

UPPER DIGESTIVE | TUNE-UP PROTOCOL[‡]

[Developed by Dr. Jacob Teitelbaum]⁺

Protocol Objective:

To support healthy stomach digestive function.[‡]

Clinical Objective [‡]	Assessment	Select from the Following Recommendations [*]	Dosing
Provide healthy upper digestive support with plant-based enzymes	Occasional poor digestion, prolonged stomach fullness and regurge	GI Digest	1 capsule with each meal. May increase dose as needed
Support healthy gastric pH and protein digestion		Betaine Plus [®]	1 capsule with each meal
Support a healthy stomach mucous lining and gastrointestinal health		Pylori-Plex	2 capsules daily, with meals

*Please note that patients may not require all supplements listed.

+Dr. Teitelbaum is a retained consultant for Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Available for download at douglaslabs.com/tu-protocol-upperdigestive



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[‡]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.