

NUTRACEUTICAL DOSAGE SCHEME	STAGE 1	STAGE 2	STAGE 3		
	DAYS 1-20	DAYS 21-40	DAYS 41-60	DAYS 61-80	DAYS 81-100
MY GASTRO	1 cps per day	1 cps per day	1 cps per day	1 cps per day	1 cps per day
MY PROBIOTICS	1 cps per day	1 cps per day			
MY GUT LIFE		2 cpr per day			
MY TOTAL HEALTH			2 cps per day	2 cps per day	2 cps per day

MEETAB INTESTINE PROTOCOL

HELP THE PROFESSIONALS



- DOCTORS
- DENTISTS
- DIETICIANS
- PERSONAL TRAINERS
- PSYCHOLOGISTS

DEFINITION OF METABOLOMIC



EINUMM
European INstitutUte of Molecular Medicine
for the Prevention and Treatment of Autoimmune and Chronic Diseases

- 1) Synergy
- 2) Natural forms
- 3) Complete (including amino acids and minerals)
- 4) Purity
- 5) No added refined sugard
- 6) No gluten
- 7) No synthetic binders or release agents

STAGES OF PROTOCOL

Stage 1: MUCOSA RECONSTRUCTION.

20 days

**Stage 2: INTESTINAL
CLEANSING**

20 days

Stage 3: MAINTENANCE

60 days

STAGES OF PROTOCOL

Stage 1: MUCOSA RECONSTRUCTION.

My
Probiotics

My
Gastro

Stage 2: INTESTINAL CLEANSING

My
Gut Life

My
Probiotics

My
Gastro

Stage 3: MAINTENANCE

My Total
Health

My
Gastro

My Gastro

Stage 1: MUCOSA RECONSTRUCTION.

My
Probiotics

My
Gastro

Stage 2: INTESTINAL CLEANSING

My
Gut Life

My
Probiotics

My
Gastro

Stage 3: MAINTENANCE

My Total
Health

My
Gastro

2. USE OF NATURAL FORMS

The raw materials for the supplements are produced using three main methods:

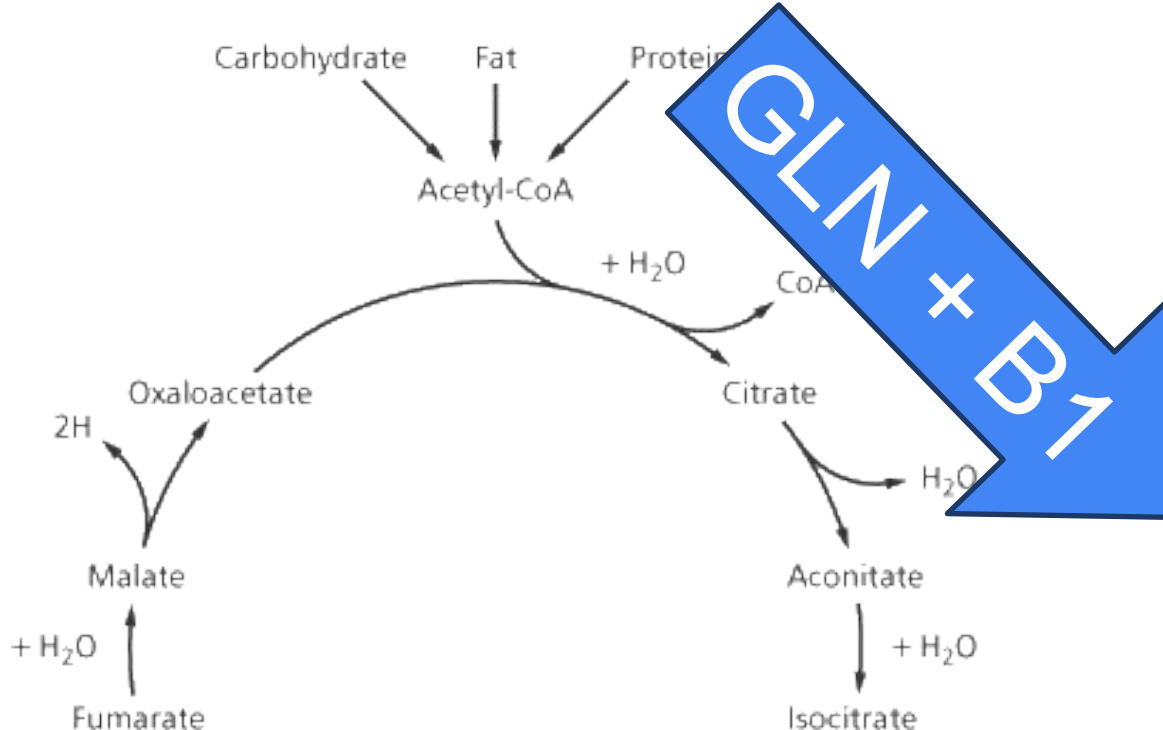
- SYNTHESIS
- CHEMICAL OR PHYSICO-CHEMICAL EXTRACTION FROM FERMENTATION
- USE OF BIOREACTORS (MODIFIED MICROORGANISMS)

My Gastro

- Glutamine from bioreactor
- Unrestricted use (EFSA)
- Krebs cycle co-factors

My Gastro

- KREBS: Glutamine + Vitamin B1



STAGES OF PROTOCOL

Stage 1: MUCOSA RECONSTRUCTION

My
Probiotics

My
Gastro

Stage 2: INTESTINAL CLEANSING

My
Gut Life

My
Probiotics

My
Gastro

Stage 3: MAINTENANCE

My Total
Health

My
Gastro

My Probiotics

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 60



	Amount per serving	% Daily Value
Proprietary Probiotic 60 Billion CFU Blend**: Lactobacillus casei, Lactobacillus acidophilus, Lactobacillus reuteri, Lactobacillus rhamnosus, Lactobacillus brevis, Lactobacillus bulgaricus, Bifidobacterium bifidum, Streptococcus thermophilus, Lactococcus lactis, Lactobacillus plantarum, Lactobacillus paracasei, Lactobacillus helveticus, Lactobacillus keferi, and other Lactobacillus sub-species.	200 mg	***



**At time of manufacture

*** Daily Value not established



Other ingredients: Vegetarian Capsule (hypromellose and water), acacia fiber, inulin, and silicon dioxide.

EUROPEAN REGULATIONS



An official website of the European Union How do you know? ▾



EUROPEAN FOOD SAFETY AUTHORITY



English



Menu

probiotics

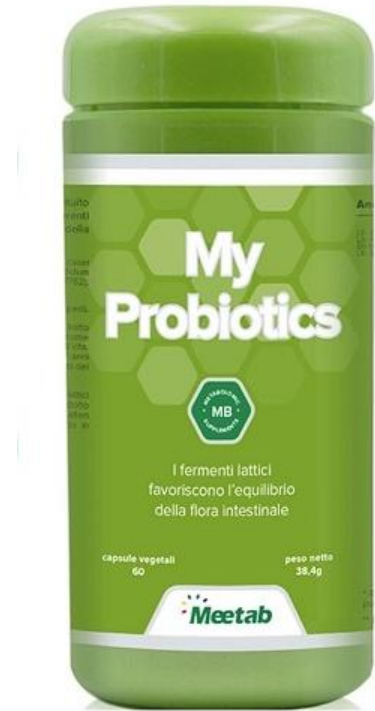


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Search

My Probiotics

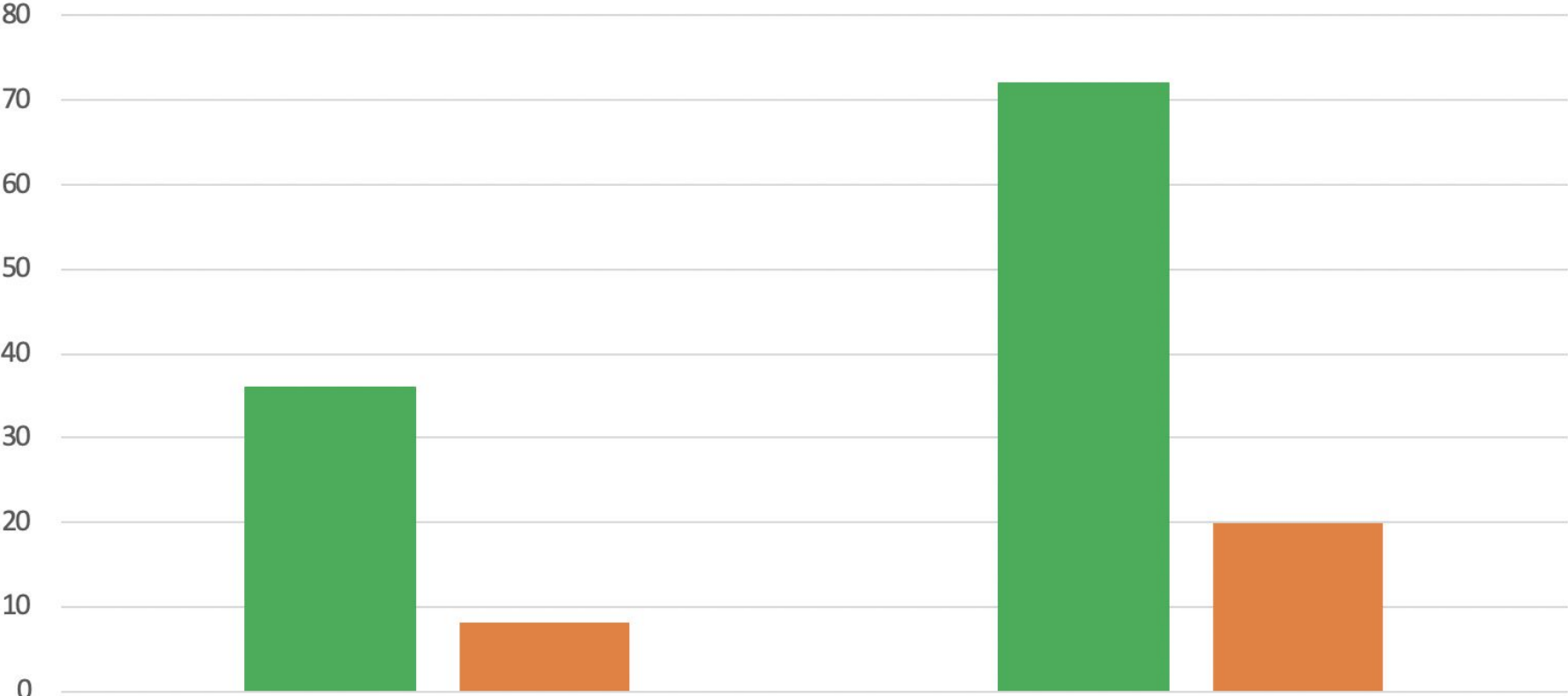
- 72 billion
- 36 different strains



Probiotics on the market

- 1-20 billion
- 1-8 different strains

My Probiotics – compared to high-end probiotics



CEPPi

My Probiotics

FERMENTi

high-end probiotics



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Biodiversity

🌐 96 languages ▾

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From Wikipedia, the free encyclopedia

"Fauna and flora" redirects here. For the organization, see [Fauna and Flora International](#).

Biodiversity or **biological diversity** is the variety and variability of **life on Earth**. Biodiversity is a measure of variation at the [genetic](#) (*genetic variability*), [species](#) (*species diversity*), and [ecosystem](#) (*ecosystem diversity*) level.^[1] Biodiversity is not distributed evenly on [Earth](#); it is usually greater in the [tropics](#) as a result of the warm [climate](#) and high [primary productivity](#) in the region near the [equator](#). Tropical forest ecosystems cover less than 10% of earth's surface and contain about 90% of the world's species. [Marine biodiversity](#) is usually higher along coasts in the Western [Pacific](#), where [sea surface temperature](#) is highest, and in the mid-latitudinal band in all oceans. There are [latitudinal gradients in species diversity](#). Biodiversity generally tends to cluster in [hotspots](#), and has been increasing through time, but will be likely to slow in the future as a primary result of [deforestation](#). It encompasses the evolutionary, [ecological](#), and cultural processes that sustain life.^[2]

More than 99.9% of all species that ever lived on Earth, amounting to over five billion species, are estimated to be [extinct](#). Estimates on the number of Earth's current [species](#) range from 10 million to 14 million, of which about 1.2 million have been documented and over 86% have not yet been described. The total amount of related [DNA base pairs](#) on Earth is estimated at 5.0×10^{37} and weighs 50 billion [tonnes](#). In comparison, the total [mass](#) of the [biosphere](#) has been estimated to be as much as four trillion tons of [carbon](#). In July 2016, scientists reported identifying a set of 355 [genes](#) from the [last universal common ancestor](#) (LUCA) of all [organisms](#) living on Earth.

The [age of Earth](#) is about 4.54 billion years. The earliest undisputed evidence of [life](#) dates at least from

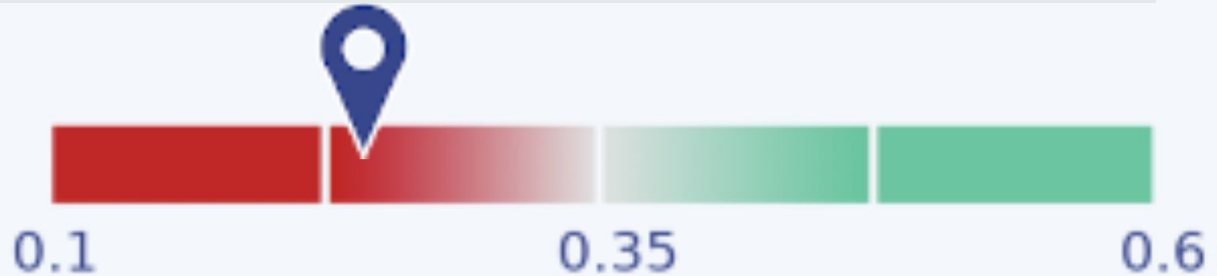


An example of the biodiversity of [fungi](#) in a forest in [Northern Saskatchewan](#) (in this photo, there are also leaf [lichens](#) and [mosses](#)).

GUT MICROBIOME BIODIVERSITY

BIODIVERSITY INDEX

0.24



Western countries



**Loss Of
Microbiota
Diversity**

Immunes diseases

- Crohn's Disease
- Ulcerative Colitis
- Type 1 Diabetes mellitus
- Celiac Disease
- Allergy
- Multiple sclerosis*

Metabolic diseases

- Obesity
- Type 2 Diabetes mellitus*

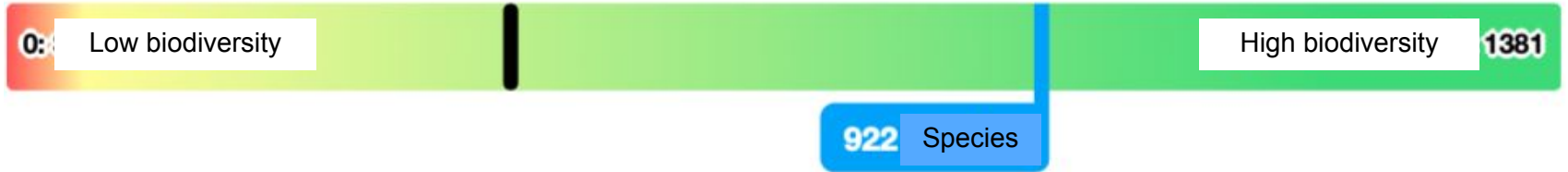
Colorectal Cancer

Autism

ve-links-betw
-loss-of-micr

BIODIVERSITY

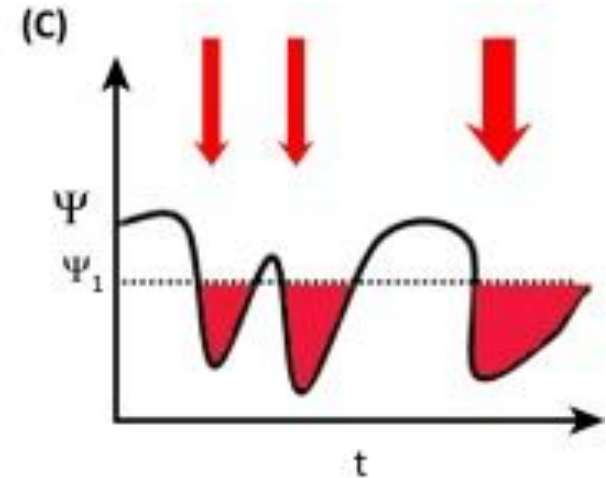
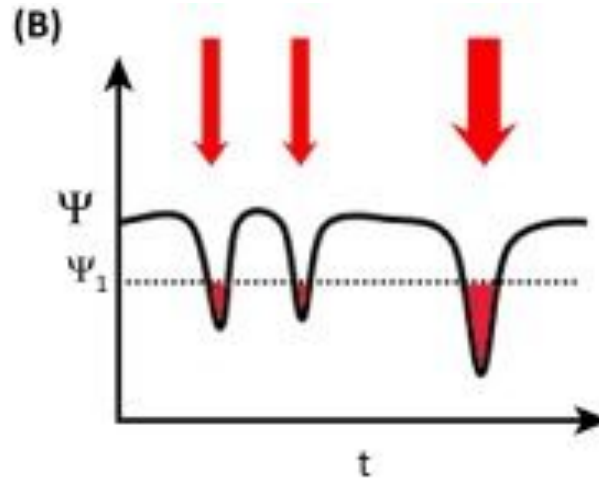
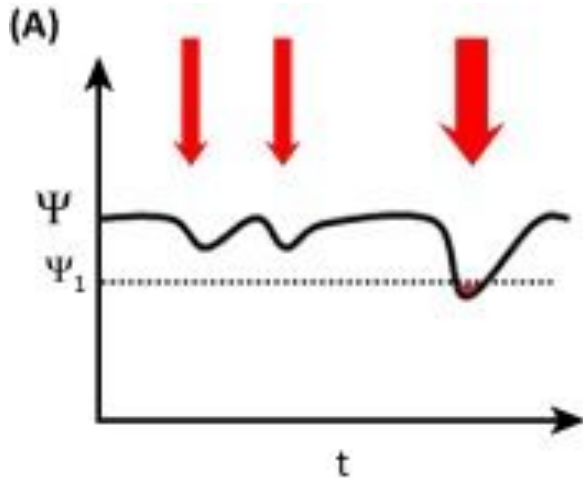
ITALIAN
AVERAGE
602



+ BIODIVERSITY => MORE RESILIENCE TO TROUBLE

HIGH BIODIVERSITY

LOW BIODIVERSITY



My Gut Life

Stage 1: MUCOSA RECONSTRUCTION

My
Probiotics

My
Gastro

Stage 2: INTESTINAL CLEANSING

My
Gut Life

My
Probiotics

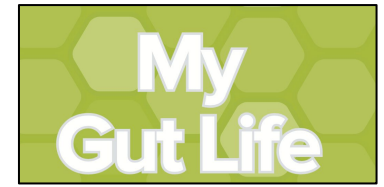
My
Gastro

Stage 3: MAINTENANCE

My Total
Health

My
Gastro

My Gut Life



LIMITING «POTENTIALLY
PATHOGENIC» BACTERIA

Good and Bad Bacterial Flora



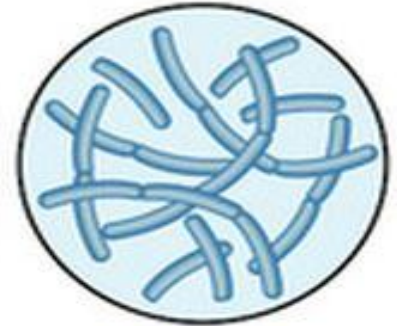
BIFIDOBACTERIA

The various strains help to regulate levels of other bacteria in the gut, modulate immune responses to invading pathogens, prevent tumour formation and produce vitamins.



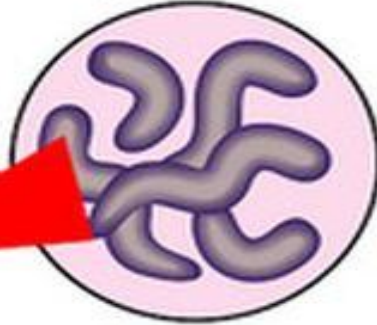
ESCHERICHIA COLI

Several types inhabit the human gut. They are involved in the production of vitamin K2 (essential for blood clotting) and help to keep bad bacteria in check. But some strains can lead to illness.



LACTOBACILLI

Beneficial varieties produce vitamins and nutrients, boost immunity and protect against carcinogens.



CAMPYLOBACTER

C. jejuni and C. coli are the strains most commonly associated with human disease. Infection usually occurs through the ingestion of contaminated food.



ENTEROCOCCUS FAECALIS

A common cause of post-surgical infections.



CLOSTRIDIUM DIFFICILE

Most harmful following a course of antibiotics when it is able to proliferate.

BAD

GOOD

15%



My Gut Life

Supplement Facts

Serving Size: 2 tablets

Servings per Container: 30

	Amount per serving	% Daily Value
Black Garlic Bulb Extract (containing s-allyl-cysteine)	1200 mg	**
Cinnamon Bark Extract 4:1 (Ceylon)	937,5 mg	**
Olive Leaf Extract 4:1 (6% oleuropein)	202,5 mg	**
Oregano Leaf Extract 4:1	100 mg	**
Fennel Seed Extract 4:1	100 mg	**

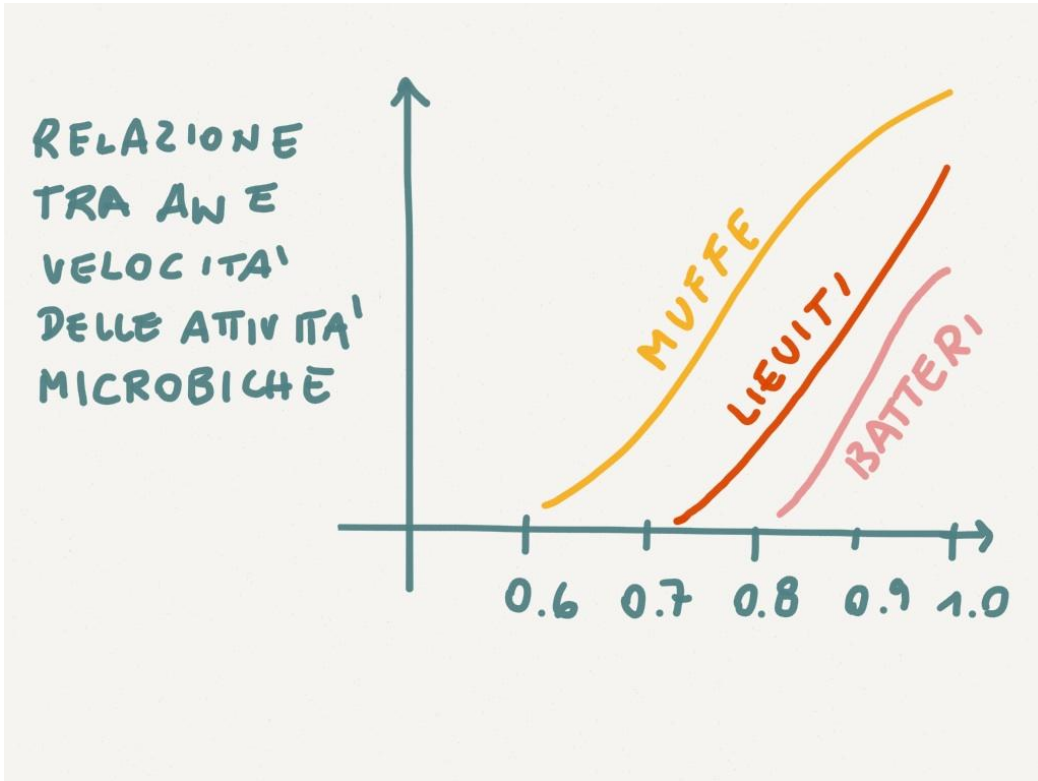
** Daily Value not established

Other ingredients microcrystalline cellulose, cellulose gel, stearic acid (mono and diglycerides of fatty acids), magnesium stearate, silica dioxide.



- PLANT SITE
- ACTIVE INGREDIENT
- EXTRACTIVE METHOD
- DRY EXTRACT
- TITRATION

ANTIBIOTIC FUNCTION



My Total Health

Stage 1: MUCOSA RECONSTRUCTION

My
Probiotics

My
Gastro

Stage 2: INTESTINAL CLEANSING

My
Gut Life

My
Probiotics

My
Gastro

Stage 3: MAINTENANCE

My Total
Health

My
Gastro

My Total Health

Supplement Facts

Serving Size: 1 Tablet - Servings per Container: 60

	Amount per serving	% Daily Value*
Vitamin A (as beta carotene)	292 mcg RAE	32%
Vitamin C (from calcium/magnesium ascorbate)	250 mg	277%
Vitamin D (as cholecalciferol)	12.5 mcg	63%
Vitamin E (as d-alpha tocopherol)	21 mg	140%
Vitamin K (as menaquinone-7)	22.5 mcg	19%
Thiamine (as thiamine hydrochloride)	12.5 mg	1042%
Riboflavin	2.4 mg	185%
Niacin (as niacin and niacinamide)	17.5 mg NE	109%
Vitamin B6 (as pyridoxal 5 phosphate)	4.5 mg	265%
Folate (as 5-methyltetrahydrofolate)	400 mcg DFE	100%
Vitamin B12 (as hydroxocobalamin)	33 mcg	1375%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium pantothenate)	2.5 mg	50%
Calcium (from calcium ascorbate/carbonate/phosphate)	25 mg	2%
Magnesium (from magnesium ascorbate/citrate)	25 mg	6%
Zinc (from zinc citrate)	6.25 mg	57%
Selenium (from selenomethionine)	40 mcg	73%
Copper (from copper gluconate)	0.9 mg	100%
Manganese (from manganese gluconate)	4 mg	174%
Chromium (from chromium polynicotinate)	100 mcg	286%
Molybdenum (from sodium molybdate)	25 mcg	56%
Potassium (from potassium citrate)	12.5 mg	<1%
Choline (from choline bitartrate)	1 mg	<1%
Proprietary Amino Acid Blend: L-Glutamine, L-Lysine, L-Proline, Glycine, N-Acetyl-Cysteine, L-Arginine, L-Isoleucine, L-Histidine, L-Leucine, L-Methionine, L-Tyrosine, L-Valine, L-Alanine, L-Aspartic Acid, L-Citrulline, L-Glutamic Acid, L-Phenylalanine, L-Serine, L-Isoleucine, L-Threonine and L-Tryptophan.	75 mg	**
Proprietary Fruit & Veggie Extract Blend: Broccoli Bud, Grape Seed, Orange, Pomegranate, Grapefruit Seed, Papaya Fruit, Pineapple Fruit, Strawberry Fruit, Sour Cherry Reducte, Apple Fruit, Apricot Oil, Bilberry Fruit, Black Currant, Tomato Fruit, Carrot Root, Green Tea Leaf, Cabbage Leaf, Onion Bulb, Garlic Bulb, Asparagus Root, Olive Leaf and Cucumber Fruit.	50 mg	**
Proprietary Enzyme Blend: Amylase, Protease, Glucoamylase, Lipase, Cellulase, Lactase and Pectinase	25 mg	**
Proprietary Sea Mineral Blend: A special blend of 72 ionic trace minerals and elements.	10 mg	**
Mixed tocopherols	9 mg	**
Inositol	2.5 mg	**
PABA (para aminobenzoic acid)	2.5 mg	**

*Daily Values are based on a 2000 calorie diet for adults and children over 4 years of age

**Daily Value not established

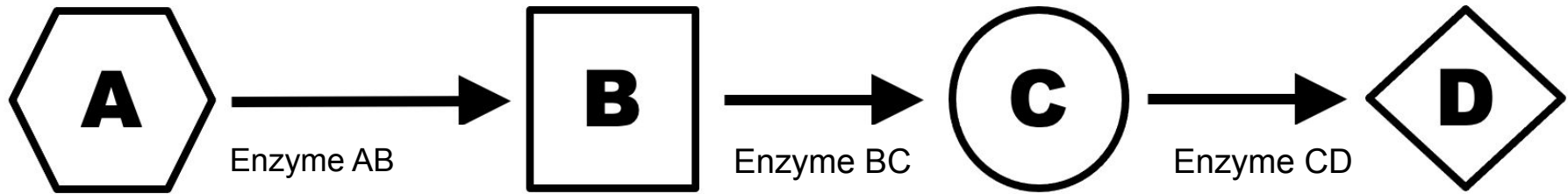
Other ingredients Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, and Silicon Dioxide.

Tablet Coating: Hydroxypropylmethylcellulose, safflower extract, microcrystalline cellulose (cellulose gel) and glycerol. Calcium methylfolate is of Quatrefolic®. A registered trademark of Gnosis Spa.

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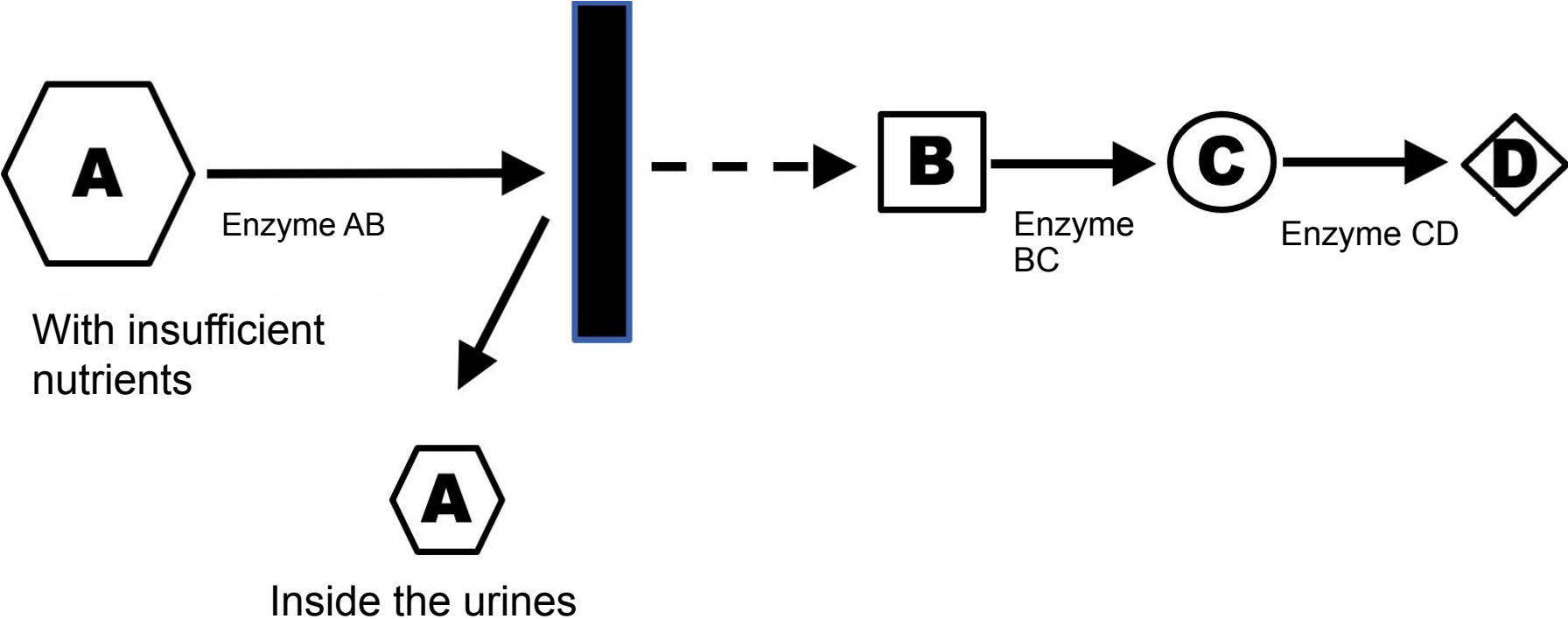
- Multivitamin
- Multimineral
- Complete amino acids
- Antioxidants
- Enzymes
- Plant extracts
- 145 cofactors





With sufficient nutrients

Blockage caused by insufficient vitamin





Dietary micronutrients in the wake of COVID-19: an appraisal of evidence with a focus on high-risk groups and preventative healthcare

Shane McAuliffe ¹, Sumantra Ray ^{1 2 3}, Emily Fallon ^{1 4}, James Bradfield ¹, Timothy Eden ^{1 5},
Martin Kohlmeier ^{1 6}

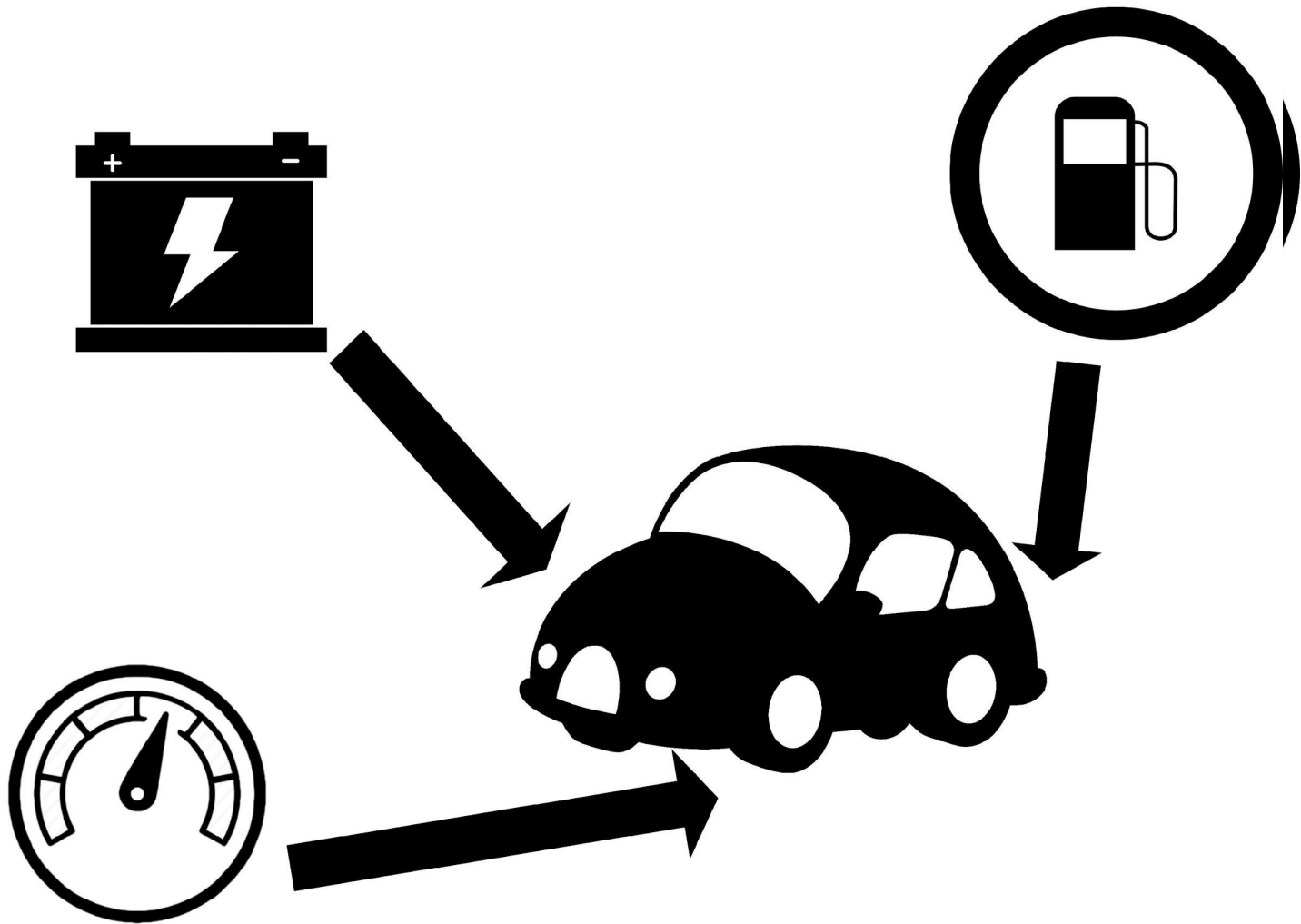
Affiliations + expand

PMID: 33235973 PMCID: [PMC7664499](#) DOI: [10.1136/bmjnph-2020-000100](#)

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Abstract

Existing micronutrient deficiencies, even if only a single micronutrient, can impair immune function and increase susceptibility to infectious disease. Certain population groups are more likely to have micronutrient deficiencies, while certain disease pathologies and treatment practices also exacerbate risk, meaning these groups tend to suffer increased morbidity and mortality from infectious diseases. Optimisation of overall nutritional status, including micronutrients, can be effective in reducing incidence of infectious disease. Micronutrient deficiencies are rarely recognised but are prevalent in the UK, as well as much more widely, particularly in high-risk groups susceptible to COVID-19. Practitioners should be aware of this fact and should make it a consideration for the screening process in COVID-19, or when screening may be difficult or impractical, to ensure blanket treatment as per the best practice guidelines. Correction of established micronutrient deficiencies, or in some cases assumed suboptimal status, has the potential to help support immune function and mitigate risk of infection. The effects of and immune response to COVID-19 share common characteristics with more well-characterised severe acute respiratory infections. Correction of micronutrient deficiencies has proven effective in several infectious diseases and has been shown to promote favourable clinical outcomes. Micronutrients



STAGES OF PROTOCOL

Stage 1: MUCOSA RECONSTRUCTION.

My
Probiotics

My
Gastro

Stage 2: INTESTINAL CLEANSING

My
Gut Life

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Health

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