

Gut Health Nutraceutical Guide

*This guide is designed for informational use only, and is not intended to serve as a product endorsement. These products are not intended to diagnose, treat, cure, or prevent any diseases. Health care practitioners should use clinical discretion in decision-making for dietary supplement suggested use.

Vendor	Remove Supplement Facts Suggested Use	Replace Supplement Facts Suggested Use	Reinoculate Supplement Facts Suggested Use	Repair Supplement Facts Suggested Use	Rebalance Supplement Facts Suggested Use	Healthy Inflammation Supplement Facts Suggested Use	Short Chain Fatty Acids Supplement Facts Suggested Use
Biobotanical Research https://biocidin.com	<ul style="list-style-type: none"> • Biocidin 1-3 caps/day • Biocidin LSF 1-3 pumps per day, sublingual use for 30 seconds, 10 minutes before meals • Biocidin Throat Spray 1-3 sprays as needed • Olivirex 1-3 caps/day between meals 	<ul style="list-style-type: none"> • GI Detox 1/day with 8oz water on empty stomach 	<ul style="list-style-type: none"> • MegaCidin Probiotic Throat Spray 1-3 sprays 2-3 x day • Proflora 4R Spore Based Probiotic 1/d with meals 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Biotonic Adaptogenic Tonic 10 drops 2-3 x day 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None
Designs for Health https://www.designsforhealth.com	<ul style="list-style-type: none"> • Advanced Gut Health Bundle- Oil of Oregano, GI-Revive, GI Microb-X, ProbioMed 50 • Allicilin 1 softgel/day • GI Microb-X 1/day on empty stomach • Gut Health Bundle- Digestzymes, GI Revive, PaleoFiber RS, ProbioMed50 • Monolaurin Avail 2/day with a meal • Oil of Oregano 1/day with a meal • Olive Leaf Extract 1/day • Silvercillin 5 ml/day 	<ul style="list-style-type: none"> • AllerGzyme 1 cap with each protein-containing meal (DPP-IV) • Betaine HCL (750mg) 1 cap/day before a meal • Digestzymes 1 cap/day with a meal • PaleoZyme 1 cap 3 x day with meals • Plant Enzyme Digestive Formula 1 cap/day with a meal 	<ul style="list-style-type: none"> • FloraMyces 2/day • Probiomed 50, 100, or 250 • Probiophage DF 1/day with a meal • Probiotic Supreme DF 1/day with a meal • Probiotic Synergy 1/day 	<ul style="list-style-type: none"> • GastroMend HP 4 caps/day between meals • GI-Revive 7 caps daily • DGL Synergy 2 tabs before a meal 	<ul style="list-style-type: none"> • Adrenal Complex 2 caps/day with meals (glandular) • Adrenotone- 3 caps/day with meals (adaptogens) • CatecholaCalm- 3 caps/day (adaptogens, micronutrients) • Insomnitrol- 2 caps 30-60 minutes before bed (botanicals plus GABA, theanine, melatonin, 5-HTP, B6 as P5P) 	<ul style="list-style-type: none"> • Inflammation 2 caps/day between meals • ImmunoMod A 4 caps/day with meals for NF-kB support (andrographis, N-acetyl-D-glucosamine, curcumin) • OmegaVail Hi-Po 2 softgels/day with meals • OmegaVail Liquid 5ml/day with a meal • SPM Supreme 1 softgel/day (300mg marine lipid concentrate specialized pro-resolving mediators (PRMs)) • XanthOmega Krill Oil 2 softgels/day with meals 	<ul style="list-style-type: none"> • Paleo Fiber RS 1 scoop (5g) daily in liquid or food • Tri-Butyryn Supreme 1 softgel/day
Integrative Therapeutics https://www.integrativepro.com/en	<ul style="list-style-type: none"> • Berberine 1 cap 2-3 x day • Berberine Complex 2 caps 3 x day • Integrative Therapeutics Para Gard 1-3 caps/day 	<ul style="list-style-type: none"> • Betaine HCL 1-2 caps at beginning of meals (1.3g betaine/2 caps) • Similase BV 1-2 caps at beginning of each meal (for disaccharidases) • Similase GFCF 2 caps with each meal (for gliadin and casein) • Similase Lipo 1-2 caps up to 3 x day with meals (high lipase) 	<ul style="list-style-type: none"> • Enterogenic Intensive 100 1/day • Pro-Flora Concentrate 1/day • Pro-Flora Immune 1/day • Pro-Flora Women's 1-2/day • Probiotic Pearls 1/day • Probiotic Pearls Advantage 1/day 	<ul style="list-style-type: none"> • Permeability Factors 1-2 softgels 3 x day • Similase Sensitive Stomach 1-2 caps 3 x day at beginning of meals (DGL, slippery elm, gamma-oryzanol, marshmallow) 	<ul style="list-style-type: none"> • Cortisol Manager 1-2 tabs before bed (contains soy) • Cortisol Manager Allergen Free 1-2 caps before bed • HPA Adapt 2-4 caps/day on empty stomach in morning or mid-day, but not later • Lavela WS 1265 1 softgel 1-2 x day with 8oz water for relaxation and calming • Pro-Som 2-4 caps before bed 	<ul style="list-style-type: none"> • Pure Omega HP 1 softgel/day • Pure Omega Liquid 1 tsp 1-3 x day • Pure Omega Ultra HP 1 softgel/day • Theracumin HP 2 caps 1 or more x day for 7 days 	<ul style="list-style-type: none"> • Fiber Formula 5 caps/day with 8oz liquid, in divided doses as needed

<p>Metagenics https://www.metagenics.com</p>	<ul style="list-style-type: none"> • Candibactin AR 2 tabs 2 x day • Candibactin BR 1 softgel 3 x day before or with meals plus 8oz water 	<ul style="list-style-type: none"> • LipoGen 2 tabs with meals 3 x day (liver/gallbladder support) • SpectraZyme Digest 2 tabs with each meal (betaine HCL and pepsin) • SpectraZyme Complete 2 caps with each meal • SpectraZyme Pan 9x 1 tab with each meal (porcine, 10,200 lipase USP units) • SpectraZyme Gluten Digest 2 tabs 1-3 x day between meals 	<ul style="list-style-type: none"> • UltraFlora BiomePro 1 cap/day • UltraFlora Integrity 1 cap/day • UltraFlora Spectrum 1 cap/day • UltraFlora Women's 1 cap/day 	<ul style="list-style-type: none"> • Glutagenics 1 scoop in water as needed • GI Sustain ½-2 scoops in 8oz liquid 2 x day • UltraGI Replenish 2 scoops in 8oz water 2 x day 	<ul style="list-style-type: none"> • Adrenogen 1 tab 3 x day (B vitamins, bovine glandular) • Adreset 2 caps 2 x day (adaptogenic herbs, no glandular) • Benesom 1-2 tabs 30 minutes before sleep (herbs plus melatonin) • Cortico-B5B6 1 tab/day (for coenzyme A adrenal and energy support) • Exhilarin 2 tabs/day (Ayurvedic herbs) • Serenagen 2 tabs/day (traditional Chinese medicine herbs) • Tran-Q 1 tab 3 x day 	<ul style="list-style-type: none"> • Kaprex AI 1 tab 3 x day with food for selective kinase response modulators NF-kB support (D3, zinc, selenomethionine, reduced iso-alpha acids) • OmegaGenics EPA 1200 1 softgel 1-2 x day with food • OmegaGenics EPA-DHA 300 Algae 2 softgels 1-2 x day with food • OmegaGenics EPA-DHA 500 2 softgels 1-3 x day with food • OmegaGenics EPA-DHA 720 2 softgels 1-2 x day with food • OmegaGenics EPA-DHA 1000 1 softgel 1-3 x day with food • OmegaGenics EPA-DHA 2400 1 tsp/day with food • UltraInflamX Plus 360 2 scoops in 8oz liquid 2 x day 	<ul style="list-style-type: none"> • Endefen 1 Tblsp in 2-4oz liquid daily • UltraGI Replenish 2 scoops in 8oz water 2 x day
<p>Microbiome Labs https://microbiomelabs.com/home/</p>	<ul style="list-style-type: none"> • Megacidin 1-3 sprays 2-3 x day • MegaMycoBalance 1-2 softgels 2-3 x day • Megaviron 3 caps 2 x day for 15 days 	<ul style="list-style-type: none"> • MegaGuard 1 cap with lunch and dinner (artichoke) • Wheat Rescue 1 cap with meals for gluten contamination (DPP-IV enzymes) 	<ul style="list-style-type: none"> • HU58 1-2 caps/day with a meal (B. subtilis, HU58) • MegaSporeBiotic ½-1 cap with food, up to 2 caps/day • RestorFlora 1-2 caps/day with a meal 	<ul style="list-style-type: none"> • MegaMucosa 1 scoop/day, in 16oz water • Mega IgG2000 4 caps/day 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • MegaOmega 2 softgels/day with a meal (EPA, DPA, DHA) 	<ul style="list-style-type: none"> • MegaPre 3-6 caps/day (2-4g of FOS for A. muciniphilia, B. prausnitzii, and bifidobacteria support)
<p>Ortho Molecular Products https://www.orthomolecularproducts.com</p>	<ul style="list-style-type: none"> • Candidid Forte 2 caps 3 x day • Intestin-ol 1 softgel 3 x day • Ortho Molecular Products Pyloricil 1 cap 2 x day 	<ul style="list-style-type: none"> • Betaine & Pepsin 1-2 caps before meals • Ortho DigestZyme-V 1-2 caps 15 minutes before meals 	<ul style="list-style-type: none"> • Ortho Biotic 1 cap/day • Ortho Biotic Powder 1 scoop/day • Ortho Biotic 100 1 cap/day • Ortho Spore IG 3 caps/day • Probiotic 225 1 pack in 8oz fluid • Saccharomyces Boulardii 1 cap 2 x day 	<ul style="list-style-type: none"> • IgG Protect 4 caps/day • IgG Protect Powder 1 or more scoops/day in 4oz liquid • Mucosagen 2 caps 3 x day • SBI Protect 4 caps/day (bovine IgG) 	<ul style="list-style-type: none"> • Adren-All 2 caps 1-2 x day (adaptogens, glandular) • Adapten-All 2 caps 1-2 x day (adaptogens, micronutrients) • AdreneVive 2 caps 1-2 x day (adaptogens, theanine, phosphatidylserine) • Botanicalm PM 2 caps 1 hour before sleep • Cerenity PM 4 caps 1-2 hours before bed (5-HTP, GABA, amino acids) 	<ul style="list-style-type: none"> • Inflamma-bLOX 4 caps/day in divided doses (turmeric, skullcap, propolis) • Orthomega Select DHA 1 softgel/day • Orthomega Select EPA 1 softgel/day • Orthomega 820 1 softgel/day • Orthomega Liquid Fish Oil Mango 1 tsp/day 	<ul style="list-style-type: none"> • Fiber Plus Capsules 3 or more caps/day with 8oz water

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					<ul style="list-style-type: none"> • CereVive 4 caps 1-2 x day on empty stomach (neurotransmitter support) 		
<p>Pure Encapsulations https://www.pureencapsulations.com</p>	<ul style="list-style-type: none"> • A.C. Formula II 2 caps 1-3 x day with 6-8oz fluid before a meal • Micro Defense with Oregano 1 cap 1-3 x day with 6-9oz fluid before a meal 	<ul style="list-style-type: none"> • Digestive Enzymes Ultra 2 caps with each meal (vegetarian) • Digestive Enzymes Ultra with Betaine HCL 2 caps with each meal (vegetarian) • Lipotropic Detox 1-2 caps with each meal • Pancreatic Enzyme Formula 1 cap 3 x day with each meal (porcine) • Pancreatic VegEnzymes 1 cap 3 x day with each meal (vegetarian) • Digestion GB 2 caps with each meal (with ox bile and liver support) 	<ul style="list-style-type: none"> • Poly Prebiotic 1 scoop 1-2 x day mixed in beverage or food • Probiotic-5 1 cap 1-2 x day • Probiotic 50B 1/day • Probiotic GI 1 cap 1-2 x day • Probiotic IMM 1 cap 1-2 x day • PureBiome 1/day with a meal • PureProbiotic 1 cap 1-2 x day 	<ul style="list-style-type: none"> • Colostrum 2 caps 2-3 x day on empty stomach or at least 30 minutes before a meal with 8-12oz water • Epi Integrity Powder 1 scoop in 8oz water or juice 1-2 x day • L-Glutamine 500 1 cap 1-4 x day, between meals • L-Glutamine 850 1 cap 1-3 x day, between meals • L-Glutamine Powder 1 scoop in water or juice 1-3 x day, between meals • Perilla Extract 1 cap 1-2 x day between meals • PeptiCare ZC 1 cap 1-2 x day with meals 	<ul style="list-style-type: none"> • ADR Formula 1 cap/day between meals (adaptogens, glandular) • Adrenal 2 caps 1-2 x day, between meals (glandular) • Best-Rest Formula 2 caps 30-60 minutes before bed • Sereniten Plus 1 cap/day between meals (casein hydrolysate decapeptide, L-theanine) • SeroPlus 2 caps 1-2 x day between meals (5-HTP, micronutrients, taurine) • Sleep Solution 1 bottle 30-60 minutes before bed (L-theanine, melatonin, magnesium, glycine) • Phyto-ADR 1 cap/day between meals (adaptogens) 	<ul style="list-style-type: none"> • EPA/DHA Essentials 1-2 softgels/day with food • EPA/DHA Liquid 1 tsp/day with a meal • EPA Ultimate 2 softgels/day with food • Krill-plex 2 softgels/day with a meal • O.N.E. Omega 1 cap/day with a meal 	<ul style="list-style-type: none"> • Arabinogalactan 1 cap 3 x day between meals • PureLean Fiber 2 scoops 1-3 x day in liquid with adequate water intake
<p>Thorne https://www.thorne.com</p>	<ul style="list-style-type: none"> • Artecin 1 cap 2-3 x day • Berbercap 1 cap 2-3 x day • Berberine 500 1-2 caps 2 x day • Formula SF722 5 gelcaps 2-3 x day (undecylenic acid for mycobiome balance) 	<ul style="list-style-type: none"> • Betaine HCL & Pepsin 1-2 caps with meals (500mg/cap) • BioGest 1-2 caps with each meal (betaine, pancreatin, pepsin, ox bile) • B.P.P. 1-2 caps with each meal (betaine, pepsin, pancreatin) • Dipan-9 1-2 caps with each meal (pancreatin) • Plantizyme 1-2 caps with meals (vegetarian) 	<ul style="list-style-type: none"> • Arabinex 1 scoop with 8oz water 1-3 x day • Bacillus Coagulans 1 cap 2-3 x day • Effusio Prebiotic 1 disc in 6-8oz liquid • FloraMend Prime 1/day • FloraPro-LP Probiotic 1 pearl daily (L. plantarum) • FloraSport 20B 1 cap/day with a meal • Sacro-B 1 cap 1-3 x day 	<ul style="list-style-type: none"> • EnteroMend 1 scoop in 5-6oz water 1-2 x day • GI-Encap 1-2 caps with each meal (mucilaginous herbs) • L-Glutamine 1 cap 3 x day • L-Glutamine Powder 1 scoop in 8oz liquid daily • Pepti-Guard 2 caps 2 x day between meals • PermaClear 3 caps 2 x day (glutamine, N-acetyl-glucosamine, S. boulardi, quercitin, B. coagulans, ginger) 	<ul style="list-style-type: none"> • Adrenal Cortex 1 cap 1-3 x day (bovine glandular) • Cortrex 1 cap 1-2 x day (adrenal glandular, adaptogenic herbs and nutrient support) • Deproloft-HF 2 caps 2 x day (adaptogens and serotonin support) • Effusio Sleep 1 disc in 4-6oz liquid 30 minutes before sleep • Stress B Complex 1 cap 1-3 x day • Stress Management Bundle Stress B-Complex, Phytisone, PharmaGABA-250 	<ul style="list-style-type: none"> • Boswellia Phytosome 1 cap 2 x day • Omega-3 with CoQ10 • Omega Plus 1 gelcap 2-3 x day • Omega Superb 1 tsp/day • Super EPA 1 gelcap 2-3 x day • Super EPA Pro 2 gelcaps 2 x day 	<ul style="list-style-type: none"> • Arabinex 1 scoop in 8oz water daily • FiberMend 1 scoop with 8-10oz liquid daily
<p>Xymogen https://www.xymogen.com</p>	<ul style="list-style-type: none"> • Berberine HCL 2 caps 2 x day • Candidical 1-2 caps/day • OlivDefense 2 caps/day 	<ul style="list-style-type: none"> • GastrAcid 1 cap with meals • PanXyme pH 1 cap with or after each meal • Xymo Zyme 1-2 	<ul style="list-style-type: none"> • Probio Defense 1 cap 2 x day • ProbioMax 350 DF 1 stick pack in 2-4oz water • ProbioMax Complete DF 1/day 	<ul style="list-style-type: none"> • GI Protect 1 scoop in 6oz water 2 x day • IG 26 DF 4 caps/day (hyperimmune egg) • IgG 2000 CWP 2 caps 2 x day (whey, 	<ul style="list-style-type: none"> • Adrenal Essence 1 cap 2 x day (adaptogens and nutrients) • Adrenaliv 1 cap 2 x day (adaptogens and glandular) 	<ul style="list-style-type: none"> • CurcuPlex-95 1 cap 2 x day (turmeric 500mg) • Curcuplex CR 1-4 tabs/day (turmeric 1.4g, black pepper extract) • Nrf2 Activator 1-2 	<ul style="list-style-type: none"> • GlutAloeMine 1 scoop in 2-4oz water daily • IG 26 Plus DF 1 scoop in cold liquid or food (hyperimmune egg, arabinogalactan, with

		caps/day with food (disaccharidase support, vegan)	<ul style="list-style-type: none"> • ProbioMax DF 1/day (100 Bil) • ProbioMax Daily DF 1/day (30 Bil) • ProbioMax IG 26 DF 2 caps 2 x day • ProbioMax Plus DF 1 stick pack in 1-2oz water 1-3 x day • ProbioMax Sb DF 1/day • Saccharomycin DF 2/day 	<ul style="list-style-type: none"> • lactoferrin, PRPs) • IgG Pure 2 scoops/day in cold fluid or food (New Zealand cow whey) • L-Glutamine 1 scoop/day in water on empty stomach • MedCaps GI 2 caps 2 x day 	<ul style="list-style-type: none"> • Adrenal Manager 2 caps/day (adrenal glandular and energy) • B Activ 1 cap 1-2 x day • Corticare B 1cap 2 x day (adrenal, coenzyme A, and energy support) • CortisolV 1 cap 2 x day (stress and sleep support) 	capsules/day for balanced Nrf2 and NF-kB response (turmeric, green tea, trans-pterostilbene, glucoraphanin, black pepper extract) <ul style="list-style-type: none"> • Omega MonoPure Curcumin EC 1 softgel/day 	monk fruit)
Other Uses, Other Brands, Other Products	Remove- Other Brands Suggested Use <ul style="list-style-type: none"> • Allimax 100% Allicin 1 cap/day (180mg) • Allimax AlliiUltra 1 cap/day (360mg) • Apex Energetics Parastonil 1 cap 2 x day • Atrantil 2 caps up to 3 x day with food (peppermint, quebracho, horse chestnut) • Ayush Herbs Neem Plus 1 cap/day • Biotics Research ADP 1 tab with meals and at bedtime (sustained release oregano oil) • Biotics Research Dysbiocide 2 caps 2 x day • Biotics Research FC-Cidal 1 cap 2 x day • Douglas Labs Pylori Plex 2 caps/day with meals • Medi Herb Gut Flora Complex 1 cap 3-6 x day, enteric coated, do not crush • Quicksilver Scientific Artemisinin Emulsion 1 tsp 1-3 x day 	Motility Support Suggested Use <ul style="list-style-type: none"> • Designs for Health Carminagest 2 caps/day with a meal • Designs for Health IB Synergy 2 caps/day • Designs for Health Colon Rx 2 caps with 8oz water at bedtime • Iberogast 20 drops 3 x day • Integrative Therapeutics Motility Activator 1 cap 2 x day (do not use with bile duct obstruction or ragweed family allergy) • Pure Encapsulations MotilPro 3 caps 1-2 x day between meals (B6, 5-HTP, ALCAR, ginger) • Xymogen ColonX 1-2 caps at bedtime (triphala and aloe) 	Less Commercially Available Probiotics Suggested Use <ul style="list-style-type: none"> • C. Butyricum: Advanced Orthomolecular Research AOR Probiotic3 • E. coli Nissle: Mutaflor® ships to US from Canada feelgoodnatural.com • E. Faecalis: Nature's Plus Tri-Dophilus, Dr. Ohhira's Essential Formula, Global Health Trax Three Lac, Advanced Orthomolecular Research AOR Probiotic3 • L. Salivarius: Designs for Health ProbioMed, Nutrition Now PB8 • S. Thermophilus: Amy Myers MD Probiotic Capsules 100 Billion, Designs for Health Probiophage DF, Dr. Ohhira's Essential Formula, Metagenics UltraFlora Spectrum, Visbiome High Potency Probiotic 	SigA Balance Suggested Use Balance <ul style="list-style-type: none"> • Designs for Health TegriceL Colostrum 2 caps/day • NuMedica ImmunoG PRP 1 scoop in unchilled water daily (fermented grass-fed cow milk PRPs) • NuMedica Thera PRP 4 caps 2 x day (bovine colostrum) Boost <ul style="list-style-type: none"> • Designs for Health ImmunoSpore (Bacillus species, 1,3/1,6 beta glucan, spinach, C, zinc) • Klaire Labs BioSpora 1 cap/day (B. subtilis, B. coagulans) • Microbiome Labs HU58 1-2 caps/day with a meal (B. subtilis, HU58) • NuMedica ImmunoMed 3-6 1 cap 1-3 x day (1,3/1,6 beta glucans) • Xymogen ImmunotiX 500 1 cap/day first thing in morning or last thing at night (S. cerevisiae-derived 1,3/1,6 beta glucans) 	Glucuronidation Support Suggested Use <ul style="list-style-type: none"> • Designs for Health Calcium D-Glucarate 2 caps/day with meals • Integrative Therapeutics Calcium D-Glucarate 1-3 caps 3 x day with meals • Thorne Calcium D-Glucarate 1 cap 3 x day • Xymogen Calcium-D-Glucarate 1 cap 2 x day 	Ph Balance Suggested Use <ul style="list-style-type: none"> • Allergy Research Group Mastica 1-2 caps 2 x day between meals • Apex Energetics Gastro ULC 1 tab/day (DGL, glutamine, bismuth, gamma oryzanol, chlorella, rhubarb, citrus fruit peel) • Integrative Therapeutics Heartburn Advantage 1 cap in morning after food and 1 cap in evening after food • Metagenics Zinlori 75 1 tab 2 x day between meals (zinc-carnosine) • Pure Encapsulations Peptic Care 1 cap 1-2 x day with meals (zinc-L-carnosine) • Xymogen PepciX 1 tab swallow with liquid or chew immediately after breakfast and 1 tab before bedtime 	Biofilm Disruption Suggested Use <ul style="list-style-type: none"> • Designs for Health Natto-Serrazime 1 cap/day on empty stomach • Kirkman Biofilm Defense 1 cap/day on empty stomach • Klaire Labs Interfase Plus 2 caps 1-4 x day between meals