

Developed with Daniel Kalish, D.C.†

Protocol Objective:

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

Refer to the GI Microbiome Support Protocol for further recommendations.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Digestive support	Patient presents with indigestion, discomfort, occasional gas, bloating, undigested food and irregular stools	Betaine Plus® Formula: 202759	1 capsule with each meal
		GI Digest Formula: 201538	1 capsule with each meal
		Multi-Probiotic® 40 Billion (Capsules or Powder) Formulas: 202634, 57649P	2 capsules or ½ teaspoon powder daily, with food
		Multi-Probiotic® Spore + SBC Formula 202694 OR S.B.C. (Saccharomyces Boulardii Capsules) Formula: 9302	1 capsule, 1-2 times daily with food 1 capsule with each meal (3 times daily)
		If indicated, add: Gluten-Dairy Ultra Enzyme Formula: 202467	1 chewable tablet with a meal
Support for healthy intestinal barrier	<p>Lab: Assess lactulose/mannitol test, Zonulin test, DAO/Histamine, organic acids</p> <p>Patient presents with occasional fatigue, digestive concerns, food intolerances, immune responses</p>	Microbiome Protect™ w/IgG Formula: 57774P	2 scoops powder daily
		Fiber-Plex™ Formula: FPC	3 capsules, twice daily
		Multi-Probiotic® Spore + SBC Formula: 202694	1 capsule, 1-2 times daily with food
		L-Glutamine Powder Formula: 907101	1 teaspoon, twice daily

Available for download at: douglaslabs.com/protocols

†Dr. Kalish is a retained advisor to Douglas Laboratories.

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

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CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support for bowel regularity	Patient presents with occasional episodes of diarrhea and/or constipation, small intestine visceral hypersensitivity, gas, bloating, food intolerances, skin concerns	GI Digest Formula: 201538	1 capsule with each meal
		Multi-Probiotic® Spore + SBC Formula: 202694	1 capsule, 1-2 times daily with food
		Fiber-Plex™ Formula: FPC OR MCT/Butyrate Liquid with SunButyrate™ Formula: 57689	3 capsules, twice daily 1-3 tablespoons daily, with food
Gut/brain axis support for healthy mood	Lab: Consider neurotransmitter testing, commercial bacteria (PCR) test Patient presents with occasional bowel irregularity, small intestine visceral hypersensitivity, mood fluctuations, feelings of sadness, trouble sleeping	SAM-e Formula: 202170	1-2 capsules daily
		Optimized Curcumin with Neurophenol® Formula: 202524	2 capsules, 1-2 times daily
Mitochondrial energy support for healthy GI function	Lab: Perform organic acids test, secretory IgA Patient presents with occasional fatigue, slow fat-burning, brain fog	Methylated Resveratrol Plus Formula: 202557	1 capsule daily
		Citrus Solu-Q™ Formula: 201775	1 capsule daily
		PQQ Plus Formula: 200559	1 capsule daily

Dietary Recommendations:

- 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.

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