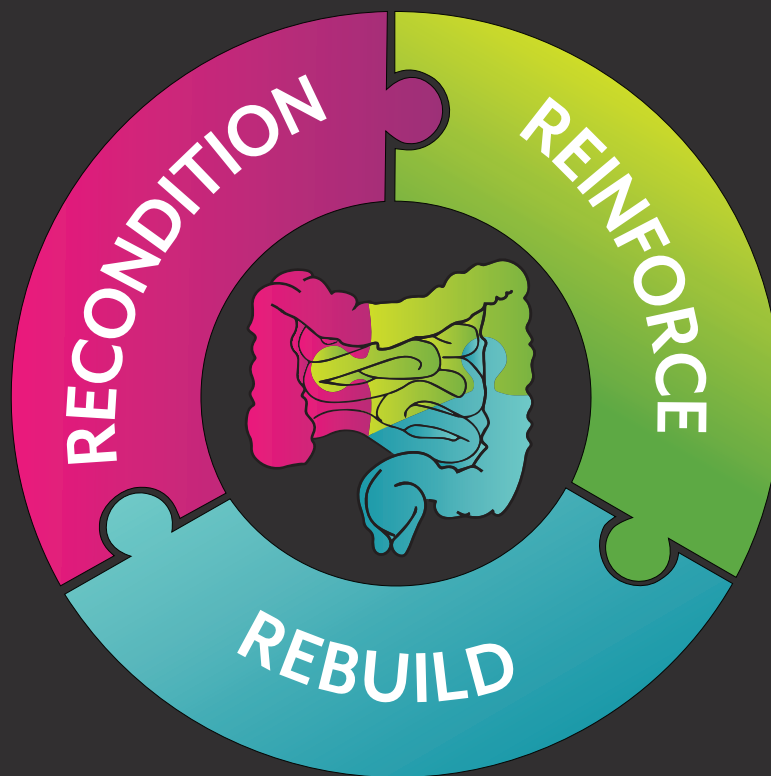




TOTAL GUT RESTORATION



PRACTITIONER HANDBOOK
2019

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MegaSporeBiotic™ is a 100% spore-based, broad-spectrum probiotic clinically shown to maintain healthy gut barrier function. This unique all-spore formula effectively **RECONDITIONS** the gut by promoting microbial diversity and maintaining key health-promoting, commensal gut bacteria.

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MEGAPREBIOTIC™

MegaPreBiotic™ is the first Precision Prebiotic™ supplement made up of clinically-tested, non-digestible oligosaccharides. MegaPreBiotic™ **REINFORCES** the beneficial microbial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.

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MegaMucosa™ is the first complete mucosal support supplement of its kind, formulated to **REBUILD** a healthy mucosal barrier. MegaMucosa™ contains a state-of-the-art flavobiotic clinically shown to support microbial diversity and alleviate barrier dysfunction, otherwise known as leaky gut.

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CONTACT US

Contact us if you have any questions & stay connected for up to date research by following us on social media @MicrobiomeLabs.

MEGA SPOREBIOTIC™

Probiotic and Antioxidant Combination**



MegaSporeBiotic™ is the first 100% spore-based, broad-spectrum probiotic clinically shown to improve leaky gut in just 30 days. Spore-based probiotics are much more effective than conventional probiotics on the market because they are designed to survive through the harsh gastric system, colonize, and increase microbial diversity in the gut. Because these spores are so multi-functional, they can support a variety of functions in the body. This unique all-spore formula effectively reconditions the gut by increasing microbial diversity and encouraging the growth of key health-promoting, commensal gut bacteria. MegaSporeBiotic™ boasts a 5-year shelf-life, does not require refrigeration, and maintains efficacy during antibiotic therapy.**

Designed by Nature

Bacillus spores are naturally designed to survive digestion. The reason for their inherent survivability comes from their bi-phasic life cycle. This means that the Bacillus spores can transition interchangeably from their dormant form to their active form, depending on the environment. In its dormant spore form, Bacillus will surround itself with an endospore, which is a tough, natural outer shell that protects it from light, heat, pressure, acid, lack of oxygen, and other environmental factors. This key feature is what allows MegaSporeBiotic™ to survive easily through digestion without the need for enteric-coated capsules or refrigeration. Once it reaches the intestines, **MegaSporeBiotic™ can increase microbial diversity by changing the pH, crowding out unwanted pathogens, and increasing the production of short-chain fatty acids.** Due to its inherent survivability and lasting health benefits, MegaSporeBiotic™ has become a revolutionary tool in Total Gut Restoration.

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving	% Daily Value
Proprietary Probiotic Blend	340 mg † 4 Billion CFU
<i>Bacillus indicus, HU36™</i>	†
<i>Bacillus subtilis, HU58™</i>	†
<i>Bacillus coagulans (SC-208)</i>	†
<i>Bacillus licheniformis (SL-307)</i>	†
<i>Bacillus clausii (SC-109)</i>	†

† Daily values not established.

OTHER INGREDIENTS: Cellulose, vegetable capsule (cellulose and water).

DOSING

Adults and children over 5 years of age: Start with 1/2 or 1 full capsule with a meal and slowly increase using the following protocol:

Week 1: Take 1 capsule every other day
Week 2: Take 1 capsule daily
Week 3+: Take 2 capsules daily

Children under 5 years of age, please consult with your healthcare practitioner.



MEGA PREBIOTIC™

Precision Prebiotic™



MegaPreBiotic™ is a cutting-edge Precision Prebiotic™ supplement made up of clinically-tested, non-digestible oligosaccharides that can increase microbial diversity and selectively feed beneficial, keystone bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria*.**

Prebiotics are non-digestible fibers that feed the bacteria living in your gut. However, most prebiotics on the market can feed both harmful and beneficial gut bacteria, which can exacerbate digestive issues. Keystone bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria* are very important for human health, but their populations can be easily diminished by antibiotics, stress, diet, glyphosate, and other environmental toxins. MegaPreBiotic™ was designed to specifically reinforce these keystone strains without feeding the dysbiotic flora.**

SUPPLEMENT FACTS

Serving Size: 5 grams (1 scoop)
Serving Per Container: 30

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	4 g 1%*
Dietary Fiber	1 g 4%*
Total Sugars	1 g †
Proprietary Functional Fiber Blend	4 g †
Galactooligosaccharides (Bimuno®)	
Organic Fructooligosaccharides (Livaux™ and ACTAZIN™)	
Organic Xylooligosaccharides (PreticX™)	

† Daily values not established.
* Percent Daily Value is based on a 2,000 calorie diet.
OTHER INGREDIENTS: Natural Mango Flavor, Stevia Extract (Reb A), Malic Acid, Citric Acid, and Monk Fruit Extract 80%.

A. Muciniphila

A. muciniphila plays an important role in metabolism and has been shown to promote fat loss.

F. Prausnitzii

F. prausnitzii can increase the production of butyrate, a short-chain fatty acid that can reduce intestinal inflammation and support a healthy colon.

Bifidobacteria

Bifidobacteria can also increase butyrate production and promote lean body mass.

Increasing populations of these protective bacteria is an integral part of reinforcing a healthy gut microbiome. Studies have shown that a more diverse gut microbiome is associated with a stronger immune system and a decreased risk for chronic illness.**

Nourish the powerful ecosystem in your gut with MegaPreBiotic today!



MEGA MUCOSA™

Mucosal Support Formula**



MegaMucosa™ is the first complete mucosal support supplement of its kind, formulated to **REBUILD** a healthy mucosal barrier. MegaMucosa™ also contains dairy-free immunoglobulins clinically shown to support a healthy immune response in the mucosa and a state-of-the-art flavobiotic clinically shown to support microbial diversity and alleviate barrier dysfunction, otherwise known as leaky gut.**

The mucosal system is a very important part of the human immune system. Not many people think of mucus as being protective, but it is the main interface between the human body and the outside world. The mucosal system contains 150 times more surface area than skin, which makes it one of the most important immune barriers. The health of the mucosa determines how the body interacts with antigens; therefore, the integrity of the intestinal mucosa can dictate overall immune function.**

SUPPLEMENT FACTS

Serving Size: 5 grams (1 scoop)
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Total Fat	0.5 g	1%*
Sodium	20 mg	1%*
Total Carbohydrate	1 g	0%*
Protein	1 g	2%*
L-Proline	1 g	†
L-Serine	700 mg	†
L-Threonine	600 mg	†
L-Cysteine	80 mg	†
Serum-derived immunoglobulin concentrate (ImmunoLin®)	1 g	†
Immunoglobulin G (IgG)	450 mg	†
Immunoglobulin M (IgM)	50 mg	†
Immunoglobulin A (IgA)	10 mg	†
Bovine serum albumin	50 mg	†
Citrus bioflavonoids (MicrobiomeX®)	500 mg	†

† Daily values not established.
* Percent Daily Value is based on a 2,000 calorie diet.

OTHER INGREDIENTS: Natural Lemonade and Raspberry Flavor, Citric Acid, Stevia, Malic Acid, Luo Han Guo, Salt.

DOSING

Take 1 scoop daily with or without food, or as directed by your healthcare practitioner. Mix into 16 oz of cold water or liquid of your choice.

WHAT DOES IT DO?

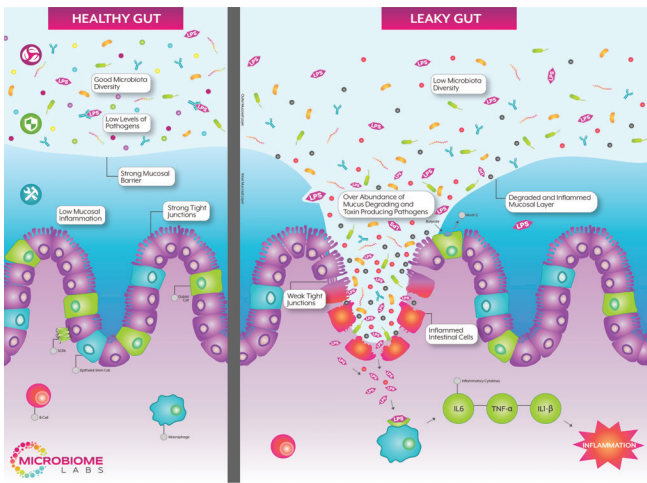
The dairy-free immunoglobulin concentrate supports healthy digestion, neutralizes environmental toxins, and helps to **REBUILD** protective intestinal barriers. These IgG antibodies can reduce the damage of metabolic endotoxemia and neutralize LPS, an endotoxin that triggers mucosal activation.**

There are four key amino acids that play an important role in the production of intestinal mucosa include: L-proline, L-serine, L-cysteine, and L-threonine. These four amino acids have been shown to increase mucin2 production and stimulate mucin synthesis in the colon, resulting in a thicker and healthier mucosal barrier.**

MicrobiomeX® is a natural citrus extract rich in polyphenols that supports digestive health and immunity by increasing microbial diversity in the gut and improving gut barrier function. A clinical study using 500mg of citrus fruit extract found a significant increase in short-chain fatty acid (SCFA) composition and a reduction in fecal calprotectin. Both results suggest that citrus polyphenols can reduce inflammation and modulate the microbial composition in the gut.**



Total Gut Restoration



AT A GLANCE

The three fundamental aspects of gut health include: the microbial population, physical structures, and regulatory immune function. A healthy gut microbiome is multi-faceted and relies heavily upon all 3 of these factors, like a three-legged stool. For this reason, therapies that only address one of these facets do not typically provide total restoration of a dysfunctional GI tract. The Microbiome Labs Total Gut Restoration system was uniquely designed to target all 3 of these areas, providing healthcare professionals with highly effective tools in the battle against chronic disease.**



RECONDITION

MegaSporeBiotic™ is the first 100% spore-based, broad-spectrum probiotic clinically shown to improve leaky gut by 60% in just 30 days. This unique all-spore formula effectively **RECONDITIONS** the gut by increasing microbial diversity and encouraging the growth of key health-promoting, commensal gut bacteria. MegaSporeBiotic™ boasts a 5-year shelf-life, does not require refrigeration, and maintains efficacy during antibiotic therapy.**



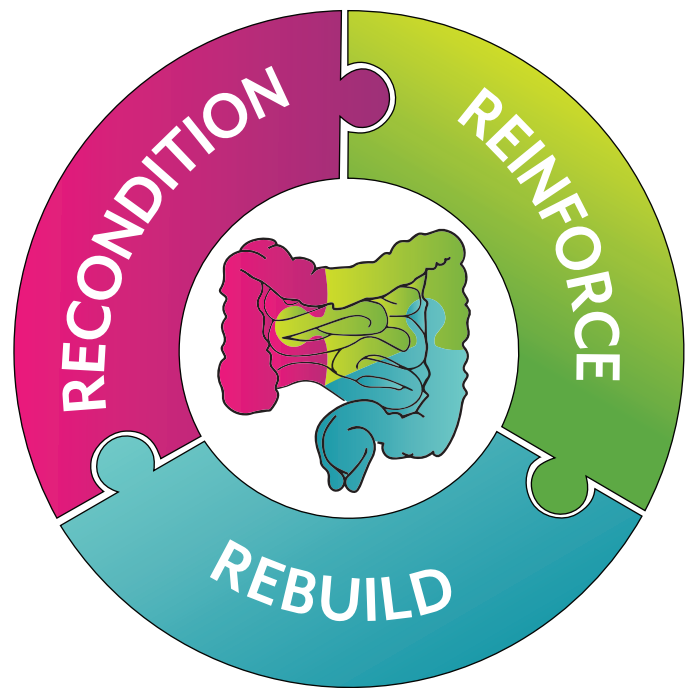
REINFORCE

MegaPreBiotic™ is the first Precision Prebiotic™ supplement made up of clinically-tested, non-digestible oligosaccharides that can increase microbial diversity and selectively feed beneficial bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria*. MegaPreBiotic™ **REINFORCES** the beneficial microbial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.**



REBUILD



MegaMucosa™ is the first complete mucosal support supplement of its kind, formulated with key amino acids to **REBUILD** a healthy mucosal barrier. MegaMucosa™ also contains dairy-free immunoglobulins clinically shown to support a healthy immune response in the mucosa and a state-of-the-art flavobiotic clinically shown to support microbial diversity and alleviate barrier dysfunction, otherwise known as leaky gut.**



**These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.

1) Fritscher-Ravens A, et al. Confocal endomicroscopy shows food-associated changes in the intestinal mucosa of patients with irritable bowel syndrome. *Gastroenterology*. 2014;147(5):1012-20. 2) Dlugosz A, et al. Increased serum levels of lipopolysaccharide and anti-flagellin antibodies in patients with diarrhea-predominant irritable bowel syndrome. *Neurogastroenterol Motil*. 2015;27(12):1747-54. 3) König J, et al. Human Intestinal Barrier Function in Health and Disease. *Clin Transl Gastroenterol*. 2016 Oct 20;7(10):e196. doi: 10.1038/ctg.2016.54. 4) Jason VS, Burnett BP. Survival and digestibility of orally-administered immunoglobulin preparations containing IgG through the gastrointestinal tract in humans. *Nutrition Journal*. 2015;14:22. 5) Faure M, Mettraux C, Moennaz D. Specific Amino Acids Increase Mucin Synthesis and Microbiota in Dextran Sulfate Sodium-Treated Rats. *J Nutr*. 2006;136(6):1558-64.

TOTAL GUT RESTORATION

	MEGA sporebiotic	MEGA PREBIOTIC™ Precision Prebiotic™	MEGA MUCOSA™
STEP	 RECONDITION	 REINFORCE	 REBUILD
DESCRIPTION	<p>The first 100% spore-based probiotic clinically shown to improve leaky gut by 60% in just 30 days. Boasts a 5-year shelf life, no need for refrigeration, and maintained efficacy during antibiotic therapy.</p> <p>RECONDITIONS the gut by increasing microbial diversity and encouraging the growth of key health-promoting, commensal gut bacteria.</p>	<p>The first Precision Prebiotic™ made of clinically-tested, non-digestible oligosaccharides that selectively feed beneficial bacteria like Akkermansia muciniphila, Faecalibacterium prausnitzii, and Bifidobacteria.</p> <p>REINFORCES the beneficial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.</p>	<p>The first complete mucosal support supplement of its kind, formulated with key amino acids to REBUILD a healthy mucosal barrier.</p> <p>Contains dairy-free immunoglobulins to support healthy mucosal immunity and a state-of-the-art flavobiotic clinically shown to support microbial diversity and alleviate barrier dysfunction.</p>
SOURCES	Healthy human gut	Organic green and gold kiwifruit, organic corn cob, and lactose	Bovine serum from cows in the UK fed grass and grains
DOSING	Start with 1/2 capsule or 1 full capsule with food and slowly increase to 2 capsules daily: Wk 1: One capsule every other day. Wk 2: One capsule daily. Wk 3+: Two capsules daily.	Start with ½ scoop daily for one week, then increase to 1 scoop daily with or without food. Mix into 16 oz of cold water or liquid of your choice.	Take 1 scoop daily with or without food. Mix into 16 oz of cold water or liquid of your choice.
SHELF LIFE	5 years	3 years	3 years
HEAT STABLE	Yes	Yes	Yes

STANDARD PROTOCOL

Total Gut Restoration

A healthy gut microbiome is multi-faceted and relies heavily upon 3 fundamental aspects of gut health including the microbial population, physical structures, and immune function. This system was uniquely designed to target all three of these areas to help you achieve Total Gut Restoration. We recommend introducing each product one at a time until you are taking all 3 products daily.

1

MONTH 1

MegaSporeBiotic

This is a pharmaceutical grade probiotic. It is important to slowly increase the dose over the next four weeks to reach the suggested daily dose.

- 1) Week 1: Take 1 capsule every other day
- 2) Week 2: Take 1 capsule daily
- 3) Week 3+: Take 2 capsules daily

To ensure the best results, take two capsules of MegaSporeBiotic once a day with a meal at any time of day.

2

MONTH 2

MegaSporeBiotic

Continue taking 2 caps together, with meals.

MegaPreBiotic

Increase microbial diversity / Reinforces microbial changes.

We are going to titrate up to the standard dose.

- 1) Week 1: Take ½ scoop daily, mixed with 8-12 ozs water.
- 2) Week 2: Take 1 full scoop daily, mixed with 8-12 ozs water.

3

MONTH 3

MegaSporeBiotic

Continue taking 2 caps together, with meals.

MegaPreBiotic

Continue taking one scoop daily, mixed with 8-12 ozs water.

MegaMucosa

Rebuild a healthy mucosal barrier/alleviate barrier dysfunction.

- 1) one scoop daily, mixed with 8-12 ozs water.

NOTE: Can take MegaMucosa and MegaPreBiotic in same water mix for convenience.

4

MONTH 4 (& THEREAFTER)

MegaSporeBiotic

Continue taking 2 caps together, with meals.

MegaPreBiotic

Continue taking one full scoop daily, mixed in same water.

MegaMucosa

Continue taking one scoop daily, mixed with 8-12 ozs water.

5

MAINTENANCE PROGRAM

This system is intended for short-term treatment and may be scaled down to a maintenance dose after a few months or the relief of unwanted symptoms. For the best results, slowly work down to the suggested maintenance dosing below:

Continue taking all three products in #4 above, but reduce MegaSporeBiotic to 2-3 times a week and one scoop of MegaMucosa and MegaPreBiotic to once a week.

REFERENCES

Fritscher-Ravens A, et al. Confocal endomicroscopy shows food-associated changes in the intestinal mucosa of patients with irritable bowel syndrome. *Gastroenterology*. 2014;147(5):1012-20.

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Yang J, Summanen PH, Henning SM, et al. Xylooligosaccharide supplementation alters gut bacteria in both healthy and prediabetic adults: a pilot study. *Front Physiol*. 2015; 6: 216.



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