

THE GUT INSTITUTE™

ACUTE MICROBIOME RESET



Give Your Microbiome Intensive Support

Prolonged stress, processed foods, poor sleep, and prescription medication can all devastate the helpful flora in your gut.

If you've noticed stomach upset, bowel irregularity, gas and bloating, mood swings, anxiety, or trouble focusing, it's time for a reset!

YOUR MICROBIOME RESET SCHEDULE

By pairing The Gut Institute's foundational probiotic, Bifido Maximus, with our soil-based probiotic blend, Microbiome Mojo, you can add back the variety of healthy bacteria that your system needs to battle harmful bacteria and yeast, as well as combat the effects of stress, environmental toxins, and inflammatory foods.



1 WEEK ONE

Start by taking **one Microbiome Mojo capsule every other day**. This dosing schedule will give your digestive system time to adjust to the increase in positive organisms. Probiotics can be taken any time of day, with or without food – consistency is what matters most!



2 WEEK TWO

Continue taking **one Microbiome Mojo capsule every other day**. Pay close attention to your diet, and add an extra serving of veggies to your diet each day this week to start supporting all that healthy gut bacteria you're adding.



3 WEEK THREE

This is the final week where you will take **one Microbiome Mojo capsule every other day**. You can support the positive changes you're making to your microbiome by making sure you get 8 hours of sleep every night this week. Your whole body will thank you!



4 WEEK FOUR

This week, it's time to switch to **Bifido Maximus** to increase the *bifido* strains that create an ideal environment for the soil-based probiotics you've added with Microbiome Mojo.

Each day of this week, increase your dose by one Bifido Maximus capsule:

Day 1: 1 Bifido Maximus capsule
Day 2: 2 Bifido Maximus capsules
Day 3: 3 Bifido Maximus capsules
Day 4: 4 Bifido Maximus capsules
Day 5: 5 Bifido Maximus capsules
Day 6: 6 Bifido Maximus capsules
Day 7: 7 Bifido Maximus capsules



5 WEEK FIVE AND BEYOND

Congrats! You've created a fantastic foundation of helpful gut bacteria. From here on out, take **one Microbiome Mojo capsule daily** to maintain your results, adding Bifido Maximus as needed.



PROBIOTIC BEST PRACTICES

To get the best results from your Gut Institute Microbiome Reset:

- Choose a whole food diet that is low in sugar and artificial ingredients.
- Consider taking a prebiotic to give your probiotics the best fuel for their hard work.
- For more significant digestive issues, increase the dose to 3-7 capsules a day of Bifido Maximus and one capsule daily of Microbiome Mojo.
- If this Reset increases gut issues or causes other symptoms, please consider OAT (Organic Acid Test) testing and the Master Gut Class for customized gut protocols.

[Buy the probiotics you need for your Acute Microbiome Reset HERE!](#)