

STAGE 2 - WEED & SEED
SEED THE MICROBIOME - Duration = 8 weeks

Support healthy bacteria populations

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

SEED - 4 day rotation (eg. Mon, Tues, Wed, Thur) or choose your best days

TIME OF DAY	PRODUCT
15-20 min before eating	2 x ZYMEGEST - digestive support
BREAKFAST (take with or after)	1 x PROBIOSPORE - specific bacteria species (FRIDGE)
	1 x FLORAMYCES - supports gut immunity
	2 x LV-GB Complex - liver detox/digestive support
BETWEEN BREAKFAST & LUNCH	1 x scoop PALEO FIBRE* - prebiotics to feed good bacteria
	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 scoop PALEO FIBRE* - prebiotics to feed good bacteria
	2 x PROBIOMED 50 - specific bacteria species (FRIDGE)
15-20 min before eating	2 x ZYMEGEST - digestive support
DINNER (take with or after)	2 x LV-GB Complex - liver detox/digestive support
	1 x FLORAMYCES - supports gut immunity (ie. S-IGA) parasite binder

You can combine **Paleo Fibre (quite bland tasting) with your **Meta Relax, NAC, Selenium drops, Myo-inositol** doses.*

*And/or add a splash (30ml) of **Pomegranate Juice** (this is also a prebiotic)*