

# METABOLOMIC GUT PROTOCOL

STAGE 1	Day 1	INTESTINAL MUCOSA REPAIR
<b>Objective</b>	Intestinal mucosa reconstruction	
<b>Duration</b>	20 days	
<b>Dosage</b>	<ul style="list-style-type: none"> <li>• My Gastro 1 cps per day for 20 days</li> <li>• My Probiotics 1 cps per day for 20 days at an empty stomach</li> </ul>	
<b>Description</b>	<p>The first phase is 20 days long and aims at beginning the reconstruction of the intestinal mucosa. The use of My Gastro enables the reduction of intestinal inflammation, the proper renewal of enterocytes (gut cells) and the modulation of the expression of tight junction proteins, which are involved in the intestinal permeability.</p> <p>The simultaneous use of My Probiotics also allows the dysbiosis to begin to be corrected. At this early stage, it is important to eliminate highly inflammatory foods such as sweets, soft drinks, white flour and other sugar-containing foods.</p>	

STAGE 2	Day 21	INTESTINAL CLEANSING
<b>Objective</b>	Intestinal cleansing	
<b>Duration</b>	20 days	
<b>Dosage</b>	<ul style="list-style-type: none"> <li>• My Gastro 1 cps per day for 20 days</li> <li>• My Probiotics 1 cps per day for 20 days with an empty stomach</li> <li>• My Gut Life 2 tablets per day for 20 days</li> </ul>	
<b>Description</b>	<p>The second phase, which also lasts 20 days, is to continue with the mucosa repair and the restoration of the balance of the microbiota. Thanks to the addition of My Gut Life, it will be easier to eliminate any intestinal gas and pathogenic microorganisms such as fungi and parasites.</p>	



## Metabolic gut protocol

STAGE 3	Day 41	MAINTENANCE
<b>Objective</b>	Maintenance	
<b>Duration</b>	60 days	
<b>Dosage</b>	<ul style="list-style-type: none"> <li>• My Gastro 1 cps per day for 60 days</li> <li>• My Total Health 2 cps per day for 60 days with meals</li> </ul>	
<b>Description</b>	<p>The last phase lasts 60 days and consists of maintaining the new balance established, and the addition of My Total Health, a complete multivitamin of 145 natural elements, in order to provide the body with the micronutrients that it is now able to absorb properly.</p>	

For further guidance on the Meetab Intestine Protocol visit: [www.meetab.it](http://www.meetab.it)

DOSAGE SCHEDULE NUTRACEUTICA	STAGE 1	STAGE 2	STAGE 3		
	DAYS 1-20	DAYS 21-40	DAYS 41-60	DAYS 61-80	DAYS 81-100
MY GASTRO	1 cps a day	1 cps a day	1 cps a day	1 cps a day	1 cps a day
MY PROBIOTICS	1 cps a day	1 cps a day			
MY GUT LIFE		2 tablets a day			
MY TOTAL HEALTH			2 cps a day	2 cps a day	2 cps a day

Protocol for the exclusive use of healthcare professionals

## My Gastro Capsules

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Dietary supplement in capsules Based on L-Glutamine, Vitamin B1 and FOS

## Technical info

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Form	Capsules
Quantity	60 Capsules
Net weight	1.88 oz

## Directions for use

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1 capsule a day

## Details

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It is a dietary supplement in capsule form based on the amino acid L-Glutamine with added Vitamin B1 and FOS indicated when an increase in its intake is needed.

## My Probiotics

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It is a dietary supplement which contains 72 billions CFU (including kefir) and 35 strains per capsule that can be stored even at room temperature.

## Technical info

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Form	Vegetable Capsules
Quantity	60 Vegetable Capsules
Net Weight	1.35 oz

## Directions for use

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1 capsule a day, empty stomach.

## Details

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My Probiotics contains 72 billions CFU per capsule (including kefir) and has more strains (35) than any other similar supplement on the market. It can even be stored at room temperature, so it is to carry around. Probiotics are fundamental for the reconstruction of the intestinal flora and to strengthen the immune system.

## My Gut Life

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Supplement based on plant extracts with Garlic, Oregano and Fennel. It contains Cinnamon which has antioxidant properties and the Olive which favors the regularity of arterial pressure.

## Technical info

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Form	Tablets
Quantity	60 Tablets
Net Weight	2.96 oz

## Directions for use

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2 tablets a day.

## Details

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Gut Life is a supplement that contains Garlic, Oregano and Fennel that help digestive function with the elimination of intestinal gas and the regularity of the intestinal tract. The presence of Cinnamon and Olive, promote the oxidation and metabolism of carbohydrates.

In addition, Cinnamon combined with Garlic have beneficial effects on blood sugar; the extract of Olive leaves contains powerful constituents that have natural antifungal properties that may reduce undesirable microorganisms, favoring the normal balance of the flora.

## My Total Health

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An innovative multivitamin supplement composed of more than 145 natural elements including vitamins, minerals, amino acids, enzymes, and organic fruit and vegetable extracts, balanced in a synergistic and complete way.

## Technical info

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Form	Capsules
Quantity	120 capsules
Net Weight	2.33 oz

## Directions for use

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2 capsules a day, with the meal.

## Details

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My Total Health takes advantage of the synergistic effect of the sum of elements, which is greater than the effect of individual elements, as in nature: among these amino acids in free form, the active form of vitamin K2, which, according to clinical studies, decreases morbidity and mortality from heart disease<sup>\*\*\*</sup>, vitamin D3 (see also vitamin D supplement), enzymes of plant origin, essential for the digestion and absorption of nutrients (see also digestive enzymes).