

Protocol to Restore Normal Gut Bacteria

(continue for at least 3-6 months)

HU58, Megaquinone K2-7, MegalgG2000, MegasporeBiotic - 2 caps HU58, 2 caps Megaquinone K2-7, 4 caps MegalgG2000, 2 caps MegasporeBiotic with food anytime during the day

MegaMucosa, MegaPrebiotic – 1 scoop each dissolved in 4-8 ounces of water or Perrier once a day

Direct Ordering Information:

Microbiome Labs: <https://microbiomelabs.com/>

Click on “Register” on the top Navigation Bar; then click “Patient”; then fill out the “Patient Registration” and enter into the “Patient Direct Code”: **DrAlDanenberg**, click on “Register” and then place order.

Products to Purchase from Microbiome Labs per month:

1 bottle MegasporeBiotic

1 bottle HU58

1 bottle MegalgG2000

1 bottle Megaquinone K2-7

1 tub MegaMucosa

1 tub MegaPrebiotic

Avoid:

- Grain products
- Added or concentrated sugars
- Pasteurized milk products
- Over-processed vegetable & seed oils, partially-hydrogenated fats, and hydrogenated fats
- Processed foods containing preservatives, emulsifiers, chemicals, and unhealthy fats
- GMO and non-organic foods