

Bile Support Guide



Rebel
health

**Build Your
Resilient Gut**
MICROBIOME & BEYOND

Build Your Resilient Gut: *Bile Support Guide*

First Edition

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Bile Support Guide

Lifestyle Recommendations

- ☐

Optimize meal hygiene (See Setting Yourself Up for (Digestive) Success! Guide)
- ☐

Eat smaller and more frequent meals - temporarily, for low bill/gallstones
- ☐

Optimize hydration
- ☐

Be mindful of drastic weight changes (which can cause problems with bile production/flow)
- ☐

Regular exercise
- ☐

Optimize the microbiome (See [5 Pillars Guide to a Resilient Microbiome](#)) to optimize bile acid recycling

Dietary Recommendations

- ☐

CORE FOODS FOR BILE SUPPORT:

Bitter greens or digestive bitters supplement with or before meals, lemon water, cruciferous vegetables, egg yolks (in moderation if stones are present), liver, salmon, dark poultry, soybeans, high-fiber foods
- ☐

ADDITIONAL CONSIDERATIONS FOR GALLSTONES SPECIFICALLY:

Reduce fat intake, only small amounts of healthy fat (olive oil) to stimulate bile flow without overburdening

Supplements to Consider

- ☐

CORE SUPPLEMENTS TO SUPPORT OPTIMAL BILE STATUS:

[MegaGuard](#) (bile flow and motility)
- ☐

[TUDCA](#) (liver, bile flow, bile acid recycling, etc...)
- ☐

TO CONSIDER WITH INSUFFICIENT BILE, GALLBLADDER REMOVAL, ETC...:

Ox Bile (post-gallbladder removal - aids in digestion of fats)
- ☐

[Holozyme](#) (full spectrum digestive enzyme - aids in digestion of fats)
- ☐

[HCLGuard+](#) (supports stomach acid and bile release signaling)
- ☐

Choline/Phospholipids (phosphatidylcholine) and taurine (for bile production)
- ☐

Dandelion root, milk thistle, artichoke leaf extract, ginger
- ☐

Digestive bitters (to stimulate bile flow)
- ☐

SPECIAL CONSIDERATION FOR GALLSTONES:

Magnesium to relax bile ducts and prevent bile stasis ([MagnesiumHP](#))