

Patient Name:

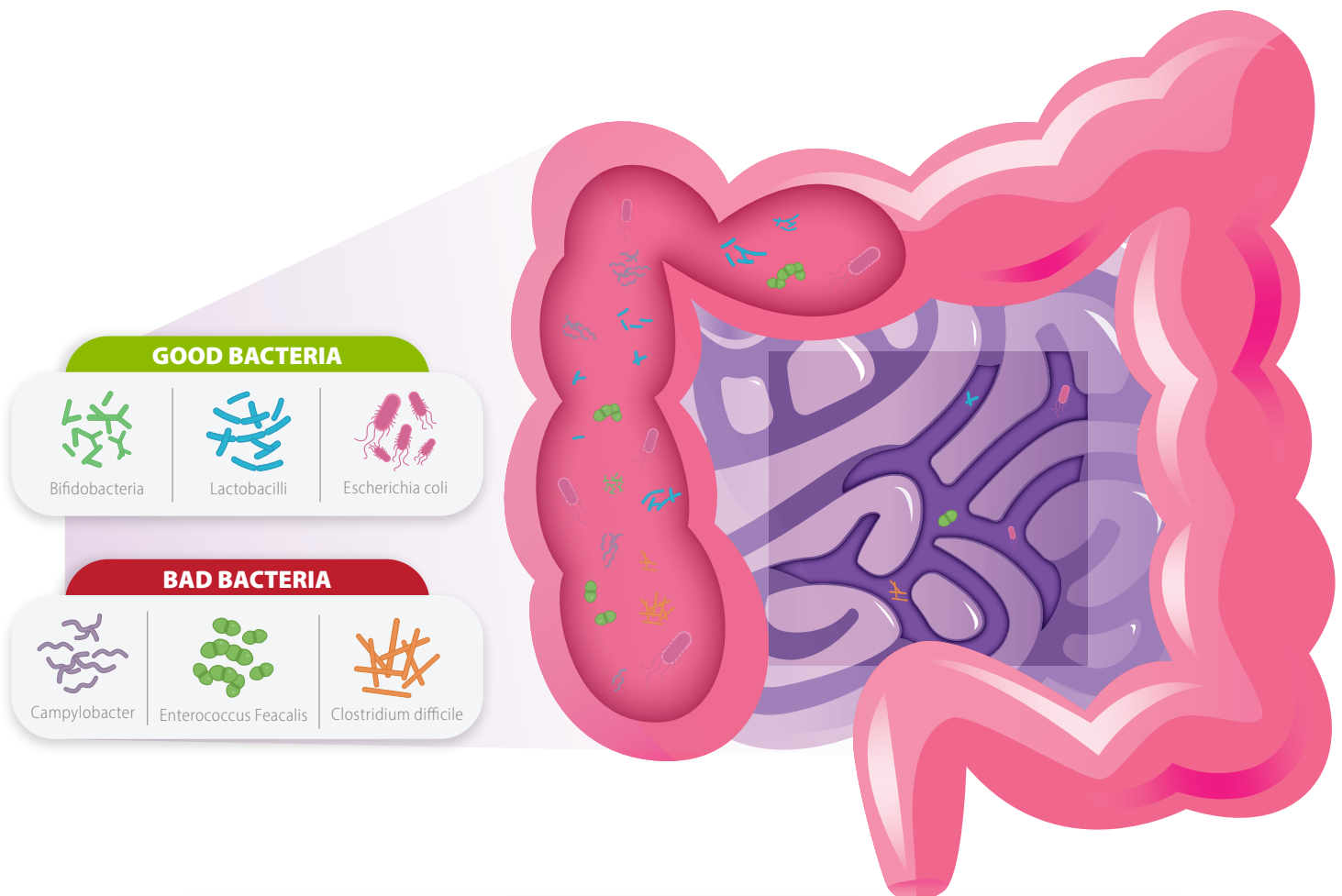
Date:

Dysbiosis

Dysbiosis occurs when too few beneficial bacteria or too many potential pathogens are present in the gastrointestinal (GI) tract. In either case, unwanted organisms, such as unfriendly bacteria, yeast (candida) and parasites, induce disease by altering nutrition patterns in the body. It is critical to maintain a delicate balance of beneficial bacteria in the microbiome to help with digestion and protect the body from pathogenic organisms. Dysbiosis may require antimicrobial compounds to keep unfriendly bugs in check, but will also require long-term lifestyle changes to maintain the perfect balance.

Major causes of dysbiosis include:

- Antibiotic use
- Stress
- Poor dietary intake
- Gastrointestinal infections
- Inflammation
- Excess body fat



Lifestyle Modifications



Limit sugar consumption



Increase fiber intake



Increase water intake to half your body weight in ounces per day



Exercise regularly to maintain a healthy weight



Limit antibiotic use (medications and food sources)

Nutrient Solutions

Probiotics + <i>Saccharomyces boulardii</i>	Berberine Sodium Caprylate Ginger	Thyme Oil Clove Oil Oregano Oil	Digestive Enzymes	Serum-Derived Bovine Immunoglobulins
Help maintain a healthy and balanced digestive tract Prevent "bad" bacteria from overgrowing Decrease inflammation	Promotes microbial balance and immune support Disrupts production of unwanted bacteria and yeast Provides antioxidant support and soothes the GI tract	Disrupts biofilm formation Promotes healthy microbial balance Maintains immune health	Help improve digestion Can prevent vitamin deficiency and enhance B12 absorption	Supports barrier function Broad-spectrum binding to toxins helps protect the gut lining Resets immune tolerance
20 billion CFU* Probiotics + 3 billion CFU* <i>S. boulardii</i> 2x/day *Colony Forming Units	Berberine: 150 mg 3x/day Sodium Caprylate: 150 mg 3x/day Ginger: 100 mg 3x/day	Thyme Oil: 200 mg 3x/day Clove Oil: 100 mg 3x/day Oregano Oil: 100 mg 3x/day	Individualized dosing	5 g per day

Special Considerations for You:
