrected move to the maintenance program.**

Continue taking all three products as stated in point number 4 above. Only now reduce the **MegaSporeBiotic™** dose to 2 capsules 2-3 times a week (with a meal), along with 6 capsules of **MegaPre™** once a week and 6 capsules of **MegaMucosa™** once a week (with or without food).