

KBMO GI SUPPORTIVE FORMULAS



Candida

Phase 1 – Preparation (addressing intestine, liver & biofilms)

<u>Product</u>	<u>Dosage</u>	<u>Duration</u>	<u>Benefit</u>
Ultra Purifiant OR Psyllium Plus	Ultra Purifiant (typically 3-5 capsules daily, drinking plenty of water If using Psyllium Plus start with 1/2tsp daily and increase to 1-2 tsps drinking plenty of water daily.	2–4 weeks (until bottle is finished)	Supports toxin removal, aids bowel regularity, prepares gut for cleanse
Liver (New Roots Herbal Liver)	1 capsule, 3× daily	2–3 weeks	Supports digestion, liver detoxification, bile flow and production to aid the removal of toxins.
Pro Boulardii Plus	1–2 capsules daily	Entire cleanse & beyond	Helps crowd out pathogenic yeast, and other pathogens, balances gut flora, supports immune function and digestion
NAC (N-Acetyl Cysteine)	1 cap (600 mg) 3× daily, between meals	4-6 weeks	Disrupts biofilms, enhances candida clearance, boosts glutathione

Phase 2 – Candida Elimination

Candisan	2 capsules, 3× daily (start at half dose for the first 7-10 days)	4-8 weeks	Complete botanical formula for eradicating candida overgrowth and supporting immune function
Metal Detox Protector – <i>Optional</i>	1–2 capsules daily, 4hrs apart	3–4 weeks	Supports the removal of toxins
Ultra Protect – <i>Optional</i>	1–2 capsules daily	3–4 weeks	Powerful antioxidant action and cell protection to help reduce the effects of reactive oxygen species (ROS) produced by Candida

Phase 3 – GI Repair & Microbiome Restoration

GI Repair	1–2 scoops/capsules daily, as directed	4–6 weeks	Formulated to protect and restore gut tissue integrity and reduce gut inflammation
Human Biota (Probiotic)	1 capsule daily	Min. 2 to 3 months+	Restores beneficial microbiome and gut lining, prevents recurrence.

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Lipopolysaccharides (LPS) / Endotoxemia

Phase 1

<u>Product</u>	<u>Dosage</u>	<u>Duration</u>	<u>Benefit</u>
Pro Boulardii Plus	1 capsule daily	Ongoing	Diverse probiotic strains including 10 billion <i>S. boulardii</i> to reduce endotoxin inflammation and toxicity. It exerts anti-inflammatory neuroprotective effects.
Colostrum	As directed on label (typically 2–4 capsules daily)	4–6 weeks (or as guided by practitioner)	Source of immunoglobulins and growth factors; supports gut barrier function and may help bind microbial by-products within the intestinal tract.
Liver	1 capsule, 3× daily	2–3 weeks	Supports liver detoxification and hormone metabolism, which is critical for processing endotoxins and reducing systemic inflammation. Contains herbal extracts and nutrients to enhance clearance of toxins that originate from gut-derived LPS.
Digestive Enzymes	15min before largest meals	1 month	Aids digestion and nutrient absorption, reducing fermentation and putrefaction in the gut that can contribute to bacterial imbalance and endotoxin release.

Phase 2 – In case of overgrowth

Options: Candisan / Grapefruit seed extract/ Black Cumin seed	As directed on the label	4-6 weeks	In case of overgrowth of Candida or related dysbiosis, this formula with antifungal and antimicrobial herbs may help restore balance, reducing endotoxin load.
Aid-Inflam	1 cap 3x daily in-between meals	4-6 weeks	Contains anti-inflammatory botanicals and proteolytic enzymes to help reduce gut and systemic inflammation caused by endotoxemia.

Phase 3

GI Repair	Start with ½ scoop daily, increase to 1 scoop daily	4–8 weeks	Combines L-glutamine and soothing botanicals to nourish intestinal lining, support tight junction integrity, and promote healthy GI function.
Human Biota	1 capsule daily	4–8 weeks	Provides probiotic strains from Human origin that strengthen the immune system and gut mucosa and can influence endotoxin activity.

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Intestinal Permeability

Phase 1

<u>Product</u>	<u>Dosage</u>	<u>Duration</u>	<u>Benefit</u>
Human Biota	1 capsule daily	Ongoing	Supports maintenance of healthy gut bacteria which are linked to balanced intestinal barrier function.
GI Repair	Start with ½ scoop daily, increase to 1 scoop daily	4–8 weeks	Formulated to provide nutritional building blocks for gut tissue integrity and support balanced inflammatory signalling in the digestive tract.

Optional Extra

Colostrum	2 capsules twice daily with water on an empty stomach		Contains a probiotic base to enhance the effect of the colostrum. Exerts antimicrobial, anti-inflammatory, and antioxidant effects, Supports microbial diversity, nutrient absorption and repair and regeneration of the gut lining.
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Gut Dysbiosis

Phase 1

<u>Product</u>	<u>Dosage</u>	<u>Duration</u>	<u>Benefit</u>
Ultra Purifiant OR Psyllium Plus; Liver; Pro Boudardii Plus; NAC	As per candida protocol	2–3 weeks	Prepares gut, supports detox pathways, disrupts biofilms, and begins rebalancing microbial environment.

Phase 2

Grapefruit Seed Extract	15 drops 3 times a day with water	2-3 weeks	Contains natural compounds from grapefruit seed traditionally used to help maintain microbial balance.
Black Cumin Seed	As directed on label (1 cap lunch 2x caps evening)	3-4 weeks	Contains thymoquinone and other components that have been used to support a healthy digestive environment, and microbial balance.

Phase 3

GI Repair & Human Biota	GI Repair: ½ scoop → 1 scoop daily; Human Biota: 1 capsule daily	GI Repair: 4–6 weeks; Human Biota: 3 months+	Supports restoration of gut lining and replenishment of beneficial microbes post-cleanse.
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Food Sensitivity / Inflammation

<u>Product</u>	<u>Dosage</u>	<u>Duration</u>	<u>Benefit</u>
Digestive Enzymes/ Plant Digestive Enzymes	15min before largest meals	1 month	May help with poor digestion, abdominal bloating, food allergies, and gastrointestinal inflammation. Digestive enzymes contains pancreatic enzymes, HCL and bile extract to improve digestion and nutrient assimilation. Plant enzymes are broad spectrum enzymes that aid with the digestion of a wide array of foods including gluten, casein, lactose, lectins, nuts, beans legumes and other plants
Infla-Heal Plus/ Aid-inflam	1 capsule two to four times daily on an empty stomach, away from food	4–6 weeks+	Infla-Heal Plus and Aid-Inflam can be alternated or combined if inflammation is severe. Infla-heal helps maintain healthy tissue function and a balanced inflammatory state. Aid inflam is beneficial for pain and inflammatory conditions
Wild omega	1–2 capsules with food per day	4–6 weeks+	High-potency EPA/DHA fish oil that reduces systemic and cellular inflammation, supports cell membranes
Integrate if and when required:			
GI Repair	Start ½ scoop daily, and increase to 1 scoop daily if well tolerated	4–8 weeks	Complete nutrient-rich gut lining support to promote barrier integrity and digestive comfort. Soothes and repairs gut mucosa, and helps maintain mucous membranes

[Click here](#) for individual product data sheets

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