

MONTHLY PROTOCOL · SHIPS EVERY 30 DAYS

Daily

Your daily probiotic yogurt, made fresh at home — pH water through the day, **yogurt each morning**.

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.



E 5-Pack

Probiotic Sachets

The Establishers — HPI at 1 trillion CFU per sachet.



D First box

Incubator

Your new-subscriber welcome gift — one sachet becomes 4–5 days of yogurt.

START HERE — WHAT TO DO TODAY

Straight to the ritual. Mix 1 pH Sachet in 700ml (24oz) of water and sip through the day — then set up your Incubator and start your first yogurt batch. It's ready in 10–14 hours.

YOUR PROTOCOL — YOUR DAILY ROUTINE

E DAY 1 · SET UP + FIRST BATCH
Start here

- 1** Mix 1 pH Sachet in 700ml (24oz) water — your all-day drink from today.
- 2** Pour 1 litre (34oz) full-cream UHT milk into the clean Incubator tub.
- 3** Add one complete sachet, stir, close the lid — run 10–14 hours.
- 4** Refrigerate. From tomorrow: 200–250ml (7–8oz) each morning.

D EVERY MORNING · YOGURT
The ritual

- 200–250ml (7–8oz) fresh probiotic yogurt.

M THROUGH THE DAY · MINERALISE
The terrain

- **pH Sachet:** 1 sachet in 700ml (24oz) water; sip throughout the day.

D EVERY 4–5 DAYS · NEXT BATCH
The cadence

- Each sachet makes 4–5 days of yogurt — start the next batch before the current one runs out. The 5-Pack carries you through the month.

D MONTH 2+ · PURE RHYTHM
It compounds

- A fresh 5-Pack and pH Sachets arrive every 30 days. Batch every 4–5 days, yogurt each morning, pH through the day.

DO'S & DON'TS

DO

- ✓ Always culture from a **fresh** sachet — never re-culture old yogurt.
- ✓ Start the next batch before the current one runs out.
- ✓ Halve your dose if anything feels like too much — settle, then build back up.

DON'T

- ✗ Re-culture a new batch from old yogurt — cultures drift out of balance.
- ✗ Wait for the yogurt to run out before starting the next batch.

WHAT TO EXPECT

- **Week 1 · Adjustment** Better hydration (or feeling thirstier); bowel habits may shift. Normal.
- **Weeks 2–3 · Settling** Things settle — digestion gets more predictable, less to think about.
- **Week 4+ · Compounding** The routine is built to compound quietly. It's why the protocol is monthly.

NEXT STEP & WHERE TO GET HELP

Deeper Mineralise — Daily+ — progurt.com/products/daily-plus

Manage your subscription — progurt.com/account

Full Daily details — progurt.com/products/daily

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.