

GUT MAINTENANCE GUIDE

RECONDITION-REINFORCE-REBUILD

**ADVANCED
GUT HEALING
& PREVENTION
SUPPORT**

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Gut Maintenance Guide

By Michelle and Les Moore

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Second Edition

<https://www.embracehealthnaturals.com>



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Gut Maintenance Protocol (GMP)

READ THIS FIRST

Bottle Label Instructions: Use the GMP protocol below rather than the usage amounts on the bottle labels. Label instructions are generalized and not tailored for gut or bacterial challenges or for first time users.

This is a three month plus program. Once this program has been completed properly you should not have to repeat it again. That is if: 1) you maintain a correct **maintenance program** and eat an immune-boosting diet, and 2) in the future, when daily and other potential problem foods are re-introduced, you take it very slowly. Otherwise your intestinal microbiome might become altered again.

Staggered Use: The GMP protocol begins with MegaSporeBiotic only. At month two, MegaPre is added. Then at month three, MegaMucosa is also added, as shown in the summary table below:

Month	MegaSporeBiotic	MegaPre	MegaMucosa
1	☑	n.a.	n.a.
2	☑	☑	n.a.
3	☑	☑	☑
4+	☑	☑	☑

NOT For Active Bacterial Challenges: If you have an active gut challenge, then postpone using the GMP protocol until the bacterial challenge has cleared. First follow the [Probiotic Restoration Guide](#) for active challenges. Then after the challenge is gone, followup with the GMP protocol below.

Needs Vary: The GMP protocol below is a good starting point for most people. But because everyone is different, it's best to adapt this protocol to best fit your unique needs. The protocol's amounts and timings are not set in stone, so listen to your body and adjust according to your needs. We recommend consulting with a holistic, naturopathic or Functional Medicine certified doctor to adjust this protocol to your needs and to monitor your progress.

Sensitive People: If you are especially sensitive you may need to start even more slowly than listed in the GMP protocol to avoid negative symptoms. Sensitive people may include: the elderly, immune-compromised, people with cancer, Lyme, lupus, mold toxicity, MCAS or an autoimmune disease, or people sensitive to new supplements or foods. A good holistic, naturopathic or Functional Medicine certified doctor can help you strike a balance that best fits your unique needs.

Age Restrictions: For MegaSporeBiotic, children under 5 years of age should consult with a healthcare practitioner before use. For MegaPre and MegaMucosa, children under 3 years of age should consult with a healthcare practitioner before use.



Gut Maintenance Protocol (GMP)

MONTH 1

MegaSporeBiotic (ages 5+)

Slowly increase the dose over two weeks to reach the suggested daily dose.

NOTE: If you have already been taking two capsules daily of MegaSporeBiotic for a month or more, then you may skip to **MONTH 2**.

Week One: Take 1 capsule every other day.

Week Two: Take 1 capsule daily.

Week Three+: Take 2 capsules daily.

For best results, take the capsules once a day with a meal at any time of day.

MONTH 2

MegaSporeBiotic (ages 5+)

Continue taking 2 capsules together, with meals.

MegaPre Capsules (ages 3+)

Week One: Take 3 capsules daily, with or without a meal.

Week Two+: Take 6 capsules daily, with or without a meal.

Gut Maintenance Protocol (GMP)

MONTH 3

MegaSporeBiotic (ages 5+)

Continue taking 2 capsules together, with meals.

MegaPre Capsules (ages 3+)

Continue taking 6 capsules daily, with or without a meal.

MegaMucosa Capsules (ages 3+)

Week One: Take 3 capsules daily, with or without a meal.

Week Two+: Take 6 capsules daily, with or without a meal.

MONTH 4

MegaSporeBiotic (ages 5+)

Continue taking 2 capsules together, with meals.

MegaPre Capsules (ages 3+)

Continue taking 6 capsules daily, with or without a meal.

MegaMucosa Capsules (ages 3+)

Continue taking 6 capsules daily, with or without a meal.

MAINTENANCE PROGRAM

Begin this maintenance program one to two months after most symptoms have corrected.




Continue taking all three products in the capsule amounts shown in Month 4 above, but reduce the frequency of MegaSporeBiotic to 2-3 times a week and reduce MegaMucosa and MegaPre to once a week.

Questions & Answers

What is the Gut Maintenance Protocol (GMP)?

The Gut Maintenance protocol (GMP) is a **3-month+ protocol** to support and restore gut health immediately following a gut bacterial challenge. The GMP protocol is **not for active bacterial challenges**, but it is **best used immediately after an challenge** has ended, to help prevent a recurrence, and for long-term gut health maintenance.

The GMP protocol includes three unique supplements that work together to support a healthy gut. A healthy gut is a necessary foundation for supporting a strong immune system to help prevent recurring challenges. The GMP protocol addresses three aspects of gut health in three steps: **recondition, reinforce and rebuild**. Each of the three supplements in the GMP protocol have focused benefits for one of these three steps, as detailed below.

 RECONDITION	 REINFORCE	 REBUILD
MegaSporeBiotic	MegaPre	MegaMucosa
Spore-Based Probiotic	Precision Prebiotic	Gut Lining Support
MegaSporeBiotic is a spore probiotic used to RECONDITION the gut by encouraging the growth of beneficial gut bacteria and increasing microbial diversity. It has a long 5-year shelf-life, does not require refrigeration, and maintains its potency during antibiotic therapy. And unlike most probiotics that are killed by stomach acid, MegaSporeBiotic arrives inside your gut at full potency.	MegaPre is the first precision prebiotic with clinically-tested, non-digestible oligosaccharides, which increase diversity and selectively feed beneficial gut bacteria. MegaPre can REINFORCE the beneficial microbial changes created by MegaSporeBiotic to promote a strong and diverse microbiome. Unlike most prebiotics, MegaPre selectively feeds healthy bacteria, not unhealthy species.	MegaMucosa contains key amino acids to REBUILD a healthy mucosal barrier, or gut lining. MegaMucosa contains dairy-free immunoglobulins clinically shown to support a healthy immune response in the mucosa. It also has state-of-the-art bioflavonoids clinically shown to support microbial diversity and alleviate gut barrier dysfunction, otherwise known as leaky gut.
Heat stable. 5 year shelf life.	Heat stable. 3 year shelf life.	Heat stable. 3 year shelf life.

A healthy gut microbiome is multi-faceted and relies heavily upon 3 fundamental aspects of gut health including the microbial population, physical structures, and immune function. For this reason, supplements and therapies that only address one facet of gut health are often ineffective. The GMP protocol was uniquely designed to target all three of these areas to help you achieve long-term gut health maintenance. And the results of such a multi-faceted protocol are verified by science.

Is the GMP Good for Active Bacterial Challenges?

If you have an active bacterial challenge, then follow the [Probiotic Restoration Guide](#) first, until the challenge has cleared.

<https://www.embracehealthnaturals.com/probiotics/#flowchart>

How Much Should You Take?

Follow the GMP protocol in this guide instead of
the instructions on the bottle labels

Please follow the usage instructions in this guide to reduce the risk of gut discomfort. If you've never used MegaSporeBiotic, MegaPre or MegaMucosa before, then we recommend you do NOT start with the full amount listed on the bottle, unless directed differently by a health care provider. Gradually and slowly work up to the full dose as described in the GMP protocol tables below.

When and How to Take?

- **MegaSporeBiotic, MegaPre and MegaMucosa** are **each started at different times**. During the first month, only MegaSporeBiotic is taken. At month two, both MegaSporeBiotic and MegaPre are taken together. And at the third month, all three products (MegaSporeBiotic, MegaPre and MegaMucosa) are taken together. All of the details are in the GMP protocol section of this guide.
- **MegaSporeBiotic** should be taken **with food, a snack or just after a meal** when possible. To reduce the possibility of gut discomfort, this probiotic is best started at a low dose, gradually increasing to the full or target amount over a few weeks, as detailed in the GMP protocol section of this guide.
- **MegaPre** and **MegaMucosa** may be taken with or without a meal. To reduce the possibility of gut discomfort, these two products are best started at a low dose, gradually increasing to the full or target amount over a few weeks, as detailed in the GMP protocol section of this guide..
- **MegaSporeBiotic** may be taken at the same time as Biocidin, Olivirex, antibiotic drugs or other antibacterial products because it is spore-based and can withstand antibacterial remedies well.
- Partial capsules of MegaSporeBiotic, MegaPre and MegaMucosa may be added to warm or cold food, drinks, beverages or baby formula, if appropriate (check the product label or the usage guide later in this document for any age restrictions).

How Long to Take?

- **MegaSporeBiotic** is ideal for long-term, ongoing use. Two capsules 2-3 times per week is generally a good long term maintenance dose.
- **MegaPre** may be taken for long-term, ongoing use. Six capsules one time per week is generally a good long term maintenance dose.



- **MegaMucosa** may be taken for long-term, ongoing use. Six capsules one time per week is generally a good long term maintenance dose.

Are These Products OK with Antibiotic Drugs?

MegaSporeBiotic, MegaPre and MegaMucosa can actually help to reduce the side effects of taking antibiotic drugs. The spores inside MegaSporeBiotic are naturally resistant to attack by antibiotics, so it may be taken at or near the same time as antibiotics. But if you have an active bacterial challenge, it's best to postpone following the GMP protocol in this guide until after the bacterial challenge has cleared - the Probiotic Restoration Guide protocols are a better choice for active challenges.

Are There Side Effects?

Most people tolerate MegaSporeBiotic, MegaPre and MegaMucosa well. If side effects do occur, they are usually mild and short-lived.

Symptoms can sometimes occur if you begin using too much of a new supplement too quickly. The GMP protocol in this guide includes a slow start for each supplement, minimizing the risk of symptoms. Mild gas, bloating, cramps or loose stools indicate that the products are working. Beneficial changes in the gut can come with symptoms as the balance of your microbiome undergoes significant changes in a healthy direction. If you experience mild symptoms, you may continue taking the products as the symptoms will likely resolve in a few days. If symptoms are strong, then stop taking the products until symptoms resolve. Symptoms usually resolve within 2-3 days. After you feel better, you can start again using a lesser amount or at a slower pace, if well tolerated.

The GMP protocol is only a general guide and individual needs and tolerances can vary. Consult with a healthcare professional before starting any new supplement or dietary program.

Will These Products Cure You?

Michelle Moore is not a doctor or a healthcare practitioner. Michelle is someone who overcame many health obstacles that mainstream medicine could not solve. The information in this guide is based upon Michelle's scientific research, education and personal experience and is for educational purposes only. This information is not intended as a substitute for advice provided by your physician or other healthcare professional.

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Issues concerning health should be referred to a qualified health professional. If you have a health condition, or if you are pregnant, nursing, on medication(s), or have allergies, please consult with your physician before start-

ing any new wellness, diet or exercise program, and any new treatment or herbal, homeopathic or nutritional supplement. When choosing a healthcare provider, do your own research and check the validity of their professional qualifications to ensure they are right for you.

The author of this guide has used her best efforts in preparing this information. The author and Embrace Health, Inc. makes no representation or warranties with respect to the accuracy or completeness of this guide. Because there are always risks involved, the author and Embrace Health, Inc. are not responsible or liable for any adverse consequences resulting from the use or misuse of any of the information or suggestions contained within this guide or associated resources.

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Which Product is Best?

Use the decision tree below to choose which products best fit your needs, with the help of a holistic or natural doctor. For more information on these products, visit: <https://www.embracehealthnaturals.com/probiotics/>



We're Here to Support You



Everyday Savings and Extra Discounts

We are **authorized distributors** of MicroBiome Labs products and provide the lowest prices – everyday. Plus, readers of Michelle's books get additional discounts on select products. And specials are made available through email to our newsletter subscribers.



Guarantee and Returns

New and unopened bottles of MegaSporeBiotic, MegaPre and MegaMucosa may be returned within 30 days of purchase to be eligible for a refund. Please request a Return Merchandise Authorization (RMA) by contacting us via phone or email. Returns **MUST** be shipped to the correct address to receive a refund. See our returns web-page for details: <https://www.embracehealthnaturals.com/returns/>



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10%
SAVINGS
Use Promo Code
GMP10



Basic

If you only choose one product, then MegaSporeBiotic is a great choice. Ideal for long-term daily gut flora support.

~~\$64~~ **\$58**

<https://tinyurl.com/up485wmn>



Active Challenges

Gut Restoration Pack. MegaSporeBiotic, plus RestorFlora for diarrhea and Mega IgG2000 for toxin binding support.

~~\$172~~ **\$155**

<https://tinyurl.com/56s9u3jb>



Post-Challenge GMP

Gut Maintenance Pack. Includes a 3+ month supply of: 1 MegaSporeBiotic, 2 MegaPre, and 1 MegaMucosa - in extra large 180 capsule bottles.

~~\$356~~ **\$320**

<https://tinyurl.com/69sykb7j>



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