

GI Health & Function Protocol for Gut Barrier Panel

As more Americans are affected by poor diet choices, chronic stress, toxic overload, and bacterial imbalance, it appears that the prevalence of leaky gut is potentially reaching epidemic proportions. The medical profession is just now agreeing this condition even exists, which is especially shocking considering that “intestinal permeability” (another name for leaky gut) has been discussed in the medical literature for over 100 years.

According to one review focusing on medically reviewed research about intestinal permeability (among other sources), the chronic condition of hyperpermeability is linked to numerous symptoms and health conditions, including inflammatory bowel diseases and some autoimmune diseases. In general terms, leaky gut is a dysfunction that often creates a cascading effect of health issues. Fortunately, the inclusion of key nutrients can provide meaningful clinical improvements.

Primary Supplement Support

Product	Amount	Description
UltraBiotic Complete	1 capsule per day.	UltraBiotic Complete is a probiotic supplement made with a comprehensive seven-strain blend of gut-supporting microbial organisms (known as probiotics).
Dynamic GI Integrity	Mix one scoop (7 g) with 6-8 ounces of water daily.	Dynamic GI Integrity is a delicious nutritional formula designed to support gastrointestinal integrity and function.
Dynamic GI Defend	Mix 1 scoop in 8 ounces of water or your favorite beverage daily.	Dynamic GI Defend helps support a healthy mucosal immune system and digestive function. The unflavored powdered drink mix contains ImmunoLin [®] , a serum-derived bovine immunoglobulin/protein isolate that works by binding, neutralizing, and removing toxins from the gut.

Dietary considerations

Your diet is critically important to promoting a healthy GI tract and overall well-being. Better dietary choices and consuming nutritional supplements that help promote a healthy gut can make a significant difference.

What you eat has a direct impact on how you feel. Inflammation in the GI tract is often a result of sensitivities to certain foods and ingredients. Highly processed, sugar-filled, fatty, and low-nutrient food choices need to be eliminated and replaced with healthy options.

Healthy Inflammatory Response

Inflammation refers to your body’s process of fighting against things that harm it, like infections, injuries, and toxins, in an attempt to heal itself. When something damages your cells, your body releases chemicals that trigger a response from your immune system.

This response includes the release of antibodies and proteins, as well as increased blood flow to the damaged area. In the case of acute inflammation — like getting a cut on your knee or dealing with a cold — the whole process usually lasts for a few hours or a few days.

Chronic inflammation happens when this response lingers, leaving your body in a constant state of alert. Over time, chronic inflammation can have a negative impact on your tissues and organs. Some research suggests that chronic inflammation could also play a role in a range of conditions, from cancer to stroke.

Healthy Inflammatory Response Protocol for FIT Test

Product	Amount	Description
Detox Support	2 capsules once or twice daily.	Detox Support provides nutrients to support the body in its natural detoxification processes, the harmful toxins, chemicals, and environmental pollutants can then be eliminated from the body.
Curcumin 400x	2 softgels once or twice daily.	Curcumin 400x is a highly bioavailable curcumin, (a curcuminoid and one of turmeric's major active constituents). Curcumin is documented to have anti-inflammatory activity.
Inflam-Eze Plus	3 capsules once or twice daily.	Inflam-Eze Plus is a comprehensive herbal formula to support healthy inflammatory markers in the body.