Clean Gut Supplement Recommendations

These are the supplement recommendations from Dr. Junger’s book *Clean Gut* for the 21-day Gut program.

1. **Herbal Antimicrobial** (one recommended serving, taken twice a day). Preferably a formula with Berberine, such as Berberine HCL 400 mg or Berberine Sulfate 400 mg.

   Recommendation: Allergy Research Group, [website](https://www.allergyresearchgroup.com) | [amazon](https://www.amazon.com)

2. **Saccharomyces Boulardii** (one recommended serving, taken twice a day). At least 5 billion count live organisms per serving.

   Recommendation: Pure Encapsulations, [website](https://www.pureencapsulations.com) | [amazon](https://www.amazon.com)

3. **Multiple-strain Probiotic** (50 billion bacterial count, taken twice a day). It is best to pick up a probiotic at your local health food store. Choose one that has the lactobacillus acidophilus strain and other strains such as Bifidobacterium longum, lactobacillus rhamnosus, Bifidobacterium bifidum.

   Recommendation: Klaire, [website](https://www.klaire.com) | [amazon](https://www.amazon.com)

4. **Magnesium** (250 milligrams, of citrate or glycinate, taken once a day). You can find this supplement in capsule or powdered form.

   Recommendation: Thorne Research, [website](https://www.thorne.com) | [amazon](https://www.amazon.com)

5. **Multiple Digestive Enzymes** (one recommended serving, taken three times a day with meals). A product that contains multiple digestive enzymes such as protease, amylase, lipase.

   Recommendation: Global Healing Center, [website](https://www.globalhealingcenter.com) | [amazon](https://www.amazon.com)

6. **Biofilm-dissolving supplement such as Monolaurin** (600 milligrams per serving, to be taken twice daily). Monolaurin is a powerful biofilm dissolver and antimicrobial made from concentrated lauric acid found in coconut. It’s sold in capsule form.
Recommendation: Ecological Formulas, [amazon](https://www.amazon.com)

7. **B Vitamin Complex** containing B12, B6, B5, and others (minimum doses per serving are 500 mcg for B12, 50 mg for B6, and 100 mg for B5, to be taken three times daily). A quality B vitamin complex will help support balanced moods, healthy energy levels, and the nervous and immune systems.

Recommendation: Pure Encapsulations, [website](https://www.pureencapsulations.com) | [amazon](https://www.amazon.com)

**Questions**

Have questions? Send us email at [support@cleanprogram.com](mailto:support@cleanprogram.com)