



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

Shortly After Waking:

We recommend Drinking our Early Morning Alkalizing Drink

Take w/ Breakfast: Take w/ Food

- (Swap out GI Synergy for SCRAM) R.U.G. or SCRAM Supplement (Increase daily according to bottle serving dosages & spread throughout day)
- Digestive Enzyme

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

- Inter-fase Plus
- Maximum Keto Electrolytes

Take w/ Lunch: Take w/ Food!

- Betaine HCl
- Digestive Enzyme
- IBGard
- R.U.G. or SCRAM
- Garlic Extract (**SIBO Negative ONLY - If You DO NOT Have SIBO**)

Afternoon: (Take w/ another Chocolate Breakfast Shake (if hungry) or just a handful of Macadamia nuts):

- Maximum Keto Electrolytes
- Probiotics

Dinner: Take w/ Food

- Betaine HCL
- IBGuard
- EcoPhage
- Digestive Enzyme
- R.U.G. or SCRAM

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



Before Bed:

Bentonite Clay in 8 oz filtered water (to pull out toxins) MIX WELL!!! (may be clumpy)

***Research shows taking probiotics separate from anti-bacterials (IBGuard: peppermint oil, garlic extract and GI Synergy) 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 in the above antibacterials etc.**