



## Supplement Example Guide Weeks 1-4

Refer to respective bottles for daily supplement serving dosages.

We recommend you start your day with a 16 ounce glass of water or our Early Morning Alkalizing Drink.

We recommend you take a biofilm disrupter in the morning alone with only electrolytes between breakfast and lunch.

We recommend you take any digestive support supplements right before meals (Ketozyme & add in HCl w/ Pepsin with bigger meals - lunch & dinner).

We recommend you take your antimicrobials with meals.

We recommend you take your probiotic in the afternoon separate from antimicrobials and that you only take SBO Probiotics for the first 4 weeks (the other probiotics will be gradually introduced in weeks 5-8).

**PLEASE WAIT until Week 5** to start taking Perfect Pass Prebiotic PHGG (Partially Hydrolyzed Guar Gum) with your probiotics.

**PLEASE take ONLY SBO Probiotic from Weeks 1-4. WAIT to introduce new probiotic strains gradually until weeks 5-8 of the recipe plans.**

We recommend you drink 3/4-1 gallon per day.

Scroll Down to Next Page for a SIBO Negative Example Day.

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## Example Day ONLY - SIBO Negative Weeks 1-4

### Shortly After Waking:

We recommend Drinking our Early Morning Alkalizing Drink

### Take w/ Breakfast Shake:

- Digestive Aids (Ketozyme)
- GI Synergy\*

### Mid-Morning:

Previous Clients have Benefitted from Drinking 1 Quart of Spring Filtered Water and taking:

- Biofilm Disrupter
- Electrolytes

### Take w/ Lunch:

- Digestive Aids (Ketozyme, HCl w/ Pepsin)
- Antimicrobials (IB Guard, Garlic Extract)

### Afternoon:

- Electrolytes
- Probiotics (PLEASE take ONLY SBO Probiotic from Weeks 1-4. WAIT to introduce new probiotic strains gradually until weeks 5-8 of the recipe plans.)
- **PLEASE WAIT until Week 5** to start taking Perfect Pass Prebiotic PHGG (Partially Hydrolyzed Guar Gum) with your probiotics.

### Dinner:

- Digestive Aids (Ketozyme, HCl w/ Pepsin)
- Antimicrobials (EcoPhage, IB Guard, GI Synergy)

**!!! No eating 3 hours before bed !!!**

**Bentonite Clay (Scroll Down)**

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## **Bentonite Clay**

**Before Bed: Mix 1/2 - 1 teaspoon of Bentonite Clay in about 4 ounces of water, mix vigorously with a fork (there will still be some clumps) and drink immediately! This pulls pathogenic bacterial die off out of your body safely and smoothly.**

<https://wellnessmama.com/health/bentonite-clay/>

**\*Chris Kresser has his clients take 2 packets a day of GI Synergy (with Breakfast and Dinner)**

<https://kresserinstitute.com/wp-content/uploads/Treating-the-Top-Five-Chronic-Conditions.pdf>

**Research shows taking probiotics separate from antimicrobials may be best as the beneficial bacteria in the probiotics could be killed off by the antibacterial properties from the herbs, garlic, and peppermint essential oil etc in the recommended antibacterials etc.**

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# Optimized Health

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