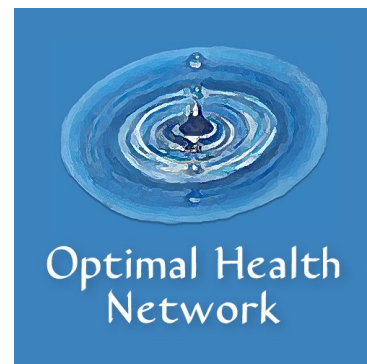


# OHN Constipation Relief Kit

By Kristina Amelong, CCT, CNC  
I-ACT-certified Colon Hydrotherapist  
Certified Nutritional Consultant  
Founder of Optimal Health Network  
[www.optimalhealthnetwork.com](http://www.optimalhealthnetwork.com)



**SKU 908-sk**

**This kit includes 1 each of the following products:**

1. Ortho Reacted Magnesium - 180 capsules
2. Endo-met GB-3 - 180 tablets
3. Ortho Buffered C - 180 capsules
4. Researched Nutritionals CoreBiotic - 60 capsules

Kristina Amelong's **Bowel Management Protocol** is designed to optimize bowel function by softening stool, improving the health of the microbiome, boosting immunity, and regulating digestion. Rather than relying on a single supplement such as magnesium to address constipation, this combination of supplements targets the root causes of constipation, assisting to improve the overall health of the body.

## Protocol Notes:

The contents of this kit will allow you to follow the bowel management protocol for **approximately 30 days**. You may run out of some supplements a bit sooner or later than 1 month, depending on the dosage you are taking, which can vary person to person. You likely will not run out of each supplement at the same time. We sell each of these supplements individually if you need to restock on some, but not the whole kit.

Following this protocol, many people will do best taking all four supplements daily, but some may prefer to take two of the supplements one day and the other two the next day, alternating back and forth (e.g. GB-3 and vitamin C one day and magnesium and the probiotic the other day). Trust your intuition and listen to your body. With the exception of the probiotic, supplements can be taken any time of day, either all at once or spread out. Again, pay attention to what works for your specific situation and needs.



## Sample Supplement Schedule:

The following is a sample daily supplement schedule. (Dosages will vary depending on the person.)

**Breakfast:** 2 Reacted Magnesium capsules and 1 GB-3 tablet

**Lunch:** 3 Buffered C capsules and 1 GB-3 tablet

**Dinner:** 2 Reacted Magnesium capsules and 1 GB-3 tablet

**Bedtime:** 2 probiotic capsules and 3 Buffered C capsules

## Additional Support:

For more detailed guidance with constipation and bowel regulation, consider scheduling a **phone consultation with Kristina Amelong, CCT, CNC**.

## Product Details:

1. **Ortho Reacted Magnesium (180 capsules)** — This is a common supplement used to move the bowels. *Take 1-2 capsules three times per day.*

INGREDIENTS: magnesium (as dimagnesium malate, magnesium citrate USP, TRAACS, magnesium lysinate glycinate chelate), natural vegetable capsules, magnesium stearate, and stearic acid

2. **Endo-met GB-3 (180 tablets)** — This is a digestive enzyme with nutrients that support organs to regulate bowel flow. *Titrate up to bowel tolerance. Start by taking ½ tablet per meal daily and increase by ½ tablet every day until stools are soft. Maximum of 6 tablets daily. If you get diarrhea or burning in the stomach, decrease your dosage.*

INGREDIENTS: pancreatin 4 x USP (porcine) 160 mg; black radish root (*Raphanus sativus*) 130 mg; ox bile extract 112 mg. Other ingredients: microcrystalline cellulose NF, stearic acid USP (palm), magnesium stearate NF/FCC (palm), gum guar, silicon dioxide FCC, hydroxypropyl cellulose, and glycerin

3. **Ortho Buffered C (180 capsules)** — This vitamin C supplement helps to loosen stool and boost immunity as well as providing cellular support. *Titrate up to bowel tolerance. Start with 1-2 capsules daily and build up by 1 capsule every day until stools get loose, then reduce to the dosage at which they became soft, likely between 6 and 14 capsules daily. If you have diarrhea, decrease dosage.*

INGREDIENTS: vitamin C, calcium, magnesium, potassium, natural vegetable capsules, microcrystalline cellulose, magnesium stearate, and silicon dioxide

4. **Researched Nutritionals CoreBiotic (60 capsules)** — Probiotics are important for optimizing the microbiome. *Take 2 at bedtime daily. When you finish one bottle of CoreBiotic, switch to **Ortho Biotic** — 2 daily for 1 bottle/one month. Continue to rotate between these two probiotics.*

INGREDIENTS: 660 mg organic vitafiber (prebiotic), CB complex (11 billion CFU), *Bacillus coagulans*, Lactospore (*Bacillus coagulans* MTCC5856), *Bacillus subtilis* (DE111), low-moisture rice dextrin, medium chain triglycerides, and silica

---

If you need more support to reach your health goals, contact me, **Kristina Amelong, CCT, CNC**, at the number below to schedule a phone consultation.

OPTIMAL HEALTH NETWORK — 3714 Atwood Avenue, Madison, Wisconsin 53714  
Office Hours: MON-FRI: 10 am to 4 pm Central Time — Ph: **(608) 242-0200**

**DISCLAIMER: When you purchase any product from Optimal Health Network, Inc., we must presume that it is for personal use under the direct supervision of your medical doctor.**