

Supplement List

Supplements are an integral part of the Epic Clean Gut program. They are essential for all aspects of the four Rs—Remove, Replace, Repair, and Reinoculate.

CANDIBACTIN-BR

- Serving: Take two tablets in AM/PM routine
- Suggested Brand: Metagenics CandiBactin-BR (90 Tablets)
- Purchase: [Life Science Pharmacy](#) or [Amazon](#)
- Estimated Cost: \$44-\$50

SACCHAROMYCES BOULARDII 5 Billion+

- Serving: One in AM/PM routine
- Suggested Brand: Jarrow Formulas
- Purchase: [Pure Formulas](#) or [Amazon](#)
- Estimated cost: \$25-\$30

MULTIPLE-STRAIN PROBIOTIC

50 billion bacterial count

- Serving: One in AM/PM routine
- Suggested Brand: Renew Life Extra Care Ultimate Flora Probiotic 50 Billion (60 capsules)
- Purchase: [Renew Life](#)
- Estimate Cost: \$50

MAGNESIUM

250 milligrams of citrate or glycinate

- Serving: One serving PM routine
- Suggested Brand: BodyBio
- Purchase: [BodyBio](#)
- Estimate Cost: \$20

ORIGINAL QUINTON HYPERTONIC® 30 AMPULES OF MARINE PLASMA

- Serving: Take one Quinton a day (AM) - swish around mouth and swallow
- Suggested Brand: Original Quinton Hypertonic
- Purchase: [Original Quinton Hypertonic](#)
- Estimated Cost: \$44

MULTIPLE DIGESTIVE ENZYMES

- Serving: One, taken three times a day
- Suggested Brand: Naturenetics DigestWise (90 capsules)
- Purchase: [Amazon](#) or any health store
- Estimated Costs: \$21-\$22

ACTIVATED CHARCOAL

- Serving: One, taken once a day in warm water with lemon
- Suggested Brand: Cymbotika
- Purchase: [Cymbotika](#)
- Estimate Cost: \$56

METHYL B COMPLEX VITAMINS

- Serving: Take 2 pumps by mouth. Hold in mouth for 30 seconds before swallowing. Take on an empty stomach at least 10 minutes before meals.
- Suggested Brand: QuickSilver Scientific Complex
- Purchase: [Quicksilver Scientific](#)
- Estimated Cost: \$47

PROTEIN POWDER

- Serving: One scoop in AM and one scoop in PM
- Suggested Brand: Four Sigmatic
- Purchase: [Four Sigmatic](#) (you will need to purchase two for full cleanse)
- Estimate Cost: \$80 (for 2)

POWERFUL GASTROINTESTINAL LINING SUPPORT

- Serving: One scoop every morning, mixed into smoothie or water
- Suggested Brand: Metagenics Glutagenics
- Purchase: [Metagenics](#) or [Amazon](#)
- Estimated Cost: \$75-\$95 (Amazon is cheaper)

ESTIMATED TOTAL COST OF SUPPLEMENTS & TWO SHAKES PER DAY: **\$300-\$400**



CULTIVATING LOVE, FREEDOM & PURPOSE