



## SIBO Protocol

### Dosage:

This protocol is usually well tolerated in average body-sized patients; adjust dosage as needed.

### Duration of protocol:

12 weeks

### Number of products necessary (per month):

4 bottles of Artemisia Trinity, 3 bottles of Microbiome Balance, 6 bottles of Bio-Assist

### Notes:

- Add Herbal Biotic or GSE if SIBO symptoms, like bloating, do not improve.
- Vagus nerve exercise are also a really useful addition to this protocol.
- Bio-Assist can be increased to 4 caps 4 x day if well tolerated.
- \*Binder Blend should be taken on an empty stomach: 30 minutes before and/or 60 minutes after other food, medications, or supplements.

Week	Day	Product	Morning	Afternoon	Evening
1 - 12	1-7	Artemisia Trinity (days 1-3)	3	3	3
		Microbiome Balance	2	•	2
		Bio-Assist	2	2	2