

FOOD ALLERGY

A Suggested Nutritional Protocol for Food Allergy Support

Ultrazyme™

A full spectrum, cold-processed, high potency, digestive enzyme supplements which is specifically formulated with bovine bile extract. Bromelain is also included in this formula to help prevent allergens from crossing the GI tract.

Suggested usage: *One to two tablets daily, with meals.*

OR

Digestive Enzymes Ultra (Pure Encapsulations)

Includes an all-encompassing profile of vegetarian digestive enzymes that support the breakdown of proteins, carbohydrates, fats, fibres and dairy.

Suggested usage: *One to two capsules with each meal.*

Betaine Plus

Contains sufficient amounts of pepsin and betaine HCl in an easy to swallow capsule form. An important role of gastric hydrochloric acid (HCl) is to protect the body from food-borne enteric infections through its antibacterial properties along with proper protein digestion.

Suggested usage: *One or more capsules daily (to just short of warming/burning sensation), 5-10 min prior to meals.*

Multi-Probiotic 4000

This product contains a synergistic blend of beneficial probiotic bacteria to supplement the intestinal system with natural healthy flora. This product requires refrigeration to maintain culture viability.

Suggested usage: *Two capsules daily.*

OR

Probiotic-5 (Pure Encapsulations)

This dairy-free, multi-strain formula contains 10 billion CFU of beneficial bacteria that are key to help support immune and gastrointestinal health. This product requires refrigeration to maintain culture viability.

Suggested usage: *One to two capsules daily, in divided doses, with or between meals.*