



# GI Flora Balance Program

A 6-Week Protocol to Support Gastrointestinal Health





# Good Health Starts in the Gut

A well-functioning digestive and gastrointestinal (GI) tract is important to overall health and well-being. In fact, 70 percent of the immune system is made up of tissues located in the GI tract.

From the day we are born, factors such as breast-feeding or cesarean birth may affect the makeup of our gut microbiome.

As a health care practitioner, you have the opportunity to support your patients' individual needs. The GI Flora Balance Program includes Standard Process and MediHerb® nutritional and herbal supplements that are formulated to support gastrointestinal health.\*

## What is gut flora?

Gut flora, also referred to as gut microbiota, is made up of a diverse community of both good and bad bacteria living in the GI tract. The gut plays host to more than 100 trillion microbial cells that may impact human physiology, metabolism, nutrition, and immune system function.

## What factors affect gut flora?

There are many factors that can affect an individual's gut flora composition, including:

- Age
- Antibiotics
- Diet
- Nonsteroidal anti-inflammatory drugs (NSAIDS)



# The GI Flora Balance Program

The GI Flora Balance Program is comprised of core products that are fundamental to improving GI health. Alternative product options plus adjunctive and advanced support product options are offered to meet the individualized needs of your patients. Recommend these products based on your clinical assessment. Utilizing the four key principles, choose a weekly plan for your patients. Repeat for six weeks.\*

## Everyday Digestion

Core Product	<b>DiGest Forte (MediHerb®) M1730, 60 tablets</b> 1 tablet 3 times per day before meals, or as directed	Contains bitter herbs for healthy digestion. Stimulates gastric juice output and appetite, supports healthy digestion and intestinal function, and promotes healthy GI tone.*
Adjunctive Support	<b>Zypan® 8430, 90 tablets; 8480, 330 tablets</b> 2 tablets with each meal, or as directed	Enzymatic support for protein digestion. Supports GI pH. May be used in addition to DiGest Forte.*

## Weeding (2 Consecutive Days)

Core Product	<b>Gut Flora Complex (MediHerb®) M1319, 60 softgels</b> 3 softgels 2 times per day, or as directed	Encourages a healthy intestinal environment and relieves mild GI upset*
Advanced Support For patients with specific digestive challenges	<b>Wormwood Complex (MediHerb®) M1490, 120 tablets</b> 2 tablets 2-3 times daily before meals for 10 days repeated after a 10-day break, or as directed	Cleanses the GI tract and encourages a healthy intestinal environment*
	<b>Garlic Forte (MediHerb®) M1720, 60 tablets</b> 1 tablet 1-2 times daily, or as directed	Contains garlic, which has been used traditionally to help support a healthy gut*
	<b>Golden Seal 500mg (MediHerb®) M1310, 40 tablets</b> 1 tablet 2-3 times daily, or as directed	Helps maintain healthy mucous membranes and relieves mild temporary digestive complaints*
	<b>Colax (MediHerb®) M1780, 60 tablets</b> 1 tablet 3-4 times daily, or as directed	Provides temporary relief of occasional mild constipation and cleanses the lower digestive tract*

## Seeding (5 Consecutive Days)

Core Product	<b>ProSynbiotic 7085, 90 capsules</b> 3 capsules per day, or as directed	Contains a synergistic blend of four research-supported probiotic strains and a prebiotic fiber to support gut flora and overall intestinal health. Improves nutrient digestion and absorption.*
Adjunctive Support	<b>Lact-Enz® 5130, 90 capsules; 5135, 150 capsules</b> 2 capsules per meal, or as directed	Combines digestive enzymes with probiotic bacteria to support healthy digestion and immune system function. Contains no prebiotic, making it suitable for sensitive patients.*
	<b>Lactic Acid Yeast™ 5150, 100 wafers</b> 1 wafer per meal, or as directed	Provides <i>Saccharomyces</i> . Supports a healthy intestinal environment. Cleanses and promotes healthy function in the lower GI tract.*

## Feeding (5 Consecutive Days in Conjunction with Seeding)

Core Product	<b>Whole Food Fiber 8335, 7 ounces powder</b> 1 level tablespoon in a blender drink per day, or as directed	Contains both soluble and insoluble fiber from nutrient-rich whole foods to promote regular intestinal motility and elimination. Provides food for beneficial microorganisms in the lower GI tract.*
Alternative Support	<b>Prebiotic Inulin 6920, 9 ounces powder</b> Start slowly with ¼ teaspoon per day and work up to recommended label dose. Prepare in a blender drink or add to food.	Encourages a healthy intestinal environment to benefit probiotic intestinal flora. Promotes a healthy pH in the lower GI tract and normal development of epithelial tissue. May be recommended in lieu of Whole Food Fiber.*
	<b>Gastro-Fiber® 4615, 150 capsules</b> 3 capsules, 3 times per day on an empty stomach, or as directed	Encourages a healthy intestinal environment to help maintain proper intestinal flora and encourages healthy GI tract pH. Recommended for patients who may experience occasional loose stools and those who prefer capsules versus powder.*
Adjunctive Support	<b>Vitanox® (MediHerb®) M1462, 40 tablets; M1468, 120 tablets</b> 1 tablet 1-2 times daily, or as directed	Supports and maintains cellular health. May be added to provide strong antioxidant activity.*



# 6-Week Core Protocol Order Quantities

The goal of the six-week GI Flora Balance program is to support the key principles of GI health with supplements from Standard Process and MediHerb®.

Use this chart when you order the core program to determine bottle quantities needed to complete the six-week program.

Principle	Core Protocol	Order Quantity
Everyday Digestion	DiGest Forte (MediHerb®)	3 bottles
Weeding	Gut Flora Complex (MediHerb®)	2 bottles
Seeding	ProSynbiotic	1 bottle
Feeding	Whole Food Fiber	1 bottle



## Healthy Eating

In addition to the patient supplement protocol, work with your patients to determine the best eating plan for their individual needs (i.e., Standard Process post-purification diet, Monash University’s FODMAP diet, an elimination diet, etc.).

## Tool for Your Patients

The GI Flora Balance Program patient guide was designed for patients to track their personal protocol. The guide also provides healthy lifestyle tips and recipes to support patients’ desire to achieve greater GI health.



\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# The GI Flora Balance Program

## The six-week GI Flora Balance Program is designed to:

- Support healthy digestion
- Promote healthy and balanced intestinal flora
- Support healthy elimination
- Support healthy immune system function\*

## 4 Principles of GI Flora Balance

According to Professor Kerry Bone, co-founder of MediHerb® and a practitioner with vast experience in managing GI challenges, there are four key principles to improving lower GI health: everyday digestion, weeding, seeding, and feeding.



### 1. Everyday digestion

Supports digestive functionality with appropriate acid and enzyme levels that are key for digestion and absorption



### 2. Weeding

Encourages a healthy intestinal environment to maintain proper GI flora



### 3. Seeding

Supports healthy gut flora



### 4. Feeding

Provides food for microorganisms in the lower GI tract\*

## Who may benefit from the GI Flora Balance Program?

The following list can help you identify patients who may be candidates for the GI Flora Balance Program.†

- Lower bowel gas several hours after eating
- Passes large amount of foul-smelling gas
- Indigestion 30-60 minutes after eating or as long as three or four hours after eating
- Burning stomach sensations that eating relieves
- Occasional loose stools
- Gas shortly after eating
- Stomach “bloating”

“When my patients work on gut-balancing protocols, they report feeling renewed with a better sense of wellbeing. They say they sleep better, their skin clears up, and they have more regular bowel movements and improved digestion.”

**Kerry Bone, co-founder of MediHerb®**

†Excerpt from the Standard Process systems survey, available by searching for “systems survey” at [standardprocess.com](http://standardprocess.com)

# A Quality Partnership

More Than 100 Years of Combined Clinical Experience

## Standard Process Research-Supported Nutrition

Our skilled scientists focus on whole food phytonutrients and the effects of whole food and other ingredients on health. Learn more about research and development at Standard Process in the About Us section at [standardprocess.com](https://standardprocess.com).

## More Than 90 Years of Experience

At Standard Process, we've been producing supplements since 1929, supporting the whole food philosophy of our founder and nutritional pioneer, Dr. Royal Lee.

## Distributed Through Health Care Professionals

Informed guidance and individualized recommendations from a health care professional are vital to the optimal use of nutritional and herbal supplements.

## MediHerb® Professional-Strength Herbal Products for More Than 35 Years

Combining time-honored traditional knowledge with clinical experience and scientific research, MediHerb®'s commitment to quality is unsurpassed in the world today.



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