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 currently 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, see note below). It is fine to switch back to 1 capsule.
- 1 capsule as maintenance and for general health. Long term use of Phage Complete has many benefits, some of which are outlined on the Benefits page online.

- If your gut seems healthy, and you want to help keep it that way, take 1 Phage Complete capsule / once per day. Long term use results in long term benefits.
- More than 3 capsules per day are not known to 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 stools or constipation. These symptoms should be mild and only last 2-7 days. See the FAQ regarding Die-Off (see link below). This can occur 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 most die-off and many of the symptoms people have) gets absorbed into the system faster when dietary fat is present in the gut. Therefore, if you have die-off symptoms, to reduce die-off try taking Phage Complete right before bed on an empty stomach, or between meals.
- 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. Commercial Yogurt can be 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, especially along with Phage Complete. It is best to stop all other probiotics and fermented foods 3 days before starting Phage Complete (there is a recipe on our website on how to make yogurt using Phage Complete, or other safe starters). Saccharomyces boulardii is OK to take if you want as it is a yeast-based strain that does not benefit from the amplification effect of the phages.
- 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 already contains a very helpful SBO strain.
- Follow the mini Gut Health Protocol diet found on in the FAQs (see link on Page 2)
- 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 later, after your gut health is better, but be sure to watch for any new symptoms (such as bloating). Again, see The Gut Health Protocol book ( http://amzn.to/2f5RRec ) and the Phage Complete FAQs for far more information.
- Please see the FAQs at The Gut Health Protocol website for up to date information. See address below.

Last Modified 7/19/2019
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 avoid fermented foods for the first 3-4 weeks after starting Phage Complete. After that you may slowly phase them back in if you wish. Limit intake to one 4 ounce serving of kefir, kimchi or sauerkraut per day, Phage Complete will continue to amplify the beneficial strains that these foods contain. I advise to avoid kombucha due to the sugar it contains, fewer benefits, and possibly d-Lactic acid producing strains.
- 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 bacteria 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. New research is showing many benefits for taking the probiotic strains in Phage Complete long term. My wife and I will be taking them daily or life.

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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.