DIGESTIVE & GUT ISSUES CONDITION PROTOCOL

Supplementation Regimen:

- Optimal 1 Digest-A-Meal, 2 capsules with each meal and 1 capsule between meals, twice per day
- Flora Blitz 100 Pak: 1 packet morning and night for 2 months, then 1 packet morning

OPTIONAL (if issues persist):

 Soft Cleanse Pak: 1 packet morning and night for the duration of 1 box BECAUSE IT'S MADE FOR YOU

Right For You

Right For You BECAUSE IT'S MADE FOR YOU







DISPENSER INSTRUCTIONS

Press along the perforation and push in the flap. Dispense packets



Nutrition Regimen:

- Eliminate all white flour, fried foods, and carbonated drinks
- Limit added sugar intake to 50g daily
- Consume more raw foods

Exercise Regimen:

- Steady State, Low Volume Aerobics: 30 minutes daily (i.e. brisk walk)
- Full Body, Light Weight Strength Training: 30 minutes, 2 times per week