

Regul8®

HOW TO TAKE THE DIGESTIVE TUNE-UP

The Digestive Tune-Up is done as a program, where you take the Cleanse, Restore and Maintain capsules all at the same time. Although commonly assumed that you would take **Cleanse** first, then **Restore**, and then **Maintain** – the combination of the three together is formulated to synergistically support each other in the restoration of a healthy digestive system and re-establishing the microbiome.

Cleanse doesn't affect the good bacteria in the gut, only the bad stuff, and while we are cleansing, **Restore** is repairing and creating the right environment for the good bacteria to be able to thrive. We need to be repopulating the good bacteria with the **Maintain**, so it becomes like your army in the digestive system that prevents the bad bacteria from getting back in and overgrowing in the gut. So, the Digestive Tune-Up is a systematic approach.

There are a couple of ways to take the Digestive Tune-Up depending on your conditions and symptoms.

THE BASIC DOSAGE:

The basic dosage is for someone who has no digestive issues, health or skin problems, but wants to detox and have good gut health.

- **First thing in the morning take:** 1 Cleanse, 1 x Restore, 1 x Maintain with warm water, we recommend adding a squeeze of lemon juice.
- **20 mins before lunch take:** 1 x Cleanse, 1 x Restore, 1 x Maintain with warm water.
- **20 mins before dinner take:** 1 x Cleanse, 1 x Restore, 1 x Maintain with warm water.

Total daily dose: 9 capsules

Take at least 2 boxes then continue taking Maintain and/or Restore. For optimal gut health do the Digestive Tune-Up every 3 months.

THE INTERMEDIATE DOSAGE:

The next dosage is the most popular and is for those who have symptoms such as skin conditions, rashes, constipation, diarrhoea and other digestive problems, a lack of energy, poor immunity, or don't sleep well.

- Start on the basic dosage for 5 days and then **increase the dose to 2 capsules** of each Cleanse, Restore and Maintain 3 times a day.

Total daily dose: 18 capsules

Take 3 to 4 boxes and then continue taking just Maintain and/or Restore. More boxes may be necessary. Repeat every 3 months or as needed.

CONTRA INDICATIONS

If you are pregnant or breastfeeding you can only take Maintain, do not do the Digestive Tune-Up. People on warfarin or blood-thinning medication should also not take Regul8 supplements.

OTHER MEDICATIONS

Other medications should be taken 2 hours on either side of the Digestive Tune-Up to avoid interference.



PLEASE CONSULT YOUR HEALTH CARE PRACTITIONER. REGUL8 MAY NOT BE RIGHT FOR YOU.