



GAPS Supplementation Protocol

As suggested in the book *Gut & Psychology Syndrome* by Dr. Natasha Campbell-McBride

The following supplementation protocol should be taken in conjunction with the GAPS diet. For detailed information on this protocol, please refer to the book *Gut & Psychology Syndrome* by Dr. Natasha Campbell-McBride.

The essential supplements for GAPS patients: (For more information on GAPS go to www.GAPSdiet.com)

- 1. An effective therapeutic strength probiotic.**
- 2. Essential fatty acids.**
- 3. Vitamin A.**
- 4. Digestive enzymes.**
- 5. Vitamin and mineral supplements.**

(Taken from *Gut & Psychology Syndrome* p.163)

Therapeutic Strength Probiotic

Bio-Kult is the recommended probiotic by Dr. Natasha Campbell-McBride.

General GAPS Guidelines:

Build the dose of your probiotic slowly. Start from a very small amount. Observe the patient for any “die-off” symptoms (including, but not limited to fatigue, nausea, bloating, diarrhea, constipation, low grade fever, headache, and flu like symptoms). If there are none then, increase the dose. When you see a reaction, let your patient settle on this dose until the “die-off” symptoms disappear. Then increase the dose again and let the patient settle on it. Keep increasing the dose until a therapeutic level is reached. This period of building up the dose can take from a few weeks to a few months in different patients.

- An adult should have around 15-20 billion of bacterial cells per day (8-10 capsules).
- An infant up to 12 months of age can have 1-2 billion of bacterial cells per day (1 capsule).
- A toddler from 1 to 2 years of age can have 2-4 billion of bacterial cells per day (1-2 capsules).
- A child from 2 to 4 years of age can handle 4-8 billion of bacterial cells per day (2-4 capsules).
- A child from 4 to 10 years of age can have 8-12 billion of bacterial cells per day (4-6 capsules).
- From the age of 12 to 16 we can increase the dose to 12-15 billion per day (6-8 capsules).

Once the patient has reached the therapeutic dose level it should be maintained for approximately six months on average. It takes at least this length of time to remove the pathogenic flora and start re-establishing normal gut flora. Adhering to the diet is absolutely essential in this period. If you continue the feeding of your pathogens in the gut with sugar and processed carbohydrates then the probiotic will not have much chance of helping you.



Bio-Kult Advanced Probiotic

The human gut contains trillions of bacteria, comprising over 400 species. The majority are beneficial but some can adversely affect the body's own defenses.

You are exposed every day to hostile bacteria through food and drink. To counterbalance these invaders you need to ensure a healthy level of "beneficial" bacteria.

Bio-kult is an advanced, broad spectrum probiotic formula. It was developed by a team of doctors, nutritionists, and scientists dedicated to advancing the research and use of probiotics in human health.

Bio-kult contains the following fourteen probiotic strains: *L. Acidophilus*, *L. casei*, *L. Delbruekii.bulgaricus*, *L. Delbruekii.lactis*, *L. Helveticus*, *L. Plantarum*, *L. Rhamnosus*, *L. Salivarius*, *B. Breve*, *B. Bifidum*, *B. Infantis*, *B. Longum*, *B. Subtilis*, *S. Thermophilus* formulated in a Maltodextrin Base, with a certified minimum microbial count of 10 Billion per gram.

Who might need to take probiotic supplements?

- Children and/or adults with a history of oral thrush.
- Children and/or adults with a history of diarrhea, constipation, or colic.
- Children and/or adults known to have or suspected of having food allergies.
- Children and/or adults with skin conditions such as eczema.
- Children and/or adults believed to suffer from intestinal candidiasis.
- Infants born to a mother with a history of vaginal candidiasis.
- Hyperactive children where the hyperactivity appears to be associated with food allergy/sensitivity or digestive disturbance.
- Children and/or adults with a history of antibiotic therapy.
- Children and/or adults about to undergo antibiotic therapy.
- Children who have been bottle fed from birth or weaned before three months. All bottle fed children should receive bifidus daily.
- Children who have had solid foods introduced before three months of age.
- Children born by C-section.
- Children with recurrent tonsillitis.
- Children with recurrent otitis media.
- Children and/or adults with a recent history of intestinal viral infection. (Enteric viruses generally reduce the fecal levels of acid forming bacteria to near zero.)
- Children and/or adults with known parasitic infections such as *Giardia lamblia* or *Entamoeba histolytica*.

**Saccharomyces boulardii* is a beneficial yeast that has been researched in treating various forms of diarrhea and has gained interest as an antagonist to the pathogenic yeast, *Candida albicans*. For individuals with known yeast overgrowth, it may be recommended to take both the Bio-kult probiotic and *Saccharomyces boulardii* together.

Essential Fatty Acids

Dr. Campbell-McBride recommends that GAPS patients receive more EPA than DHA. In the body, DHA can be made from EPA. DHA is considered to be essential for building the brain structure, where EPA is considered more important for the functioning of the brain.

General GAPS Guidelines:

There are no toxic levels for these oils. Start from a small amount added to your child's food (not hot) and slowly build the dose to 1-3 teaspoons a day (up to 1 teaspoon for children under the age of 24 months). An adult should start from a small amount and build the dose up to 3-4 teaspoons a day or an equivalent in capsules.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Suggestion:

Nordic Naturals Pro EFA Liquid (Also available in gencaps)

Per Serving (1 Teaspoon)

Omega-3s (Total 1412 mg)	Omega-6s (Total 560 mg)	Omega-9s (Total 610 mg)
EPA 675 mg	GLA 165 mg	OA 400 mg
DHA 450 mg		

Cod Liver Oil

Vitamin A deficiency can cause digestive problems. In fact gut disease is one of the symptoms of vitamin A deficiency, because the gut lining is one of the most active sites of cell production, growth and differentiation. Neither of these processes can happen properly without a good supply of vitamin A. Leaky gut and malabsorption are the typical results of vitamin A deficiency. Unfortunately, due to digestive problems, GAPS children and adults usually cannot absorb or use many forms of vitamin A commonly found in supplements. A natural form of vitamin A found in cod liver oil appears to be the best form for these patients.

Suggestion:

Blue Ice Fermented Cod Liver Oil

Fermented CLO is far easier to digest than regular CLO, absorption is increased and the nutrients are easier to assimilate. It contains 2 ½ times more of the therapeutic Vitamins A and D, and uses no heat during production therefore retaining the precious enzymes, vitamins and other nutrients that would usually be destroyed by food processing. Fermentation not only concentrates nutrition, but it also makes that nutrition more bioavailable. Blue Ice Fermented Cod Liver Oil is a tremendous source of EPA, DHA, Vitamins A, D, E, & K, Omega 3, 6, 7, & 9, as well as Price Factor X (Vitamin K₂).

*Blue Ice Fermented Cod Liver Oil manufacturer recommends taking it with High Vitamin Butter Oil for maximum effectiveness.

Digestive Enzymes

People with abnormal gut flora almost without exception have low stomach acid production. Toxins produced by overgrowth of *Candida* species, *Clostridia* and other pathogens have a strong ability to reduce secretion of stomach acid. Dr. Campbell-McBride recommends that GAPS patients supplement with stomach acid. The most physiological preparation available is Betaine HCl with Pepsin.

Suggestion:

Many of the Betaine HCl with Pepsin preparations on the market may not be suitable for children due to high strengths. Dr. Campbell-McBride recommends 150-200 mg of Betaine HCL and 900 NF units or about 3-4mg of Pepsin. Adults can also take this amount with the flexibility of increasing the dosage until the desired level is achieved. International Nutrition has custom made this formulation for you at our pharmacy using only pharmaceutical grade ingredients and no fillers.

Vitamin & Mineral Supplements

All patients are different and some of them require targeted supplementation. This is a matter for a qualified practitioner to decide. Only choose supplements without any ingredients which may aggravate the gut condition.

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