



Gut Health *Daily* Pack

“Your daily routine for complete digestive restoration and gut health”

I recommend something from this pack to nearly every new patient. The gut is your second immune system, your second brain, and the source of most nutrient absorption. No other protocol works properly if the gut isn't functioning. Digest-A-Meal is OHS's #1 product for 20 years for exactly this reason — and the Custom Pak format makes it impossible to forget. Flora restores the microbiome. Opti-GI heals the gut lining. EFA reduces intestinal inflammation — the missing piece most gut protocols skip. Control addresses the blood sugar dysregulation that feeds gut inflammation from the inside.

— DR. MICHELE BENOIT, DC · APPLIED KINESIOLOGY & FUNCTIONAL NUTRITION · FRANKLIN, TN

SUPPLEMENT STACK

- 1 Optimal 1 Digest-A-Meal**
ENZYMES + PROBIOTICS + MINERALS
OHS's flagship product for 20+ years. Three-pronged formula: digestive enzymes, heat-stable probiotics, and chelated minerals. The foundational anchor of this pack.
- 2 Optimal Flora Plus**
PROBIOTIC · FULL-GUT COLONIZATION
9 heat-stabilized, acid-resistant probiotic strains engineered to survive stomach acid and colonize the full 25-foot length of the gut.
- 3 Opti-GI**
GUT LINING · MUCOSAL INTEGRITY
Targeted GI support for gut lining repair, mucosal health, and motility. Essential for leaky gut, food sensitivities, and chronic digestive inflammation.
- 4 Optimal EFA**
OMEGA-3S · INTESTINAL INFLAMMATION
Plant-based omega-3s directly reduce intestinal inflammation — the underlying driver of food sensitivities, gut permeability, and the failure of gut protocols to fully resolve symptoms.
- 5 Essential Control**
METABOLIC REGULATION · GUT-BLOOD SUGAR AXIS
Blood sugar dysregulation feeds gut inflammation through insulin resistance. Essential Control addresses this gut-metabolic axis — the underappreciated connection between blood sugar and digestive health.

WHAT THIS PACK DOES

A complete, with-meals gut restoration system in a single daily packet. Addresses digestion from five angles simultaneously: enzymes and probiotics for breaking food down and rebuilding the microbiome, gut lining repair, intestinal inflammation reduction, and metabolic-gut axis regulation. Most gut supplements address one of these. This pack addresses all five.

WHO THIS PACK IS FOR

- Bloating, gas, or discomfort after meals
- Acid reflux or frequent heartburn
- IBS, Crohn's, or inflammatory bowel history
- Food sensitivities or unexplained intolerances
- Long-term antacid or PPI use
- Anyone beginning their wellness journey — this is always the first pack

LIFESTYLE FOUNDATIONS

- Chew slowly — digestion begins in the mouth and most patients rush this step
- Eliminate gluten and dairy for 30 days to reduce the inflammatory load on the gut
- Add bone broth 3–4x per week — natural collagen and gelatin repair the gut lining
- 20-minute walk after meals significantly improves gut motility and nutrient absorption
- Limit NSAIDs — they directly damage the gut lining with every dose