

ONGOING MAINTENANCE · MONTHLY

Complete Maintenance

Your ongoing daily rhythm — morning yogurt with Nourish support, mineralised water through the day, the routine that keeps it.

THIS PROTOCOL COVERS MINERALISE · NOURISH · DEFEND


M
Mineralise
 Prepare the terrain

E
Establish
 Reseed the gut


N
Nourish
 Feed & fortify

D
Defend
 Maintain long-term


WHAT'S IN YOUR KIT




M 21 sachets
pH Sachets
 Terrain Primer — structured mineral hydration.




M 100ml
Chloride
 Mineral & Motility Builder — a Japanese mineral concentrate.



D 5-Pack
Probiotic Sachets
 The Maintainers — one sachet makes 4–5 days of yogurt.



N 1 bottle
Prebiotic Syrup
 Microbiome Nourisher — a defined oligosaccharide.



N/D 1 bottle
Immuno Protein
 Barrier + Immune Defender — a specialised globular protein.



N 1 bottle
Enzymes
 Flow Optimiser — a refined enzyme complex from Japan.

START HERE — WHAT TO DO TODAY

Your daily rhythm: morning yogurt with the Prebiotic + Immuno Protein; mineralised water through the day; Enzymes with a meal.

YOUR DAILY ROUTINE

D MORNING	<i>Yogurt + Nourish</i>
<ul style="list-style-type: none"> ■ 200–250ml (7–8oz) probiotic yogurt. Add the Prebiotic to your yogurt (or take separately). Take Immuno Protein as directed. 	
M THROUGH THE DAY	<i>Mineralise</i>
<ul style="list-style-type: none"> ■ pH Sachets in 700ml (24oz) water. Chloride in 250ml (8oz) water around meals. 	
N WITH A MEAL	<i>Flow</i>
<ul style="list-style-type: none"> ■ Enzymes as directed. 	
D YOGURT PRODUCTION	<i>Defend</i>
<ul style="list-style-type: none"> ■ 1 litre (34oz) full-cream UHT milk + 1 sachet in the Incubator, 14–24h. One batch ≈ 4–5 days; a 5-Pack ≈ 20–25 days. 	

DO'S & DON'TS

DO	DON'T
<ul style="list-style-type: none"> ✓ Always culture from a fresh sachet — never re-culture old yogurt. ✓ Keep the Prebiotic in your yogurt so it's effortless to maintain. 	<ul style="list-style-type: none"> ✗ Take Chloride and pH Sachets at the same time. ✗ Re-culture a new batch from old yogurt — cultures drift out of balance.

WHAT TO EXPECT

First month	Maintaining what your protocol built; daily yogurt reinforces colonisation.
Ongoing	Consistent energy and digestion; immune and barrier function maintained.

NEXT STEP & WHERE TO GET HELP

Reorder monthly (subscribe & save) — progurt.com/products/complete-maintenance

Restock the Incubator — progurt.com/products/incubator

Australia · orders@progurt.com.au **United States** · orders@progurt.com

Not sure which protocol? progurt.com/pages/start-here

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