

Wade and Matt's

**TOTAL 90-DAY**

**GI**

**RESET**

**biOptimizers**<sup>TM</sup>

Optimizing Humans Since 2004





# Clean, Rebuild, And Optimize Your Intestinal Gut Health

Below you'll find our 90-Day Gut Reset outlined. This timeline shows how many capsules to take each day and how to space them throughout your day. It will give you a great idea of how to make the best use of our products when they arrive.

Let's begin!

## SUGGESTIONS:

- Drink 3-6 liters of filtered water each day. Ionized or spring water is best.
- Aim to avoid or minimize the following: dairy, gluten, fried foods, and sugar.

## MONTH 1

### Upon Awakening

#### **Week 1 and 2**

- Take 2-4 Herbal Power Flush capsules on an empty stomach upon rising.
- 1 hour later: take 1 scoop of BIOME Breakthrough and mix it with either water or your favorite protein shake. This will help rebuild your biofilm (the lining of your gut wall).

#### **Week 3 and 4**

- Switch Herbal Power Flush to 6 capsules of Herbal Parasite Guardian upon awakening.
- 1 hour later: take 1 scoop of BIOME Breakthrough and mix it with either water or your favorite protein shake. This will help rebuild your biofilm (the lining of your gut wall).

### **ON A DAILY BASIS:**

#### Breakfast

- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

#### Lunch

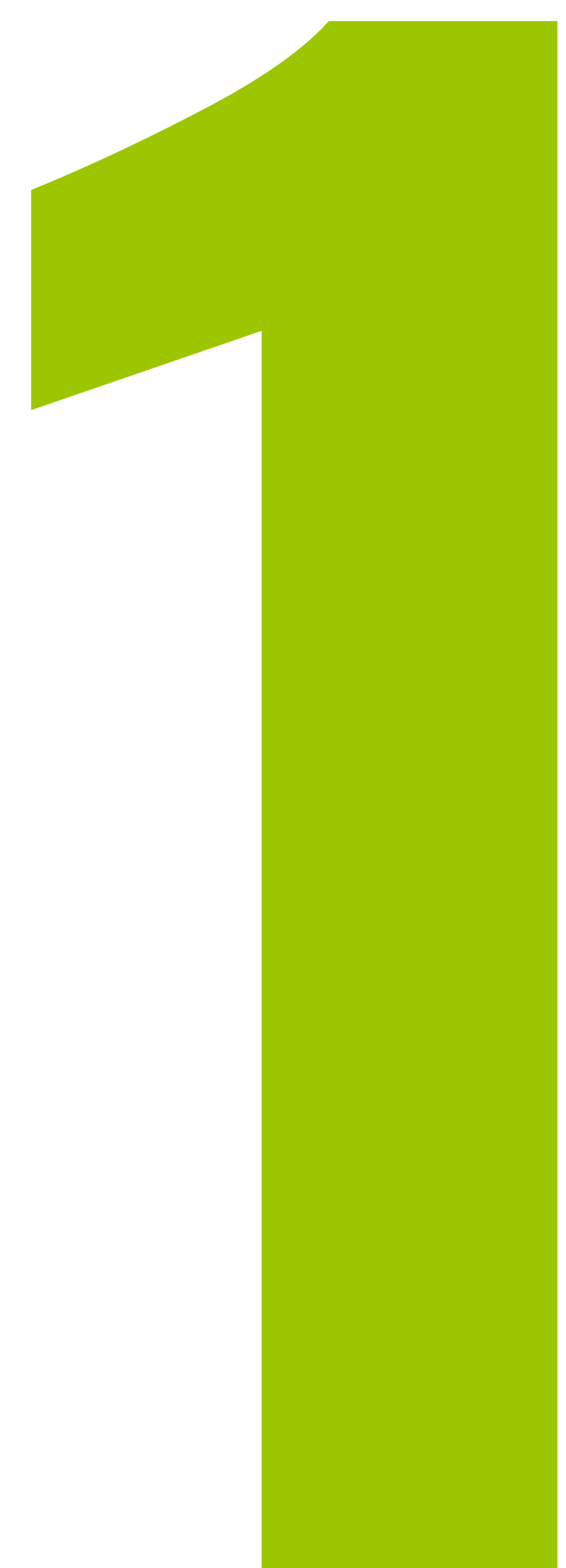
- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

#### Dinner

- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

#### Before Bed

- Take 6 P3-OM capsules before bed.





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## MONTH 2

### Upon Awakening

#### Week 5

- Take 2 Herbal Power Flush capsules on an empty stomach upon rising.
- 1 hour later: take 1 scoop of BIOME Breakthrough and mix it with either water or your favorite protein shake. This will help rebuild your biofilm (the lining of your gut wall).

#### Week 6 to 8

- Switch Herbal Power Flush to 3 capsules of Herbal Parasite Guardian.
- 1 hour later: take 1 scoop of BIOME Breakthrough and mix it with either water or your favorite protein shake. This will help rebuild your biofilm (the lining of your gut wall).

### ON A DAILY BASIS:

#### Breakfast

- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

#### Lunch

- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

#### Dinner

- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

#### Before Bed

- Take 10 P3-OM capsules before bed.





# Clean, Rebuild, And Optimize Your Intestinal Gut Health

## MONTH 3

### Upon Awakening

- Take 2 capsules of Herbal Parasite Guardian on an empty stomach every morning.
- 1 hour later: take 1 scoop of BIOME Breakthrough and mix it with either water or your favorite protein shake. This will help rebuild your biofilm (the lining of your gut wall).

### Breakfast

- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

### Lunch

- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

### Dinner

- Take 3-5 MassZymes capsules + 2 P3-OM capsules a few minutes before your meal.
- Take 2 HCL Breakthrough capsules after your meal.

### Before Bed

- Take 6 P3-OM capsules before bed.

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To your awesome health,

*Wade T. Lightheart and Matt Gallant*

BiOptimizers

