Here’s what the Digestive Repair / Leaky Gut Protocol looks like.  I recommend this highly effective 10-week program which uses the best in quality and price for products from several different companies to cover the 4 priorities of this program listed below:

1. Improve digestion with HCL and enzyme support – helps you digest your foods better and can help to reset your overall digestive function.
	1. **Betaine HCL w/Pepsin & Gentian** (BET19) - Dose is 2/meal for a total of 6 per day – take with food and never on empty stomach
	2. Taken every day of the 10-week program
	3. Cost per bottle = $27.00, and the number needed for the 10-week program is 2 bottles = **$54.00**
2. Kill off the bad bugs – this includes harmful bacteria, yeast (candida), parasites and other harmful organisms that are irritating your gut.
	1. **Biocidin** (ACAP) – dose is 2 capsules 2x/day for a total of 4 per day.
	2. **Caprylic Acid** (CAP2) – dose is 4 capsules 2x/day for a total of 8 per day.
	3. Both products are taken ONLY on the weekend (Saturday and Sunday) for the 10-week program
	4. Cost: Biocidin = $59.97, Caprylic Acid = $37.20, and the number needed for the 10-week program is 1 bottle of each = **$97.17**
3. Bring in more of the good bacteria (probiotics) – this helps to support intestinal health and optimal digestion.
	1. **Ther-Biotic Complete** (THER4) - dose is 1/day taken at night before bed
	2. **Saccharomyces Boulardii** (P2933) - dose is 1/day taken at night before bed
	3. Both products are taken ONLY on Monday – Friday (do NOT take on Saturday or Sunday)
	4. Cost: Ther-Biotic Complete = $43.15, Saccharomyces Boulardii = $22.00, and # needed for 10-week program is 1 of each = **$65.15**
4. Feeding the good bacteria (prebiotics) - supports growth of normal (native) bacteria in the intestinal system for optimal intestinal health.
	1. **Biotagen** (BIO54) - dose is 4 capsules at night before bed –
	2. Taken only on Monday – Friday – do NOT take on Saturday or Sunday
	3. Cost per bottle = $24.65, and the number needed for 10-week program is 2 bottles = **$49.30**

Here is a chart on when to take products to make it clearer each week for 10 weeks:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|   | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Betaine HCL** | 2/meal | 2/meal | 2/meal | 2/meal | 2/meal | 2/meal | 2/meal |
| **Ther-Biotic Complete** | 1 before bed | 1 before bed | 1 before bed | 1 before bed | 1 before bed |   |   |
| **Saccharomyces Boulardii** | 1 before bed | 1 before bed | 1 before bed | 1 before bed | 1 before bed |  |  |
| **Biotagen** | 4 before bed | 4 before bed | 4 before bed | 4 before bed | 4 before bed |   |   |
| **Biocidin** |   |   |   |   |   | 2 in morning2 before bed | 2 in morning2 before bed |
| **Caprylic Acid** |   |   |   |   |   | 4 in morning4 before bed | 4 in morning4 before bed |

Total cost for all bottles for the full 10 week program is $265.62 + tax and shipping.

Anything remaining after the 10 weeks continue to take as recommended above until everything is gone.

After your 10 weeks program please schedule a 15 minute follow-up appointment with Dr. Larson to review your progress and determine your next steps.

Please contact Dr. Larson or the clinic with any questions.