

Optimized Health

*Refer to respective bottles for daily supplement serving dosages.

**Klaire Labs: Register as Patient. Use Code: 78G

***View Medical Disclosure at bottom of page

I. Supporting Detoxification and Digestion:

EXPLANATION: The below list will support the journey in a healthy, safe and comfortable way. These below supplements while you are eradicating and seeding the digestive system will not only aid the process but also abate any uncomfortable detoxification symptoms.

Betain HCl: (Need 1 bottle total)

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<https://klaire.com/bhc-betaine-hci>

Digestive Enzymes: (need 1 bottle total)

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<https://klaire.com/cp6241-digestive-enzymes>

Maximum Keto Electrolytes: (Need 2 bottles total)

<https://amzn.to/3eKgYxA>

(Purchase If Gallbladder Has Been Removed)

Gallbladder Enzymes: (Need 5 boxes total)

(for 2 boxes)

<https://bit.ly/3dHmZK3>

(for 3 boxes)

<https://bit.ly/389OdrA>

II. Eradication

EXPLANATION: Eradicating the bacteria in the gut is an essential step in this process. The big difference is that when SIBO positive you will NOT want to consume a garlic extract as it can cause further issues. Please stick to the supplements listed below depending on the test results received.

SIBO Positive Eradication Supplements:

IBguard (Peppermint oil in microspheres to protect peppermint from being destroyed by stomach acid & allow for proper distillation into small intestine)

IBGuard: (Need 3 boxes total)

(2 boxes)

<https://amzn.to/2Zh0vdH>

IBGuard: (Need 1 box total)

<https://amzn.to/2Bh23wc>

Ecophage: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/ecophage>

SIBO Negative Eradication Supplements:

Garlic Extract (1 Bottle)

<https://amzn.to/3xFEqpH>

IBguard (Peppermint oil in microspheres to protect peppermint from being destroyed by stomach acid & allow for proper distillation into small intestine)

IBGuard: (Need 3 boxes total)

(2 boxes)

<https://amzn.to/2Zh0vdH>

IBGuard: (Need 1 box total)

<https://amzn.to/2Bh23wc>

Ecophage: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/ecophage>

III. Reseeding and Fighting Pathogenic Bacteria

EXPLANATION: Please locate the pathogenic bacteria you found on your test as described in the video and purchase the specific probiotic strains for your specific strains. If the probiotics overlap for whatever reason DO NOT purchase them twice. Simply purchase ONE round for 8 weeks as described in the directions below.

If you're suggestions do not include the 2 following probiotic supplements we recommend you add them:

General Probiotics:

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Bifidus Powder Blend: (2 bottles)

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Overgrowth of Prevotella Copri:

According to scientific research, an aggressive overgrowth of Prevotella Copri has been tied to severe diarrhea, intestinal upset ... as it can contribute to increases the cytokines markers in the blood (high amounts of inflammation).

Probiotics:

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klaire.com/k-lpp-lactoprime-plus>

Overgrowth of C-Diff:

(C. Diff is a bacteria that is labeled a “super bug.” All this means is that it is caused by the overuse of antibiotics in our culture and cannot be killed with anti-biotics as it is resistant to them through micro-evolution. C. Diff runs rampant historically in hospitals and can often be seeded in the gut during a time of surgery or even from a visit to a loved one in a hospital. It also is a pandemic in factory (CAFO) farms as anti-biotics are violently abused in the husbandry of our meat/poultry supply. It is an anti-biotic resistant super bug. Ironically it’s conventionally addressed using MORE antibiotics to bring it under control. But obviously, being that C. Diff is an anti-biotic resistant super bug, any additional antibiotics can further weaken the gut microbiome and immune system even further - so it’s counterintuitive. To rebalance the gut microbiome and prevent a future reoccurrence of C. Diff overgrowth, it’s best to use herbal methods so as to not decimate beneficial bacteria in your the gut microbiome but rather being down the levels of C. Diff and build up a healthy community of strong beneficial bacteria to fight off C. Diff in the future. Garlic does this expertly as well as boosting stomach acid (HCl) to prevent reoccurrence.)

Probiotics:

GI Distress Relief Probiotic: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Lactoprime Plus: (1 bottle

Register as patient. Use Code: 78G)

<https://klair.com/k-lpp-lactoprime-plus>

Overgrowth of Salmonella:

Salmonella is an enteric pathogenic bacteria. It resides in the biofilm of the gut and attaches to the epithelial layer of the gut lining.

Probiotics:

Biospora: (1 bottle)

<https://klair.com/k-bsp-12-biospora>

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)
<https://klaire.com/k-lpp-lactoprime-plus>

Bifidus Powder Blend:
<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Overgrowth of E. Coli:

Probiotics:

Lactoprime Plus: (1 bottle)
Register as patient. Use Code: 78G)
<https://klaire.com/k-lpp-lactoprime-plus>

Ther-biotic Synbiotic: (1 bottles)
<https://klaire.com/v777-60-ther-biotic-synbiotic-tm>

GI Distress Relief Probiotic: (1 bottle)
<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Candidiasis (any strain):

Probiotics:

GI Distress Relief Probiotic: (1 bottle)
<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Lactoprime Plus: (1 bottle)
Register as patient. Use Code: 78G)
<https://klaire.com/k-lpp-lactoprime-plus>

Bifidus Powder Blend: (2 bottles)
<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Parasites:

Examples are: Cryptosporidium, Entamoeba histolytica, Giardia, and Blastocystis hominis and worms such as Ascaris lumbricoides (roundworm) and Trichuris trichiura (human whipworm) etc

Eradication Supplements:

Anti-Parasitic:

Parasite Cleanse: (2 bottles)

<http://bit.ly/3r9qjFF>

OR

<https://amzn.to/2Wp7Mah>

Ecophage: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/ecophage>

Liver Rescue: (mandatory!) (Need 1 bottle total)

<https://amzn.to/2QJ7paQ>

Probiotics:

GI Distress Relief Probiotic: (1 bottle)

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Lactoprime Plus: (1 bottle)

Register as patient. Use Code: 78G)

<https://klair.com/k-lpp-lactoprime-plus>

Bifidus Powder Blend: (2 bottles)

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

NEED TO REBALANCE OTHER MICROBES? (Scroll down to bottom of pg for Probiotic Resource Section))

Resources List to Rebalance Microbiome with Beneficial Microbes (Probiotics):

Unless link is given, all probiotics can be purchased at Klair Labs Register as Patient. Use Code: 78G

Bacillus coagulans:

- **Biospora**
- **Just Thrive Probiotic & Antioxidant**

Bacillus subtilis:

- **Biospora**

Bifidobacteria bifidum:

- **Ther-biotic Synbiotic (UABb-10)**
- **There-Biotic Factor 4**
- **Ther-biotic Complete**
- **Ther-biotic Factor 6**

- Ther-biotic Detoxification Support
- Lactoprime Plus
- Vital 10
- Pro-5
- ABx Support
- Ther-biotic Factor 4
- Vital-Plex
- Vital-Immune Biotic
- Bifidus Powder Blend:

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Bifidobacterium breve:

- Ther-biotic Complete
- Lactoprime Plus
- ABx Support
- Ther-biotic Factor 4
- Ther-biotic Metabolic Formula
- Bifidus Powder Blend:

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Bifidobacterium infantis:

- Lactoprime Plus
- Bifidus Powder Blend:

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Bifidobacteria longum:

- Ther-biotic Complete
- Ther-biotic Factor 6
- Lactoprime Plus
- ABx Support
- Ther-biotic Factor 4
- Ther-biotic Metabolic Formula
- Vital-Immune Biotic

- **Bifidus Powder Blend:**

<https://shop.bodyecology.com/collections/all/products/bifidus-power-blend-powder-probiotic>

Bifidobacteria lactis:

- **THER-BIOTIC® DETOXIFICATION SUPPORT**
- **Ther-biotic Synbiotic**
- **Ther-biotic Complete**
- **Ther-biotic Factor 6**
- **Lactoprime Plus**
- **Vital 10**
- **ABx Support**
- **Ther-biotic Factor 4**
- **Ther-biotic Metabolic Formula**
- **Vital-Plex**
- **GI Distress Relief Probiotic: (1 bottle)**

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Lactobacillus brevis:

- **Lactoprime Plus**
- **Vital 10**

Lactobacillus Plantarum:

- **THER-BIOTIC® DETOXIFICATION SUPPORT**
- **Lactoprime Plus**
- **Ther-biotic Synbiotic**
- **Ther-biotic Complete**
- **Lactoprime Plus**
- **Vital 10**
- **Ther-biotic Metabolic Formula**

Lactobacillus rhamnosus:

- **Ther-biotic Synbiotic**
- **Ther-biotic Complete**

- Ther-biotic Factor 6
- Ther-biotic Detoxification Support
- Lactoprime Plus
- Vital 10
- Pro-5
- ABx Support
- Ther-biotic Metabolic Formula
- Ther-biotic Factor 1
- Vital-Dophilus Plus
- Vital-Plex
- Vital-Immune Biotic

Lactobacillus acidophilus:

- THER-BIOTIC® DETOXIFICATION SUPPORT
- Ther-biotic Synbiotic
- Ther-biotic Complete
- Ther-biotic Factor 6
- Lactoprime Plus
- Vital-10
- Pro-5
- Ther-biotic Metabolic Formula
- Vital-Dophilus Plus
- Vital-Plex
- Vital-Immune Biotic
- Pro-biotic Complex
- L. Acidophilus (SCD Compliant)

Lactobacillus bulgaricus:

- Ther-biotic Complete
- Vital 10
- Pro-5

Lactobacillus casei:

- Ther-biotic Complete
- Ther-biotic Detoxification Support
- Lactoprime Plus

- **Vital 10**
- **Vital-Immune Biotic**

Lactobacillus gasseri:

- **Ther-biotic Metabolic Formula**

Lactobacillus paracasei:

- **Ther-biotic Synbiotic**
- **Ther-biotic Complete**
- **Ther-biotic Factor 6**
- **Lactoprime Plus**

Lactobacillus reuteri:

- **Ther-biotic Synbiotic**

Lactobacillus salivarius:

- **Ther-biotic Complete**
- **Lactoprime Plus**
- **Vital 10**

Saccharomyces Boulardii:

- **Saccharomyces Boulardii**
- **ABx Support**
- **GI Distress Relief Probiotic: (1 bottle)**

<https://shop.bodyecology.com/collections/biotics/products/gi-distress-relief>

Streptococcus thermophilus:

- **Pro-5**
- **Vital-10**
- **Ther-biotic Complete**

- **Vital 10**
- **Pro-5**

*****Medical Disclosure:**

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Sources:

IBguard:

<https://www.ibgard.com/ibgardr-difference>

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#_ffn_sectitle

Salmonella :

Bacillus Subtilis (probiotic):

<https://www.sciencedirect.com/science/article/abs/pii/S0034528811003419>

Lactobacillus Plantarum

<https://www.sciencedirect.com/science/article/pii/S0023643821015929>

E. Coli:

Saccaromyces Boulardii (probiotic):

[https://scholar.google.com/scholar?](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=saccharomyces+boulardii+e+coli&oq=saccharomyces+boulardii+e#d=gs_qabs&u=%23p%3DyTkR8MYXnAIJ)

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