

# LOWER DIGESTIVE PROTOCOL OBJECTIVE

Developed with Dr. Jacob Teitelbaum\*

## Protocol Objective:

To optimize the intestinal biome.‡

| CLINICAL OBJECTIVE‡                        | ASSESSMENT                                | PRODUCT RECOMMENDATIONS*                              | DOSING                   |
|--|---|---|--------------------------|
| Support gastrointestinal and immune health | Self-reported occasional abdominal discom | <b>Multi-Probiotic® 40 Billion</b><br>Formula: 202634 | 1 capsule daily          |
| Support healthy microbial balance          |   | <b>Betaine Plus</b><br>Formula: 80106                 | 1 capsule with each meal |

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

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

+Dr. Jacob Teitelbaum was a retained advisor for Douglas Laboratories.

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