

CLINICAL PROTOCOLS

GASTROESOPHAGEAL REFLUX DISEASE

A Suggested Nutritional Protocol for GERDS Support

Heartburn Essentials (Pure Encapsulations)

Maintains healthy gastric secretion, enhances digestion and soothes the digestive tract, offering potential relief for occasional heartburn and indigestion.

Suggested usage: One to two capsules at the start of each meal. Take as needed between meals

OR

G.I. Fortify powder (Pure Encapsulations)

This blend of high-impact fibre, herbs and nutrients, supporting overall gastrointestinal function and occasional constipation. Included in this formula is an Ayurvedic blend prized for supporting intestinal detoxification and overall colon health.

Suggested usage: *Add one serving to 8-12oz of water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12oz serving of water following. Daily water intake should be increased when consuming this product. Use one to three times daily.*

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.

Suggested usage: *One or more capsules daily, with meals.*

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.*

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.*

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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.*

OR

Probiotic 50B (soy and dairy free) [acid resistant capsules]

Probiotic 50B provides 50 billion CFU of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Bifidobacterium longum* and *Bifidobacterium lactis* offered in acid-resistant capsules with pH targeted release to deliver maximal viable organisms to the digestive tract. These five researched strains promote healthy intestinal ecology to support gastrointestinal and immune health.

Suggested usage: *Take 1 capsule daily, with or between meals.*

If H. Pylori is suspected use;

Pylori-Plex

A unique formula containing mastic gum, deglycyrrhizinated licorice root, marshmallow root, and slippery elm bark designed to support healthy G.I. function.

Suggested usage: *Two capsules daily with meals.*

