

# Heartburn Support Protocol<sup>‡</sup>

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol was designed with our clinician partners to help you deliver the most effective care and support for your patients. Included are recommendations to support foundational health and focused interventions to address common clinical objectives related to occasional heartburn. This protocol features a product by one of our other professional brands, Douglas Laboratories®. For over 65 years, Douglas Laboratories has been dedicated to meeting the needs of healthcare professionals and helping patients discover their potential for healthy living.<sup>‡</sup>

## FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:<sup>‡</sup>

- [O.N.E.™ Multivitamin](#) (ONE1 / ONE6 / ONE3)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Probiotic G.I.](#) (PGI6)

## FOCUSED SUPPORT

The products in this category support common clinical objectives related to occasional heartburn.<sup>‡</sup>

Choose from the options listed below:

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Comfort and relief from occasional heartburn		<b><a href="#">Heartburn Essentials<sup>‡</sup></a></b> (Order Code: HB9/ HB1) Supports comfort and relief from occasional heartburn; maintains healthy gastric secretion, supports digestion and soothes the digestive tract <sup>‡</sup>	1 capsule at the start of each meal
Support for the protective lining of the stomach	Occasional discomfort after meals	<b><a href="#">DGL Plus®</a></b> (Order Code: DG6/DG1) Offers nutritional support for a healthy stomach lining and helps stimulate the quality and production of stomach mucus <sup>‡</sup>	1 capsule daily, before a meal
Protein, fat and carbohydrate digestion		<b><a href="#">Digestive Enzymes Ultra with Betaine HCl</a></b> (Order Code: DEUB1/ DEUB9) Supports protein, carbohydrate, fat, fiber and dairy digestion and helps maintain optimal gastric pH <sup>‡</sup>	2 capsules with each meal

<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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## ADDITIONAL CONSIDERATIONS

The products in this category offer alternative or added support.†

Choose from the options listed below:

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Low stomach acid	Betaine challenge	<p><b><u>Betaine HCl Pepsin</u></b> (Order Code: BP2) Helps maintain optimal gastric pH and promotes healthy digestive function†</p>	1 capsule, 3 times daily, with each meal
Microbiome diversity and gut barrier function	Comprehensive stool analysis Stool zonulin	<p><b><u>Poly-Prebiotic Powder</u></b> (Order Code: PPRP1) A unique blend of prebiotic fibers and polyphenols to boosts bifidobacteria and microbiome diversity†</p>	1 serving, 1-2 times daily, mixed with a beverage or into food
		<p><b><u>Epi-Integrity Powder</u></b> (Order Code: EIP1) Promotes healthy modulation of mucosal immune responses to support GI integrity†</p>	1 scoop, 1-2 times daily
Mast cell activity	Serum tryptase	<p><b><u>Hist Reset</u></b> (Order Code: HRT1) Modulates mast cell and immune mediator activation†</p>	2 capsules daily, between meals
Microbial balance	3-hour breath test	<p><b><u>MicroDefense w/ Oregano</u></b> (Order Code: MI39/MI31) Combination of plant extracts designed to support healthy gastrointestinal tract function and microbial balance†</p>	1 capsule, 1-3 times daily, just before a meal, with 6-8 oz water, for 2-3 months

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## ADDITIONAL CONSIDERATIONS CONTINUED

The products in this category offer alternative or added support.†

Choose from the options listed below:

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Occasional stress	Self-reported occasional stress	<p><b>Phyto-ADR</b></p> <p>(Order Code: PHY6/PHY1)</p> <p>Promotes physiological balance and moderates occasional stress†</p>	1 capsule daily, between meals
Microbial balance in the stomach	Microbial stool profile	<p> <b>Pylori-Plex</b></p> <p>(Order Code: 99076-60X)</p> <p>Traditional support for a healthy stomach lining and intestinal tract†</p>	2 capsules daily with meals

Available for download at [PureEncapsulationsPro.com/Protocols](https://PureEncapsulationsPro.com/Protocols)

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