

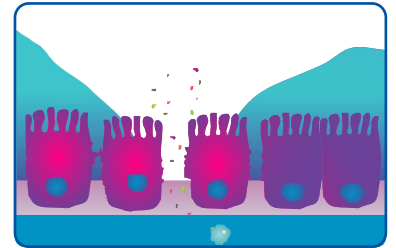
PATIENT EDUCATION

Triple R Protocol

RECONDITION | REINFORCE | REBUILD

DYSBIOTIC GUT

Dysbiotic gut occurs when cracks or holes develop in the lining of the intestinal tract. These holes allow toxins and unwanted particles to enter into your blood stream and compromise your immune system. If you have a dysbiotic gut, it is important to follow an approach that addresses the key layers of a healthy gut. Our **Triple R Protocol** system can help support your gut in three simple steps:



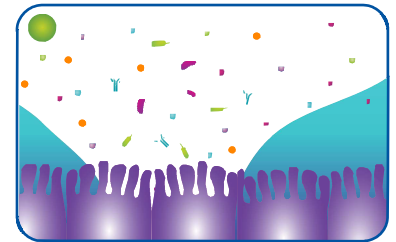
STEP ONE: RECONDITION

Reconditioning the gut optimizes the environment so that it favors your beneficial gut bacteria. **SporeBiotic Pro** can optimize this environment by changing the acidity in the intestines, limiting the presence of harmful bacteria, and producing metabolites that feed beneficial bacteria.



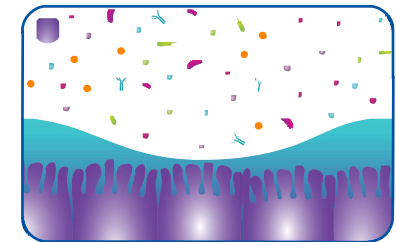
STEP TWO: REINFORCE

The gut microbiome is a very dynamic environment so it's important to reinforce the beneficial changes from SporeBiotic Pro by feeding friendly keystone bacteria. **PreBiotic Plus** contains short-chain carbohydrates, known as oligosaccharides, that have been shown to selectively feed beneficial bacteria and enhance gut restoration.

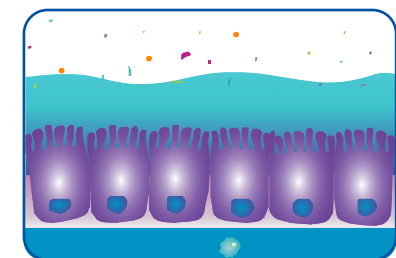


STEP THREE: REBUILD

In a dysbiotic gut, the protective mucosal layer breaks down and allows toxins to tear through the intestinal lining and into the blood stream. **Mucosa Protect** contains key amino acids to help your body naturally rebuild your protective mucus layer and immune cells to help fend off any unwanted toxins during the rebuilding process.



A healthy gut microbiome is multi-faceted and relies heavily upon 3 fundamental aspects of gut health including the microbial population, physical structures, and immune function. For this reason, approaches that only address one layer are often ineffective. This system was uniquely designed to target all three of these areas to help you achieve total gut repair with our **Triple R Protocol**.



Triple R Protocol

RECONDITION | REINFORCE | REBUILD

The standard **Triple R Protocol** guideline recommends dosing for at least three months. Depending on the client's specific history and health concerns, extend dosing beyond for months may be necessary. Transitioning to an ongoing maintenance program offers continued support for microbial balance, intestinal integrity, and immune function as the client encounters microbiome-altering challenges in daily life.**

1

MONTH 1

SporeBiotic Pro

Slowly increase SporeBiotic Pro probiotic gut reconditioning support until the standard dose (2 capsules or 2 gummies, with meals daily) is achieved**

Week One: 1 capsule or 1 gummy every other day

Week Two: 1 capsule or 1 gummy daily

Week Three+: 2 capsules or 2 gummies daily, with meals

To ensure best results, take SporeBiotic Pro once a day (at any time) with a meal.

2

MONTH 2

SporeBiotic Pro

Continue taking 2 capsules or 2 gummies, with meals

PreBiotic Plus Powder

Promotes microbial diversity / Supports microbial optimization**

Week One: 1/2 scoop daily, mixed with 8-12 oz water

Week Two: 1 full scoop daily, mixed with 8-12 oz water

PreBiotic Plus Capsules

Week One: 3 capsules daily, with or without a meal

Week Two: 6 capsules daily, with or without a meal

3

MONTH 3

SporeBiotic Pro

Continue taking 2 capsules or 2 gummies, with meals

PreBiotic Plus Powder

Continue 1 scoop daily, mixed in 8-12 oz water

PreBiotic Plus Capsules

Continue 6 capsules daily, with or without a meal

Mucosa Protect Powder

Promotes strengthening & rebuilding a healthy gut mucosal barrier**

Week One: 1/2 scoop daily, mixed with 8-12 oz water

Week Two+: 1 full scoop daily, mixed with 8-12 oz water

Mucosa Protect Capsules

Week One: 3 capsules daily

Week Two: 6 capsules daily

For convenience, Mucosa Protect & PreBiotic Plus can be mixed in the same liquid.

4

MONTH 4

The standard **Triple R Protocol** guideline outlines the recommended dosing for three months. Depending on how the client progresses, the program may need to be used as support beyond three months.

Transition to Step 5, the Maintenance Program, once all concerns have been addressed.

SporeBiotic Pro

Continue taking 2 capsules together, with meals

PreBiotic Plus Powder

Continue taking one full scoop daily, mixed in same water

PreBiotic Plus Capsules

Take 6 capsules daily, with or without a meal

Mucosa Protect Powder

Continue taking one scoop daily, mixed with 8-12 oz water

Mucosa Protect Capsules

Take 6 capsules daily, with or without a meal

For convenience, Mucosa Protect & PreBiotic Plus can be mixed in the same liquid.

5

MAINTENANCE PROGRAM

One to two months after all symptoms have corrected begin your initial maintenance program. Continue taking all three products in #4 above, but reduce **SporeBiotic Pro** to 2-3x a week and **PreBiotic Plus** + **Mucosa Protect** to once a week.

NOTE: For sensitive patients with gastrointestinal disturbances, it may be advisable to use the products in the following order to offset any GI exacerbation while gut reconditioning support is in progress: **1. SporeBiotic Pro 2. Mucosa Protect 3. PreBiotic Plus**