

MONTHLY PROTOCOL · DEEPER MINERALISE

Daily+

Everything in Daily, plus Chloride — a Mineralise week, one loading morning, then the **yogurt ritual**.

THIS PROTOCOL COVERS MINERALISE · ESTABLISH · 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

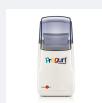
Mineral & Motility Builder — supports hydration, digestion and motility.



E 5-Pack

Probiotic Sachets

The Establishers — HPI at 1 trillion CFU per sachet.



D First box

Incubator + extra 5-Pack

Your new-subscriber welcome kit — fuels the loading morning and your month 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 — just not at the same time as the pH water.

YOUR PROTOCOL, STEP BY STEP

M DAYS 1–7 · MINERALISE

Prepare the terrain

- **pH Sachet:** mix 1 sachet in 700ml (24oz) of water; sip through the day.
- **Chloride:** 1 tsp (5ml) in 250ml (8oz) water, around meals and before bed.
- **Before Day 8:** find the Incubator a spot and have 1 litre of full-cream UHT milk ready.

E DAY 8 · YOUR ESTABLISH SEQUENCE

One morning

- 1** Mix 1 sachet in ~50ml (~2oz) water, drink. *Wait 7–13 min for a positive reaction.*
- 2** Mix 2 sachets in ~100ml (~3oz), drink. *Wait 13–21 min.*
- 3** Mix 3 sachets in ~150ml (~5oz), drink. *Six total — morning, empty stomach: your box's 5-Pack plus one from the welcome kit.*

D DAY 9 → MONTH END · THE YOGURT RITUAL

The rhythm

- 1** Pour 1 litre (34oz) full-cream UHT milk into the clean Incubator tub.
- 2** Add one complete sachet, stir, close the lid — run 10–14 hours.
- 3** Refrigerate. 200–250ml (7–8oz) each morning; the welcome kit's remaining 4 sachets ≈ the rest of the month.
- 4** Keep pH + Chloride going.

M MONTH 2+ · PURE RHYTHM

No loading

- A fresh 5-Pack, pH Sachets and Chloride arrive every 30 days. Batch every 4–5 days, yogurt each morning, pH and Chloride as you've been going.

DO'S & DON'TS

DO

- ✓ Take the Day-8 sequence on an empty stomach, in the morning.
- ✓ Always culture from a **fresh** sachet — never re-culture old yogurt.
- ✓ Halve the doses if loose stools or bloating appear during Mineralise — it's normal.

DON'T

- ✗ Take Chloride and pH Sachets at the same time — space them out.
- ✗ Skip the Mineralise week — it makes Establish more effective.

WHAT TO EXPECT

- **Week 1 · Mineralise** Better hydration — Chloride supports motility, so bowel habits often shift early and settle into a steadier rhythm.
- **Week 2 · Establish** Digestion feels less eventful — more predictable, less to think about.
- **Weeks 3-4 · The ritual** The yogurt is quieter — some describe a calmer, more settled feeling as the weeks go on.

NEXT STEP & WHERE TO GET HELP

Manage your subscription — progurt.com/account

The method behind it — MEND — progurt.com/pages/mend

Full Daily+ details — progurt.com/products/daily-plus

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