

Gut Healing Vitamins and Personalized Food Plan.

Make an account for yourself using this link.
us.fullscript.com/welcome/nutritionally-yours/

Follow me on [Pinterest](#)

Step 1: Total Gut Restoration Capsule or Powder (1 Kit)



Total Gut Restoration is an advanced 3-month protocol to support and restore gut health. A triple-threat of three unique supplements works to support a healthy gut, including maintaining a healthy and harmonious microbial ecosystem, promoting a protective gut barrier, and supplying precision bacterial species that support balanced immune and digestive function. Indeed, a healthy gut is a necessary foundation for supporting a healthy immune system.

- **MegaSporeBiotic™** is a 100% spore-based, broad-spectrum probiotic shown to maintain healthy gut barrier function. This unique all-spore formula effectively RECONDITIONS the gut by promoting microbial diversity and maintaining key health-promoting, commensal gut bacteria. MegaSporeBiotic™ boasts a 5-year shelf-life, does not require refrigeration, and maintains a healthy gut microbiome.
- **MegaPre™** is the first Precision Prebiotic™ supplement made up of clinically tested, non-digestible oligosaccharides that can increase microbial diversity and selectively feed beneficial bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria*. MegaPre™ REINFORCES the beneficial microbial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.

- **MegaMucosa** is the first complete mucosal support supplement of its kind, formulated to support a healthy mucosal barrier. MegaMucosa also contains dairy-free immunoglobulins clinically shown to support a healthy immune system in the mucosa and a state-of-the-art flavobiotic shown to support microbial diversity and short-chain fatty acid production.

[Order via this link](#) - make an account and search for the gut healing kit

Step 2: Order your personalized IgG / IgA Food Intolerance Test + Gluten Intolerance and adjust your daily diet.

[Order Here](#)

Step 3: Order your stool test and learn what is actually in your gut causing poor gut health symptoms

[Order Here](#)

Disclaimer

This information is to be used as a guide to support optimal health and wellness. It is for educational purposes only. These are Alane's favorite products after three decades of wellness experience. Always discuss taking vitamins with your doctor.