



## **SIBO Negative Recommendation Guide Weeks 1-4**

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

### **Shortly After Waking:**

**We recommend Drinking our Early Morning Alkalizing Drink & Following Supplement:**

### **Take w/ Breakfast Shake:**

- GI Synergy
- 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:**

- Betaine HCl
- Digestive Enzyme
- IBguard
- 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
- 1/2 of Probiotics (SIBO Positive: Start with just MegaSporeBiotic for Week 1 & add in a new probiotic each week)

### **Dinner:**

- Betaine HCL
- Digestive Enzyme
- EcoPhage
- IBGuard



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

**Before Bed: Other 1/2 of Probiotics**

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

**\*\*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.**