

Remove unwanted compounds in the body

Replace needed digestive factors

Reinoculate the GI tract with probiotics

Regenerate the GI mucosa to support the integrity of the GI tract

Retain components needed for health

➤ Protocols

The 5R Gastrointestinal Health Protocol

A lifestyle and nutritional intervention for patients experiencing digestive discomfort and GI issues

Targeted Nutritional Options for the 5R Gastrointestinal Health Protocol

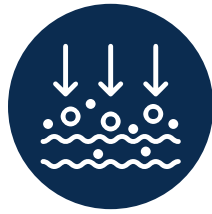
| Support Function | Product | Description | Features |
|--|--|--|---|
| Foundational formulas used through the entire protocol | Select one product | GI Sustain™ A formula designed to provide gastrointestinal nutritional support. The formula is uniquely designed to help promote the growth of beneficial bacteria by including prebiotic nutrients, combined with readily digestible macronutrients.* | <ul style="list-style-type: none"> Prebiotic isomalto-oligosaccharide (IMO) Medium-chain triglycerides L-glutamine |
| | | Personalized choice of nutritional support powder A nutritional support powder depending on the patient's needs, chosen by the practitioner to meet the patient's specific needs and preferences. Features listed to the right are potential ingredients of consideration when choosing the appropriate nutritional support. | <ul style="list-style-type: none"> Prebiotic 2'-fucosyllactose Prebiotic isomalto-oligosaccharides (IMO) Protein sources tolerable by the patient Quercetin |
| Remove unwanted compounds in the body such as: processed foods, environmental toxins, stress, etc. | Select one or two products per component† | CandiBactin-BR® A concentrated berberine formula for intestinal support. Additional ingredients support immune, detoxification, and elimination functions.* | <ul style="list-style-type: none"> Berberine hydrochloride Oregon grape extract Coptis root extract |
| | | CandiBactin-AR® Concentrated aromatic essential oils featuring thyme oil to support healthy digestive function and upper respiratory tract health* | <ul style="list-style-type: none"> Thyme oil Oregano oil |
| | | Zinlori 75® Zinc-carnosine complex formulated to provide relief of minor stomach discomfort* | <ul style="list-style-type: none"> Zinc-carnosine |
| | | MetaFiber® Low-allergy-potential fiber blend designed to support healthy intestinal transit time and bowel regularity* | <ul style="list-style-type: none"> Oat hull fiber |
| Replace needed digestive factors such as adequate fiber and digestive enzymes | Select one or two products per component† | MetaFiber Fiber blend providing 6 grams of dietary fiber per serving | <ul style="list-style-type: none"> Oat hull fiber |
| | | SpectraZyme® Metagest® Stomach acid support* | <ul style="list-style-type: none"> Betaine HCl |
| | | SpectraZyme Pan 9x or 9x ES Two options with varying potency for bioactive porcine pancreatic enzymes for digestive support* | <ul style="list-style-type: none"> Protease Amylase |
| | | SpectraZyme Complete Non-animal-derived digestive broad-spectrum enzyme option* | <ul style="list-style-type: none"> Acid and neutral and fungal proteases Amylase Cellulase |
| Reinoculate the GI tract with probiotics | Select one or two products per component† | Lipo-Gen™ A lipotropic formula designed to support healthy liver and gallbladder function* | <ul style="list-style-type: none"> Vitamins B₆, B₁₂, and C Myo-Inositol Taurine and L-Methionine |
| | | UltraFlora® BiomePro A complex of clinically effective doses of 8 probiotic strains to support GI and immune health* | 105 billion CFU: <ul style="list-style-type: none"> <i>L. acidophilus</i> NCFM* 12.5 billion CFU <i>L. rhamnosus</i> GG 20 billion CFU <i>L. plantarum</i> Lp-115 20 billion CFU <i>B. lactis</i> BI-04 20 billion CFU <i>B. lactis</i> Bi-07* 12.5 billion CFU <i>L. paracasei</i> Lpc-37 10 billion CFU <i>L. rhamnosus</i> HN001 5 billion CFU <i>B. lactis</i> HN019 5 billion CFU |
| | | UltraFlora Spectrum A broad-spectrum probiotic for GI and immune health* | 30 billion CFU (proprietary blend): <ul style="list-style-type: none"> <i>B. lactis</i> Bi-07 <i>L. plantarum</i> Lp-115 <i>L. salivarius</i> Ls-33 <i>L. acidophilus</i> NCFM <i>S. thermophilus</i> St-21 <i>B. lactis</i> BI-04 <i>Saccharomyces boulardii</i> |
| | | UltraFlora Restore Targeted relief for occasional GI discomfort* | 20 billion CFU (proprietary blend): <ul style="list-style-type: none"> <i>L. acidophilus</i> NCFM <i>B. lactis</i> BI-04 <i>B. lactis</i> Bi-07 <i>L. paracasei</i> Lpc-37 |
| | | UltraFlora Acute Care Targeted relief for acute bowel distress including occasional loose stools* | 9.5 billion CFU <ul style="list-style-type: none"> <i>B. lactis</i> HN019 3 billion CFU <i>L. rhamnosus</i> HN001 1 billion CFU <i>Saccharomyces boulardii</i> 5.5 billion CFU |
| Regenerate the GI mucosa to support the integrity of the GI tract* | Select one or two products per component† | Zinlori 75® Supports healthy ecology and integrity of the stomach lining* | <ul style="list-style-type: none"> Zinc-carnosine |
| | | Endefen® Designed to support the integrity and healthy function of the gastric lining* | <ul style="list-style-type: none"> Soy lecithin Green tea |
| | | Glutagenics® Features three key ingredients—glutamine, deglycyrrhizinated licorice (DGL), and aloe gel—that are designed to support the integrity and healthy function of the gastrointestinal lining* | <ul style="list-style-type: none"> L-Glutamine Deglycyrrhizinated licorice (<i>Glycyrrhiza glabra</i>) root 10:1 extract Plaintain Arabinogalactans Aloe decolorized inner leaf gel powder |
| Retain components recommended for health* | Continue on the lifestyle factors along with products necessary to maintain health. Recommendations: <ol style="list-style-type: none"> One fiber source (MetaFiber, Herbulk®, or GI Sustain); Herbulk provides 7 grams of dietary fiber per serving from oat hull and psyllium One probiotic (see UltraFlora Probiotics Guide); UltraFlora Integrity features <i>L. salivarius</i> UCC118™, a patented strain that preclinical studies suggest may influence tight junctions between intestinal cells and may beneficially influence immune cell signaling processes.* (If needed) digestive factors (review Spectrazyme options or Lipogen) Practice mindful eating, scheduling relaxation time, yoga, meditation, and physical activity | | |

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Some products recommended in this program serve multiple functions and are listed in multiple categories. Other products may only be listed once but can be used in other categories where applicable.

Probiotic key
 L.= *Lactobacillus*
 B.= *Bifidobacterium*
 CFU= colony-forming units

The gastrointestinal (GI) tract has two main functions:



Digest food and absorb the nutrients from that food



Defend against unwanted substances

Why would a patient need a 5R program?

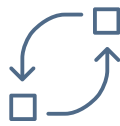
If the GI tract is not functioning optimally, a patient may experience uncomfortable digestive symptoms and may benefit from a gut restoration program like 5R. In addition, suboptimal gut function impacts all other organ systems that need to utilize the energy from digestion. Therefore, restoration of the gut function supports the foundational health of the whole body including immune health, cardiometabolic health, and cognitive function.*

What is a 5R program?

The 5R program consists of making lifestyle changes such as addressing stress and dietary habits while encompassing targeted nutrition support through five components:



Remove



Replace



Reinoculate



Regenerate



Retain

These components can be implemented in a customizable fashion for a patient. However, the restorative components of this protocol (**Remove, Replace, Regenerate, and Reinoculate**) are usually implemented first into an individualized plan for a patient. These components do not need to be done sequentially and some may be done simultaneously depending on the patient's needs.

Overall, this part of the protocol may last anywhere from 30-90 days and may be adjusted to fit the personalized needs of the patient based on practitioner recommendations.

The **Retain** component is designed to help the patient maintain the benefits from the restorative phase for an extended period of time.

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For more information, contact your local sales representative or call 800.692.9400.

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