



Microbiome Optimization Protocol[‡]

DEVELOPED WITH DANIEL KALISH, D.C.⁺

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS [†]	DOSING
Enhance the growth of Bifidobacterium, Akkermansia and other beneficial bacteria in the colon	<ul style="list-style-type: none">• PCR commensal bacteria• Organic acids• SCFA• Beta-glucouronidase	PureLean® Fiber Order Code: PLFX3C-C	1 scoop 3 times daily, with meals
Support immune system through modulation of mucosal immune response		Barrier Integrity Powder Order Codes: EIP1C-C	1 scoop daily, with at least 1 cup (250 mL) of water or juice
Promote regularity		Probiotic-5 Order Codes: PRB6C-C	1 capsule daily, taken at least 2 to 3 hours before or after antibiotics

Note: this protocol is for adults only. Patients may not require all supplements listed.

⁺Dr. Kalish is a retained advisor to Pure Encapsulations.

[‡]For clinical reference only - not for public use. The information in this document is for educational purposes only and has not been evaluated by the Natural and Non-prescription Health Product Directorate of Canada (NNHPD). Please refer to label for cautions and interactions. Always read and follow the label. Contact us for more information.