



Post Antibiotic Therapy Guide to Rebuild and Protect The Gut

The goal of this protocol is to:

- Rebuild the gut population from all angles (multi strains, spore-based, and single strain S Boulardii).
- Support the immune system
- Decrease inflammation
- Support the integrity of the mucosal lining

30-Day Protocol

***Products are linked for purchase with free expedited shipping no minimums!**

Repopulate with Beneficial Flora:

[ProbioMed250](#) - (comes in packs of 14- use for first two weeks)

Probiomed is the highest potency broad-spectrum (10 strain) probiotic we carry, offering 250 billion CFU per serving.

[Floramyces](#) - (60 caps/two caps a day)

Floramyces is a single strain probiotic containing *Saccharomyces boulardii*. Benefits of this source may include broader bioactivity and increased protection of the digestive mucosa. Also, it is this strain that has been most studied for its efficiency in the prevention of antibiotic-associated diarrheas and fungal overgrowth (no more post antibiotic yeast infections!).

[Probiospore](#) - (60 cap/1 cap a day - *will last two months)

Probiospore is a spore-based probiotic. It consists of a diverse combination of 5 different bacillus strains formulated to optimize gastrointestinal health.* Spore-based strains such as *Bacillus* are vital to the food chain as they have the intrinsic ability to

produce a multitude of enzymes, secretory proteins, antimicrobial compounds, vitamins, and carotenoids.* Spore-based probiotics behave differently than traditional probiotics in that they are delivered as dormant spores. The endospores encapsulate the beneficial bacteria strains making them extremely stable and highly resistant to stomach acid's low pH, resulting in the delivery of usable probiotics to the small intestine where they then revert to active, growing bacteria.

*If experiencing any discomfort during the antibiotic protocol, please add the two formulas below:

Soothe and Reduce Inflammation

GI Revive - (28 days) drink this on empty stomach 1-2x per day

GI Revive offers comprehensive support for the gut lining and lowers inflammation due to antibiotic use and infection. The lining of the gut must have proper permeability and integrity so it can not only absorb nutrients, but also prevent toxins, allergens, and microbes from gaining access to the bloodstream.

Let Us Get You Everything You Need

You can find these products at our [Designs for Health e-store](#). At [this link](#), you'll be prompted to create an account if you haven't ordered before. On return visits, you'll simply login and go! You receive FREE shipping on all orders placed at the e-store.

Concierge service more your vibe? Call/text (512) 243-7473 or email info@nutritionalwisdom.com and we will ship you everything you need. Have peace of mind knowing your pantry apothecary and set up and ready to go if and when you need it!