

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 this paper offers 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, immune system health 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 4 capsules per day is not known to show additional benefits.

You can reorder at <http://bit.ly/phagecomplete> You may also want to consider signing up for a subscription, it is very easy to subscribe and to unsubscribe (there is even a button to unsubscribe).



[Reorder](#)

General Advice:

- Die Off - You may experience some mild die off symptoms at first (this is called a “Herxheimer Reaction”), such as gas (this is from dying bad bacteria, not from Phage Complete), 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 can also get to it by going to <https://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 FAQ.
- 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 blood system faster when dietary fat is present in the gut. Therefore, if you have die-off symptoms, 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 before starting Phage Complete (there is a recipe on our website on how to make yogurt using Phage Complete). *Saccharomyces boulardii* is OK to take 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* probiotics with PC. You may take an SBO/HSO probiotic if you wish, but it is not necessary; Phage Complete already contains a very beneficial SBO strain.
- Follow the Phage Complete mini Protocol found on in the FAQs (see the link on the back page). 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). Later you can try slowly adding these back.
- 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).
- The ingredients in Phage Complete have shown to confer **strong benefits to the immune system**. Taking with a soluble fiber supplement can help even more. A healthy immune system is vital for preventing disease.



[Die-Off FAQ](#)

Using Phage Complete While On “The Gut Health Protocol”

The Gut Health Protocol (TGHP) <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 [Book on Amazon](#) 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.

- Phage Complete can be taken during all phases of TGHP (and with many other protocols/diets). The probiotic bacteria and phages in Phage Complete compete head-to-head with bad bacteria, thus reducing the overall bacterial load while improving the microbiome balance.
- Due to the unique nature of Phage Complete there are some things you should consider. Such as avoiding fermented foods for the first 3-4 weeks after starting Phage Complete (which can be phased in later). You will also want to reduce sugar intake during the kill phase. There is a simplified protocol designed specifically for use with Phage Complete at <http://bit.ly/phageprotocol>
- Phage Complete contains no FODMAP fibers, no maltodextrin, no histamine producing strains, and no d-lactic acid producing strains. It was designed for people with gut and issues.
- You should take Phage Complete at least 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 (or a prescription antiviral), 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 from taking the probiotic strains in Phage Complete long term. My wife and I will be taking them daily for life.



[Phage Complete Protocol](#)

See <http://bit.ly/phagebenefits> for information on the benefits of Phage Complete.



[Benefits](#)

***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.***

The information contained in this document is intended for educational purposes only. If you are currently taking medications, or have other health-related conditions, consult a physician before adding any new supplements to your diet.

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