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3 **MEGASPOREBIOTIC™**
MegaSporeBiotic™ is a 100% spore-based, broad-spectrum probiotic clinically shown to maintain healthy gut barrier function. This unique all-spore formula effectively RECONDITIONS the gut by promoting microbial diversity and maintaining key health-promoting, commensal gut bacteria.

4 **MEGAPRE™**
MegaPre™ is the first Precision Prebiotic™ supplement made up of clinically-tested, non-digestible oligosaccharides. MegaPre™ REINFORCES the beneficial microbial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.

5 **MEGAMUCOSA™**
MegaMucosa™ is the first complete mucosal support supplement of its kind, formulated to REBUILD a healthy mucosal barrier. MegaMucosa™ contains a state-of-the-art flavobioclinically shown to support microbial diversity and alleviate barrier dysfunction, otherwise known as leaky gut.

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A comprehensive practitioner protocol guide on how to walk your patients through TGR & beyond.

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Contact us if you have any questions & stay connected for up to date research by following us on social media @microbiomelabs.
MegaSporeBiotic™ is the first 100% spore-based, broad-spectrum probiotic clinically shown to improve leaky gut in just 30 days. Spore-based probiotics are much more effective than conventional probiotics on the market because they are designed to survive through the harsh gastric system, colonize, and increase microbial diversity in the gut. Because these spores are so multi-functional, they can support a variety of functions in the body. This unique all-spore formula effectively reconditions the gut by increasing microbial diversity and encouraging the growth of key health-promoting, commensal gut bacteria. MegaSporeBiotic™ boasts a 5-year shelf-life, does not require refrigeration, and maintains efficacy during antibiotic therapy.

**Designed by Nature**

Bacillus spores are naturally designed to survive digestion. The reason for their inherent survivability comes from their bi-phasic life cycle. This means that the Bacillus spores can transition interchangeably from their dormant form to their active form, depending on the environment. In its dormant spore form, Bacillus will surround itself with an endospore, which is a tough, natural outer shell that protects it from light, heat, pressure, acid, lack of oxygen, and other environmental factors. This key feature is what allows MegaSporeBiotic™ to survive easily through digestion without the need for enteric-coated capsules or refrigeration. Once it reaches the intestines, MegaSporeBiotic™ can increase microbial diversity by changing the pH, crowding out unwanted pathogens, and increasing the production of short-chain fatty acids. Due to its inherent survivability and lasting health benefits, MegaSporeBiotic™ has become a revolutionary tool in Total Gut Restoration.

**SUPPLEMENT FACTS**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Probiotic Blend</td>
<td>340 mg ↑</td>
</tr>
<tr>
<td>Bacillus indicus, HU36™</td>
<td>↑</td>
</tr>
<tr>
<td>Bacillus subtilis, HU85™</td>
<td>↑</td>
</tr>
<tr>
<td>Bacillus coagulans (SC-208)</td>
<td>↑</td>
</tr>
<tr>
<td>Bacillus licheniformis (SL-307)</td>
<td>↑</td>
</tr>
<tr>
<td>Bacillus clausii (SC-109)</td>
<td>↑</td>
</tr>
</tbody>
</table>

↑ Daily values not established.

**OTHER INGREDIENTS:** Cellulose, vegetable capsule (cellulose and water).

**DOSING**

Adults and children over 5 years of age: Start with 1/2 or 1 full capsule with a meal and slowly increase using the following protocol:

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

Children under 5 years of age, please consult with your healthcare practitioner.
**MegaPre™** is a cutting-edge Precision Prebiotic™ supplement made up of clinically-tested, non-digestible oligosaccharides that can increase microbial diversity and selectively feed beneficial, keystone bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria*.

Prebiotics are non-digestible fibers that feed the bacteria living in your gut. However, most prebiotics on the market can feed both harmful and beneficial gut bacteria, which can exacerbate digestive issues. Keystone bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria* are very important for human health, but their populations can be easily diminished by antibiotics, stress, diet, glyphosate, and other environmental toxins. MegaPre™ was designed to specifically reinforce these keystone strains without feeding the dysbiotic flora.

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**A. Muciniphila**

*A. muciniphila* plays an important role in metabolism and has been shown to promote fat loss.

**F. Prausnitzii**

*F. prausnitzii* can increase the production of butyrate, a short-chain fatty acid that can reduce intestinal inflammation and support a healthy colon.

**Bifidobacteria**

*Bifidobacteria* can also increase butyrate production and promote lean body mass.

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Increasing populations of these protective bacteria is an integral part of reinforcing a healthy gut microbiome. Studies have shown that a more diverse gut microbiome is associated with a stronger immune system and a decreased risk for chronic illness.

**Nourish the powerful ecosystem in your gut with MegaPre™ today!**
MegaMucosa™ is the first complete mucosal support supplement of its kind, formulated to REBUILD a healthy mucosal barrier. MegaMucosa™ also contains dairy-free immunoglobulins clinically shown to support a healthy immune response in the mucosa and a state-of-the-art flavobiotic clinically shown to support microbial diversity and alleviate barrier dysfunction, otherwise known as leaky gut.**

The mucosal system is a very important part of the human immune system. Not many people think of mucus as being protective, but it is the main interface between the human body and the outside world. The mucosal system contains 150 times more surface area than skin, which makes it one of the most important immune barriers. The health of the mucosa determines how the body interacts with antigens; therefore, the integrity of the intestinal mucosa can dictate overall immune function.**

WHAT DOES IT DO?

The dairy-free immunoglobulin concentrate supports healthy digestion, neutralizes environmental toxins, and helps to REBUILD protective intestinal barriers. These IgG antibodies can reduce the damage of metabolic endotoxemia and neutralize LPS, an endotoxin that triggers mucosal activation.**

There are four key amino acids that play an important role in the production of intestinal mucosa include: L-proline, L-serine, L-cysteine, and L-threonine. These four amino acids have been shown to increase mucin2 production and stimulate mucin synthesis in the colon, resulting in a thicker and healthier mucosal barrier.**

MicrobiomeX® is a natural citrus extract rich in polyphenols that supports digestive health and immunity by increasing microbial diversity in the gut and improving gut barrier function. A clinical study using 500mg of citrus fruit extract found a significant increase in short-chain fatty acid (SCFA) composition and a reduction in fecal calprotectin. Both results suggest that citrus polyphenols can reduce inflammation and modulate the microbial composition in the gut.**
**Total Gut Restoration**

**RECONDITION**

MegaSporeBiotic™ is the first 100% spore-based, broad-spectrum probiotic clinically shown to improve leaky gut by 60% in just 30 days. This unique all-spore formula effectively RECONDITIONS the gut by increasing microbial diversity and encouraging the growth of key health-promoting, commensal gut bacteria. MegaSporeBiotic™ boasts a 5-year shelf-life, does not require refrigeration, and maintains efficacy during antibiotic therapy.**

**REINFORCE**

MegaPre™ is the first Precision Prebiotic™ supplement made up of clinically-tested, non-digestible oligosaccharides that can increase microbial diversity and selectively feed beneficial bacteria like Akkermansia muciniphila, Faecalibacterium prausnitzii, and Bifidobacteria. MegaPre™ REINFORCES the beneficial microbial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.**

**REBUILD**

MegaMucosa™ is the first complete mucosal support supplement of its kind, formulated with key amino acids to REBUILD a healthy mucosal barrier. MegaMucosa™ also contains dairy-free immunoglobulins clinically shown to support a healthy immune response in the mucosa and a state-of-the-art flavobiotic clinically shown to support microbial diversity and alleviate barrier dysfunction, otherwise known as leaky gut.**

**AT A GLANCE**

The three fundamental aspects of gut health include: the microbial population, physical structures, and regulatory immune function. A healthy gut microbiome is multi-faceted and relies heavily upon all 3 of these factors, like a three-legged stool. For this reason, therapies that only address one of these facets do not typically provide total restoration of a dysfunctional GI tract. The Microbiome Labs Total Gut Restoration system was uniquely designed to target all 3 of these areas, providing healthcare professionals with highly effective tools in the battle against chronic disease.**

**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.**

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# TOTAL GUT RESTORATION

## Patient Education Handout

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
<th>Sources</th>
<th>Dosage</th>
<th>Shelf Life</th>
<th>Heat Stable</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RECONDITION</strong></td>
<td>The first 100% spore-based probiotic clinically shown to improve leaky gut by 60% in just 30 days. Boasts a 5-year shelf life, no need for refrigeration, and maintained efficacy during antibiotic therapy.</td>
<td>Healthy human gut</td>
<td>Start with 1/2 capsule or 1 full capsule with food and slowly increase to 2 capsules daily: Wk 1: One capsule every other day. Wk 2: One capsule daily. Wk 3+: Two capsules daily.</td>
<td>5 years</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>REINFORCE</strong></td>
<td>The first Precision Prebiotic™ made of clinically-tested, non-digestible oligosaccharides that selectively feed beneficial bacteria like Akkermansia muciniphila, Faecalibacterium prausnitzii, and Bifidobacteria.</td>
<td>Organic green and gold kiwifruit, organic corn cob, and lactose</td>
<td>Start with 1/2 scoop daily for one week, then increase to 1 scoop daily with or without food. Mix into 16 oz of cold water or liquid of your choice.</td>
<td>3 years</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>REBUILD</strong></td>
<td>The first complete mucosal support supplement of its kind, formulated with key amino acids to REBUILD a healthy mucosal barrier.</td>
<td>Bovine serum from cows in the UK fed grass and grains</td>
<td>Take 1 scoop daily with or without food. Mix into 16 oz of cold water or liquid of your choice.</td>
<td>3 years</td>
<td>Yes</td>
</tr>
</tbody>
</table>

## MEGA sporebiotic

**RECONDITION**

- The gut is reconditioned by increasing microbial diversity and encouraging the growth of key health-promoting, commensal gut bacteria.

## MEGAPREP™

**REINFORCE**

- The gut is reinforced with the beneficial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.

## MEGAMUCOSA™

**REBUILD**

- The gut is rebuilt by containing dairy-free immunoglobulins to support healthy mucosal immunity and a state-of-the-art flavobiotic clinically shown to support microbial diversity and alleviate barrier dysfunction.

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**TOTAL GUT MICROBIOME LABS | TOTAL GUT RESTORATION PRACTITIONER HANDBOOK 2020**
Total Gut Restoration

This is a four month plus program. Once this program has been completed properly you should not have to repeat it again. That is if: 1) you maintain a correct maintenance program, and 2) in the future, when daily might be OK to re-introduce, you take it real easy in dairy consumption. Otherwise your intestinal microbiome might become altered again.

MONTH 1

MegaSporeBiotic
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 One: Take 1 capsule every other day
2) Week Two: Take 1 capsule daily
3) Week Three+: Take 2 capsules daily

To ensure the best results, take two capsules of MegaSporeBiotic once a day with a meal at any time of day.

MONTH 2

MegaSporeBiotic
Continue taking 2 caps together, with meals.

MegaPre
Increase microbial diversity / Reinforces microbial changes. We are going to titrate up to the standard dose.
1) Week One: Take ½ scoop daily, mixed with 8-12 ozs water.
2) Week Two: Take 1 full scoop daily, mixed with 8-12 ozs water.

MONTH 3

MegaSporeBiotic
Continue taking 2 caps together, with meals.

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

MegaMucosa
Rebuild a healthy mucosal barrier/alleviate barrier dysfunction.
1) one scoop daily, mixed with 8-12 ozs water.

NOTE: Can take MegaMucosa and MegaPre in same water mix for convenience.

MONTH 4 (& THEREAFTER)

MegaSporeBiotic
Continue taking 2 caps together, with meals.

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

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

MAINTENANCE PROGRAM

One to two months after all symptoms have corrected begin your initial maintenance program.

Continue taking all three products in #4 above, but reduce MegaSporeBiotic to 2-3 times a week and MegaMucosa and MegaPre to once a week.
<table>
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<th>REFERENCES</th>
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