

Pleo Sanum Intestinal Kit Protocol

This program is intended to be followed under the supervision of your health care practitioner. Some occasional changes to bowel movements may be expected. Your practitioner will advise you on how to maintain intestinal health after this program has concluded. In addition, your practitioner may recommend dietary adjustments to remove all potential allergens - (eggs, cow dairy, citrus, wheat, gluten and nuts) and any confirmed good allergens during this program.

Intestinal Kit Protocol 2 Phase Program

| REMEDY | PHASE/DOSE | MON | TUES | WED | THURS | FRI | SAT | SUN |
|--------|------------|-----|------|-----|-------|-----|-----|-----|
|--------|------------|-----|------|-----|-------|-----|-----|-----|

| Phase 1 = 20 Days (3 weeks) | | | | | | | | |
|-----------------------------|--|---|---|---|---|---|---|---|
| Pleo Alkala | ¾ scoop in the morning, in warm water on an empty stomach (30 min before a meal or 2 hours after). According to urinary pH testing.* | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pleo Citro | 2 tabs in the morning | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pleo Sanuvis | 2 tabs in the evening | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

| Phase 2 = 20 Days (3 weeks) | | | | | | | | |
|-----------------------------|--|-----|-----|-----|-----|-----|-----|-----|
| Pleo Alkala | ¾ scoop in the morning, in warm water on an empty stomach (30 min before a meal or 2 hours after). According to urinary pH testing.* | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pleo Citro | 2 tabs in the morning | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pleo Sanuvis | 2 tabs in the evening | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pleo Pef | 10 drops in the morning | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Pleo Rebasan | 1 capsule at bedtime | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| N-A-G | 2 capsules with meals | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ |

| Additional Suggested Remedies (not included in kit): | | Your practitioner may suggest these additional remedies based on detoxification, excretion and specific rebuilding of intestinal flora with probiotics. | | | | | | |
|--|-----------------------|---|-----|-----|-----|-----|-----|-----|
| Probiotic 7-in-1 | 1 capsule | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ |
| Bacillus Coagulans | 1 capsule | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ |
| Absinthium | 25 drops before meals | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ | ✓✓✓ |

LEGEND: ✓ = 1 dose per day; ✓✓✓ = 3 doses per day.

*Urinary pH Testing – to determine excess acid (H+) stored in the tissues.

Guidelines to Establish a Urinary pH Baseline:

- 1) Test the pH of your urine with four urine samples throughout the day: first morning and three other times in the day.
- 2) Collect a small amount of urine in a sterile glass cup and dip the pH paper into the urine OR hold the pH paper directly in the mid-stream of urine for a few seconds.
- 3) Compare the colour of the pH paper to the pH colour chart.
- 4) Record the results for 2 - 3 days for a urinary pH baseline.
 - First morning urinary pH: 6.2 - 6.8 = normal // 5.0 - 6.2 = tissue acidity.
 - Other time of day urinary pH: 6.8 - 7.4 = normal // 5.0 - 6.8 = tissue acidity.
- 5) If the urinary pH reading is below normal range, alkalizing and diet adjustment are recommended.

How to Take an Alkalizer to Restore Healthy pH Levels:

- 1) Take recommended alkalizer with warm water on an empty stomach (30 min before meals or 2 hours after meals).
- 2) After one month, stop the alkalizer for 2 days and retest urinary pH levels. If the pH levels are still below the normal range, continue to alkalize for another month.
- 3) Continue until pH readings are within the normal pH range without using an alkalizer. This process can take months and should be monitored with pH testing until the ideal range is obtained.

Note: During active alkalizing, the urinary pH will test 7.4 and higher, which is desired for the biochemical reactions to shift the acid out of the tissues and body.