

Gastrointestinal Health – Chronic Digestive Discomfort Bundle

Created by Paul Thomas MD - Retired on Aug 21, 2023

Updated on Jan 18, 2024

Also available, products containing the combination of ingredients included in the protocol:

- Nature's Way Primadophilus Optima: <https://us.fullscript.com/p/stores/products/catalog/show?productID=58812>
- Seroyal/Genestra HMF Neuro Powder: <https://us.fullscript.com/p/stores/products/catalog/show?productID=70509>
- Pharmax HLC MindLinx Powder: <https://us.fullscript.com/p/stores/products/catalog/show?productID=70473>

When adding supplements to your wellness plan, please consult with your trusted healthcare professional. It is wise to add one new supplement at a time in case you have unpleasant side effects. All information on this platform is informational and not intended to diagnose or treat.

Products

Items



Pepogest (Peppermint Oil) (60 Softgels)

Nature's Way

In Stock

Instructions

Instructions from Paul Thomas MD - Retired:
1 Gel x 3 times per day / anytime for 1 month.

Additional Instructions
minimum 4 weeks

Price

\$13.49



FiberMend (330 Grams)

Thorne

In Stock

Instructions from Paul Thomas MD - Retired:
1 Scoop x once per day / anytime for 3 weeks.

Additional Instructions
Mix with at least 8-10 ounces of water, juice, or preferred beverage daily.

\$32.24

Items



UltraFlora® Spectrum Probiotic (30 capsules)

Metagenics

In Stock

Instructions

Instructions from Paul Thomas MD - Retired:
1 Capsule x twice per day / anytime for 3 months.

Additional Instructions

minimum 12 weeks

Price

\$38.99



Ginger Extract (120 capsules)

Pure Encapsulations

In Stock

Instructions from Paul Thomas MD - Retired:

2 Capsules x twice per day / anytime as needed.

Additional Instructions

1 hour before eating

\$46.49



L-Glutamine Powder (200 Grams)

Allergy Research Group

In Stock

Instructions from Paul Thomas MD - Retired:

1 Teaspoon x twice per day / anytime for 2 months.

Additional Instructions

two to three times daily for eight weeks

\$49.49