

# 90 Days to Gut Balance

MONTH  
1



## R E P L A C E

Digestzyme\*: make digestion easier by supporting stomach acid, enzymes, and bile. You will take these for one year.

Take 1-2 capsules with 2 main meals of the day. For more info on how to take click [here](#).

## R E M O V E

GI Microbe-X\*: kill overgrowth of bacteria, yeast, parasites.

Take 1 capsule at least 1 hour away from food 2x per day.

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## R E P O P U L A T E

Probiotics\*: push in good bacteria. Also include probiotic rich foods in your diet, like sauerkraut, kimchi, and kombucha.

Take 1 capsule per day anytime.

Prebiotics\*: fiber that helps feed the good bacteria but does not allow pathogenic species to overgrow.

Take 1 scoop per day anytime.

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## R E P A I R

**Option 1:** Tegrice\*: Colostrum boosts the IgA immune system in the gut lining back to its original and normal function once pathogenic bacteria has been removed.

Take 2 capsules 1 hour away from food 1x per day.

**Option 2:** Gi-Revive\*: Take 1 scoop per day anytime.

\*Click the links to purchase