

# Support for a Healthy Gut Microbiome

Developed and reviewed by the clinical, chiropractic, and naturopathic members of the Standard Process team

## Gut Microbiome Health and Function

The human gastrointestinal tract is the natural habitat for a large and diverse population of microorganisms like bacteria, viruses, and fungi (including yeast). These trillions of organisms and their associated genetic material are collectively referred to as the gut microbiome. A healthy microbiome supports immune function via the gut associated lymphatic tissue (GALT).

The balance of the microbiome may become disrupted because of infection, poor diet, medications, or other digestive stressors. This can lead to compromised digestive function and symptoms such as bloating, gas, and bowel movement changes.

Microbial communities called biofilms can result in both challenges and benefits to the management of gut health. In the GI tract of healthy individuals, biofilms can form between beneficial organisms and provide them with protection from external challenges while also aiding in nutrient absorption. When changes in the microbial community occur, biofilms can impede this optimization of microbial ecology. In this case, regulation of biofilms can be a supportive tool for maintenance of healthy microbial populations.

## Supportive Lifestyle Practices

- Digestion works best when the body is in a parasympathetic state, also known as the “rest and digest” response. Taking the time to sit down while eating a meal and chewing food thoroughly can support greater bioavailability of nutrients and improved gut function.<sup>1</sup>
- Chronic stress can have a profound effect on gut health, the gut-brain axis, and the microbiome.<sup>2-3</sup> Encourage the adoption of stress-modulating tools like meditation, counseling, exercise, hobbies, and spending time with friends and family.
- Exercise is thought to modulate intestinal microbiome composition. It is associated with increased biodiversity and representation of taxa with beneficial metabolic functions.<sup>4</sup>
- Consider acupuncture as an adjunctive tool for supporting gut health. Acupuncture has been shown to improve diversity and composition of gut bacteria in those with functional constipation.<sup>5</sup>

## Whole Foods Nutritional Recommendations

- If tolerated, recommend an increased intake of fruits and vegetables, which are good sources of fiber and polyphenols. These compounds promote gut microbial diversity and improve intestinal permeability.<sup>6</sup>
- If there appears to be a sensitivity to the fermentable carbohydrates (such as those found in certain fruits, vegetables, and grains), it may be helpful to temporarily reduce the intake of these foods until gut health has improved. Consider utilizing a low FODMAPs diet, the Specific Carbohydrate Diet, or related plan.<sup>7</sup>
- Consider adding a daily cup of soothing bone broth. Bone broth is rich in gut supportive amino acids glycine and glutamine. Both aminos can support gut barrier function and provide microbiome support.<sup>8</sup>
- Slowly incorporate fermented and cultured foods like yogurt, kefir, sauerkraut or kimchi to support gut health with probiotic-rich foods.<sup>9-10</sup>

# Dietary Supplement Regimen



## Biofilm ProBalance™

Suggested Use: **3 Capsules**

Probiotic + Enzyme + Botanical formula to support beneficial yeast populations in the GI\*

- Helps balance naturally occurring yeasts like Candida in the GI tract\*
- BIOHM FX® promotes healthy gut microbiome structure\*
- Regulates mixed species biofilm matrices in the GI\*
- Supports intestinal comfort\*
- Helps relieve occasional bloating\*



## Zypan®

Suggested Use: **2 Tablets**

Zypan® combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion.\*

- Supports macronutrient digestion\*
- Hydrochloric acid is involved in maintaining proper gastric pH\*
- Includes stearic acid to coat the pancreatin, helping it to be digested in the correct area of the digestive tract\*
- Provides enzymatic support for protein digestion\*
- Supports the digestive environment of the GI tract\*



## Gut Flora Complex

Suggested Use: **1 Softgel**

Gut Flora Complex combines Andrographis and Phellodendron with Oregano and Anise essential oils. These herbs have been traditionally used in herbal preparations to:

- Cleanse and promote healthy function of the gastrointestinal tract\*
- Encourage a healthy intestinal environment by helping to maintain optimal gut (intestinal) flora\*
- Relieve occasional mild gastrointestinal discomfort, including bloating and flatulence\*
- Support healthy immune system response\*



## GI Adsorb™

Suggested Use: **4 Capsules**

GI Adsorb™ is a GI health supplement that contains clinoptilolite, an adsorbent zeolite mineral, and is formulated to support GI health and elimination.\* It also:

- Contains purified Clinoptilolite (G-PUR®) — a mineral that has adsorbent properties towards naturally occurring toxins\*
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health\*
- Helps support a healthy gut barrier\*
- Helps with the body's removal of naturally occurring toxins by supporting a healthy GI barrier and normal elimination\*

## Assessment of Gut Microbiome Health

- Standard Process Microbiome Test Kit
- Assess medication history, especially antibiotic usage

## In Office/Physical Exam

- Signs/Symptoms such as reflux, bloating, gas, constipation, diarrhea, nutrient deficiencies

References available at [standardprocess.com](https://www.standardprocess.com)

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