



***Refer to respective bottles for daily supplement serving dosages.**

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

*****View Medical Disclosure at bottom of page**

Step II. Eradication & Re-inoculation: The Microbial Matrix (8 weeks)

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.

A. Betain HCl: (Need 1 bottle total)

Register as patient. Use Code: 78G

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

Warning: Do not take HCl if you are currently taking any anti-inflammatory drugs and/or medications such as corticosteroids (e.g. predisone), aspirin, Indocin, ibuprofen (e.g. Motrin, Advil, etc.) or other NSAIDS. Do not take HCl if you have been clinically diagnosed with a stomach ulcer.

<https://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps/>

B. Digestive Enzymes:

Digestive Enzymes: (1 bottle - 180 capsules)

Register as patient. Use Code: 78G

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

C. Maximum Keto Electrolytes:

Maximum Keto Electrolytes: (2 bottles total)



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

!!! (Purchase If Gallbladder Has Been Removed)

D. Gallbladder Enzymes: (5 boxes total)

(2 boxes)

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

(3 boxes)

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

E. Bentonite Clay

(detox clay to pull out die-off of pathogenic bacteria, parasites, toxins etc)

Bentonite Clay (1 bag)

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

II. Eradication

A. Bio-film Disrupter:

1. (Weeks 1-8) Interfase Plus

Interfase Plus: (1 bottle - 120 capsules)

<https://klaire.com/k-intp120-interfase-plus>

B. SIBO + Pathogenic Bacteria Antimicrobials:

- SIBO (Small Intestinal Bacteria Overgrowth)



- **Campylobacter (C. jejuni, C. coli and C. lari only)**
- **Clostridioides difficile (C. difficile) toxin A/B**
- **Escherichia coli (E. coli) O157:H7**
- **Enterotoxigenic E. coli (ETEC) LT/ST**
- **Shiga-like Toxin producing E. coli (STEC) stx1/stx2**
- **Salmonella (S. enterica)**
- **Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae)**
- **Vibrio cholerae, cholera toxin gene (ctx)**
- **etc**

1. SIBO Positive & Pathogenic Gut Bacteria

a. (Weeks 1-4) IBGuard

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

**IBGuard: (2 boxes total)
(2 boxes)**

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

b. (Weeks 1-8) GI Synergy



GI Synergy: (1 Container - 90 packets)

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

OR

2. SIBO Negative & Pathogenic Gut Bacteria

a. (Weeks 1-4) Garlic Extract

Garlic Extract (1 Bottle)

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

b. (Weeks 1-4) IBguard

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

IBGuard: (Need 2 boxes total)

(2 boxes)

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

c. (Weeks 1-8) GI Synergy*

GI Synergy: (Need 1 Container - 90 packets)

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

C. Parasites Antimicrobials:

- **Cryptosporidium (C. parvum and C. hominis)**



- **Entamoeba histolytica (E. histolytica)**
- **Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis)**
- **Blastocystis hominis**
- **Ascaris lumbricoides (roundworm)**
- **Trichuris trichiura (human whipworm)**
- **Enterobius Vermicularis**
- **Taenia Solium**
- **Wuchereria bancrofti**
- **Trichinella**
- **Fasciola Hepatica**

1. (Weeks 5-8) Scram OR R.U.G.

Scram: (1 bottle)

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

OR

RUG: (1 Bottle)

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

*** If you have parasites, for weeks 5-8 you will swap the GI-Synergy for the Parasite Cleanse Supplements.**



2. (Weeks 5-8) Liver Rescue:

(mandatory!) Liver Rescue (1 bottle)

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

D. Pathogenic Virus Antimicrobials

- Adenovirus 40/41
- Norovirus GI/GII
- Rotavirus A

1. (Weeks 5-8) Ecophages

Ecophage: (1 bottle)

<https://bit.ly/3tYU6nt>

E. Pathogenic Yeasts + Fungus Antimicrobials

- Candida Albicans
- Candida spp
- Geotrichum
- etc

1. (Weeks 1-8) GI Synergy



GI Synergy: (Need 1 Container - 90 packets)

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

III. Re-inoculation Probiotics - Microbial Matrix

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.

A. SIBO + Pathogenic Bacteria Probiotics

1. SIBO Positive Probiotics:

a. (Weeks 1-8) Ideal Bowel Support

Ideal Bowel Support by Jarrow Formulas (high dosage of L. Plantarum for methanogens in methane SIBO): (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

b. (Weeks 1-8) MegaSporeBiotic

MegaSporeBiotic: (2 bottles)



<https://amzn.to/39OMJsd>

2. SIBO Negative Probiotics:

a. (Weeks 1-8) Feel Good SBO+Probiotics

(Soil Based Organisms) (Read about [HERE](#))

SBO Probiotics (Salluna): (2 bottles)

<https://amzn.to/3HViA7e>

B. Pathogenic Bacteria Probiotics:

Please scroll down to Sources at bottom of page to read the scientific journals on each bacterial overgrowth and the probiotic strains that help prevent and eradicate the pathogenic bacteria and balance the microbiome.

1. Overgrowth of Campylobacter (C. jejuni, C. coli and C. lari)

Probiotic Strains : L. salivarius, L. reuteri, Bacillus

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

Ther-biotic Synbiotic: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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



2. Candidiasis (Albicans ... etc any strain)

Probiotic strains: Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

3. Overgrowth of Citrobacter

Probiotic strains : L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum, Lactobacillus, helveticus, Lactobacillus rhamnosus

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

4. Overgrowth of Clostridioides difficile (C-Diff):

Probiotic Strains: Saccharomyces boulardii, Lactobacillus rhamnosus

(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.)

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

5. Enterotoxigenic E. coli (ETEC) LT/ST

Probiotics: Lactobacillus reuteri, Lactobacillus Plantarum,
Saccharomyces: Pediococcus acidilactici and S. cerevisiae
boulardii, Lactobacillus rhamnosus, Lactobacillus
johnsonii, bacillus licheniformis

Ther-biotic Synbiotic: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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



GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

6. Overgrowth of Escherichia coli (E. coli) O157:H7

Probiotics: Bifidobacterium breve, L. rhamnosus and L. acidophilus, Saccharomyces Boulardii

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

7. Overgrowth of Enterococcus (faecium, ...)

Probiotic Strain: L. rhamnosus

Ther-biotic Synbiotic: (1 bottle)

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

8. Overgrowth of Klebsiella (pneumoniae)

Probiotic Strains: Bifidobacterium longum, L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum



Probiotic Pro Bb536: (1 bottle total)

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

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

9. Methanobrevibacter Smithii (M Smithii)

Probiotic strains: L. plantarum, Lactobacillus reuteri, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum

Ideal Bowel Support by Jarrow Formulas (high dosage of L. Plantarum for methanogens in methane SIBO): (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

Ther-biotic Synbiotic: (1 bottle)

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

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

10. Overgrowth of Prevotella Copri



Probiotic Strains: Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium bifidum

Probiotic Pro Bb536: (1 bottle total)

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

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

11. Overgrowth of Proteus spp

Probiotic Strains: Lactobacillus casei, Lactobacillus reuteri

Ther-biotic Synbiotic: (1 bottle)

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

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

12. Overgrowth of Streptococcus spp.

Probiotics Strains: Lactobacillus rhamnosus
Lactobacillus reuteri, Bifidobacterium



Ther-biotic Synbiotic: (1 bottle)

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

13. Overgrowth of Salmonella

Probiotic Strains: Saccaromyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum

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

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

14. Overgrowth of Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae)

Probiotic Strains: Lactobacillus reuteri

Ther-biotic Synbiotic: (1 bottle)

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

15. Overgrowth of Shiga-like Toxin



producing E. coli (STEC) stx1/

Probiotic Strains: Bifidobacterium, Pediococcus, and Lactobacillus

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

16. Vibrio cholerae, cholera toxin gene (ctx)

Probiotic Strains: Lactobacillus rhamnosus, Bifidobacterium longum

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

C. Parasites Probiotics

- **Cryptosporidium (C. parvum and C. hominis)**
- **Entamoeba histolytica (E. histolytica)**
- **Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis)**
- **Blastocystis hominis**
- **Ascaris lumbricoides (roundworm)**
- **Trichuris trichiura (human whipworm)**



- **Enterobius Vermicularis**
- **Taenia Solium**
- **Wuchereria bancrofti**
- **Trichinella**
- **Fasciola Hepatica**

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Probiotic Pro Bb536: (1 bottle total)

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

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

Bifidus Power Blend: (2 bottles)

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



*****Medical Disclosure:**

ALL HEALTH, FITNESS, NUTRITIONAL INFORMATION AND WELLNESS INFORMATION PROVIDED BY OPTIMIZED HEALTH IS DESIGNED FOR EDUCATIONAL PURPOSES ONLY. THIS INFORMATION SHOULD NOT BE RELIED UPON AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU HAVE CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, YOU SHOULD ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTH-CARE PROFESSIONAL. DO NOT AVOID, DELAY OR DISREGARD OBTAINING MEDICAL OR OTHER HEALTH RELATED ADVICE FROM YOUR HEALTH-CARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ ON THE OPTIMIZED HEALTH WEBSITE, SOCIAL MEDIA OR IN THIS PROGRAM. THE USE OF ANY INFORMATION PROVIDED ON OPTIMIZED HEALTH'S WEBSITE OR IN THIS PROGRAM IS SOLELY TO BE USED AT YOUR OWN RISK.

NOTHING STATED OR POSTED IN THE PROGRAM, SOCIAL MEDIA OR WEBSITE ARE INTENDED TO BE, AND MUST NOT BE TAKEN TO BE, THE PRACTICE OF MEDICAL CARE OR COUNSELING CARE. FOR PURPOSES OF THIS AGREEMENT, THE PRACTICE OF MEDICINE AND COUNSELING INCLUDES WITHOUT LIMITATION, PSYCHIATRY, PSYCHOLOGY, PSYCHOTHERAPY, OR PROVIDING HEALTH CARE TREATMENT, INSTRUCTIONS, DIAGNOSIS, PROGNOSIS OR ADVICE.

Probiotic Strains Research Sources:

Spore Probiotics:

<https://pubmed.ncbi.nlm.nih.gov/16117982/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770835/>



https://mysolluna.com/2017/07/19/why-you-need-soil-based-probiotics-sbos/?_ga=2.23980541.674618648.1647304925-264663639.1647304923&_gac=1.179836118.1647304925.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqlF8xoljR8nZTRI4QFDeTdsaT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw_wcB&_gl=1*zedk0x*_ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.*_ga_88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA

<https://www.amymyersmd.com/article/soil-based-probiotics-sibo/>

1. Campylobacter (C. jejuni, C. coli and C. lari only)

L. salivarius and L. reuteri

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8150830/>

2. Candidiasis Albicans

Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4603435/>

<https://pubmed.ncbi.nlm.nih.gov/6762128/>

<https://pubmed.ncbi.nlm.nih.gov/8228371/>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0012050>

<https://pubmed.ncbi.nlm.nih.gov/17885943/>

3. Overgrowth of Citrobacter



L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum, Lactobacillus helveticus, Lactobacillus rhamnosus

<https://pubmed.ncbi.nlm.nih.gov/22430833/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

4. Clostridioides difficile (C. Diff):

Saccharomyces boulardii, Lactobacillus rhamnosus

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J

5. Enterotoxigenic E. coli (ETEC) LT/ST

Lactobacillus Plantarum, Saccharomyces: *Pediococcus acidilactici* and *S. cerevisiae* *boulardii*, Lactobacillus rhamnosus, L. reuteri, *Lactobacillus johnsonii*, bacillus licheniformis



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5510153/#!po=69.9219>

6. Escherichia coli (E. coli) O157:H7

L. rhamnosus, L. acidophilus, bifidobacterium breve, Saccharomyces boulardii

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1201237/>

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

7. Enterococcus (faecium ...)

L. rhamnosus

<https://journals.asm.org/doi/10.1128/AEM.01243-16>

E. Coli:

Saccaromyces Boulardii

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6069398/#:~:text=The%20most%20effective%20single%2Dstrain,m most%20effective%20probiotics%20against%20E>



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%3DyTkR8MYXnAlJ

8. *Klebsiella pneumoniae*, *Klebsiella*

Bifidobacterium longum, *L. plantarum*, *L. salivarius*, *L. casei*, *L. acidophilus*, *B. animalis* subsp. *lactis* and *B. bifidum*

<https://www.sciencedirect.com/science/article/pii/S1286457915002312>

<https://pubmed.ncbi.nlm.nih.gov/19462517/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

9. *Methanobrevibacter Smithii* (M *Smithii*)

L. plantarum, *Lactobacillus reuteri*, *L. salivarius*, *L. casei*, *L. acidophilus*, *B. animalis* subsp. *lactis* and *B. bifidum*

<https://pubmed.ncbi.nlm.nih.gov/28429333/>

<https://www.scientificwellness.com/blog-view/probiotic-for-methane-dependant-constipation--635>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

<https://www.nature.com/articles/s41598-021-84641-8>



10. Overgrowth of *Prevotella Copri*

Lactobacillus acidophilus, *Lactobacillus casei*, *Bifidobacterium bifidum*

Guerreiro, Catarina Sousa, et al. "Diet, microbiota, and gut permeability—the unknown triad in rheumatoid arthritis." *Frontiers in Medicine* (2018): 349.

<https://www.frontiersin.org/articles/10.3389/fmed.2018.00349/full>

https://scholar.google.com/scholar_lookup?author=B.+Zamani&author=HR.+Golkar&author=S.+Farshbaf&author=M.+Emadi-Baygi&author=M.+Tajabadi-Ebrahimi&author=P.+Jafari&publication_year=2016&title=Clinical+and+metabolic+response+to+probiotic+supplementation+in+patients+with+rheumatoid+arthritis%3A+a+randomized,+double-blind,+placebo-controlled+trial&journal=Int+J+Rheum+Dis&volume=19&pages=869-79#d=gs_qabs&t=1656476603882&u=%23p%3DJfnBolQAfsoJ

11. Overgrowth of *Proteus* spp

Lactobacillus casei, *Lactobacillus reuteri*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7355612/>

12. *Streptococcus* spp.

Lactobacillus rhamnosus GG,[10] *Lactobacillus reuteri*, *Bifidobacterium*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6519182/#!po=9.57447>



13. Salmonella:

Saccaromyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

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

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

14. Overgrowth of Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae)

Lactobacillus reuteri

<https://www.spandidos-publications.com/10.3892/etm.2020.8469>

15. Overgrowth of Shiga-like Toxin producing E. coli (STEC) stx1/

Bifidobacterium, Pediococcus, and Lactobacillus

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4364364/#!po=11.6162>

16. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3763660/>



<https://www.optibacprobiotics.com/professionals/latest-research/gut-health/probiotics-best-for-candida>



IV. Probiotic Product List (Alphabetical Order)

Bifidus Power Blend: (2 bottles)

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

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Ideal Bowel Support by Jarrow Formulas (high dosage of L. Plantarum for methanogens in methane SIBO): (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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

MegaSporeBiotic: (2 bottles) <https://amzn.to/39OMJsd>

Probiotic Pro Bb536: (1 bottle total)

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

SBO Probiotics (Salluna): (2 bottles) <https://amzn.to/3HViA7e>

Ther-biotic Synbiotic: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

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