Phage Complete – For Best Results

This probiotic / prebiotic supplement can be taken the same as any other probiotic. However, to get the most from its unique properties the following are a few tips.

Dosage:

- If your gut is out of balance take:
  - 1 capsule per day for the first week (this helps prevent bacteria die-off symptoms)
  - 1 capsule / twice per day for 7 more weeks (longer is OK). If you start to feel flu like symptoms this is caused by undesirable gram-negative bacteria dying (die off). It is fine to switch back to 1 capsule.
  - 1 capsule as maintenance and for general health
- If your gut seems healthy, and you want to help keep it that way, take 1 tablet / once per day.
- More than 3 capsules per day will not show additional benefits.

General Advice:

- Die Off - You may experience some mild die off symptoms at first (this is called a “herxheimer reaction”), such as gas (from dying bad bacteria, not from the product), mild muscle aches, even perhaps some loose stool. These symptoms should be mild and only last 2-4 days. See the FAQ regarding Die-Off (see link below). This occurs any time bad bacteria are dying, and is one of the reasons you already feel bad (as bacteria die all the time, they will just die at a faster rate with this supplement). There is a video on die-off in the FAQs that can be very helpful. You may need to start off at a lower dosage and work up. The FAQs can be located at https://www.theguthealthprotocol.com/ click on “Phage Complete” on the top menu bar, then FAQ. Ultimately die off is a good thing, it just needs to be managed. I highly recommend reading the FAQs.
- New research shows that lipopolysaccharides (LPS, an endotoxin released by unwanted bacteria and the cause of die-off) get absorbed into the system with dietary fat. Therefore, to reduce die-off try taking Phage Complete right before bed on an empty stomach.
- Avoid other probiotic supplements that may contain probiotic strains that produce histamine or d-lactic acid, especially if you have histamine intolerance or issues with d-Lactic Acid (see The Gut Health Protocol if you aren’t sure). Phage complete does not contain these potentially problematic strains. Yogurt is high in both histamine producing and d-lactic acid producing strains, you may want to consider not consuming yogurt if you are sensitive to these conditions.
- There is no need to take other lactobacillus or bifido probiotics with Phage Complete. You may take an SBO or HSO probiotic if you wish, but it is not necessary. Phage Complete does contain one very helpful SBO strain.
- Follow The Gut Health Protocol diet and protocol (with modifications below) from the book: http://amzn.to/2f5RRec
- While healing the gut, consume no sugar, wheat, dairy (other than grass fed butter and fermented kefir), and alcohol (again, see The Gut Health Protocol for more information).
- Avoiding lactose (from dairy) and fructose (mostly from fruit) sugars can be especially important as many people malabsorb these sugars and don’t know it (malabsorbed sugars feed bad gut bacteria). If you are sure you have neither of these issues they can be added back after your gut health is better. Again, see The Gut Health Protocol book ( http://amzn.to/2f5RRec ) for far more information.
- Please see the FAQ at The Gut Health Protocol website for up to date information. See address below.
Using Phage Complete While On “The Gut Health Protocol”

The Gut Health Protocol (TGHP) [http://amzn.to/2f5RRec](http://amzn.to/2f5RRec) is the perfect companion to Phage Complete. Phage Complete has been formulated to “First Do No Harm” but it goes well beyond that. The probiotic strains have been specifically chosen for their gut healing benefits. I could find no other probiotic on the market that I felt was appropriate for people that their doctor couldn’t help, especially those: with chronic idiopathic gut issues, simply wanting to improve their gut health, wanting to strengthen / balance their microbiome, or who have complicating issues such as those under the Histamine Intolerance umbrella. Therefore, I had to create one.

- See the FAQs at [http://www.theguthealthprotocol.com/wp/phage-complete-faq](http://www.theguthealthprotocol.com/wp/phage-complete-faq) You will find an FAQ there with a modified Gut Health Protocol; due to everything Phage Complete does for you, it is a simpler protocol.
- Phage Complete can be taken during all phases of TGHP, it contains no FODMAP fibers so does not feed bad bacteria. The bacteria and phages in Phage Complete compete head-to-head with bad bacteria, thus reducing the overall bacterial load while improving the microbiome balance.
- Because of the unique nature of this formula you should reduce the amount of fermented foods you consume. Limit intake to one 4 ounce serving of kefir, kimchi or sauerkraut per day, or avoid completely for a few weeks. Avoid kombucha due to the sugar it contains, fewer benefits, and possibly d-Lactic acid producing strains. Some people may need to stop consuming fermented foods for a couple of weeks.
- Follow the “For Best Results” recommendations above.
- Phage Complete contains no FODMAP fibers, no maltodextrin, no histamine producing strains, and no d-lactic acid producing strains.
- During the kill phase, it is best to take Phage Complete 2 hours away from any kill supplements. The strains in Phage Complete have been shown to not be very sensitive to cinnamon oil, therefore taking the two together during the Healing & Repair phase should not be an issue (though you can still separate by 2 hours if you wish, just in case). If you take lactoferrin, try to take it at least 4-8 hours away from PC, or stop taking it, as lactoferrin has anti-viral properties.
- During the Healing and Repair phase, soluble fiber enhances the benefits of this formula. The fiber will help feed all beneficial strains; while Phage Complete will help them succeed and create a hostile environment for undesirable strains. You may find that you need to start slowly with soluble fiber and less may be needed with Phage Complete than without. See TGHP Chapter 2 for more information.
- It is recommended that you continue taking Phage Complete for at least 6 months after you feel completely better. Undesirable bacteria basically hide out, waiting until the conditions are right to bloom back. You need a strong microbiome to prevent this from happening. Phage Complete continues to help you improve your microbiome, even if you don’t notice it. After that you may want to consider a maintenance dose, as discussed in the FAQs.

See [http://wp.me/p5OOSw-eZ](http://wp.me/p5OOSw-eZ) for more information on Phages (in general) and this product.