Here’s what a Digestive Repair / Leaky Gut program looks like.  I recommend a 10 week program from a company called Standard Process and there are 4 products involved:

1. Zypan – HCL and support to digest better
   1. Dose is 3/meal for a total of 9 per day
   2. Taken every day of the 10 week program
   3. Cost per bottle = $46.50
   4. # needed for the 10 week program is 2 bottles
2. Gut Flora Complex – cleanses the intestinal system and encourages a healthy intestinal system
   1. Dose is 1 capsule 2x/day for a total of 2 capsules per day.
   2. Taken only on the weekend for Saturday and Sunday for the 10 week program
   3. Cost per bottle = $32.00
   4. # needed for the 10 week program is 2 bottles
3. ProSynbiotic – probiotics and prebiotic to support health intestinal system
   1. Dose is 3/day taken at night before bed
   2. Taken only on Monday – Friday - do not take on Saturday or Sunday
   3. Cost per bottle = $39.00
   4. # needed for 10 week program is 2 bottles
4. Prebiotic Inulin – supports growth of normal (native) bacteria in the intestinal system – product is in powder form
   1. Dose is 2 teaspoons mixed in liquid per day
   2. Taken only on Monday – Friday – do not take on Saturday or Sunday
   3. Cost per bottle = $31.00
   4. # needed for 10 week program is 2 bottles

Here is a chart on when to take products to make it more clear for each week of the 10 weeks:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Zypan** | 3/meal | 3/meal | 3/meal | 3/meal | 3/meal | 3/meal | 3/meal |
| **ProSynbiotic** | 3 before bed | 3 before bed | 3 before bed | 3 before bed | 3 before bed |  |  |
| **Prebiotic Inulin** | 2 tsp before bed | 2 tsp before bed | 2 tsp before bed | 2 tsp before bed | 2 tsp before bed |  |  |
| **Gut Flora Complex** |  |  |  |  |  | 1 am & 1 pm | 1 am & 1 pm |

Total cost for all bottles for the full 10 week program is $297.00 + tax and shipping.

Please let me know if you have any questions.

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