



# Build Your Resilient Gut

MICROBIOME & BEYOND

## Microbiome Foundations Bundle Instructions

### MegaSporeBiotic™ (Single) / Member Only Pricing (Monthly Subscription)

#### **Regular Instructions:**

It's recommended to take Megaspore with your highest protein-containing meal of the day, both capsules at the same time.

**Week 1** - Take 1 capsule daily, with a meal.

**Week 2** - Take 2 capsules daily, with a meal.

#### **Sensitive Instructions:**

It's recommended to take Megaspore with your highest protein-containing meal of the day, both capsules at the same time.

**Week 1** - Take ½ capsule, every other day, with a meal. (Sprinkled on food or in a drink)

**Week 2** - Take ½ capsule daily, with a meal.

**Week 3** - Take 1 capsule daily, with a meal.

**Week 4** - Take 2 capsules daily, with a meal.

**IMPORTANT:** For people who are very sensitive, you can start with as little as ¼ or ⅛ of a capsule and proceed slower than indicated above.

### MegaPre™ (Single - Powder) / Members Only Pricing (Monthly Subscription)

#### **Regular Instructions:**

Start with ½ scoop daily for one week, then increase to 1 scoop daily with or without food, or as directed by your healthcare practitioner. Mix into 16 oz of cold water or liquid of your choice.

**Week 1:** ½ scoop daily

**Week 2+:** 1 scoop daily

#### **Sensitive Instructions:**

Sensitive individuals or children may require a smaller dosage. This may include people with known GI-related issues or those who are highly sensitive to supplements.

## [MegaPre™ \(Single - Capsules\) / Dairy Free \(Single - Capsules\)](#)

### **Regular Instructions (Ages 3+):**

Start with 3 capsules daily with or without a meal for one week, then increase to 6 capsules daily with or without a meal as tolerated. Children under 3 years of age, please consult with your healthcare practitioner.

**Week 1:** 3 capsules daily

**Week 2+:** 6 capsules daily

### **Sensitive Instructions:**

Sensitive individuals or children may require a smaller dosage. This may include people with known GI-related issues or those who are highly sensitive to supplements.

## [Tributylin-X™ \(Single\) / Members Only Pricing \(Monthly Subscription\)](#)

### **Regular Instructions:**

Begin with 1 capsule per day and increase to 3-6 capsules per day, depending on your individual needs. Tributyrin can be taken with meals or away from food, spaced out throughout the day.

**Days 1-3:** Take 1 capsule daily

**Days 4-6:** Take 2 capsules daily

**Day 7 & Beyond:** Take 3 capsules daily

### **Notes to Customize:**

- People struggling with regular constipation will want to start slower (1 capsule every 2-3 days) and work your way up more slowly as well.
- People struggling with regular diarrhea may want to start higher, progress more quickly, and experiment with higher doses.
- Take at *least* 3 capsules per day for therapeutic effects - up to 6 (or more) for those struggling with significant GI issues. You are encouraged to experiment to find your perfect dose.

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