GUT-BRAIN 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: 2 packets daily for 9 days, 1 packet daily for the remaining 12 days
- BrainTap Pak: 1 packet daily

Right For You

BECAUSE IT'S MADE

FOR YOU

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DISPENSER INSTRUCTIONS

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



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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