

NOURISH ADD-ON · ~30 DAYS




Feed & Fortify

Nourish what you've built — feed your restored microbiome with a defined oligosaccharide, immune support and circulation support.

THIS PROTOCOL COVERS NOURISH



WHAT'S IN YOUR KIT

 <p>N 1 bottle Prebiotic Syrup Microbiome Nourisher — a defined oligosaccharide.</p>	 <p>N/D 1 bottle Immuno Protein Barrier + Immune Defender — a specialised globular protein.</p>	 <p>N 1 bottle Enzymes Flow Optimiser — a refined enzyme complex from Japan.</p>
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START HERE — WHAT TO DO TODAY

First, make sure you've finished Gentle Reset (or you're on Day 16+ of Complete Protocol). Then start the Prebiotic only — low, in your yogurt or in water.

YOUR PROTOCOL, STEP BY STEP

N WEEK 1 · PREBIOTIC	<i>Start low</i>
<ul style="list-style-type: none"> ■ Begin the Prebiotic below the bottle's dose. Add to daily yogurt or take separately. Build up gradually. 	
N WEEK 2 · ADD IMMUNO PROTEIN	<i>Fortify</i>
<ul style="list-style-type: none"> ■ Take as directed. Continue the Prebiotic. 	
N WEEK 3+ · ADD ENZYMES	<i>Flow</i>
<ul style="list-style-type: none"> ■ Take as directed. Continue Prebiotic + Immuno Protein. 	
N ONGOING	<i>Maintain</i>
<ul style="list-style-type: none"> ■ Continue all three daily — best alongside daily yogurt. 	

DO'S & DON'TS

DO

- ✓ Start the Prebiotic low — bloating as bacteria adjust is normal; reduce and rebuild if needed.
- ✓ Add products one at a time so you can spot any sensitivity.

DON'T

- ✗ Start before finishing Mineralise + Establish — prebiotics feed whatever is present.
- ✗ Add all three products at once.

WHAT TO EXPECT

Week 1 · Prebiotic	Temporary bloating or gas, usually settles in 3–5 days.
Week 2 · Immuno Protein	Typically well tolerated; immune resilience builds over time.
Week 3+ · Full stack	Digestion stabilising; circulation support builds.

NEXT STEP & WHERE TO GET HELP

Comprehensive ongoing support — Complete Maintenance — progurt.com/products/complete-maintenance

Full Feed & Fortify details — progurt.com/products/feed-fortify

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.