

STARTER · ESTABLISH + NOURISH

# Foundation

The simplest way to start — seed your gut with **Human Probiotic Isolates**, then feed them. Two products, no equipment.



THIS PROTOCOL COVERS ESTABLISH · NOURISH

**M**  
**Mineralise**  
 Prepare the terrain

**E**  
**Establish**  
 Reseed the gut

**N**  
**Nourish**  
 Feed & fortify

**D**  
**Defend**  
 Maintain long-term

WHAT'S IN YOUR KIT

**E** 5-Pack  
**Probiotic Sachets**  
 The Establishers — HPI at 1 trillion CFU per sachet.

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

START HERE — WHAT TO DO TODAY

Take one probiotic sachet in water on an empty stomach, then start the Prebiotic low. Seed, then feed.

YOUR PROTOCOL, STEP BY STEP

**E** DAYS 1-5 · SEED *Reseed*

- **Each morning:** mix 1 probiotic sachet in ~50ml (~2oz) water on an empty stomach; drink. Wait ~20 minutes before eating.

**N** DAYS 1-5 · FEED *Nourish*

- **From Day 1:** start the Prebiotic low — about half the bottle's dose. Add to water or take directly. Build up gradually.

**N** DAY 6 ONWARD · KEEP FEEDING *Nourish*

- Your 5 sachets are now used — continue the Prebiotic daily through the rest of the bottle.
- Notice how your digestion, energy and comfort feel as the new bacteria establish.

DO'S & DON'TS

**DO**

- ✓ Start the Prebiotic low and build up.
- ✓ Take the probiotic sachet on an empty stomach, in the morning.
- ✓ Give it consistency — subtle change is still progress.

**DON'T**

- ✗ Expect minerals or yogurt here — Foundation is deliberately the simplest entry.
- ✗ Jump straight to a full dose of Prebiotic.

WHAT TO EXPECT

- **Days 1-5 · Establish** Shifts in digestion, energy or clarity — or subtle change. Both are normal.
- **Week 1-2 · Nourish** Comfort often improves as the Prebiotic feeds your new bacteria; temporary bloating is normal.
- **After the bottle** A good moment to assess and choose your next step.

NEXT STEP & WHERE TO GET HELP

Go deeper with terrain prep — [progurt.com/products/gentle-reset](https://progurt.com/products/gentle-reset)  
 Commit to the full journey — [progurt.com/products/complete-protocol](https://progurt.com/products/complete-protocol)  
 Reorder the 5-Pack — [progurt.com/products/probiotic-5-pack](https://progurt.com/products/probiotic-5-pack)

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Not sure which protocol? [progurt.com/pages/start-here](https://progurt.com/pages/start-here)

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