

Progurt

Progurt Incubator

QUICK START PACK

FULL MEND PROTOCOL · 75 DAYS · INCUBATOR INCLUDED

Complete Protocol

All four MEND phases — prepare the terrain, reseed with **Human Probiotic Isolates**, then nourish and maintain with daily yogurt.

THIS PROTOCOL COVERS MINERALISE · ESTABLISH · 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 200ml
Chloride

Mineral & Motility Builder — a Japanese mineral concentrate.



E 30-Pack
Probiotic Sachets

The Establishers — HPI at 1 trillion CFU per sachet.



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.



D 1 unit
Incubator

Yogurt Incubator — one sachet makes 4–5 days of yogurt.

START HERE — WHAT TO DO TODAY

Today is **Mineralise**. Mix 1 pH Sachet in 700ml (24oz) of water and sip through the day; take Chloride around meals — never at the same time as the pH water.

YOUR PROTOCOL, STEP BY STEP

M DAYS 1-7 · MINERALISE *Prepare the terrain*

- **pH Sachet:** 1 sachet in 700ml (24oz) water; sip all day. **Chloride:** 1 tsp (5ml) in 250ml (8oz), around meals and before bed.

E DAY 8 · RESEEDING DAY *The most important day*

- 1 Mix 1 sachet in ~50ml (~2oz) water, drink. *Wait 7-13 min.*
- 2 Mix a 2nd sachet in ~50ml (~2oz), drink. *Wait 13 min.*
- 3 Mix 2 sachets in ~150ml (~5oz), drink. *Wait 21-28 min.*
- 4 Mix 3 sachets in ~300ml (~10oz), drink. *7 total — morning, empty stomach.*

E DAYS 9-15 · DAILY SACHET *Reseed*

- 1 probiotic sachet daily — morning, empty stomach. Continue pH Sachets and Chloride.

N DAYS 16-75 · YOGURT + NOURISH *Feed & fortify*

- **Make yogurt:** 1 litre (34oz) full-cream UHT milk + 1 sachet in the Incubator, 14-24h. One batch ≈ 4-5 days.
- **Daily:** 200-250ml (7-8oz) yogurt each morning; continue pH water and Chloride.
- **Layer in Nourish, one at a time:** Days 16-21 Prebiotic (start low, add to yogurt) → Days 22-28 add Immuno Protein → Days 29-35 add Enzymes. Days 36-75 full stack.

D ONGOING · DEFEND *Maintain long-term*

- Continue daily yogurt indefinitely; keep the Nourish stack as your routine.

DO'S & DON'TS

DO

- ✓ Start the Prebiotic low and build up.
- ✓ Always culture from a **fresh** sachet — never re-culture old yogurt.
- ✓ Layer Nourish products one at a time so you can spot any sensitivity.
- ✓ Take probiotic sachets on an empty stomach, in the morning.

DON'T

- ✗ Take Chloride and pH Sachets at the same time.
- ✗ Re-culture a new batch from old yogurt — multi-strain cultures drift out of balance.
- ✗ Rush the Nourish layering — one product per week.

WHAT TO EXPECT

- **Week 1 · Mineralise** Better hydration, shifting bowel habits, more comfortable digestion.
- **Week 2 · Establish** Digestion comfort often improves; bloating may reduce.
- **Weeks 3–5 · Nourish** Daily HPI reinforcement; temporary bloating when starting the Prebiotic is normal.
- **Week 6+ · Defend** Digestion stabilising at a new baseline; circulation support builds over time.

NEXT STEP & WHERE TO GET HELP

Keep it going — Complete Maintenance — progurt.com/products/complete-maintenance

Restock sachets — progurt.com/products/probiotic-sachets

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

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

Progurt products are designed to support gut health and overall wellbeing. They're not intended to diagnose, treat, cure, or prevent any disease. This statement has not been evaluated by the Food and Drug Administration.