

GASTROINTESTINAL | SUPPORT PROTOCOL‡

[Developed by Daniel Kalish, D.C.]†

Protocol Objectives:

To provide supplemental recommendations to help support digestive health, integrity of the intestinal lining, and healthy GI function.‡

Refer to the GI Microbiome Support Protocol‡ for further recommendations.

Clinical Objective†	Assessment	Select From the Following Recommendations†	Dosing
Digestive support	Patient presents with occasional gas, bloating, undigested food and irregular stools	Betaine Plus®	1 or more capsules as needed with each meal
		Pan-Ox-5™ or GI Digest	1 tablet with each meal 1-2 capsules with each meal
		Multi-Probiotic® 40 Billion (Capsules or Powder)	1-2 capsules daily, with food
		S.B.C.	1 capsule daily, with food
		If indicated, add: Gluten-Dairy Ultra Enzyme	1 chewable tablet with a meal
Support healthy intestinal barrier	Patient presents with occasional fatigue, digestive concerns, food intolerances and sensitivities, immune responses Assess lactulose/mannitol test, zonulin test, DAO/Histamine, organic acids	Microbiome Protect™	2 scoops powder daily
		Microbiome Fiber	1 scoop powder daily
		Multi-Probiotic® 40 Billion	1-2 capsules with food
		Intestamine® (Powder)	1 scoop daily, without food
Support for bowel regularity	Patient presents with occasional episodes of diarrhea and/or constipation, small intestine visceral hypersensitivity, gas, bloating, food intolerances, skin concerns	I.B. Comfort®	2 capsules daily
		GI Digest	1-2 capsules with meals
		Multi-Probiotic® 40 Billion	1-2 capsules with food
		Microbiome Fiber	1 scoop powder daily
Gut/brain axis support for healthy mood	Patient presents with occasional bowel irregularity, small intestine visceral hypersensitivity, mood fluctuations, feelings of sadness, trouble sleeping Consider neurotransmitter testing, commercial bacteria (PCR) test	Neurotransmitter Balance	2-4 capsules daily
		Mood Systems Balance	2-4 capsules daily
		See also: recommendations for digestive support or bowel regularity† (above)	
Mitochondrial energy support for healthy GI function	Patient presents with occasional fatigue, slow fat-burning, brain fog Perform organic acids test, secretory IgA	MitoTone Plus	3 capsules, 1-2 times daily
		Citrus Solu-Q™	1 capsule, 3 times daily
		PQQ Plus	1-2 capsules daily

Dietary Recommendations:

- Address food sensitivities and/or consider an elimination diet free from gluten, dairy, soy, egg, corn, nuts and nightshades.
- Consider eating a low-FODMAP diet (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols). FODMAPs include the classes of fermentable sugars and sugar alcohols that contribute to fermentation in the GI tract, resulting in gas, bloating, and irregular bowel movements.

†Please note that patients may not require all supplements listed.

‡Dr. Kalish is a retained advisor to Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Available for download at douglaslabs.com/gisupportprotocol



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