Colicron | Colicron Duo | Colicron BB
Revive & Thrive Program | Pathogen Cleanse

SUPPORT TO GUT HEALTH AND GUT MICROBIOTA BALANCE

Aliveda

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SOLELY Practitioner

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Colicron™ is a unique microbiome solution from Europe, where it used almost exclusively by Gastroenterologists. It has been clinically trialed as a treatment for Irritable Bowel Syndrome (IBS), the most common gastrointestinal issue in the modern world.

****This is only available to Practitioners and will not appear on Amazon or similar sites.****

The two trials below specifically use Colicron™

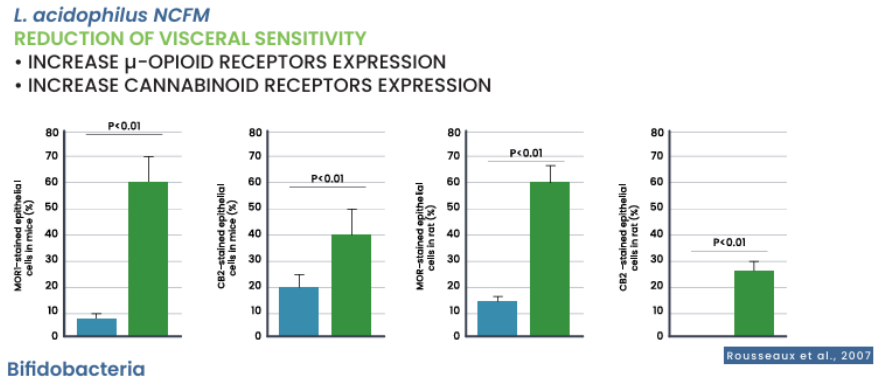
https://pubmed.ncbi.nlm.nih.gov/38186311/

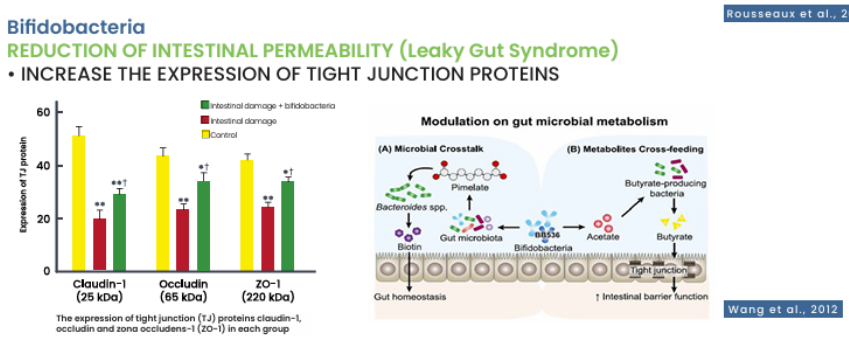
https://pubmed.ncbi.nlm.nih.gov/38240683/

***Colicron*™** is a combination of 3 different species and 9 different strains of probiotics. Each strain has been clinically researched. There are **5 billion Colony Forming Units (CFU's) per strain**, giving a total of **45 billion CFU's per capsule**.

Probiotic Strains

Lactobacillus acidophilus NCFM: Adheres to intestinal epithelial cells, forming a protective barrier and competing with pathogens for adhesion sites. Increases the production of IgA antibodies. Alleviates diarrhea

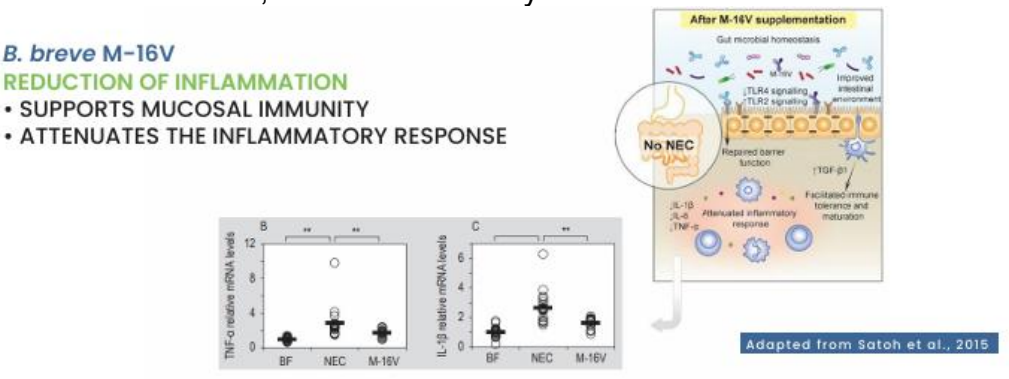




Bifidobacterium longum BB536: Shown in studies to reduce symptoms of irritable bowel syndrome (IBS), such as bloating and abdominal pain. Ferments dietary fibers and produces short-chain fatty acids (SCFAs), which nourish colonocytes and maintain gut health and balance microbiome. Produces anti-inflammatory cytokines and enhances the gut-associated lymphoid tissue (GALT) response.

Bifidobacterium lactis BB-12: Colonizes the intestines, influencing the gut microbiota composition. Increases IgA production and the activity of natural killer (NK) cells to improve immune function. Improves the intestinal barrier and reduces symptoms of both constipation and diarrhea.

Bifidobacterium breve M-16V: Alleviates constipation. Improves digestion and is excellent for infants and children, often used in baby formulas.



Lactobacillus casei LC-G11: Relieves gastrointestinal discomfort, and contributes to a balanced gut microbiome

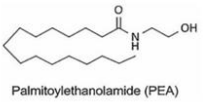
Lactobacillus paracasei Lpc-37: strengthens the intestinal barrier, reducing gut permeability. Reduces bloating improves immune response.

Lactobacillus plantarum GMNL-14: Balances gut microbiome, reduces gas and bloating, reduces oxidative stress and inflammation in the gut, well documented benefits for IBS and similar conditions.

Lactobacillus rhamnosus HN001: Rebalances the gut microbiome, prevents antibiotic associated diarrhea and other forms of diarrhea. Enhances immune cells and antibodies to prevent infection.

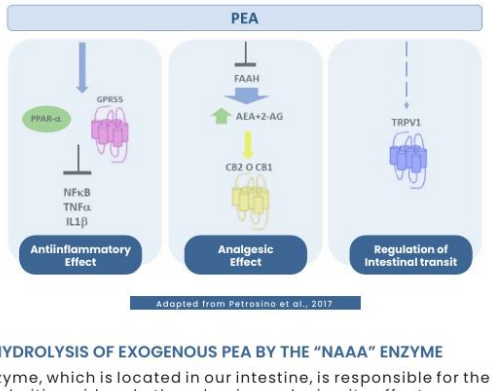
Streptococcus thermophilus Th-4: Ideal for lactose intolerant patients, as it helps break down lactose in dairy products. Enhances gut microbiome and supports immune functions.

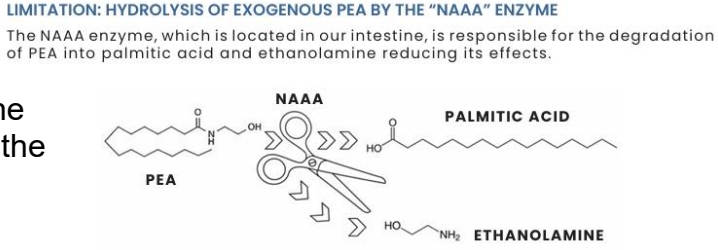
<u>Three key additional ingredients are included in the formula:</u>



Palmitoylethanolamide is a cannabinomimetic mediator, naturally present in our body, which we can supplement to obtain analgesic and anti-inflammatory properties

1. **Palmitoylethanolamide(PEA)** A cannabimimetic mediator, naturally present in our body, which offers analgesic and anti- inflammatory properties in addition to regulating intestinal transit.
2. **UNDARIA (Wakami EdibleSeaweed)** Brown seaweed used as a source of fucoxanthin. Fucoxanthin is hydrolyzed in the gastrointestinal tract to form fucoxanthinol. Fucoxanthinol binds to the NAAA enzyme, reducing its activity and its ability to degrade PEA.
3. **HERICIUM ERINACEUS (Lion's Mane Mushroom)** An edible and medicinal fungus which in addition to its the ability to modulate the immune system, stem inflammation and repair the gut is a prebiotic.



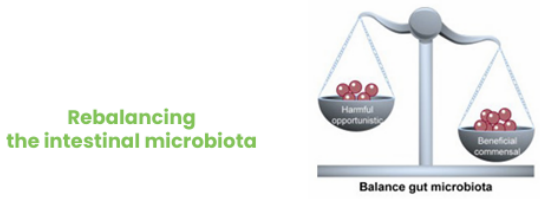


Immune System Modulation Probiotics play a pivotal role in modulating the immune system. They enhance the production of immunoglobulin A (IgA) and can promote the differentiation of T-helper cells, which are crucial for adaptive immunity. A healthy gut microbiota is essential for the proper functioning of the immune system, probiotics reduce the incidence of infections and inflammatory conditions Randomized controlled trials have demonstrated probiotic supplementation can significantly reduce the incidence of respiratory infections in children.

Metabolic Health Gut health has profound implications for metabolic processes. The microbiota influences energy metabolism, fat storage, and glucose homeostasis. Dysbiosis is linked to obesity and metabolic syndrome. Probiotics help restore a healthy microbiota profile, leading to improved metabolic outcomes. A systematic review by Khalesi et al. (2019) found that probiotic supplementation was associated with significant reductions in body weight and waist circumference. Furthermore, probiotics can enhance gut permeability and prevent conditions such as leaky gut syndrome, which has been implicated in metabolic dysregulation and systemic inflammation (Kumar et al., 2019). By maintaining the integrity of the intestinal barrier, probiotics help prevent the translocation of harmful substances into the bloodstream, thereby reducing systemic inflammation.

Mental Health and the Gut-Brain Axis Emerging research highlights the connection between gut health and mental well-being, referred to as the gut-brain axis. Probiotics influence mood and cognitive function through several pathways, including the modulation of neurotransmitter levels and the regulation of systemic inflammation. A study by Messaoudi et al. (2011) demonstrated that probiotic supplementation improved mood and cognitive performance in healthy adults. Dysbiosis has been associated with various psychiatric disorders, including anxiety and depression. Probiotics aid in the management of these conditions by restoring a healthy gut microbiota, thereby influencing neurochemical pathways and reducing inflammation (Savignac et al., 2015).

Long COVID is characterized by prolonged systemic inflammation and immune dysregulation. Probiotics are crucial in balancing pro- and anti-inflammatory cytokines, reducing immune hyperactivation, and inducing regulatory T cells to suppress inflammatory responses, which help alleviate symptoms in Long COVID patients. As new studies reveal a link between gastrointestinal problems (such as indigestion and irritable bowel syndrome) and long Covid research confirms that our gut health is closely linked to Long COVID. Reduced biodiversity of our microbiomes, the community of “good” and “bad” bacteria that reside in our gut, increases the risk, severity, and duration of Long COVID. There are, of course, many pre- and probiotics on the market, but for as many products, there are almost as many questions. For example, Lactobacillus and Bifidobacterium species have been shown to reduce inflammation, improve gut barrier function, and modulate immune responses.

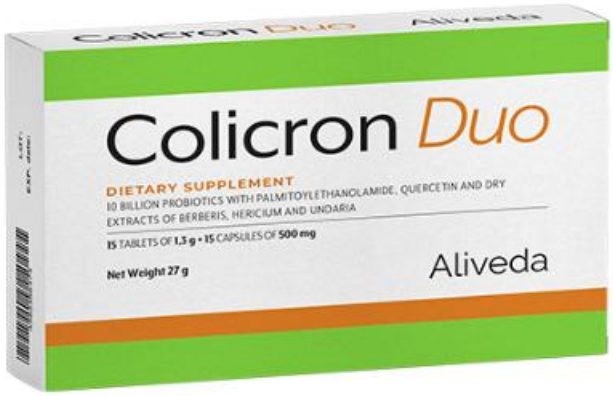


RESTORE THE EQUILIBRIUM BETWEEN BENEFICIAL COMMENSAL SPECIES AND OPPORTUNISTIC PATHOGENIC SPECIES WITH EFFECTS ON THE FOLLOWING

- REGULARIZE INTESTINAL TRANSIT
- REDUCE INTESTINAL SENSITIVITY
- REGULARIZE INTESTINAL PERMEABILITY
- REDUCE INFLAMMATION
- SUPPORT LACTOSE DIGESTION
- PROTECT FROM MICROBIAL INFECTIONS

HCP cost $22.50 per box (30 days supply) - Retail price $45.00 - $49.95

Colicron *Duo*™ is unique in that each box contains 15 tablets and 15 capsules. Each tablet contains **Berberine and Quercetin**. Each Capsule contains **Lactobacillus Rhamnosus GG, PEA, Undaria, and Hericium**.



It should be considered for the following situations:

- Inflammation is the key driver of disease.
- Diverticular disease
- Infectious colitis
- C. Difficile colitis
- Drug-induced colitis
- Microscopic colitis IBD – to favor & maintain remission.

Tablet one per day AM. Contains substantial doses of the 2 following ingredients:

Berberine 800mg - It offers a multifaceted approach to enhancing gut health through its antimicrobial, anti-inflammatory, and metabolic impact.

Berberine exhibits broad-spectrum antimicrobial activity against various pathogens, including bacteria, fungi, and parasites. Inhibiting the harmful species. At the same time, Berberine is selective and promotes the growth of beneficial bacteria in the microbiome.

Berberine supports the integrity of the intestinal barrier by enhancing tight junction proteins, thus reducing intestinal permeability (leaky gut).

Berberine reduces inflammation in the gut, which helps in conditions such as inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS).

Beyond the gut, Berberine works systemically with different tissues and organ systems through the AMPK (AMP-activated protein kinase) pathway. Scientists have called AMPK a “metabolic master switch”. AMPK is found in cells of different organs throughout your body, including the heart, brain, kidneys, liver, fat cells and muscle tissue.

By activating AMPK, Berberine improves your body’s ability to metabolize glucose (sugar) for energy and this is the main reason it is used for people with type 2 diabetes or metabolic syndrome. The AMPK pathway also reduces cell proliferation. Berberine affects DNA transcription (turning genes on or off), receptor expression (controlling the behavior of cells), and the interaction of other molecules with cells in your body, including antioxidants.

Quercetin 200mg - Similar to Berberine, Quercetin offers a multifaceted approach to supporting gut health through its anti-inflammatory, antioxidant, and microbiota-modulating effects. These allow Quercetin to enhance intestinal barrier integrity and manage dysbiosis making Quercetin an excellent adjunct to Berberine in the treatment of gastrointestinal conditions.

Quercetin is known for its potent anti-inflammatory effects, which alleviates inflammation in the gut, and offering relief from conditions such as inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS).

As a powerful antioxidant, Quercetin helps combat oxidative stress in the gastrointestinal tract, protecting gut cells from damage and promoting overall gut health.

Quercetin's antimicrobial properties, help manage dysbiosis by inhibiting the growth of harmful microorganisms and pathogenic strains while promoting the growth of beneficial bacteria.

Quercetin supports the integrity of the intestinal barrier by enhancing the expression of tight junction proteins, which reduces intestinal permeability (leaky gut) and improves gut barrier function.

Lastly, and of significant importance Quercetin is paired with Berberine because of its ability to inhibit certain efflux transporters, such as P-glycoprotein (P-pg.), which are responsible for pumping berberine out of cells. By inhibiting these transporters, quercetin increases the intracellular concentration of berberine, thereby enhancing its bioavailability. The results of this to prolong the half-life of Berberine and increase the amount of Berberine reaching systemic circulation.

In conclusion, each tablet from Colicron *Duo* is designed to…

- Reduce the number of harmful species in the microbiome.
- Support and improve the growth of beneficial bacteria in the microbiome.
- Reduce inflammation in the gut helping to alleviate conditions such as IBS. And IBD.
- Improve the intestinal gut barrier function reducing permeability – leaky gut.
- Reduce oxidative stress.
- Improve outcomes for conditions such as metabolic syndrome.

Capsule 1 per day PM. Contains the following 4 ingredients…

Lactobacillus Rhamnosus GG (often abbreviated as LGG) - Is the most studied strain of probiotic bacteria particularly in gut health and immune function. The name "rhamnosus" in Lactobacillus rhamnosus reflects the bacterium's ability to utilize rhamnose as a carbon source. This capability allows LGG to thrive in environments where rhamnose is present. Rhamnose is a naturally occurring sugar, specifically a monosaccharide. It is an important component of various glycosides and polysaccharides found in plants and microorganisms.

LGG can metabolize rhamnose through specific pathways, utilizing it for energy and growth. This ability is extremely beneficial in the gut, where rhamnose is present from dietary sources such as fruits, and vegetables. In addition to the breakdown of complex carbohydrates by utilizing rhamnose and producing metabolites, LGG maintains a healthy gut microbiome and outcompetes the harmful bacteria found in the gut. LGG's ability to survive gastric acidity and bile salts allows LGG to adhere to the lining of the gut, once here it modulates the immune system and epithelial cell apoptosis.

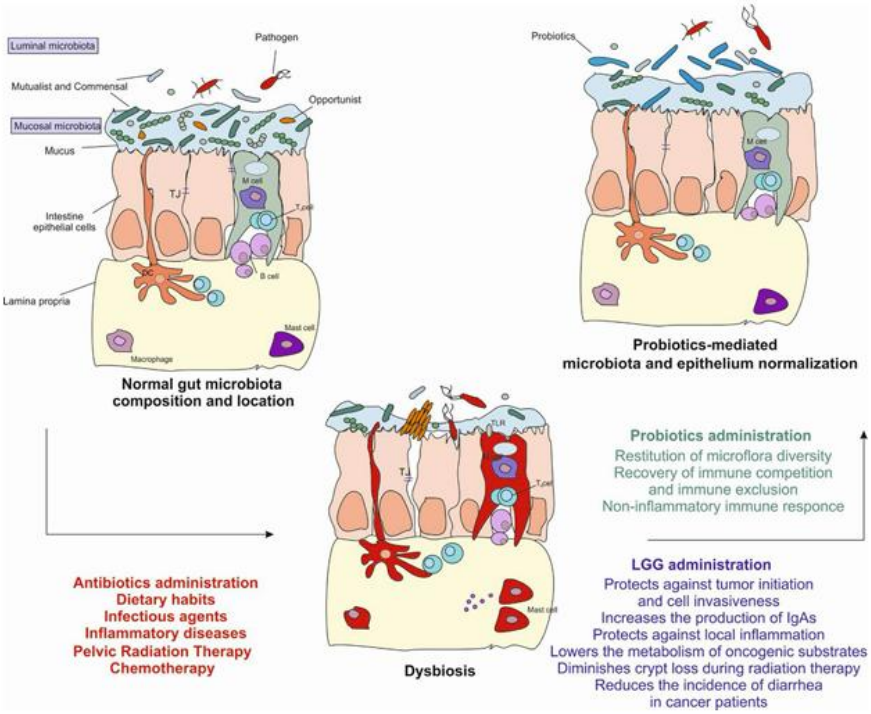
Studies show LGG alleviates symptoms of Irritable Bowel Syndrome (IBS), including bloating, abdominal pain, and irregular bowel movements. By restoring gut flora studies show LGG prevents diarrhea due to both acute gastroenteritis and antibiotic use. In IBS, LGG reduces bloating, abdominal pain, and restores regular bowel movements.

LGG is shown in studies to modulate the immune system, by activating macrophages and T lymphocytes. LGG improves skin health particularly from eczema, and by reducing allergic responses. LGG influences the gut-brain axis and has been studied for its benefits in reducing anxiety

and depressive symptoms. LGG contributes to weight management and fat loss, by influencing metabolism and appetite regulation.

Palmitoylethanolamide (PEA) - PEA is a cannabimimetic mediator, naturally present in our body, which offers analgesic and anti-inflammatory properties in addition to regulating intestinal transit. The only downside is PEA is degraded by the NAAA enzyme located in the intestine which limits its benefits.

- Anti-inflammatory
- Analgesic
- Regulates Intestinal transit



Undaria (Wakami Edible Seaweed) - Undaria is a brown seaweed as a source of fucoxanthin. Fucoxanthin is hydrolyzed in the gastrointestinal tract to form fucoxanthinol. Fucoxanthinol binds to the NAAA enzyme, reducing its activity and its ability to degrade PEA. Allows PEA to persist in the gut and exert its anti-inflammatory and analgesic activities.

Hericium Erinaceus (Lion's Mane Mushroom) - An edible and medicinal fungus, which, in addition to its ability to modulate the immune system and repair the gut, is a prebiotic. Insoluble Beta-glucans are not absorbed in the gut, so they are metabolized by bifidobacteria into Short Chain Fatty Acids (SCFA), these are fundamental molecules which maintain intestinal permeability. Secondly, SCFA stimulates the fibroblasts of the submucosal tissue, which play a crucial role in tissue regeneration and repair. Finally, the Hep3 protein and soluble Beta-glucans enhance the immune system and modulate the release of proinflammatory cytokines.

In conclusion, each capsule from Colicron *Duo* is designed to…

- Acts as a Pre and Probiotic
- Is anti-inflammatory
- Improves gut permeability
- Helps prevent diarrhea
- Acts as an analgesic
- Repairs gut lining and tissue
- Regulates intestinal transit

For Patients who find the 45 Billion CFU's in each Colicron capsule too strong when first starting out, Colicron Duo makes an excellent starter for hypersensitive patients before moving them up to Colicron. In point of fact, we strongly recommend a minimum of 2 weeks Colicron Duo prior to starting Colicron.

Colicron BB™ is comprised of two key ingredients…Butyrate and Saccharomyces Boulardii Sp92.

Colicron BB, containing both Butyrate and Saccharomyces Boulardii Sp92, offers significant protective benefits for patients undergoing antibiotic therapy by directly counteracting the common negative impacts on the gut microbiome and mucosal health. The primary risk of antibiotics is the widespread disruption of gut microbial balance, which can lead to opportunistic pathogen overgrowth (like C. difficile) and antibiotic-associated diarrhea. S. Boulardii, a non-pathogenic yeast, works through several mechanisms: it competes with harmful bacteria for adhesion sites, inhibits bacterial toxins, and modulates local immune responses, effectively maintaining colonization resistance that the native gut bacteria temporarily cannot provide.

Secondly, **Colicron BB** addresses critical aspects of gut barrier integrity and function that are compromised during antibiotic treatment. Butyrate, a key short-chain fatty acid produced by healthy gut bacteria, is a primary energy source for colonocytes and is vital for maintaining the integrity of the intestinal epithelial barrier. By providing exogenous butyrate alongside the probiotic, **Colicron BB** helps mitigate the potential for increased intestinal permeability (leaky gut) that often results from the loss of beneficial, butyrate-producing bacteria. This dual action ensures both immediate protection against pathogens and sustained support for the structural and functional recovery of the gut lining, leading to better overall gastrointestinal resilience during and after the course of antibiotics.

Butyrate is a short-chain fatty acid (SCFA) produced by gut bacteria when they ferment dietary fiber.

It has several critical roles in gut health and overall physiology. It provides the primary fuel source for colon cells and plays a critical role in maintaining overall gut health and systemic well-being.

Gut Health and Integrity.

Fuel for Colonocytes: Butyrate is the primary energy source for colonic epithelial cells (colonocytes), supporting their growth and maintenance. This is essential for sustaining the integrity of the intestinal lining, especially after disruption from antibiotics.

Enhancing Barrier Function: By promoting the synthesis of tight junction proteins, butyrate strengthens the intestinal barrier, reducing permeability ("leaky gut") and protecting against the translocation of pathogens and toxins.

Anti-inflammatory Effects

Regulation of Inflammatory Responses: Butyrate exhibits anti-inflammatory properties by inhibiting the activation of nuclear factor kappa B (NF-κB) and promoting the production of anti-inflammatory cytokines. This is particularly beneficial for patients experiencing gut inflammation due to antibiotic use.

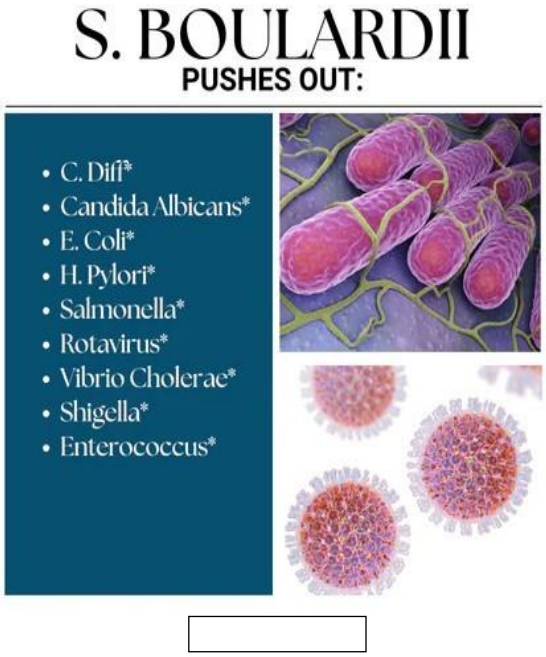
Modulation of Immune Function: Butyrate influences the gut-associated lymphoid tissue (GALT), promoting a balanced immune response. This is crucial for patients whose microbiomes have been altered by antibiotics, as it helps restore immune homeostasis.

Restoration of Microbiome Balance
Promoting Beneficial Bacteria: Butyrate plays a role in fostering the growth of beneficial gut bacteria and inhibiting the proliferation of pathogenic species. This is vital in counteracting dysbiosis often induced by antibiotics, facilitating quicker recovery of a healthy microbiome.

Prevention of Antibiotic-Associated Diarrhea
Efficacy in Protecting Against Diarrhea: Research shows that butyrate can help mitigate antibiotic-associated diarrhea (AAD) by supporting gut health and restoring balance to the microbiome.

Metabolic Benefits
Short-Chain Fatty Acids (SCFAs) and Metabolism: Beyond gut health, butyrate and other SCFAs have systemic metabolic benefits, influencing energy homeostasis and reducing the risk of obesity and metabolic syndrome.

Saccharomyces Boulardii Sp92 A Probiotic Yeast with Unique Mechanisms



Saccharomyces Boulardii Sp92 is a non-pathogenic yeast, a beneficial probiotic not a bacterium. It is renowned for supporting gut health by fighting pathogens and strengthening the gut lining. The Sp92 strain is well researched for improving nutrient absorption, inhibiting harmful bacteria while being resistant to antibiotics.
The French scientist Henry Boulard first discovered S. Boulardii in 1920 after observing that certain locals in Indonesia were not succumbing to an outbreak of cholera. The healthier locals drank tea made from the skins of lychee and mangosteen, from which Boulard was able to isolate S. Boulardii as the protective yeast. The strain has been named after him ever since its discovery.

Clostridium difficile disease (CDD) is one of the most prevalent, and contagious potentially fatal diseases. S. Boulardii is the only effective Probiotic against CDD.

Patients receiving antibiotics to treat H. pylori infection had significantly lower incidents of AAD when taking S. Boulardii. Candida is a pathogenic yeast that is found in everyone's intestinal tract, but it can proliferate beyond healthy levels when our gut flora is disturbed. S. Boulardii is effective at killing Candida.

Saccharomyces Boulardii Sp92 offers the following benefits…
Resistance to Antibiotics: Unlike many bacterial probiotics, S. Boulardii is naturally resistant to antibiotics, allowing it to be administered concurrently without its efficacy being compromised.

Inhibition of Pathogen Adhesion: S. Boulardii can prevent pathogenic bacteria from attaching to and invading gut cells.

Toxin Neutralization: S. Boulardii secretes proteases that can degrade toxins produced by pathogens like *C. difficile*, reducing their harmful effects.

Immune Modulation: S. Boulardii stimulates the immune system, enhancing the production of IgA and activating gut-associated lymphoid tissue (GALT), bolstering mucosal immunity.

Supports Microbiota Regeneration: S. Boulardii supports the regeneration of the intestinal microbiota after diarrheic dysbiosis.

Restoration of Balance: Antibiotics can disrupt the normal gut microbiota by eliminating both harmful and beneficial bacteria. S. Boulardii Sp92 helps restore this balance by colonizing the gut and promoting the growth of beneficial microorganisms.

Prevention of Antibiotic-Associated Diarrhea (AAD): S. Boulardii can help prevent AAD by competing with pathogenic organisms for adhesion sites in the gut. This is particularly important during antibiotic therapy when the risk of infection from opportunistic pathogens increases.

Reduction of Inflammation: S. Boulardii has been shown to exert anti-inflammatory effects in the gut. By reducing the secretion of pro-inflammatory cytokines, it can help mitigate gastrointestinal distress that may accompany antibiotic therapy.

Improved Gut Function: Supplementing with S. Boulardii Sp92 contributes to improved digestive function and can alleviate gastrointestinal symptoms associated with antibiotic use, such as bloating and discomfort.

Pathogen Cleanse

For the following conditions, combine Colicron Duo and Colicron BB, start a 30-day program (2 boxes of each), and repeat if necessary. On completion, maintain with Colicron at 1 per day.

Pathogen Cleanse Program

AM. 1 Colicron Duo Tablet 1 Colicron BB Capsule.
PM. 1 Colicron Duo Capsule 1 Colicron BB Capsule

Colicron *Duo* - Is unique in that each box contains 15 tablets and 15 capsules.
Each tablet contains Berberine and Quercetin
Offering broad-spectrum antimicrobial activity against various pathogens, including bacteria, fungi, and parasites. Inhibiting the harmful species, while at the same time being selective and promoting the growth of beneficial bacteria in the microbiome.
Both Berberine and Quercetin support the integrity of the intestinal barrier by enhancing tight junction proteins, thus reducing intestinal permeability (leaky gut).
Both reduce inflammation in the gut.

Each Capsule contains Lactobacillus Rhamnosus GG (LGG), PEA, Undaria and Hericium.
LGG is the most studied probiotic in history. It thrives on the sugars from fruits and vegetables and outcompetes the pathogens within our gut. The other 3 ingredients: PEA, Undaria, and Hericium, offer the following benefits…

- Act as Pre and Probiotics
- Are anti-inflammatory
- Improve gut permeability

- Help prevent diarrhea
- Act as an analgesic
- Repair gut lining and tissue
- Regulates intestinal transit

Colicron BB & Small Intestinal Bacterial Overgrowth (SIBO) - SIBO is characterized by an abnormal increase in the number of bacteria in the small intestine. Normally, the small intestine has a relatively low bacterial population compared to the colon. Colicron BB containing both Butyrate and Saccharomyces Boulardii is beneficial in managing SIBO by supporting gut health, restoring the microbial balance, and alleviating symptoms associated with the condition, such as diarrhea and enhancing gut motility.

Colicron BB & Candida - A crucial function of butyrate is preventing the shift of Candida from its harmless commensal yeast form into its invasive, pathogenic filamentous form. This is vital for controlling overgrowth. Butyrate enhances the body's natural immune response by increasing the activity and killing power of macrophages against pathogenic yeasts.

Both butyrate and S. Boulardii reinforce the intestinal barrier (via tight junction proteins), which helps prevent Candida from translocating beyond the gut into the bloodstream.

S. Boulardii secretes beneficial substances like capric acid and acetic acid, which have direct antifungal effects against Candida species

S. Boulardii actively inhibits the ability of Candida to form filaments (hyphae) and biofilms, the forms typically associated with infection and adhesion to gut walls.

As a non-colonizing yeast, S. Boulardii binds to Candida-associated toxins within the GI tract and facilitates their removal via stools, reducing the systemic impact of "die-off" reactions.

Colicron BB & Clostridioides difficile infection (CDI) - Butyrate, a short-chain fatty acid (SCFA) produced by beneficial gut bacteria, is often significantly reduced in patients with CDI-induced dysbiosis.

S. Boulardii releases a 54-kDa serine protease that can directly hydrolyze C. difficile toxins A and B, as well as their brush border membrane receptors in the human colon. This action reduces toxin binding and cellular damage.

Both S. Boulardii and Sodium Butyrate exhibit potent anti-inflammatory effects by suppressing pro-inflammatory mediators and regulating the balance of immune cells by reducing colon inflammation and diarrhea.

S. Boulardii and Butyrate support the intestinal barrier. S Boulardii helps maintain intestinal barrier integrity and reduces intestinal permeability. Butyrate is the primary energy source for colonocytes and promotes the integrity and maintenance of the epithelial barrier by increasing the expression of tight junction proteins (e.g., Claudin-1, Occludin) and strengthening the mucus layer.

Butyrate interacts with Farnesoid X Receptor [FXR} a bile acid sensor. Butyrate’s communication with FXR controls bile acid levels, inflammation, and metabolic pathways, including Butyrate stimulated hormones such as GLP1. This relationship is key as Butyrate promotes the production of secondary

bile acids (which inhibit C. difficile growth) and reduces primary bile acids (which promote spore germination). Finally, FXR is involved in antibacterial defense and barrier function.

S. Boulardii and Butyrate both support Immune modulation, including the production of anti-toxin A immunoglobulin A [IgA] antibodies, which clear pathogens and toxins from the intestinal tract, and both ingredients support the microbiome, which is typically severely disrupted at this point.

Together, Colicron *Duo* and Colicron BB offer a very effective and extremely simple program, no more than 2 capsules twice per day, to improve the patient's gut health, remove pathogens, and impact the patient's quality of life.

For stubborn cases, consider adding Bio-Film Detox from Doctors Research and repeat the program if necessary.

Order at www.alivedalabs.com for the Practitioner offer price of $90.00

Revive & Thrive Protocol

The Revive and Thrive Protocol is often likened to a "weed seed and feed" program. Our microbiome—a complex ecosystem of microorganisms within the body—significantly influences our physiology, affecting both health and disease. This program's primary goal is to replenish and sustain beneficial bacteria in the gut microbiome while eliminating harmful bacteria, or "weeds."

By suppressing these harmful bacteria and introducing beneficial strains (seed), followed by supporting their growth (feed), the protocol aims to reduce inflammation, restore the gut lining, prevent infections, and maintain a healthy microbial balance. This balance is crucial for overall health and represents one of the most important steps your patients can take to achieve or maintain optimal well-being.

Here are the key functions impacted by our microbiome.

Digestive Health: The microbiome plays a critical role in digestion by breaking down complex carbohydrates and aiding nutrient absorption. A balanced microbiome helps prevent digestive disorders, such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

Immune Function: Approximately 70% of the immune system resides in the gut. The microbiome educates and modulates the immune response, helping to defend against pathogens while preventing overreactions that could lead to autoimmune conditions.

Mental Health: Emerging research highlights the gut-brain connection, showing that gut health influences mood and mental states. The microbiome produces neurotransmitters like serotonin and communicates with the brain through the vagus nerve, impacting conditions such as anxiety and depression.

Metabolism and Weight Management: The microbiome regulates metabolism by influencing how we extract energy from food. Dysbiosis (an imbalance in microbiota) has been linked to obesity and metabolic disorders, emphasizing the microbiome's role in weight management.

Chronic Disease Prevention: A healthy microbiome helps reduce inflammation, which is a contributing factor in chronic diseases such as diabetes, cardiovascular disease, and certain cancers. Maintaining microbial balance can mitigate these risks.

Nutritional Synthesis: The microbiome synthesizes essential vitamins (like B vitamins and vitamin K) and short-chain fatty acids, which are vital for gut health and systemic wellness.

Skin Health: The microbiome also extends to the skin, where it helps protect against infections and inflammatory skin conditions. A balanced gut microbiome can influence skin health positively.

The Revive and Thrive Protocol is comprehensive while being very simple, ensuring full Patient compliance

The Program

The Program consists of 2 Boxes of Colicron *Duo* and 2 Boxes of Colicron.

Day 1 – 30

1 Colicron *Duo* tablet AM. 800mg Berberine: 200mg Quercetin.

Each tablet from Colicron *Duo* is designed to…

- Reduce the number of harmful species in the microbiome.
- Support and improve the growth of beneficial bacteria in the microbiome.
- Reduce inflammation in the gut, helping to alleviate conditions such as IBS. And IBD.
- Improve the intestinal gut barrier function, reducing permeability – leaky gut.
- Reduce oxidative stress.
- Improve outcomes for conditions such as metabolic syndrome

1 Colicron Duo Capsule PM. **10 Billion CFU's Lactobacillus Rhamnosus GG.**
100mg Palmitoylethanolamide (PEA).
100mg Undaria (Wakami Edible Seaweed).
100mg Hericium Erinaceus (Lion's Mane Mushroom)

Each Capsule from Colicron *Duo…*

- Acts as a Pre and Probiotic
- Is anti-inflammatory
- Improves gut permeability
- Helps prevent diarrhea
- Acts as an analgesic
- Repairs gut lining and tissue
- Regulates intestinal transit

Day 31- 90

1 Colicron Capsule per day. 45 billion CFU's from 9 specific researched Probiotic strains.

Colicron is a combination of 3 different species and 9 different strains of Probiotics each strain has been clinically researched. There are 5 Billion Colony Forming Units (CFU's) per strain giving a total of 45 Billion CFU's per capsule.

Three key additional ingredients are included in the formula:

Palmitoylethanolamide (PEA) is a cannabimimetic mediator, which offers analgesic and anti-inflammatory properties in addition to regulating intestinal transit. PEA is degraded by the NAAA enzyme

Undaria (Wakami Edible Seaweed) is a source of fucoxanthin. Fucoxanthin is hydrolyzed in the gastrointestinal tract to form fucoxanthinol. Fucoxanthinol binds to the NAAA enzyme, reducing its activity and its ability to degrade PEA.

Hericium Erinaceus(Lion's Mane Mushroom) An edible and medicinal fungus which in addition to its the ability to modulate the immune system and repair the gut is a prebiotic. Insoluble Beta-glucans act as prebiotics and improve intestinal permeability and stimulate fibroblasts, which play a crucial role in tissue repair and regeneration.Colicron is produced using a freeze dry process followed by a unique internal and external coating which is used to protect the probiotics. An external polysaccharide coating protects the probiotics from both heat and humidity changes in the environment. A second internal coating protects the Probiotics during transit through the GI Tract. In the gut the probiotics face harsh conditions from acid pH, digestive enzymes, and bile salts, the internal coating protects the Probiotics. When the probiotics reach the intestines, they reactivate themselves, proliferate, and adhere to the intestinal mucosa. There are two clinical trials on Pub Med using Colicron for treatment of Irritable Bowel Syndrome (IBS).

Each Capsule from Colicron

- Acts as a Pre and Probiotic
- Is anti-inflammatory and an analgesic.
- Repairs and improves intestinal permeability.
- Promotes the development and function of immune cells, enhancing the body’s defense against infections.
- Restores and maintains a healthy balance of gut microbiota, especially after disturbances caused by factors like antibiotics, illness, or poor diet.
- Positively affect mood and mental well-being.
- Influence metabolic processes, aiding in weight management and reducing the risk of metabolic disorders like diabetes.

Upon completing the Revive and Thrive Protocol, your patients will experience enhanced gut permeability - repaired leaky gut, reduced inflammation, and the elimination of harmful bacteria. Additionally, they will replenish their microbiome with an impressive 3 trillion probiotics from nine clinically tested species—equivalent to 3,000,000,000,000 or $3x10^{12}$.

It is important to note that your patients cannot achieve or sustain true health while in a state of dysbiosis.

Order at www.alivedalabs.com for the Practitioner offer price of $85.00