



Gut Health Basics

Nutrition	Lifestyle
<ul style="list-style-type: none"> ● Protein <ul style="list-style-type: none"> ○ Provides Amino Acids ● Dietary fiber <ul style="list-style-type: none"> ○ Soluble AND Insoluble ● Eat whole/real foods 	<ul style="list-style-type: none"> ● Hydrate! <ul style="list-style-type: none"> ○ Urine should be barely yellow.* ● Exercise ● Stress management ● Sleep

Supplements for Basic Gut Health	
<p>N-acetylcysteine</p> <ul style="list-style-type: none"> ● Precursor to Glutathione ● Protects Kidneys and Liver ● Immune Support 	<p>Probiotics</p> <ul style="list-style-type: none"> ● Improves Digestion ● Reduces Inflammation ● Immune Support
<p>Adaptogens (Choose 1)</p> <ul style="list-style-type: none"> ● Maca root <ul style="list-style-type: none"> ○ Best for GI problems along with hormonal imbalances. ● Rhodiola <ul style="list-style-type: none"> ○ Best for GI problems along with mental and physical fatigue. 	<p>L-Glutamine</p> <ul style="list-style-type: none"> ● Repair GI Tract Lining <ul style="list-style-type: none"> ○ 500mg 2x Day ● Antioxidant ● Supports Diverse Biota ● Immune Support
<p>DGL Licorice</p> <ul style="list-style-type: none"> ● Treats Peptic Ulcer and Canker sores ● Acute/Chronic Treatment of Acid Reflux ● DOES NOT Affect Blood Pressure! 	<p>Aloe Vera</p> <ul style="list-style-type: none"> ● Soothes GI Tract, especially Stomach <ul style="list-style-type: none"> ○ 1 oz with Meals* ● Supports Digestion ● Antioxidant ● Supports Hydration and Provides Vitamins/Minerals

Supplements can be ordered at <http://us.fullscript.com/welcome/wellgi> and you receive a 25% lifetime discount on all products in the dispensary.