

ENTRY PROTOCOL · 16 DAYS

Gentle Reset

A measured, protocol-first start — prepare your gut terrain, then reseed with **Human Probiotic Isolates**.



THIS PROTOCOL COVERS MINERALISE · ESTABLISH


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 — a Japanese mineral concentrate.



E 15-Pack
Probiotic Sachets
 The Establishers — HPI at 1 trillion CFU per sachet.

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 throughout the day.
- **Chloride:** 1 tsp (5ml) in 250ml (8oz) water, 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 for a positive reaction.*
- 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.

M DAY 16 · SETTLE & OBSERVE *Stabilise*

- Continue mineralised water. Notice digestion, energy and mood, and choose your next step.

DO'S & DON'TS

DO

- ✓ Take probiotic sachets on an empty stomach, in the morning.
- ✓ Spread Day 8's 7 sachets across the day if you're sensitive.
- ✓ 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, shifting bowel habits, more comfortable digestion.
- **Week 2 · Establish** Digestion comfort often improves; bloating may reduce; clearer thinking for some.
- **Day 16+ · Settle** Microbiome stabilising at a new baseline.

NEXT STEP & WHERE TO GET HELP

Recommended next — Complete Maintenance + Incubator progurt.com/products/complete-maintenance

— Add the Incubator for yogurt — progurt.com/products/incubator

Full Gentle Reset details — progurt.com/products/gentle-reset

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

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

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