



Additional Supplements & Product Substitutions

This document can be used as a resource to customize your Gut Thrive journey. Some of you won't need any additional supplements beyond the ones you take during the program and others will.

We offer supplement suggestions for additional support in the areas of energy, sleep, thyroid or adrenal health, antioxidant support, and additional anti-fungal protection post GT5 based on requests from our Gut Thrivers.

This comprehensive list of high-quality supplement recommendations will help you construct a supplement protocol to address your current needs, as well as a maintenance program to continue your healing after the program ends.

Be careful not to go overboard and take too many supplements. This sheet is a general guide intended to help you choose a few supplements that might help support your journey.

The products that begin with an asterisk are vegan supplements that can be substituted for the original GT5 program supplements.

Clicking on the blue link will provide more about the supplement and take you to a website where it can be purchased.

[Alpha Lipoic Acid](#)

A powerful antioxidant for autoimmune conditions especially those related to the skin. Alpha lipoid acid is key for rosacea and Graves' Disease. It's highly supportive for optimal thyroid function.

[Ashwagandha](#)

Stemming from Ayurveda, the Indian Healing system, Ashwagandha is an adaptogen that is very helpful for the adrenals and thyroid. It can be a key nutrient in overcoming adrenal fatigue and assisting with stress-induced thyroid issues. Clinical studies have shown Ashwagandha to be as effective as anti-anxiety medications within 5 days of use.

[B Complex liquid](#)

Refill your vitamin B stores after recovering from a gut infection (or during recovery) to give you more mental clarity and energy. A must for those



recovering from an H. pylori infection or for those who have ever been on acid blockers or PPIs. Liquid is a better choice in this case because it will bypass the GI tract and be absorbed faster. Incredibly helpful for depression and exhaustion. Keep in mind that your desiccated liver is stacked with Vitamin B12 and be cautious not to “over vitamin” yourself.

Berb-Evail

Very helpful for continued or additional SIBO support, but not recommended for more than 4 weeks. This supplement helps knock down excess bacteria in the small intestine. Berberine would be a good choice for those who have completed Gut Thrive and are still experiencing excessive gas or bloating.

Betaine HCL with Pepsin

Did somebody say HCL Challenge? You’ll be very familiar with this supplement once you complete the program!

Best Rest Formula

For occasional use to calm and soothe the mind and nervous system so you can relax and let go into a deeper REM sleep. Remember pathogens are more active at night so sometimes insomnia can creep up during the pathogen purge. This formula provides support for that. Combine this with a calming nighttime ritual like a hot bath, journaling, stretching or meditation.

Candidid Forte

To help prevent passing candida back and forth between you and your partner, this supplement can be taken by your partner, for preventative measures.

It provides a blend of nutrients, fatty acids, potent botanicals, and essential oils that promote healthy microbial balance and support immune function. It includes biotin, a nutrient that inhibits yeast from converting into the more aggressive fungal form, as well as fatty acids like undecylenic and caprylic acid that disrupt the metabolism of candida and create a hostile environment for colonization.

Chlorella Manna (powder) or **Quantum Chlorella** (capsule)

Both of these supplements are packed with amino acids, peptides, beta glucans, polysaccharides and nucleic acids that work together to support your body's natural detoxification processes. Chlorella is especially helpful in providing



additional assistance in the removal of heavy metals from the body. It is totally safe to take even if you have amalgam fillings.

Chromium GTF

This supplement can be a lifesaver. For those of you with sugar cravings or trouble controlling blood sugar, chromium is a common deficiency and short-term supplementation (6-12 weeks) can be very helpful. Great for type II Diabetes or metabolic syndrome. See Glucose Support Formula below before making your decision.

Colostrum 40% IgG

Highly recommended for kids and can be taken for 4-6 weeks after your program to continue strengthening your immune system. Colostrum is full of powerful immune and growth factors and a key nutrient in decreasing or eliminating food sensitivities by way of healing leaky gut and recharging immunity.

Cranstat

For individuals who can benefit from urinary track and bladder support. Temporary support - 2 capsules every two hours for up to two days, then 2 capsules every 2-4 hours for 2 weeks. Maintenance support – 1-2 capsules daily.

Curcumin

The single best anti-inflammatory out there and a good one to keep on hand. Think of it as “nature’s ibuprofen”.

***Digestive Enzymes Ultra**

An excellent vegetarian-based enzyme. Can be used as a Vegan or alternative substitute for Digestive Enzymes in the GT5 protocol.

***DGL Plus**

Deglycyrrhizinated Licorice, an alternative formula for healing leaky gut for those of you who have sensitivities to other ingredients in other formulas. DGL Plus can be used as a Vegan or alternative substitute for GI Support and Soothe in the GT5 protocol.

Formula SF722



A safe and effective supplement for the normalization of the microbial ecology of the intestines in mild to moderate cases of candida infection. If you take antibiotics, this can be used as general maintenance for one month, in combination with probiotics and mucosal lining support to prevent candida overgrowth.

Ginkgo Biloba

Has known to be supportive for cognitive and brain function, especially memory as well as provide relief for ringing of the ears.

Glucose Support Formula

Helpful for diabetes, weight and metabolism management. The combination of minerals and herbs in this formula will stabilize blood sugar and regulate sugar cravings. Do not use concurrently with chromium because it already contains an adequate amount of chromium.

Glutathione (pill) or Liposomal Glutathione

A most powerful antioxidant for autoimmune disease, in cancer-recovery, or for those with genetic mutations who have trouble detoxifying. It helps the liver cleanse and balance itself and improves cellular energy. The liposomal version of glutathione is highly recommended for individuals that have difficulty with methylation.

High Potency Fish Oil

This potent fish oil assists with memory, brain function, and enhancing mitochondrial production (the powerhouse of your cells). Essential fatty acids also play an important role in supporting immune function and repair.

If you have troublesome periods or PMS (women), brain fog, joint pain, or dry skin, you should consider fish oil supplementation.

Iberogast

A prokinetic used for motility, Iberogast contains nine different herbal extracts which have a positive influence on the entire gastrointestinal tract. Iberogast assists with regulating peristalsis, reducing pain and cramping, and alleviating heartburn and gas. This product is one of our top picks for individuals who are



challenged with irregularity. This supplement can be taken while you are using Calm & Neurosyn. (Please do not use the supplements, Iberogast and MotilPro together)

***Liver Rescue**

Provides a synergistic botanical blend that assists with detoxification, bile flow and protection of the liver and kidneys. This supplement is great for situations like traveling, or special occasions where you will be consuming alcohol.

Highly recommended for individuals continue to experience detoxification symptoms after Step 3 in the program.

Liver Cleanse can be used as a **vegan** or alternative substitute for Desiccated Liver in the GT5 protocol.

Magnesium Citrate

This form of magnesium can be very helpful in dealing with constipation, as well as promoting restful sleep. Increase the dose gradually until bowel regularity is achieved.

Dose: 2-5 daily depending on severity of constipation

Magnesium Glycinate

This is a well absorbed form of magnesium that does a good job of correcting magnesium deficiencies. It can be helpful in alleviating headaches, muscle spasms, menstrual cramps and insomnia.

Medicinal Mushroom Immune Support

Boosts immunity by up to 300% after consumption. This formula is a great one to have around for when you are feeling run down or others around you are sick.

***MethylAssist**

Methylated B's, for those with low energy or the MTHFR genetic mutation, make sure the B vitamins you take are activated/methylated.

MethylAssist can be used as a **vegan** or alternative substitute for MoRS in the GT5 protocol.

MotilPro



This digestive formula helps improve upper GI comfort, motility, nutrient absorption and fluid uptake. MotilPro's ingredients help calm and nourish the nerve endings in the GI tract, and help control smooth muscle contraction (peristalsis). You can follow the dose on the bottle at 3 per day and work up to 6 as your body responds.

This supplement can be taken while you are using Calm & Neurosyn. (Please do not use the supplements, Iberogast and MotilPro together)

NAC (N-Acetyl Cysteine)

For those with trouble detoxifying that don't do well on glutathione, NAC is a precursor to glutathione and can help your body to produce more of its own while supporting detoxification pathways.

***Oil of Oregano (by Gaia Herbs)**

Oil of Oregano by Gaia Herbs provides the same excellent antifungal and antioxidant benefits as the Oil of Oregano that comes in the Gut Thrive supplement kits. It can be used as a **vegan** substitute for The Whole Journey Oil of Oregano in the GT5 protocol.

Olive Leaf

A powerful immune booster, especially for those who tend to slant toward fungal infections or yeast overgrowth. A good maintenance to keep on hand for those who did Plan F to take when feeling under the weather or if a family member is sick.

Ortho Biotic

This unique probiotic formula is designed to deliver active microorganisms that promote healthy gut microflora, protect intestinal integrity, and boost immune function. The formula includes *Saccharomyces boulardii*, an extensively researched microorganism shown to help restore microflora by balancing organisms in the GI tract.

You may want to go through a bottle a few times a year to keep your gut health strong and maintain your newly established good bacteria. This supplement is essential if you ever need to take antibiotics.



PS 100 (phosphatidylserine)

This supplement supports mental acuity, memory, and healthy phospholipid balance in cell membranes. It is extremely supportive for individuals who are experiencing adrenal fatigue and find themselves waking up in the middle of the night.

Dose: 2-3 capsules in the evening

Rhodiola Rosea

A highly coveted adaptogenic herb to help create a balanced stress response. It's helpful during periods of increased stress and when recovering from chronic fatigue or adrenal fatigue.

Saccharomyces boulardii

A yeast eating strain of probiotic that is helpful for Candida/yeast overgrowth and an important strain of probiotic that will prevent leaky gut (dysbiosis) during or after a course of antibiotics. This product can be especially helpful for individuals that are following the Plan F protocol and experiencing constipation – very effective when used at the beginning of the Pathogen Purge.

Selenium

An important antioxidant for thyroid health, especially Hashimoto's Disease as it has been proven to lower thyroid antibodies.

Terraflora

Terraflora is a broad-spectrum soil-based prebiotic and probiotic supplement that delivers novel spore-form commensal probiotic microorganisms, combined with supporting select Bacillus strains. It includes microbiome-accessible prebiotics specifically designed to help support optimal gut health and a normal balance of beneficial microflora in your intestinal tract, with naturally-occurring food-based polyphenols and polysaccharides, sourced from wild organic seaweeds, mushroom fruiting bodies, and humic acid. Recommended as the probiotic of choice for individuals following the Plan S protocol. If you are having trouble tolerating MBC, you may be able to use this probiotic at a dose of 1 capsule 30 minutes before breakfast for 30 days and then move on to the transition supplements.



If, after 7 days on Terra Flora you are still bloated and experiencing digestive trouble, add in Berb-Evail at 400 mg four times a day for 21 days (waking, mid-morning, mid-afternoon, and before bed), away from food.

Thyroid Support

Check with your doctor before starting thyroid support. A chronically low temperature might make this product right for you to pick up your energy.

Trace Minerals

Are cofactors for most enzymes in the body and are essential for proper hormone and neurotransmitter function. Deficiencies of specific trace minerals can have an adverse impact on cardiovascular health, bone health, fertility, cognitive health, and immunity. Even mild deficiencies in trace minerals can result in poor growth and development. Many dietary trace minerals are found in fruits and vegetables; however, mineral depletion of the soil has rendered much of the produce we buy deficient in these essential nutrients. Because of these circumstances, supplementation may be indicated.

Vitamin Code Raw Prenatal

If you did Gut Thrive to clean up your health before conception, here is a great pre-natal to take after the program.

Vitamin D3

A crucial factor in a healthy immune system and gut lining. 80% of the population has a vitamin D deficiency. You should be 50-100 in lab values to be considered in the “functional range”.

Whole Daily + Multivitamin

A standard, high quality multi-vitamin to make sure your bases are covered after the program ends. This is an excellent supplement for transition and maintenance, if you prefer not to take a lot of supplements individually.

Zinc

Immune boosting and an important mineral for GI health. Zinc is a constituent of over two-dozen enzymes involved in digestion and metabolism, including healthy storage and metabolism of carbohydrates. It is also related to the normal



absorption and actions of the B vitamins. Zinc is crucial to help build testosterone and libido.