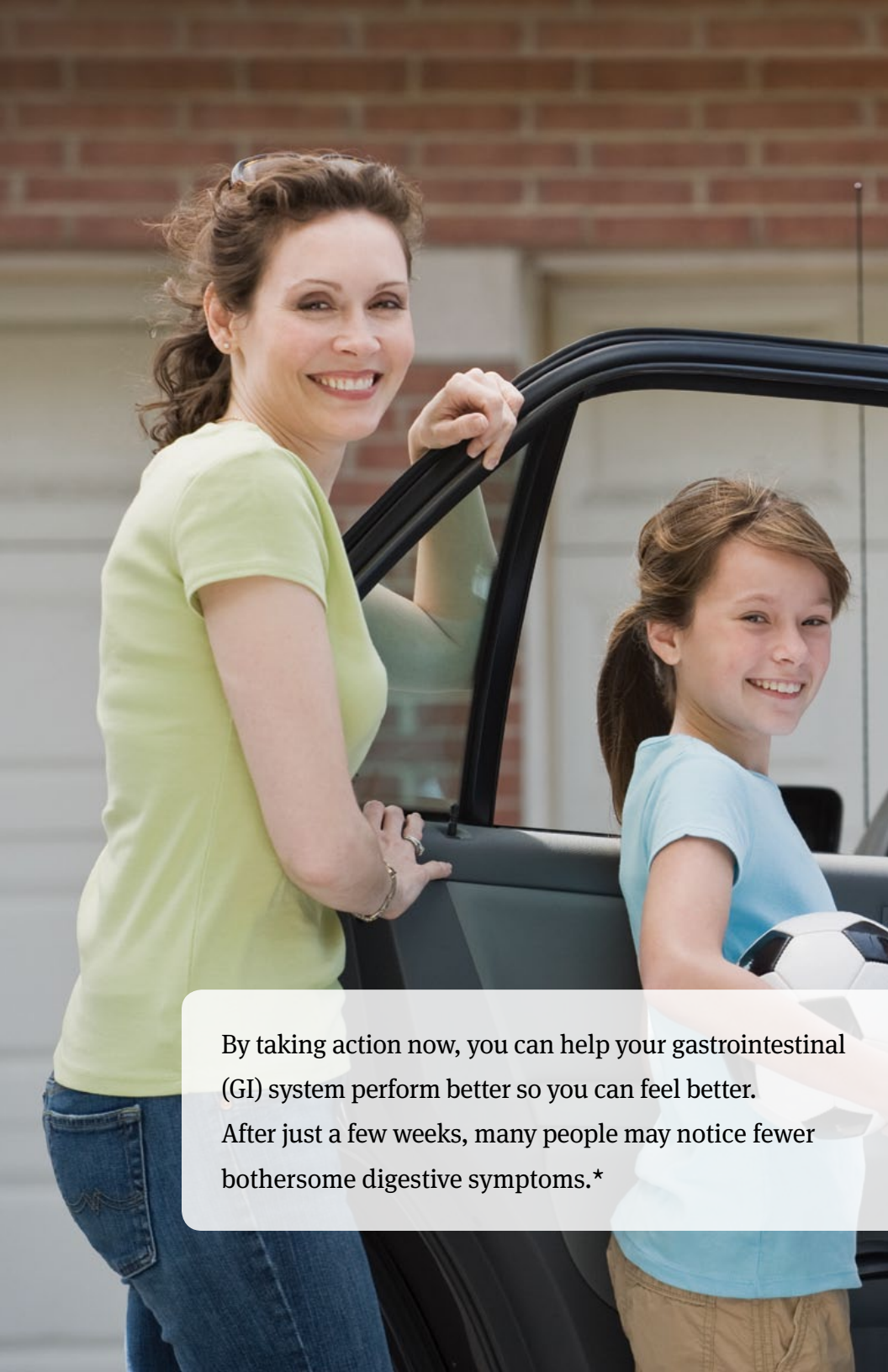




→ Gastrointestinal Health

# 5R GI Restoration Program Guide



By taking action now, you can help your gastrointestinal (GI) system perform better so you can feel better. After just a few weeks, many people may notice fewer bothersome digestive symptoms.\*

# Easy-to-Follow Program

To help you relieve your digestive symptoms and promote digestive health, this easy-to-follow program includes targeted nutrition, eating guidelines, basic exercise, and tips for managing stress.\* If that sounds simple, that's because it is.



## Targeted Nutrition

Personalized supplement recommendations, such as the GI support of a targeted medical food and probiotic.\*



## Eating Guidelines

For the next 25 days (or as recommended), eat a healthy, fiber-rich diet and avoid common trigger foods (e.g., gluten, dairy, sugars).



## Regular Exercise

Enjoy a minimum of 30 minutes of exercise 5 or more times per week—with any activity of your choice.



## Stress Management

Spend just 10 minutes each day relieving stress and relaxing with a variety of suggestions.

## Professional Supervision



Your success can improve dramatically when you follow the guidance of your healthcare provider. Program adjustments may be made to better suit your specific health needs.\*

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Targeted Nutrition



Improved GI health can be supported by a targeted medical food program and personalized nutritional support. Your healthcare provider may recommend nutritional support with a medical food, such as **GI Sustain™** or **UltraInflamX® Plus 360°**, along with an **UltraFlora™** probiotic formula based on your individual health needs.\*

## The 5R GI Restoration Program: Personalized Nutritional Support

If you require additional support, your healthcare provider may recommend targeted nutritional support in one or more of the following 5 areas:

1. **Remove** offending substances from the diet, while adding targeted nutritional support to help remove unwanted compounds from the body. Specific herbs can provide nutritional support to help promote a healthy intestinal environment.\*
2. **Replace** digestive enzymes and stomach acid through supplementation, if necessary. Digestive factors and enzymes facilitate the breakdown of food. An insufficiency of these compounds is common, especially as we age, which inhibits optimal digestion and utilization of nutrients, as well as the elimination of waste.
3. **Reinoculate** the GI tract with a probiotic supplement. Reintroduce health-promoting, “friendly” bacteria, such as *Lactobacillus acidophilus* NCFM®, to help promote a desirable balance of GI microflora. This balance is important to GI tissue (mucosal) health, immune function, intestinal barrier function, and digestion.\*
4. **Regenerate** the GI mucosa through diet and lifestyle changes, enhanced by advanced nutritional support. Your healthcare practitioner may recommend a medical food or a targeted supplement to help maintain the integrity of the GI mucosal lining, which could be impacted by a GI insult.\*
5. **Retain** the health and function of your GI tract with foundation nutritional support, along with healthy eating, adequate sleep, regular exercise, and stress management. Your healthcare practitioner may recommend GI Sustain and UltraFlora Balance as part of a maintenance program.\*

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# Eating Guidelines



These simple food guidelines reduce common food sensitivities that can lead to “gut” reactions while encouraging nutrient- and fiber-rich foods to promote GI and overall health. Avoiding common triggers—gluten, dairy, sugars, spicy foods, coffee, and alcohol—relieves unnecessary “stress” that can affect digestive function.

For best results, carefully follow the **General Food Choices** unless discussed with your healthcare provider. Many people experience relief with just a few dietary modifications and targeted nutritional supplements.\*

**Note:** If you have a known or suspected intolerance to corn, soy, certain nuts, shellfish, or other foods/food additives [e.g., monosodium glutamate (MSG) or artificial colors, flavors, and sweeteners], do not consume these food ingredients.

## 3-Step Program

For best results, follow as closely as possible at home or when dining out.

### Step 1 Days 1-21: Simple Dietary Changes + Targeted Nutrition

- For the next 21 days, refer to **General Food Choices**. Enjoy food and beverages on the RECOMMENDED list and eliminate items on the AVOID list.
- Eat more fiber and nutrients by consuming at least 5 servings of fruits and vegetables per day. Try for 1-2 servings per meal or snack, including a minimum of 1 dark green leafy vegetable serving daily.
- Take supplements as recommended and follow suggestions for exercise and stress management.
- Take the medical food as follows, or as recommended by your healthcare practitioner.

Days 1-2	½ scoop with 2 oz. recommended beverage	2x daily
Days 3-7	1 scoop with 4 oz. recommended beverage	2x daily
Days 8-21	2 scoops with 8 oz. recommended beverage	2x daily

### Eating Tips

- Drink 6-8 glasses of water daily (48-64 oz.).
- Avoid eating under stress (or in a stressful setting).
- Avoid eating 2 hours before bed.
- Avoid overeating. Eat slowly and chew thoroughly to curb indigestion/bloating.
- Try to eat 3 small meals and 2 snacks spaced evenly throughout the day.
- For the fiber-sensitive, try fresh produce peeled, lightly cooked, or pureed.

**Note:** Increasing fiber (from grains, nuts, seeds, fruits, vegetables, and/or fiber supplements) may temporarily increase digestive symptoms.

### Shopping & Preparation Tips

- Buy organic foods free of pesticides/chemicals that can trigger symptoms.
- Eliminate chemical residue on non-organic produce with a fruit and vegetable wash or dilute of dish soap.
- Choose wild caught fish and free-range, hormone-free poultry and beef.
- Check food labels for ingredients to avoid. Gluten-free foods may contain dairy (whey, casein) or sugars.

## Step 2

### Days 22-30: Identify Your Trigger Foods

If you've been following the plan, you should be feeling better now. Gradually reintroducing common food sensitivities (dairy, gluten, sugars) one at a time helps determine if any were contributing to your digestive distress. If you notice a return of symptoms (or new ones) in response to any food, there's a high likelihood it may be a trigger for you.

- Continue taking 2 scoops of the medical food with 8 oz. of a recommended beverage.
- Follow the chart below and try only 1 serving daily of a single food category for 3 days. Repeat for the remaining 2 food categories.
- Note how you feel anytime after eating the food—all the way up to the next trial serving on the following day.
- If you note a reaction, discontinue reintroduction of that category immediately and talk to your healthcare practitioner before reattempting.

CATEGORY	DAYS 22-24	DAYS 25-27	DAYS 28-30
Wheat/Gluten	1 serving daily	AVOID	AVOID
Dairy	AVOID	1 serving daily	AVOID
Sugars	AVOID	AVOID	1 serving daily

#### Food Reintroduction Tips

- Avoid foods belonging to multiple categories: cereal with milk (wheat/dairy), pastry (wheat/sugar), or ice cream (dairy/sugar).
- If a second reintroduction cycle yields a reaction, eliminate category completely for several months before trying again.
- If eliminating dairy permanently, maintain adequate protein/calcium intake.
- Continue avoiding spicy foods, coffee, and alcohol to help maintain symptom relief.

## Step 3

### Day 31 and Beyond: Reassessment

At this point you and your healthcare practitioner should discuss your response to the program. He or she may suggest that you continue on the program, continue the diet or the product alone, or some other combination. If you decide together to begin reintroducing other foods into the program, it's very important that you follow a systematic reintroduction of gradually adding foods to determine if you have any adverse responses to these foods.



# General Food Choices

For best results, select foods from this list or as advised by your healthcare provider.

CATEGORY	AVOID	RECOMMENDED <sup>§</sup>
Dairy & Dairy Alternatives	All milk, buttermilk, cream, all cheeses, butter, yogurt, ice cream, sour cream, cream cheese, chocolates; whey/casein Non-dairy creamer	Alt. NS “milks”: soy, rice, hazelnut, coconut, almond, hemp, GF oat Plain NS soy yogurt Vegan CF cheese: soy, rice, almond CF, NS whey
Proteins	Meat/poultry fed hormones or antibiotics Farm-raised seafood Breaded patties, fish sticks Processed cold cuts, canned meats, sausage Protein powders with sugars, whey	Free-range beef, lamb, chicken, turkey & eggs Wild game, wild-caught seafood Vegetarian: tofu, tempeh, nuts, beans, egg replacers, soy/rice or CF protein powders; dairy alternatives above
Grains, Breads & Pastas	Foods containing gluten: wheat (whole or white), spelt, kamut, rye, barley, oats	Rice (all), quinoa, tapioca, millet, amaranth, buckwheat, GF oats Potato/almond flour; GF pastas
Fruits, Vegetables & Legumes	Fruit with added sugars: dried, juices, canned, preserves, jelly/jam Breaded or creamed vegetables Veggies in cheese/butter sauces; casseroles Hot peppers	All fruits & berries—cooked, fresh, frozen, canned in water/juice Dates, raisins, prunes All vegetables—fresh or frozen All beans & peas—canned or dry Peppers, onions, garlic as tolerated
Nuts & Seeds	Nuts/nut butters with honey/sugars	All nuts/seeds; NS nut/seed butters
Sugars & Sweeteners	Foods with: white/brown/powdered sugar, cane sugar, evap. cane juice, corn syrup, sucanat, high fructose corn syrup (HFCS), molasses/sorghum, glucose, sucrose, dextrose; extracts (e.g., vanilla)	Small amounts: raw honey, pure maple syrup, agave syrup/nectar, brown rice syrup, natural fructose, fruit sweeteners (juice concentrates), stevia
Other Spices & Condiments	BBQ sauce, ketchup, wet mustards Chili powder, cayenne, wasabi Spicy ethnic seasonings	All NS, CF herbs/spices as tolerated Lemon/lime juice, NS salsa Plant/nut oils, vinegars (no malt) NS salad dressings, mayonnaise
Beverages	Flavored waters Sodas, energy/sport drinks Alcoholic beverages Coffee	Water: tap, spring, sparkling, seltzer NS tea; NS fruit/vegetable juices Alternative “milks”

GF=“Gluten-Free”      NS= Containing “no sugars” from the avoid list; unsweetened      CF=“Casein-Free”  
<sup>§</sup> Organic varieties preferred for all categories.

# Sample Menu & Recipes

**Helpful hints:** Prepare a week's menu and buy all the food you'll need. After shopping, cut up vegetables for quick salads and portable snacks. Cook for multiple servings and enjoy leftovers.



**Breakfast**

*Gluten-Free Oatmeal* with fruit and nuts  
1 hardboiled egg

8 oz. alternative milk  
Cup of unsweetened hot tea



**Mid-morning Snack**

1 cup baby carrots with *Hummus*  
Handful of almonds

8 oz. water



**Lunch**

*Grilled Chicken Salad*  
1 medium orange

8 oz. water



**Afternoon Snack**

¼ cup sunflower seeds or pumpkin seeds  
OR *Peach Melba Smoothie*

8 oz. water



**Dinner**

*Spaghetti Squash* with ½ cup unsweetened pasta sauce  
Gluten-free turkey meatballs  
½ cup green beans

8 oz. water



**Dessert/Late Snack**

Fresh fruit serving  
OR *Baked Apple*

8 oz. water



### Gluten-Free Oatmeal (1 serving)

1 cup gluten-free oatmeal	¼ cup nuts (pecans/almonds), chopped
1½ cups strawberries or 1 pear	Cinnamon to taste (optional)

Buy raw, unsweetened, gluten-free oats and follow cooking instructions. Top with cinnamon and nuts of choice. Mix in fruit of choice for a single dish, or serve as a side dish or dessert.

### Hummus (6 servings)

½ cup lemon juice	16-oz. can garbanzo beans (chickpeas),
2 Tbsp. olive oil or flaxseed oil	or 2 cups home-cooked
2 cloves of garlic, crushed	1 tsp. cumin
¼ cup tahini (sesame butter)	Paprika, sea salt, and fresh parsley to taste

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley. Use as a spread on rice cakes or as a vegetable dip.

### Grilled Chicken Salad (1 serving)

¼ cup black beans or kidney beans	1 cup dark salad greens
Olive oil & vinegar dressing	½ cup variety of chopped vegetables (tomatoes,
3 oz. chicken, turkey, or tofu	cucumbers, beets, radishes, carrots, broccoli, etc.)

Grill or bake poultry or tofu. In a bowl, combine salad greens, beans, and chopped vegetables. Toss with olive oil and vinegar dressing. Chop poultry or tofu and combine with salad.

### Peach Melba Smoothie (1 serving)

6-8 oz. alternative milk	½ cup raspberries
1 peach	1-2 ice cubes

In a blender, mix ingredients until smooth. Use a variety of fruit for different flavors.

### Spaghetti Squash (6 servings)

1 medium spaghetti squash, halved with seeds removed

Place squash cut side up on a greased cookie sheet. Bake at 375° for about 40 minutes, or until easily pierced with a fork. DO NOT OVERBAKE. When cool enough to handle, scrape with fork to release spaghetti-like strands. Top with vegetables, stir-fry, pasta sauce, or olive oil and garlic.

### Baked Apple (1 serving)

1 apple	1 tsp. brown rice syrup
2 Tbsp. water	Dash of cinnamon

Preheat oven to 350°. Core apple and peel top third only. Blend water with brown rice syrup and drizzle over apple. Sprinkle with cinnamon. Bake for 20 minutes or until tender.

# Regular Exercise



Exercise is often recommended to reduce symptoms associated with occasional constipation, as well as improve overall digestive health and function. Regular physical activity gets your "outsides" moving and helps your "insides" move out waste.

Do whatever you like to do: biking, hiking, dancing, fitness DVDs and classes, rowing, running, swimming, sports, etc.

PHYSICAL ACTIVITY	SCHEDULE
Any fitness or recreational activity that gets you in motion	30 minutes 5+ days per week

## Exercise Tips

- Get your healthcare provider's approval before beginning any exercise program.
- If you've been relatively inactive, consider starting with brisk walking.
- To increase muscle mass and tone your body, incorporate weight-bearing exercises.
- Don't forget to gently stretch before and after any physical activity to improve flexibility and aid muscle recovery.
- **Hidden Exercise:** house cleaning; yard work; climbing stairs; interactive video games; parking farther away; stationary exercises; or pacing during phone calls.



# Stress Management



Reducing stress also reduces stress-related digestive discomfort—and curbs unhealthy habits that affect GI health. You don't have to make big changes in your life to reduce your stress—just lessen the impact that stressful occurrences can have on you.

Make time for simple stress relief daily.

STRESS RELIEF	SCHEDULE
Relax or unwind with at least 1 type of stress management technique	10 minutes 7 days per week

## Stress Relief Tips

These quick and simple techniques make it easy for you to change your response to stress—and help you live a healthier life.

- Breathe from your belly
- Take a short walk
- Burst into exercise
- Listen to music
- Dance or sing
- Take a mental break
- Have a good laugh
- Write in your journal
- Take a power nap



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