Optimized Health

*Refer to respective bottles for daily supplement serving dosages.

Step 3: Replenish & Rebuild Supplements

It is so incredibly important to replenish the body with essential vitamins that tend to become deficient in individuals body's who have had IBS symptoms (especially previous SIBO and IBS-D symptoms). We recommend you take one bottle of each unless otherwise noted). We put a (*) next to a couple you may want to keep taking regularly just for optimal health!

I. Vitamins:

*Vitamin D3: (1 bottle)
https://amzn.to/2Bh49MA

*Neptune Krill Oil: (1 bottle)
https://amzn.to/2BQj7sN

B-Complex Vitamins: (1 bottle)
https://amzn.to/3gMxeyz

Zinc w/ Copper: (1 bottle)
https://amzn.to/31Ejjqj

Vitamin K2: (1 bottle)
https://bit.ly/3ECzR4r

*Multi Vitamin: (Take AFTER the above supplements are gone for micronutrient maintenance and keep taking for optimal micronutrient health)
https://adaptnaturals.com/collections/best-sellers-1/products/bio-avail-multi

(Scroll Down)

II. Minerals:

We highly recommend you continue taking minerals as it's easy to become mineral deficient in to day's world due to the depletion of minerals in the soil our food is grown in.

Optimally Organic Water Extracted Fulvic Ionic Acid X200 Concentration*:
https://www.amazon.com/Optimally-Organic-Fulvic-Acid-X100/dp/B005GVN3O8/ref=sr_1_20?crid=YG9W4HCLQW72&keywords=humic+fulvic+minerals&qid=1656092380&sprefix=humic+fulvic+minerals%2Caps%2C108&sr=8-20

Magnesium: (1 bottle)
https://www.amazon.com/gp/product/B001EBK3DI/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

III. Gut Lining Rebuilding & Repair: (Optional but Recommended):

We highly recommend this amazing supplement for continuing to repair and restore that gut lining. It is comprised of

Apex Energetics - K120 RepairVite-GT Plus: (1 container)
https://www.amazon.com/Apex-Energetics-K120-RepairVite-GT-Plus/dp/B07NCBXNBM/ref=sr_1_8?keywords=gi+synergy+apex+energetics&qid=1656091790&sr=8-8

* = Keep taking after the program for optimal health!