

DCK'S PREBIOTIC GREEN TEA PREPARATION

Cost investment for supplies is about \$120.00 for a 30 day supply or \$2.00 per 8 ounces.

- Fill a 16 ounces (2 cup) Pyrex cup with distilled water.
- Microwave the cup for about 3-4 minutes to bring the water to a full boil.
- Remove the cup from the microwave and add a single Twining's Green Tea bag. (May be purchased in almost any grocery store). Leave the teabag in the water to soak for 2-2 ½ minutes. Remove the tea bag.

Twining's Green Tea - 50 count



SKU: TTWN50B_GRN

MPN: 05789

~~\$9.95~~ **\$8.50**



(14 reviews) [Write a Review](#)

Our Twining's Green Tea is a soothing and refreshing green tea with a delicate flavour and a light golden colour.



[More Info](#) ↕

Availability: **In Stock**

Quantity:

- Add 1 teaspoon of Jarrow Formulas Inulin FOS powder (available at Amazon.com.) to the two cups of boiled water.



Jarrow Formulas
Inulin FOS, Soluble
Prebiotic Fibers That
Promote Gut and
Overall Health*, 6.3 oz
Powder

[Visit the Jarrow Formulas Store](#)

★★★★★ 544 ratings

| 25 answered questions

Amazon's Choice for "jarrow inulin fos"

List Price: ~~\$11.95~~ [Details](#)

Price: **\$10.94** (\$1.74 / Ounce)

✓prime

You Save: **\$1.01** (8%)

Thank you for being a Business Prime Member. Get a **\$200 Amazon Gift Card** upon approval for the **Amazon Business Prime Card** with

Then, add one stick of Holigos® Restore powder to the two cups of boiled water. Purchase the Holigos Restore powder sticks from Holigos.com.



Holigos® IBS Restore

Clinically shown IBS symptom relief within 4 weeks.[†]

★★★★☆ 4.4 (236) [Write a review](#)

Holigos® IBS Restore is a medical food formulated for daily and proactive dietary management of IBS.

🕒 1-Month Supply

\$49.99

- Finally, add one teaspoon of Manuka honey as pictured below to the 2 cup mixture. Purchase the honey from iHerb.com. MGO 573+ (no substitutes). It is expensive.



Manuka Health, Raw Manuka Honey, MGO 573+, 8.8 oz (250 g)

By [Manuka Health](#)

★★★★☆ 1623 Reviews | [31 & 98](#)

In Stock

Potency: **573 + MGO**

573 + MGO

Package Quantity: **8.8 oz**

1.1 lb

8.8 oz

For additional flavoring, you may add any of the following: half and half cream, granulated sugar, Stevia, flavored coffee creamer or Extra/Extra® creamer made by Dunkin Donuts. Drink the 2 cup mixture of tea once a day in the morning.

The tea mixture contains synthetic prebiotics, sugar molecules that are metabolized by microorganisms that live in the large intestines. The metabolic process carried out by the microorganisms is known as fermentation. Fermentation results in the production of gas.

The increase of gas production may cause abdominal bloating, distention, abdominal discomfort, and/or excess flatulence. The ingredients may need to be adjusted or the amount of the tea that you drink at any one time may have to be reduced.

If a smaller amount, less than the full 2 cups, is consumed, the remainder may be stored in the refrigerator and used the following day. Do not, however, reheat the unused portion of tea to a boiling temperature.