

IBD Remission Diet Short Sheet

01

Add to each shake (open capsules and add contents):

- **Udo's Choice Oil** or cold-pressed organic flax oil, 1 tbsp. (Keep refrigerated)
- Natren probiotic powders; **Megadophilus, Bifido Factor, Digesta-Lac, and Life Start** (if needed). Keep refrigerated and hand-mix into each shake. Work up to dosage of 1/2 tsp. of each powder, 3x/day - more is great if you have the tolerance and can afford it.
- **Coenzyme Q10 (30 mg capsules)**
- **Pycnogenol (30-50 mg capsules)** or Grapeseed if you prefer
- **Vitamin C in mineral ascorbate** (calcium ascorbate, magnesium ascorbate etc.) powder form (500 - 1000 mg) - do NOT add if having 5+ bowel movements per day.
- **Mixed Bioflavonoids** (approx. 50 mg each of Rutin, Quercetin, Hesperidin)

02

Between shakes (empty stomach) - can be taken together:

- **George's Aloe Vera Juice**, 1/4 cup
- **MucosaCalm**, 3 capsules mixed in aloe vera, water, or diluted juice
- **Wild oregano oil** (5 - 10 drops)
- **L-Glutamine** (if needed for diarrhea), 1 - 2 tsp.

03

Add to juice, water, shakes, or jello:

- **QuikPlus Bone Matrix** (1 - 2 tbsp per day)
- **Minerals of Life Trace Minerals** (1 tbsp per day)

04

Last thing before bed on an empty stomach:

- Natren probiotic powders; **Megadophilus, Bifido Factor, Digesta-Lac, and Life Start** (if needed). Keep refrigerated. Must be taken 2 hours away from any food or substance. Work up to dosage of 1 tsp. of each powder.

05

Optional Supplements (purchase if needed):

- **MultiAbsorb Daily Essential** - or similar quality multi-vitamin
- **FissureCalm**
- **HemorrHeal**
- **QuikPlus Iron** - atom-sized so does not require digestion or irritate the gut