

↓ **Thrive Mucosal immunity repair programme Stefan Chemalik**

The products:

- Bodybio mixed omega Oil

Essential fatty acids are required for all tissue health and repair

- Perm A Vite

Inulin from artichoke, this rebuilds intestinal tissue that has become 'leaky'

- Sachyromyces Boulardii

A myco probiotic that regulates secretory immunoglobulin (sIgA)

- VSL3

The highest concentration of live beneficial bacteria available, with 450 billion bifido and lactic acid organism in a serving. The only probiotic available on prescription.

- Bio-D-Mulsion Forte

Vitamin D is essential for healthy immunity, and is bioavailable in this emulsified form.

- SymBiotics with FOS

Fructo-oligo-sacharides are pre-biotics, food for probiotics and necessary in seeding a healthy gut.

All of these items can be mixed into the apple recipe on the link below. The oil can be taken separately if preferred, or poured on food or juice.

Nutri-Link on 08450 760402 to order these supplements

Quote code 285

Bodybio mixed omega Oil	2 tblsp
Perm A Vite	1 tblsp
S. Boulardii	2 capsules
Bio-D-Mulsion Forte	4 drops
SymBiotics with FOS	1 tsp

VSL3 1 sachet

<http://www.vsl3.co.uk>

Stewed apple recipe:

http://www.nutri-linkltd.co.uk/documents/apple_tolerogenic_food.pdf