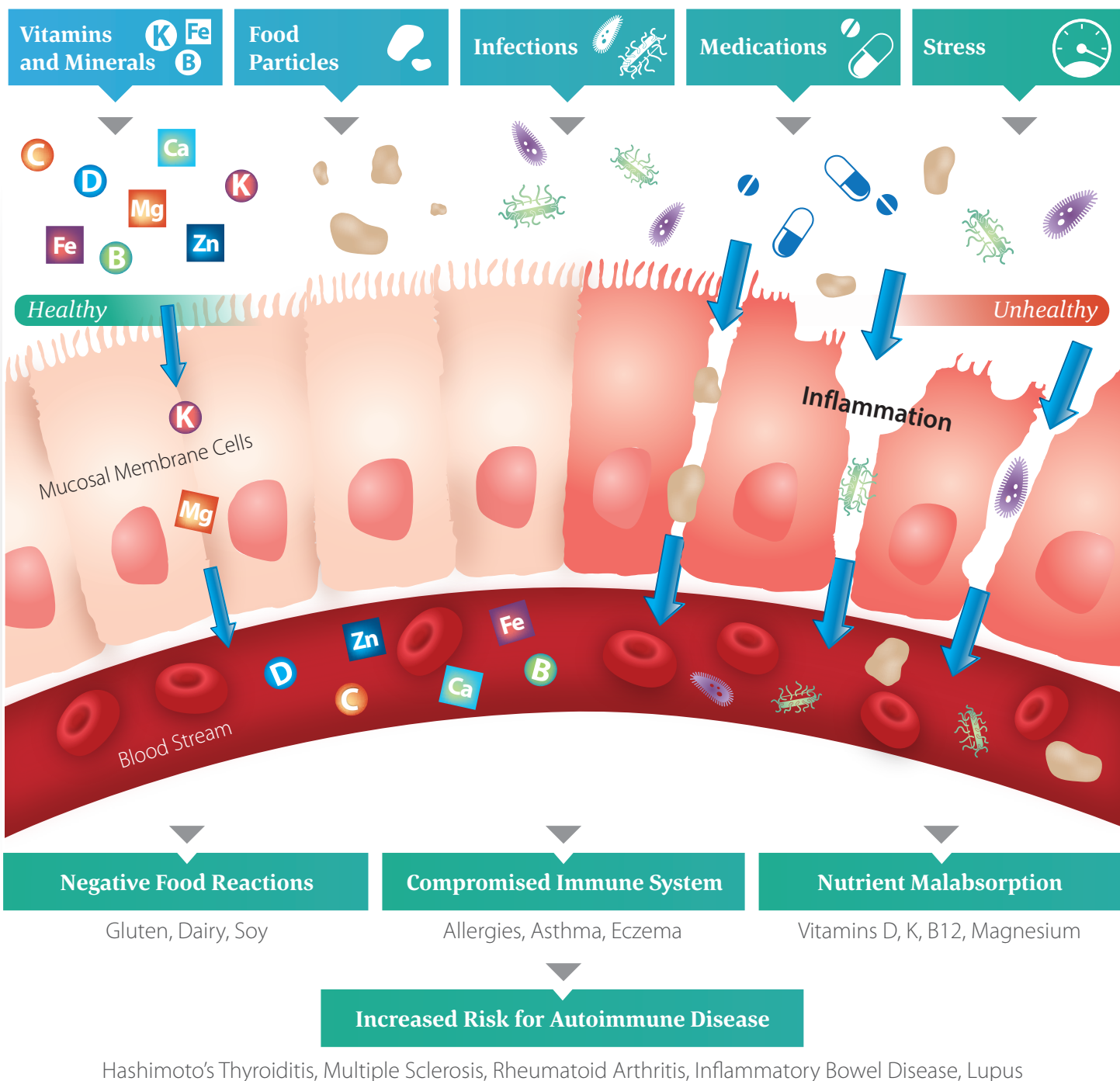


Patient Name:

Date:

Intestinal Permeability

The gastrointestinal barrier controls and permits the absorption of helpful substances into the bloodstream while keeping out those that are harmful. In healthy people, the barrier is tightly regulated, allowing only important nutrients to pass through the gut and protecting the body from harmful substances such as toxins, undigested food and pathogens. Since the gut is constantly exposed to food, microbes and chemicals, the GI tract must continuously defend against unwanted substances that, if allowed entry into the body, can cause a vicious cycle of inflammation. The constant exposure to foreign substances can cause the walls of the intestines to become vulnerable to deterioration and permeability, a condition commonly referred to as leaky gut syndrome.



Lifestyle Modifications

- ☐ **Identify and eliminate negative food reactions**
 - ☐ Gluten
 - ☐ Dairy
 - ☐ Soy
- ☐ **Eat more whole, unprocessed foods**
 - ☐ Limit sugar intake
 - ☐ Increase fruit and vegetable consumption
 - ☐ Increase fiber intake
- ☐ **Limit exposure to antibiotics (water, food, antibiotic medications)**
 - ☐ Increase probiotic intake
 - ☐ Increase fermented food intake
- ☐ **Reduce stress levels**
 - ☐ Balance mental and emotional stressors
 - ☐ Maintain healthy blood sugar levels
 - ☐ Improve sleep quality
 - ☐ Decrease inflammation

Additional Recommendations:

Nutrient Solutions

L-Glutamine Deglycyrrhizinated Licorice Aloe Vera Leaf Gel Extract	Probiotics + <i>Saccharomyces boulardii</i>	Serum-Derived Bovine Immunoglobulins	Anti-Inflammatory Phytonutrients (Turmeric, CAPE, Quercetin)	Betaine Hydrochloride Digestive Enzymes
Enhance the repair and regeneration of the mucosal lining Provide a protective barrier over mucus membranes, which soothes irritated tissues and relieves inflammation	Help maintain a healthy and balanced digestive tract Prevent "bad" bacteria from overgrowing Decrease inflammation Protect and preserve gut barrier function	Assist in binding and eliminating toxins Prevent toxins from gaining access to the intestinal epithelium Reset healthy immune tolerance and build a stronger barrier to the external environment	Reduce gut inflammation Heal and strengthen the intestinal barrier Repair damage to gut lining	Help improve digestion Help establish an optimal pH in the stomach Help initiate the breakdown of nutrients for improved absorption
L-Glutamine 4 g/day Deglycyrrhizinated Licorice 400 mg/day Aloe Vera Leaf Gel Extract 75 mg/day	Probiotics 20-450 billion CFU* <i>S. boulardii</i> 2-10 billion CFU* *Colony Forming Units	5 g/day	Individualized Dosing	Titrate Dosing Up as Needed

Special Considerations for You:
