

PHASE 3 - MAINTENANCE
ONGOING SUPPORT FOR THE HEALTH OF MICROBIOME
Duration = 6 weeks

Alana Dascanio

TIME OF DAY	PRODUCT
Just before breakfast	1 teaspoon ACV in 50-100ml water - digestive support
BREAKFAST	1 x PROBIOSPORE - specific bacteria species (FRIDGE)
BETWEEN BREAKFAST & LUNCH	1 x scoop PALEO FIBRE in water - 'food' for good bacteria
	1 x 30ml POMEGRANATE JUICE (mix with above)
	1 x PROBIOMED 50 - specific bacteria species (IN FRIDGE)
Approx 5-10 min <u>before lunch</u>	1 teaspoon ACV* in 50-100ml water - digestive support
LUNCH	
BETWEEN LUNCH & DINNER	1 x scoop PALEO FIBRE in water - 'food' for good bacteria
	1 x hpd scoop GI-REVIVE* - for 'leaky gut' & inflammation
Up to 20-30min <u>before dinner</u>	1 teaspoon ACV* in 50-100ml water - digestive support
DINNER	1 x PROBIOMED 50 - specific bacteria species (FRIDGE)

***STOP** TAKING THE **GI-REVIVE** AT THE SAME TIME AS STOPPING **P-BALANCE**,
i.e prior to conception attempts.