Wade and Matt's

TOTAL 90 DAY
GUT
RESET

biOptimizers™

MassZymes: The Most Potent Enzymes

17 enzymes including more protease per capsule (100,000 HUTs of protease per capsule) than anyone else.

P3-OM: The "Navy Seals" of Probiotics

P3-OM is formulated by a patented process shown to dramatically enhance L. Plantarum's abilities, resulting in a stronger strain that may be the most powerful protein-digesting probiotic ever developed.

HCL Breakthrough: Fight Acid Reflux and Win

Did you know that acid reflux and GERD happen because there is NOT enough acid? The excess gas pushes the valve open and stomach acids rise to your esophagus. HCL Breakthrough gives your stomach the hydrochloric acid it needs.

Gluten Guardian: Eat Gluten and Get Away With It

Gluten Guardian is specifically designed to support digestive issues relating to foods containing gluten or casein. The potent DPP-IV helps break down gluten into usable amino acids.

Primergen: Highly-Absorbable Liquid Vitamins and Minerals

Our liquid vitamins and minerals formulated in a fulvic acid delivery system to improve metabolism, regulate hormone function, reduce food cravings, boost energy, and much more.

ConstiCleanse: Make Your #2 Feel Like A #1

Tired of struggling for 10 minutes on the toilet? ConstiCleanse is a gentle, yet powerful all-natural solution that will get your insides moving along smoothly.

NEW! Herbal Parasite Cleanse: No Parasites - No Problem

A precise blend of 13 proven plant extracts, plus 5 digestive enzymes, designed to help kill and eliminate parasites, fungal infections, and viruses from the body.

NEW! kApex: Optimize Ketogenesis

kApex enhances all aspects of ketogenesis by improving digestion of fats, fat utilization and fat mobilization. You'll feel a new peak of smooth, constant energy as well as the best digestion ever on a keto diet.

Our mission is to discover, present, and share supplement products and health strategies backed by cutting-edge research that leads to a happier, healthier, and more fulfilling lifestyle.

We create products to empower our customers to achieve an optimal state of well-being in the body, mind, and soul, which we holistically define as BiOptimization.

Below you'll find our 90 day gut reset outlined. This means: "how many capsules" to take each day, and how to space them throughout your day. It will give you a great idea of how to make the best use of our products when they arrive. Let's begin!

SUGGESTIONS:
- Drink 3-6 liters of filtered water each day. Remember - ionized or spring water is best!
- Avoid fried foods and sugar.

MONTH 1

Upon awakening
- First two weeks take 2-4 ConstiCleanse capsules upon rising
- Second two weeks switch ConstiCleanse to 6 capsules of Herbal Parasite Cleanse

Breakfast
- Take 3-5 Masszymes before every meal
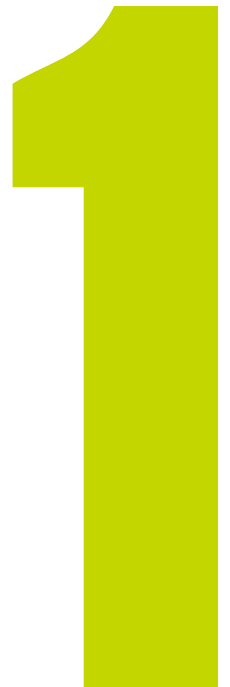- 2 HCL Breakthrough after

Lunch
- Take 3-5 Masszymes before every meal
- 2 HCL Breakthrough after

Dinner
- Take 3-5 Masszymes before every meal
- 2 HCL Breakthrough after

Before Bed
- Add 10 P3-OM before bed

MONTH TWO

Upon awakening
- First week take 2 ConstiCleanse capsules upon rising
- From the second week switch ConstiCleanse to 3 capsules of Herbal Parasite Cleanse

Breakfast
- Take 3-5 Masszymes before every meal
- 2 HCL Breakthrough after

Lunch
- Take 3-5 Masszymes before every meal
- 2 HCL Breakthrough after

Dinner
- Take 3-5 Masszymes before every meal
- 2 HCL Breakthrough after

Before Bed
- Add 10 P3-OM before bed

2

MONTH THREE

Upon awakening
- Take 2 capsules of Herbal Parasite Cleanse every morning

Breakfast
- Take 3-5 Masszymes before every meal
- 2 HCL Breakthrough after

Lunch
- Take 3-5 Masszymes before every meal
- 2 HCL Breakthrough after

Dinner
- Take 3-5 Masszymes before every meal
- 2 HCL Breakthrough after

Before Bed
- Add 10 P3-OM before bed

Shop BiOptimizers

To your awesome health,

Wade T. Lightheart and Matt Gallant
BiOptimizers

3