

STAGE - MAINTENANCE

ONGOING SUPPORT for the digestive function and microbiome health

Duration = 6 weeks

TIME OF DAY		PRODUCT
15min before eating		2 x ZYMEGEST - digestive support
BREAKFAST (take with or after)		1 x PROBIOSPORE - specific bacteria species (FRIDGE)
		1 x FLORAMYCES - supports gut immunity
BETWEEN BREAKFAST & LUNCH		1 x scoop PALEO FIBRE in water - 'food' for good bacteria
		1 x 30ml POMEGRANATE JUICE (mix in with above)
		1 x PROBIOMED 50 - specific bacteria species (IN FRIDGE)
15min before eating		2 x ZYMEGEST - digestive support
LUNCH		
15min before eating		2 x ZYMEGEST - digestive support
DINNER		2 x LV-GB Complex - liver detox/digestive support