

Upper & Lower GI Support Protocol†

DEVELOPED WITH DANIEL KALISH, D.C.+

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Strengthen the stomach's mucosal defenses and support mucosal integrity	<ul style="list-style-type: none"> • PCR testing • Stool antigen • Urea breath test • Urinary indican • Antibody testing 	Peptic-Care (Zinc-L-Carnosine) Order Code: PCZ6C-C	1 capsule 2 times per day with food, a few hours before or after taking other medications
Support digestion of protein, carbohydrates, fat, fiber and dairy	<ul style="list-style-type: none"> • Elastase • Products of protein breakdown 	Digestive Enzymes Ultra with Betaine HCl Order Codes: DEUB9C-C	2 capsules with or immediately before a meal
Promote a healthy microbial environment	<ul style="list-style-type: none"> • Microscopic O & P • PCR commensal • Bacteria potential 	Probiotic G.I. Order Codes: PGI6C-C	1 capsule 1-2 times daily
Help lessen occasional diarrhea	<ul style="list-style-type: none"> • Autoimmune bacteria • Stool microbial/microbiology analysis 	Saccharomyces boulardii Order Code: SB6C-C	2 capsules 1-2 times daily between meals, at least two to three hours before or after taking antifungals
Support immune system through modulation of mucosal immune response	<ul style="list-style-type: none"> • PCR commensal bacteria • Organic acids • SCFA • Beta-glucuronidase 	Barrier Integrity Powder Order Codes: EIP1C-C	1 scoop daily, with at least 1 cup (250 mL) of water or juice

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

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

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