

PHASE 2 - WEED & SEED
SEED THE MICROBIOME - Duration = 6 weeks

Support healthy bacteria populations

**Note: this is a 7 day rotation phase: 2 day 'weed' and 5 day 'seed'*

Alana Dascanio

SEED - 5 day rotation (eg. Mon - Fri)

TIME OF DAY	PRODUCT
Just before breakfast	1 teaspoon ACV* in 50-100ml water - digestive support
BREAKFAST	2 x LV-GB Complex - liver/digestive support
	1 x PROBIOSPORE - specific bacteria species (FRIDGE)
BETWEEN BREAKFAST & LUNCH	1 x scoop PALEO FIBRE* - prebiotics to feed good bacteria
	1 x hpd scoop GI-REVIVE* - for 'leaky gut' & inflammation
	½ scoop NAC* - antioxidant, gut & thyroid autoimmunity
	1 x FLORAMYCES - supports gut immunity
Up to 20-30min <u>before lunch</u>	1 teaspoon ACV* in 50-100ml water - digestive support
LUNCH	
BETWEEN LUNCH & DINNER	1 x scoop PALEO FIBRE* - prebiotics to feed good bacteria
	1 x hpd scoop GI-REVIVE - for 'leaky gut' & inflammation
	½ scoop NAC* - antioxidant, gut & thyroid autoimmunity
	1 x FLORAMYCES - supports gut immunity
Up to 20-30min <u>before dinner</u>	1 teaspoon ACV* in 50-100ml water - digestive support
DINNER	2 x LV-GB COMPLEX - liver/digestive support
	2 x PROBIOMED 50 - specific bacteria species (FRIDGE)

* NAC = N-Acetyl-Cysteine

*Can combine **Paleo Fibre**, **GI Revive** with **NAC**, and you may also add in 30ml Pomegranate juice (optional)*