

# GERD



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Dr. Hyman's supplement stack recommendation for optimal healthy support

## Recommended Usage and Benefits

### Glutagenics

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**Take 1 scoop in water (15 minutes before meals) 3 times a day (3 scoops in total).** Support the integrity and healthy function of the gastrointestinal lining for healthy digestion, immunity and overall wellness.

### GastroMend-HP

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**Take 2 capsules twice a day (4 in total).** Promotes digestive microbial balance and supports gastric mucosal health.

### Zinc-Carnosine

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**Take 1 capsule twice a day (2 in total).** Contains the PepZinGI® brand of zinc-carnosine to support healthy gastrointestinal mucosa and relieve mild gastric discomforts.

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## Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at [support@drhyman.com](mailto:support@drhyman.com) or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

\*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.