

**GUT / H. PYLORI / ULCERS /
GASTRITIS – FORMULATION**

1. Black Seed Oil

Take 5 drops under the tongue, gargle gently, then swallow. (adults)

3 drops drop under the tongue, gargle gently, then swallow(kids)

Dosage: Twice daily after meals.

2. Slippery Elm

Mix 1 teaspoon in warm water. Stir gently until gel-like. Drink immediately before meals.

Dosage: Twice daily (morning and evening).

3. Activated Charcoal

Mix 1 teaspoon in a glass of warm water.

Best taken: On an empty stomach (morning) or when experiencing heartburn.

4. Cayenne Pepper

Add a pinch to water or sprinkle on food.

Dosage: As desired.

5. Gut Cleanser

Boil 1 teaspoon in a glass of water. Sieve and drink.

Dosage: Once daily after meals.

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