

Discount code for products. Yours in health, Dr. Kim Carlucci  
Questions? Text 973-454-5617

Here is the Total Gut Restoration.

Every patient is different in terms of dosing and it also depends on the clinical profile of the patient. Here are our suggestions:

#### MONTH 1

MegaSporeBiotic Ages 10+ (for full dose) - Ages 2+ (up to one capsule) - This is a pharmaceutical grade probiotic. It is important to slowly increase the dose over the next four weeks to reach the suggested daily dose.

- 1) Week 1: Take 1 capsule every other day
- 2) Week 2: Take 1 capsule daily
- 3) Week 3+: Take 2 capsules daily

The idea is to titrate slowly up to the full dose, which is two capsules of MegaSporeBiotic once a day with any meal.

#### MONTH 2

MegaSporeBiotic - Continue taking 2 caps together, with meals.  
Add in MegaPreBiotic Ages 3+ - There is a short titration, generally over the course of a week or two.

- 1) Week 1: Take 1/2 scoop daily, mixed with 8-12 ozs water.
  - 2) Week 2: Take 1 full scoop daily, mixed with 8-12 ozs water.
- Sensitive patients can start with a lower dose.

#### MONTH 3

MegaSporeBiotic - Continue taking 2 caps together, with meals.  
MegaPreBiotic - Continue taking one scoop daily, mixed with 8-12 ozs water.

MegaMucosa Ages 2+ - This product is generally well tolerated, except for someone with an immediate IgE food allergy to beef.

- 1) one scoop daily, mixed with 8-12 ozs water.

NOTE: Mix MegaMucosa and MegaPreBiotic in same glass of water or a shake for convenience.

#### MONTH 4 (& THEREAFTER)

MegaSporeBiotic - Continue taking 2 caps together, with meals.

MegaPreBiotic - Continue taking one full scoop daily, mixed in same water.

MegaMucosa - Continue taking one scoop daily, mixed with 8-12 ozs water.

#### MAINTENANCE PROGRAM

The Total Gut Restoration system is generally intended for short-term treatment and may be scaled down to a maintenance dose after a few months or the relief of unwanted symptoms. For the best results, slowly work down to the suggested maintenance dosing - which is: Continue taking all three products in #4 above, but slowly reduce MegaSporeBiotic to 2-3 times a week (taking 2 capsules) and one scoop of MegaMucosa and MegaPreBiotic to once a week.

Some patients experience die-off in the beginning. If a patient is experiencing this (gas, bloating or diarrhea), you can cut the dose in half (or less) and start a low and slow titration or remove the MegaSporeBiotic and immediately start on the MegaMucosa or MegaIgG2000. These products help to repair and rebuild the mucosal lining and also help bind up the toxins and pathogens of die-off.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.