



Your Gut Needs Some Love

Thanks for completing the Big Shot quiz! Based on your answers, your gut could use some support — and we've got just the thing.

Our Gut Health Protocol helps rebalance your digestion, improve nutrient absorption, and lay the foundation for better energy and immunity.

 [Download Your Gut Protocol PDF](<https://your-link-to-gut-pdf.com>)

 **Tip: Start slow with half a shot per day and build up. Consistency is key!**

Gut Health Protocol

8-Week Protocol for Gut Health & Digestion:

Week 1:

- Take **½ a shot per day**, ideally in the morning with food.
- This gently introduces the probiotics and enzymes to your system.

Week 2:

- Increase to **1 full shot per day**.
 - Take with a meal, ideally breakfast or lunch.
- Week 3–4:**
- If digestion is still sluggish or you experience bloating, try **2 shots per day** (morning and early evening).

Week 5–8:

- Maintain **1 shot daily**, or continue with 2 if it's helping.
- Begin incorporating other fermented or fibre-rich foods to support your microbiome.

Why This Works:

Big Shot's fermentation introduces beneficial bacteria (*Bacillus subtilis*), which supports healthy digestion and gut flora balance. A happy gut helps improve energy, mood, and immunity.



Extra Tips for Gut Health:

- Drink plenty of water
- Chew your food slowly
- Eat mindfully, avoid overeating
- Add prebiotic foods: garlic, leeks, onions, oats

Orders can be placed at: <https://www.enrichedbeing.com/product-page/big-shot-fortnightly-bundle>