

Clean Gut Supplement Recommendations

In *Clean Gut* we recommend specific supplements for the gut program and for daily use after the program.

In this document we've included our recommendations for the following categories along with our general thoughts on supplementation.

Here's how the document is organized:

- I. Recommended Brands
- II. Clean Gut Program Supplements
- III. Gut-specific Supplements for More Gut Repair
- IV. Recommended Daily Supplements
- V. How to Take Supplements
- VI. Supplements - The Big Picture

I. Recommended Brands

Recent [studies](#) have shown that the potency of supplements can vary widely and that not all supplements are created equal. These are a few of the companies we recommend. Keep reading to see our specific recommendations.

Pure Encapsulations ([website](#) | [amazon](#))

Thorne Research ([website](#) | [amazon](#))

Metagenics ([website](#) | [amazon](#))

Allergy Research Group ([website](#))

Designs for Health ([website](#) | [amazon](#))

Ecological Formulas ([amazon](#))

Douglas Labs ([website](#) | [amazon](#))

Jarrow Formulas ([website](#) | [amazon](#))

Global Healing Center ([website](#) | [amazon](#))

Udo's Choice ([website](#) | [amazon](#))

Dr. Ohhira's pre and probiotics ([website](#) | [amazon](#))

VSL-3 probiotics ([website](#) | [amazon](#))

II. Clean Gut Program Supplements

These are the supplements for the Clean Gut Program. Many of the companies we recommend sell only to healthcare practitioners, but you can find them on Amazon. We've included their website so that you can get more information about the products and see the complete ingredient breakdown.

- 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](#) | [amazon](#)

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

Recommendation: Pure Encapsulations, [website](#) | [amazon](#)

- 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](#) | [amazon](#)

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

Recommendation: Thorne Research, [website](#) | [amazon](#)

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

Recommendation: Global Healing Center, [website](#) | [amazon](#)

- 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](#)

- 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](#) | [amazon](#)

III. Gut-specific Supplements for More Gut Repair

The following supplements will extend the efficacy of the Clean Gut program. They will build on the work you have already done and are specific to improving and maintaining gut health. The more you continue to support the health of the gut, the more your overall health will continue to benefit.

- 1 **Probiotics:** Stress, chlorinated water, polluted air, antibiotics, and chemicals in our food all present constant challenges to maintaining good bacteria. Increasing the amount of probiotics you take for a period of time can help deal with these challenges, improve digestion, and increase nutrient absorption.

Recommendation: VSL-3, [website](#) | [amazon](#)
VSL-3 are very powerful probiotics.

- 2 **Prebiotics:** Prebiotics are sold as powders made from inulin and chicory root. They help promote the growth of bacteria in the digestive system and colon. Prebiotics are also found in raw Jerusalem artichoke, raw dandelion greens, raw garlic, raw leeks, and raw onions.

Recommendation: NOW, [amazon](#)

- 3 **Digestive Enzymes:** Digestive enzymes help your body digest fats, proteins, and carbohydrates. Take a digestive enzyme with meals to support optimal digestion.

Recommendation: Klaire Labs, [website](#) | [amazon](#)

- 4 **Hydrochloric Acid (HCL):** A critical component for proper digestion, HCL is useful for reducing acid reflux, upset stomach, nausea, and heaviness after eating.

Recommendation: Thorne, [website](#) | [amazon](#)

- 5 **L-Glutamine:** This is an amino acid and the preferred food for intestinal cells. L-glutamine helps rebuild gut lining and restore gut integrity.

Recommendation: Now Foods, [website](#) | [amazon](#)

- 6 **Colostrum:** A form of milk produced by cows just before giving birth, colostrum has been shown to help restore gut health by repairing leaky gut. It contains growth factors, which heal damage to the intestinal lining, as well as large amounts of immunoglobulins, which help reduce harmful bacteria.

Recommendation: Symbiotics, [website](#) | [amazon](#)

- 7 **Lactoferrin:** A glycoprotein derived from colostrum, lactoferrin has been shown to be antibacterial and supportive of the immune system. It also inhibits gut inflammation and has been used in the treatment and prevention of gastrointestinal inflammatory conditions.

Recommendation: Jarrow Formulas, [website](#) | [amazon](#)

- 8 **Fermented Foods:** These foods and drinks are easy to digest and contain beneficial bacteria and a wealth of B vitamins, minerals, and nutrients. when

eating protein or fatty meals, add fermented foods to improve digestion. Look for raw, unpasteurized kimchi and sauerkraut, and low-sugar probiotic drinks. In addition, small amounts of kefir made from goat's milk or cow's milk may be useful, as long as dairy is not a trigger food for you.

Recommendation: Rejuvenative Fermented Foods, [website](#)

IV. Top 5 Daily Recommended Supplements

Here are Dr. Junger's Top 5 recommended supplements for daily use after your Clean Gut program.

- **Fish oil** (or vegetarian Omega3)
Overview: Provides essential fatty acids and reduces inflammation.
Tip: Look for brands certified free of heavy metals like mercury and other contaminants. Start with doses around 1000mg, once to twice a daily, with a 300/200 ratio of EPA/DHA. Fermented cod liver oil is our preferred type. See recommendation below.

Recommendation: Green Pastures, [website](#) | [amazon](#)

- **Probiotics**
Overview: Beneficial bacteria helps break down food, absorb nutrients, and boosts immunity. Take at least 15 billion a day.
Tip: Choose a probiotic that has the lactobacillus acidophilus strain along with other strains such as Bifidobacterium longum, lactobacillus rhamnosus, Bifidobacterium bifidum. Switch your type of probiotic every few months.

Recommendation: Klaire, [website](#) | [amazon](#)

- **Multivitamin/ Multi-mineral**
Overview: Replenishes essential vitamins and nutrients that may not be present in your diet.
Tip: You can find this in tablet/capsule form or within a high-quality nutritional shake mix.

Recommendation: PhytoMulti (Metagenics), [website](#) | [amazon](#)

- **Vitamin D3** (from sunshine and/or capsule)
Overview: Increases energy levels and immunity, boosts mood and balances hormones.

Recommendation: Jarrow, [website](#) | [amazon](#)

Tip: When possible, focus on getting 20 minutes of direct sunlight on your bare skin daily. For maintenance take 2,000-4,000 IU a day. For deficiencies, work with your functional medicine doctor. They will recommend dosages between 5,000-10,000 IU a day for a few weeks.

- **Magnesium**

Overview: An important mineral directly involved in over 300 different bodily functions and often lacking in our diet.

Tip: Look for magnesium citrate or glycinate because they have been shown to absorb better. Take at least 250mg/day.

Recommendation: Thorne Research, [website](#) | [amazon](#)

V. How to Take Supplements

All the supplements listed above are best taken with food except for the probiotic. Probiotics are best taken on an empty stomach with water. Refrain from eating for 15 minutes after you have taken them.

There is no fixed rule on how long to take these supplements. Many people continue to take the daily supplements listed above indefinitely. A good rule of thumb is to take them for three weeks, then take a few days off before starting them again, unless your healthcare practitioner tells you otherwise.

VI. Supplements: The Big Picture

Supplements work by helping us address deficiencies that typically arise from our modern life. We mentioned this above, but it's worth exploring further.

We always focus on food first. Food is the primary way we get our nutrients. The food we eat is information our body uses to tell it how to function and how to express its genes. If we want to function at a high level, then eating the highest quality and most nutrient-dense foods is the most important first step.

Before we even talk about supplements, we have to acknowledge that food deserves the most attention. We recommend a diet rich in whole plants and animals while staying away from processed foods and sugar.

That being said, even if we are eating clean, a diet of whole foods is most likely not sufficient. Whole foods are the key to long-term health, but supplements may just be what we need to take care of any nutrient deficiencies we have.

Why are we deficient in nutrients?

- 1 **Our modern lifestyles are less natural.** We are more sedentary, spend less time in the sun, and eat more processed food today than ever before. All three of these issues can contribute to nutrient deficiencies.
- 2 **Industrial agricultural food production reduces nutrient density of our food.** Whether it's picking food before it's ripe, repeatedly farming single crops on the same plot of land, adding preservatives and conservatives, or shipping food items across the country, all of these activities decrease the quality of our food.
- 3 **We are not absorbing the nutrients from our food.** *Clean Gut* directly address this issue. It's not just the kinds of foods we eat that are important, it's how well we absorb them. When our gut is impaired, we don't absorb the nutrients we need. Supplementation can give us the necessary nutrients we need and help us repair our guts.
- 4 **Each person has their own biological strengths and weaknesses.** Breastfeeding, c-section births, family history, genetics, and presence of chronic infections are just some of the factors that play a role in how nourished we are. The famous [Pottenger's cats study](#) shows that nutritional deficiencies can be past down through successive generations and may be an important contributing factor in disease. Some of us might be dealing with the deficiencies of our parents or grandparents, many of which can be reduced by supplementation and cleaning up our diet.

Two ways to think about supplements

We think about supplements in two ways: societal and individual. First, we ask, "What are the specific supplements that can benefit most people?" These are supplements that help replenish deficiencies that are widespread and cultural. We find almost all of Dr. Junger's patients deficient in at least a few of the one's mentioned above: EPA/DHA, probiotics, multivitamin / multi-mineral, vitamin D, and magnesium.

Secondly, there are deficiencies and health issues specific to the individual. We recommend working with a [Functional Medicine doctor](#) in your area to discover

which deficiencies you may have. They are trained to go deeper than most doctors and can help you develop a supplementation program that is right for you.

Questions

Have questions? Send us email at support@cleanprogram.com