



Supplements and Ingredients for Gut Health

Recommended Usage and Benefits

Seed DS-01 Synbiotic

Take 2 daily. Probiotics stimulate intestinal immune cells and commensal microflora to modulate specific immune functions and immune homeostasis.

Akkermansia

Take 2 daily. Attenuates gut inflammation and support protective mucosal layer.

Gut Food

Use 1 scoop a day. Supports gut with a combination of prebiotics, probiotics, polyphenols.

CordyChi

Take 2 daily. Reishi and Cordyceps mushrooms known for immune-boosting properties.

ProButyrate

Take 2 daily. Butyrate is known to feed the cells lining the colon, promote a healthy gut barrier, and prevent “leaky gut.”

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 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!