

PHASE 2 - WEED & SEED

WEED THE MICROBIOME - Duration = 8 weeks

Eliminate bacterial overgrowths & parasitic infections

**Note: this is a 7 day rotation phase: 3 day 'weed' and 4 day 'seed'*

WEED - 3 day rotation (eg. Fri, Sat, Sun) or choose your best days

TIME OF DAY	PRODUCT
15-20 min before eating	2 x ZYMEGEST - digestive support
BREAKFAST (take with or after)	2 x GASTROMEND - targets H.pylori infection
	2 x BERB-AVAIL - antiparasitic & antibacterial (overgrowths)
BETWEEN BREAKFAST & LUNCH	1 x GI-MICROBX - herbal anti-microbial, antiparasitic
	1 x FLORAMYCES - supports gut immunity (ie. S-IGA) parasite binder
15-20 min before eating	2 x ZYMEGEST - digestive support
LUNCH	
BETWEEN LUNCH & DINNER	1 x GI-MICROBX - herbal anti-microbial, anti-parasitic
	1 x FLORAMYCES - supports gut immunity (ie. S-IGA) parasite binder
15-20 min before eating	2 x ZYMEGEST - digestive support
DINNER (take with or after)	2 x GASTROMEND - targets H.pylori infection
	2 x BERB-AVAIL - antiparasitic & antibacterial (overgrowths)