

# GASTROINTESTINAL | SUPPORT PROTOCOL<sup>‡</sup>

[ Developed by Daniel Kalish, D.C. ]<sup>†</sup>

## Protocol Objectives:

To provide supplemental recommendations to help support digestive health, integrity of the intestinal lining, and healthy GI function.<sup>‡</sup>

Refer to the GI Microbiome Support Protocol<sup>‡</sup> for further recommendations.

Clinical Objective <sup>‡</sup>	Assessment	Select From the Following Recommendations <sup>‡</sup>	Dosing
<b>Digestive support</b>	Patient presents with occasional gas, bloating, undigested food and irregular stools	<b>Betaine Plus<sup>®</sup></b>	1 or more capsules as needed with each meal
		<b>Pan-Ox-5™ or GI Digest</b>	1 tablet with each meal 1-2 capsules with each meal
		<b>Multi-Probiotic<sup>®</sup> 40 Billion</b> (Capsules or Powder)	1-2 capsules daily, with food
		<b>S.B.C.</b>	1 capsule daily, with food
		<b>If indicated, add: Gluten-Dairy Ultra Enzyme</b>	1 chewable tablet with a meal
<b>Support healthy intestinal barrier</b>	Patient presents with occasional fatigue, digestive concerns, food intolerances and sensitivities, immune responses  Assess lactulose/mannitol test, zonulin test, DAO/Histamine, organic acids	● <b>Microbiome Protect™</b>	2 scoops powder daily
		● <b>Microbiome Fiber</b>	1 scoop powder daily
		<b>Multi-Probiotic<sup>®</sup> 40 Billion</b>	1-2 capsules with food
		<b>Intestamine<sup>®</sup></b> (Powder)	1 scoop daily, without food
<b>Support for bowel regularity</b>	Patient presents with occasional episodes of diarrhea and/or constipation, small intestine visceral hypersensitivity, gas, bloating, food intolerances, skin concerns	<b>I.B. Comfort<sup>®</sup></b>	2 capsules daily
		<b>GI Digest</b>	1-2 capsules with meals
		<b>Multi-Probiotic<sup>®</sup> 40 Billion</b>	1-2 capsules with food
		● <b>Microbiome Fiber</b>	1 scoop powder daily
<b>Gut/brain axis support for healthy mood</b>	Patient presents with occasional bowel irregularity, small intestine visceral hypersensitivity, mood fluctuations, feelings of sadness, trouble sleeping  Consider neurotransmitter testing, commercial bacteria (PCR) test	<b>Neurotransmitter Balance</b>	2-4 capsules daily
		<b>Mood Systems Balance</b>	2-4 capsules daily
		See also: recommendations for digestive support or bowel regularity <sup>‡</sup> (above)	
<b>Mitochondrial energy support for healthy GI function</b>	Patient presents with occasional fatigue, slow fat-burning, brain fog  Perform organic acids test, secretory IgA	<b>MitoTone Plus</b>	3 capsules, 1-2 times daily
		<b>Citrus Solu-Q™</b>	1 capsule, 3 times daily
		<b>PQQ Plus</b>	1-2 capsules daily

## Dietary Recommendations<sup>‡</sup>:

● coming soon

- Address food sensitivities and/or consider an elimination diet free from gluten, dairy, soy, egg, corn, nuts and nightshades.
- Consider eating a low-FODMAP diet (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols). FODMAPs include the classes of fermentable sugars and sugar alcohols that contribute to fermentation in the GI tract, resulting in gas, bloating, and irregular bowel movements.

<sup>\*</sup>Please note that patients may not require all supplements listed.

<sup>†</sup>Dr. Kalish is a retained advisor to Douglas Laboratories.

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

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112 Technology Drive  
Pittsburgh, PA 15275 U.S.A.

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