

## GERD Support Protocol

GERD, or Gastroesophageal Reflux Disease, is a common digestive disorder where stomach acid flows back into the esophagus, leading to symptoms such as heartburn and regurgitation.

Unfortunately, the first response treatment for GERD involves proton pump inhibitor (PPI) medications that have known side-effects with long-term use. One of the most important changes with long-term PPI use is a negative effect on the gut microbiome.

By adopting a holistic approach to treating GERD, patients can experience not only symptom relief but also overall improvement in their quality of life. Our GERD protocol supports the upper digestive tract and the gut microbiome, reducing the likelihood of further digestive issues.

***Even if you have received medical prescription treatment, this protocol will help to support the gut microbiome, heal the stomach lining, and enhance immune support.***

### MegaGuard™

#### PURPOSE

MegaGuard contains several supportive ingredients for gut health. Compounds in licorice have been studied for their ability to reduce inflammation in the stomach lining. Some studies have shown that these compounds can improve stomach acidity, help heal ulcers, and decrease the presence of *H. pylori* bacteria.



Cynaropicrin, a bitter compound found in artichoke leaves, helps bile flow better. Bile contains saponins, which are soap-like chemicals with antimicrobial properties, important for the upper small intestine.

After getting rid of *H. pylori*, ginger compounds (gingerols) can help with general stomach discomfort.

#### DOSING

1 capsule 15 minutes before each meal. If tolerated, increase to two capsules prior to each meal. May be used daily or as needed.

## PyloGuard™

### PURPOSE

The bacteria *H. pylori* is often associated with GERD (acid reflux). A specific strain of beneficial bacteria called *L. reuteri* DSM17648 can attach itself to *H. pylori*.

Since 2014, studies have shown that this strain can significantly reduce the amount of *H. pylori*. It does this by forming clusters around the *H. pylori* without affecting other helpful bacteria in the gut. This makes *L. reuteri* DSM17648 very useful in medical treatments without causing harmful side effects.

### DOSING

For confirmed elevated *H. pylori*, mix one capsule into water prior to each meal. For general dyspepsia, mix one capsule into water once daily.



## MegalG2000™

### PURPOSE

Serum derived immunoglobulins (SBI) have been documented to bind *H. pylori*, along with a list of other bacterial toxins. The neutralizing effects of SBI have shown improvements in abdominal pain, bloating and flatulence.

### DOSING

2 capsules before your first meal of the day and 2 capsules before dinner.



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