

# DIGESTIVE SUPPORT FOR HEALTHY LIVING<sup>‡</sup>



PUSH YOUR POTENTIAL.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## DIGESTIVE

In terms of surface area, the gastrointestinal tract comprises one of the largest organs in the body. The roles that it plays are varied and extend well beyond simply moving and digesting food to allow for the absorption of nutrients. In addition to acting as a barrier against the harsh external environment, the digestive system also represents one of the body's largest immune organs, possessing an intricate lymph network. The gastrointestinal tract houses a highly complex ecosystem that contains trillions of microorganisms. Research continues to uncover new ways in which beneficial bacteria can positively impact health, expanding beyond the confines of the digestive tract to include cardiovascular health, cognition, healthy weight management<sup>†</sup> and more.<sup>‡</sup>



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## ADVISORY BOARD



### DANIEL KALISH, D.C.\*

Over the past 25 years, Daniel Kalish has directed three integrative health clinics in California, where he has coordinated teams of medical doctors, nutritionists, chiropractors and acupuncturists. Dr. Kalish is dedicated to teaching doctors Functional Medicine philosophy and practices. Through The Kalish Institute's educational programs, he has trained over 1,000 practitioners worldwide in The Kalish Method, which solves patient challenges through a proven, lab-based approach. He is the author of three books and is a frequently requested speaker for integrative medicine conferences across the United States.

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\*Dr. Kalish is a retained advisor to Douglas Laboratories.

\*\*Valid in the USA and for online orders over \$100 only. Cannot be combined with any other promotions.

Free standard shipping will apply to entire order and become available under shipping method.

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

## MULTI-PROBIOTIC® FORMULATIONS SELECTION GUIDE

[ Co-formulated by Daniel Kalish, D.C. ]\*

Multi-Probiotic® Formulations, provided by Douglas Laboratories® and co-formulated by Daniel Kalish, D.C., were created to support digestive health, nutrient absorption and immune health.<sup>‡</sup>

Features and benefits of the Multi-Probiotic® Formulations include:

- 4-16 Probiotic strains of *Lactobacillus*, *Bifidobacterium*, and *Streptococcus*
- Contains clinically studied strains such as *B. lactis* HN019, *B. longum* BB536, and *L. acidophilus*
- A synbiotic blend containing prebiotic and probiotics
- Contains short chain FOS®, a non-gas forming prebiotic fiber
- A patented, cellular matrix proprietary stabilization process aids the freeze-dried probiotic stability
- Formulated with strains that are acid and bile tolerant
- Cell enumeration testing performed to verify potency
- Manufactured for shelf-stability and no refrigeration until after opening

Multi-Probiotic® Formulations**	Features	Benefits <sup>‡</sup>	Daily Dose (see label for dosing protocol)
<b>Multi-Probiotic® 4 Billion</b> Formula: 202449	<ul style="list-style-type: none"> <li>• 4 Billion CFU per serving</li> <li>• 8 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Lower potency maintenance formula</li> </ul>	<ul style="list-style-type: none"> <li>• Intestinal/Digestive support</li> <li>• Immune health</li> </ul>	1 Acid-Resistant Capsule
<b>Multi-Probiotic® 15 Billion</b> Formula: 202516	<ul style="list-style-type: none"> <li>• 15 Billion CFU per serving</li> <li>• 8 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Median potency</li> <li>• Includes <i>B. lactis</i> HN019 clinically researched for immune health in aging adults<sup>‡</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Intestinal/Digestive support</li> <li>• Immune health</li> </ul>	1 Acid-Resistant Capsule
<b>Multi-Probiotic® 40 Billion</b> Formula: 202634	<ul style="list-style-type: none"> <li>• 40 Billion CFU per serving</li> <li>• 16 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Our highest potency, highest multi-strain formula</li> <li>• Includes <i>B. lactis</i> HN019 clinically researched for immune health in aging adults<sup>‡</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Intestinal/Digestive support</li> <li>• Immune health</li> </ul>	2 Capsules
<b>Multi-Probiotic® Spore + SBC</b> Formula: 202694	<ul style="list-style-type: none"> <li>• 6 Billion CFU per serving</li> <li>• Spore-based probiotic blend</li> <li>• Includes <i>Saccharomyces boulardii</i> (SBC), a nonpathogenic yeast that can support healthy gastrointestinal function and intestinal permeability<sup>‡</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Digestive health</li> <li>• Immune health</li> </ul>	1 Capsule, 1-2 times daily, with food

Visit [douglaslabs.com/digestive](https://douglaslabs.com/digestive) for more products and information related to the Multi-Probiotic® Formulations Selection Guide.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.

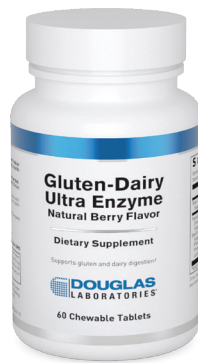
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

\*\*Please note that patients may not require all supplements listed.

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### Gluten-Dairy Ultra Enzyme Natural Berry Flavor Supports gluten and dairy digestion<sup>‡</sup>

Gluten-Dairy Ultra Enzyme contains effective enzymes to support the digestion of gluten and lactose in a delicious, natural berry chewable designed for children and adults. These clinically researched enzymes assist with gastric and pancreatic enzymes of the gastrointestinal tract to break down gluten and lactose into their basic components.<sup>‡</sup>



**SUGGESTED USAGE: ADULTS AND CHILDREN AGE 3+ CHEW 1 TABLET WITH EACH MEAL, UP TO 3 TIMES DAILY**

Serving Size 1 Chewable Tablet • Servings Per Container 60

Amount Per Serving	
Total Carbohydrate	0 g
Sugar Alcohol	1 g
Tolerase® G Prolyl Endopeptidase (from <i>Aspergillus niger</i> )	144 mg
Supplying Prolyl Endopeptidase Activity	83,520 PPI
BioCore Dairy®-I	105 mg
Supplying:	
Protease (from <i>Aspergillus niger</i> )	399 BLGU
Protease (from <i>Aspergillus oryzae</i> )	231 BLGU
Lactase (from <i>Aspergillus oryzae</i> )	1,000 ALU

Other ingredients: Mannitol, xylitol, sunflower lecithin, natural mixed berry and dark cherry flavors, organic acacia gum

Tolerase® G is a trademark of DSM.

Tolerase® G is not intended to replace a gluten-free diet.

Tolerase® G is not intended to treat or prevent Celiac disease.

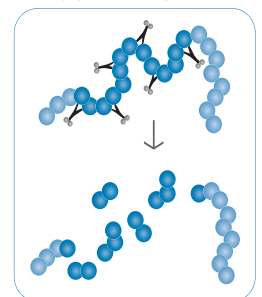
BioCore Dairy®-I is a trademark of National Enzyme Company.

Formula	Size
202467	60 Chewable Tablets

### Tolerase® G

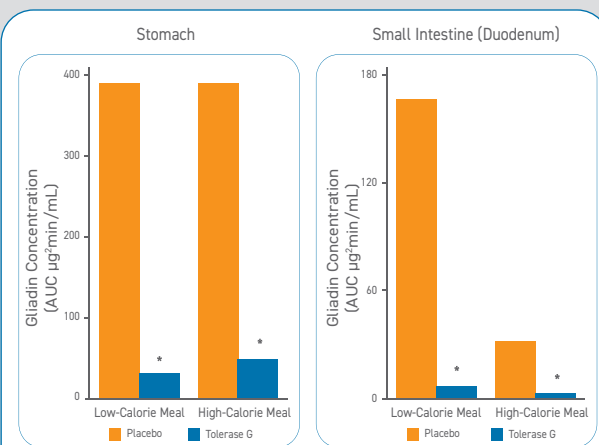
- Unique and IP-protected enzyme
- Scientifically proven to digest proline-rich gluten epitopes
  - *in vitro*<sup>1</sup>
  - In a gastrointestinal model<sup>2</sup>
  - In humans<sup>3,4</sup>
- Active under stomach conditions
  - Active and stable at low (stomach) pH
  - Resistant to pepsin

Cleaves peptides after a proline residue



1. Stepniak D et al. *Am J Physiol Gastrointest Liver Physiol* 2006;291:G621-G629.
2. Mitea C et al. *Gut* 2008;57(1):25-32.
3. Salden BN et al. *Aliment Pharmacol Ther* 2015;42(3):273-85.
4. König J et al. *Sci Rep*. 2017 Oct 12;7(1):13100.

### Tolerase® G Digests Gluten In Humans Gluten Digestion in the Stomach and Duodenum



Tolerase® G significantly reduces the presence of intact gluten in the GI tract

\*Significantly different compared to placebo, p<0.05  
Gliadin Concentration = AUC 0-240 min DQ2.5-glia-α3  
Salden BN et al. *Aliment Pharmacol Ther* 2015

### GI Digest Comprehensive digestive enzyme formula<sup>‡</sup>

GI Digest is a comprehensive digestive enzyme formula containing all the necessary digestive enzymes including dipeptidyl peptidase IV (DPP-IV), lactase and alpha-galactosidase that assist in the proper digestion of proteins, fats, starch, dairy and gluten. Formulated with multiple proteases, lipases and carbohydrases, GI Digest provides enzymatic activity across a broad pH range that ensures the enzymes are active throughout the stomach and through the small intestine.<sup>‡</sup>



**SUGGESTED USAGE: 1 WITH EACH MEAL**

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	
BioCore® Optimum Complete	110 mg
Providing:	
Amylase	3,500 DU
Protease	21,000 HUT
Protease	4,000 PC
Alpha-Galactosidase	150 GalU
Glucosylase	10 AGU
Lactase	1,000 ALU
Protease	50 SAPU
Invertase	400 SU
Lipase	500 FIP
Acid Maltase	14 MaltU
Peptidase	2 AP
BioCore® DPP-IV	100 mg
Providing:	
Protease	500 DPP-IV
Protease	30,000 HUT
Protease	8.5 AP

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate and silica

BioCore® and BioCore DPP-IV® are registered trademarks of Deerland Probiotics & Enzymes

Formula	Size
201538	90 Vegetarian Capsules

### Microbiome Protect™ w/IgG ImmunoLin® immunoglobulins, prebiotic and sport probiotic for intestinal health<sup>‡</sup>



Microbiome Protect™ w/IgG is a combination of clinically studied dairy-free ImmunoLin® immunoglobulins, *Bacillus coagulans* probiotic and α-gluco-oligosaccharide prebiotic to support and protect the intestinal microbiome. As a neutral tasting powder, Microbiome Protect™ w/IgG can be easily added to liquids or foods.<sup>‡</sup>

**SUGGESTED USAGE: ADULTS AND CHILDREN AGE 4+ TAKE 1-2 SCOOPS DAILY BLENDED IN 4 OZ. OF COOL TO ROOM TEMPERATURE LIQUID OR FOOD.**

Serving Size: 1 Scoop (2.35 g) 2 Scoops (4.7 g)  
Servings Per Container: Approx. 30 Approx. 15

Amount Per Serving		
Calories	10	20
Protein	1 g	2 g
Serum-derived bovine Immunoglobulin concentrate (ImmunoLin®) providing Immunoglobulin G (IgG)	1.25 g	2.5 g
	0.6 g	1.2 g
BioEcolians® (α-gluco-oligosaccharide (GOSα))	1 g	2 g
LactoSpore® ( <i>Bacillus coagulans</i> )	70 mg (1 Billion CFU)	140 mg (2 Billion CFU)

ImmunoLin® is a registered trademark of Enterhealth, LLC.

BioEcolians® is a registered trademark of Solabia.

LactoSpore® is a registered trademark of Sabinsa Corporation.

Formula	Size
57774P	70.5 g Powder

For a full listing of our Digestive Support Products<sup>‡</sup>, visit [douglaslabs.com/digestive](http://douglaslabs.com/digestive)

## DIGESTIVE PRODUCTS

### Multi-Probiotic® 40 Billion

Gastrointestinal and  
immune health‡

Multi-Probiotic® 40 Billion contains 16 beneficial strains of *Lactobacillus*, *Lactococcus*, *Bifidobacterium* and *Streptococcus* cultures, including the clinically researched *Bifidobacterium lactis* HN019 that supports gastrointestinal and immune function. Also included in the synbiotic blend is a Nutraflora® short-chain FOS prebiotic fiber, which is well tolerated and works synergistically with probiotics to flourish in the intestinal tract. These probiotics are resistant to both acid and bile and undergo a patented cryoprotectant stabilization process for shelf stability.‡

#### SUGGESTED USAGE: 2 DAILY

Serving Size 2 Vegetarian Acid-Resistant Capsules  
Servings Per Container 30



Amount Per Serving	
Proprietary Blend	560 mg
Yielding 40 Billion CFU:	
Nutraflora® short-chain FOS prebiotic fiber, <i>Lactobacillus acidophilus</i> , <i>Lactobacillus plantarum</i> , <i>Lactococcus lactis</i> , <i>Lactobacillus paracasei</i> , <i>Bifidobacterium lactis</i> HN019, <i>Bifidobacterium breve</i> , <i>Streptococcus thermophilus</i> , <i>Bifidobacterium lactis</i> (infantis), <i>Bifidobacterium bifidum</i> , <i>Lactobacillus salivarius</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus brevis</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus gasseri</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus rhamnosus</i>	

Other ingredients: Capsule (hydroxypropyl methylcellulose, pectin, glycerol, purified water), and sunflower lecithin

Nutraflora® is a registered trademark of Corn Development Products, Inc.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.

Formula	Size
202634	60 Vegetarian Acid-Resistant Capsules

### Multi-Probiotic® Spore + SBC

Gastrointestinal and  
Immune Health‡

Multi-Probiotic® Spore + SBC is a unique combination of spore-based bacillus strains plus *Saccharomyces boulardii* (SBC). Both types of probiotics provide a clinically-studied approach to supporting bowel comfort and regularity, gastrointestinal function and immune health. Spore probiotics are more stable and behave differently than traditional probiotic species by germinating and proliferating in the small intestine.‡

**SUGGESTED USAGE: ADULTS AND CHILDREN THAT CAN SAFELY SWALLOW CAPSULES, TAKE 1 CAPSULE 1-2 TIMES DAILY WITH FOOD. FOR CHILDREN AGE 2+, OPEN CAPSULE AND STIR INTO COLD FOOD OR LIQUIDS BEFORE CONSUMING.**

Serving Size 1 Vegetarian Capsule1 • Servings Per Container 60



Amount Per Serving	
Spore-based probiotic blend	177 mg (3 Billion CFU)
<i>Bacillus clausii</i> (SC109), <i>Bacillus coagulans</i> (MTCC5856, LactoSpore®), <i>Bacillus subtilis</i> (DE111®)	
<i>Saccharomyces boulardii</i>	150 mg (3 Billion CFU)

Other ingredients: partially hydrolyzed guar gum, hydroxypropyl methylcellulose (capsule)

LactoSpore® is a registered trademark of Sabinsa Corporation

DE111® is a trademark of Deerland Probiotics and Enzymes, Inc.

Formula	Size
202694	60 Vegetarian Capsules




## EASY ORDERING

Placing orders is easy, whether you choose to do so **online** at [douglaslabs.com](https://douglaslabs.com), or by **contacting customer service**.

You can speak to a customer service representative Monday–Friday: 8:30 a.m.–7:00 p.m. ET.

#### Customer service contact information:

An automated answering service is available for after-hours ordering.

 800.245.4440

 888.245.4440

 [customerservice@douglaslabs.com](mailto:customerservice@douglaslabs.com)

## GI MICROBIOME

Developed with Daniel Kalish, D.C.<sup>\*</sup>

### Protocol Objective:

To provide supplemental recommendations to help support the gastrointestinal microbiome and healthy bacterial levels while maintaining normal intestinal permeability and GI function.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS <sup>*</sup>	DOSING
Support healthy bacteria levels and balance gut microflora	<b>Lab:</b> Assess hydrogen/methane breath test, comprehensive stool analysis: microbial, microflora, SCFAs  Patient presents with occasional gas, bloating, bowel discomfort, occasional fatigue	<b>Microbiome Protect™ w/IgG</b> Formula: 57774P	1-2 scoops powder daily
		<b>Microbiome Fiber</b> Formula: 57732P	1 scoop powder daily
		<b>Multi-Probiotic® Spore + SBC</b> Formulas: 202694	1 capsule, 1-2 times daily with food
Microbial support in stomach	<b>Lab:</b> Assess stool antigen test, PCR/DNA test, or blood test for stomach related bacteria  Patient presents with minor stomach discomfort, occasional heartburn, nausea, indigestion, bloating	<b>Pylori-Plex</b> Formula: 99076	2 capsules daily with meals
		<b>Licorice Root-V</b> Formula: 77355	1 capsule, 3 times daily
		<b>Olive Leaf Extract</b> Formula: 83905	1 capsule daily
Microbial support in small intestine	<b>Lab:</b> Assess microbial stool analysis, commensal bacteria (PCR) test  Patient presents with occasional fatigue, sugar cravings, gas, bloating, indigestion, loose stool	<b>Berberine Balance</b> Formula: 201131	1 capsule, twice daily
		<b>Betaine Plus</b> Formula: 202759	1 capsule with each meal
		<b>Multi-Probiotic® Spore + SBC</b> Formula: 202694	1 capsule, 1-2 times daily with food
Microbial support in large intestine	<b>Lab:</b> Assess microbial stool analysis, commensal bacteria (PCR) test  Patient presents with occasional diarrhea or loose stool, cramping, bloating	<b>Berberine Balance</b> Formula: 201131	1 capsule, twice daily
		<b>Multi-Probiotic® Spore + SBC</b> Formula: 202694	1 capsule, 1-2 times daily with food

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS <sup>*</sup>	DOSING
Support healthy intestinal barrier	<b>Lab:</b> Assess lactulose/mannitol test, Zonulin test, DAO/Histamine, organic acids  Patient presents with occasional fatigue, digestive concerns, food intolerances, immune responses	<b>Microbiome Protect™ w/IgG</b> Formula: 57774P	1-2 scoops powder daily
		<b>Microbiome Fiber</b> Formula: 57732P  OR <b>MCT/Butyrate Liquid with SunButyrate™</b> Formula: 57689	1 scoop powder daily  1-3 tablespoons daily, with food
		<b>Multi-Probiotic® 40 Billion</b> Formula: 202634	2 capsules daily
		<b>L-Glutamine Powder</b> Formula: 907101	1 teaspoon, twice daily
Support the normal immune response to antigens	<b>Lab:</b> Assess SIgA, IgE, IgG test  Patient presents with food sensitivities and immune responses, skin concerns, joint concerns, occasional fatigue	<b>Optimized Curcumin With Neurophenol®</b> Formula: 202524	2 capsules, 1-2 times daily
		<b>Wobenzym® Plus</b> Formula: 201910	2 tablets, twice daily, without food
		<b>Liquid Vitamin D<sub>3</sub></b> Formula: 57738	0.5 -1 ml daily, with food
		<b>QÜELL® Fish Oil Ultra EPA</b> Formula: 200979	2 softgels daily, with food

### Dietary Recommendations:

- Address food sensitivities and/or consider an elimination diet free from gluten, dairy, soy, egg, corn, nuts and nightshades.
- Consider the SCD diet (Specific Carbohydrate Diet) or AIP diet (Autoimmune Paleo Diet), both of which will limit complex carbohydrate disaccharides and polysaccharides, lactose and sucrose.
- Consider eating a diet low in FODMAP (Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols), which include the classes of fermentable sugars and sugar alcohols that contribute to fermentation in the GI tract, resulting in gas and bloating.

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

<sup>\*</sup>Dr. Kalish is a retained advisor to Douglas Laboratories.

<sup>\*</sup>Please note that patients may not require all supplements listed.

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## GASTROINTESTINAL

Developed with Daniel Kalish, D.C.\*

### Protocol Objective:

To provide supplemental recommendations to help support digestive health, integrity of the intestinal lining and healthy GI function.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Digestive support	Patient presents with indigestion, discomfort, occasional gas, bloating, undigested food and irregular stools	<b>Betaine Plus<sup>®</sup></b> Formula: 202759	1 capsule with each meal
		<b>GI Digest</b> Formula: 201538	1 capsule with each meal
		<b>Multi-Probiotic<sup>®</sup> 40 Billion</b> (Capsules or Powder) Formulas: 202634, 57649P	2 capsules or ½ teaspoon powder daily, with food
		<b>Multi-Probiotic<sup>®</sup> Spore + SBC</b> Formula 202694 OR <b>S.B.C.</b> (Saccharomyces Boulardii Capsules) Formula: 9302	1 capsule, 1-2 times daily with food  1 capsule with each meal (3 times daily)
		If indicated, add: <b>Gluten-Dairy Ultra Enzyme</b> Formula: 202467	1 chewable tablet with a meal
Support for healthy intestinal barrier	<b>Lab:</b> Assess lactulose/mannitol test, Zonulin test, DAO/Histamine, organic acids  Patient presents with occasional fatigue, digestive concerns, food intolerances, immune responses	<b>Microbiome Protect<sup>™</sup> w/IgG</b> Formula: 57774P	2 scoops powder daily
		<b>Fiber-Plex<sup>™</sup></b> Formula: FPC	3 capsules, twice daily
		<b>Multi-Probiotic<sup>®</sup> Spore + SBC</b> Formula: 202694	1 capsule, 1-2 times daily with food
		<b>L-Glutamine Powder</b> Formula: 907101	1 teaspoon, twice daily

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support for bowel regularity	Patient presents with occasional episodes of diarrhea and/or constipation, small intestine visceral hypersensitivity, gas, bloating, food intolerances, skin concerns	<b>GI Digest</b> Formula: 201538	1 capsule with each meal
		<b>Multi-Probiotic<sup>®</sup> Spore + SBC</b> Formula: 202694	1 capsule, 1-2 times daily with food
		<b>Fiber-Plex<sup>™</sup></b> Formula: FPC OR <b>MCT/Butyrate Liquid with SunButyrate<sup>™</sup></b> Formula: 57689	3 capsules, twice daily  1-3 tablespoons daily, with food
Gut/brain axis support for healthy mood	<b>Lab:</b> Consider neurotransmitter testing, commercial bacteria (PCR) test  Patient presents with occasional bowel irregularity, small intestine visceral hypersensitivity, mood fluctuations, feelings of sadness, trouble sleeping	<b>SAM-e</b> Formula: 202170	1-2 capsules daily
		<b>Optimized Curcumin with Neurophenol<sup>®</sup></b> Formula: 202524	2 capsules, 1-2 times daily
Mitochondrial energy support for healthy GI function	<b>Lab:</b> Perform organic acids test, secretory IgA  Patient presents with occasional fatigue, slow fat-burning, brain fog	<b>Methylated Resveratrol Plus</b> Formula: 202557	1 capsule daily
		<b>Citrus Solu-Q<sup>™</sup></b> Formula: 201775	1 capsule daily
		<b>PQQ Plus</b> Formula: 200559	1 capsule daily

### Dietary Recommendations:

- Address food sensitivities and/or consider an elimination diet free from gluten, dairy, soy, egg, corn, nuts and nightshades.
- Consider eating a low-FODMAP diet (Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols). FODMAPs include the classes of fermentable sugars and sugar alcohols that contribute to fermentation in the GI tract, resulting in gas, bloating, and irregular bowel movements.

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Discover how Douglas Laboratories® can help your patients push their potential for healthy living, today and in the future.



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