

Foundation Formulas

- ✓ Evidence based and clinically proven
- ✓ Blueprint formulas created by leading practitioners
- ✓ 100+ formulas available in Natural Script to use as your own

Foundation Formula Example

Microbiome Diversity

Available as:



Powders



Capsules



Pessaries



Herbal Creams



Herbal Mixtures



Droppers



Vaginal Applicators



Nasal Sprays



Troches

Formulated by Dr. Brad Leech to enhance the microbiome diversity and improve overall gut and immune health. Useful for balancing cholesterol levels.

Each Dose Contains

Partially Hydrolysed Guar Gum (PHGG)	1g
Oat Bran (21% Beta Glucan)	1g
Green Banana Resistant Starch 3-in-1 Multifibre	1g
GOS Galacto Oligo Saccharide (Buminuo)	1g
Arabinogalactan	1g
2-FL HMO - Fucosyllactose - Human Milk Oligosaccharides	1g

Directions: Take 1 dose mixed with water before meals

Research

2-FL HMO

Human milk oligosaccharides are complex sugars that are naturally abundant in breast milk and act as a prebiotic selectively enhancing the growth of beneficial bacteria in the gut, specifically Bifidobacterium species. HMO's strengthen intestinal barrier integrity and reduce/manage permeability.

They can also bind to pathogens acting as a protective barrier against harmful microorganisms.

HMO's promote mucous production and support gap junctions, preventing the entry of pathogens into the bloodstream.

They have a direct immunomodulation impact by modulating dendritic cells which play a crucial role in shaping protective mucosal immune development, contributing to immune tolerance and preventing allergic diseases.

Arabinogalactan

A natural fiber that supports beneficial bacterial growth, particularly in the large intestine. It has immune-modulating effects as it activates macrophages, dendritic cells, and NK cells, promoting immune defense and reducing susceptibility to infections. It also supports SCFA production as fermentation leads to the production of butyrate and propionate, which support intestinal integrity and systemic health. Strengthens gut-associated lymphoid tissue (GALT) and supports respiratory mucosal immunity, potentially reducing the severity of colds and infections.

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Bimuno GOS

Prebiotic fibers that selectively stimulate beneficial gut microbiota and enhance gut barrier and immune function. It also supports SCFA Production as it ferments into butyrate, propionate, and acetate, enhancing gut health and immune signaling. Reduces pro-inflammatory cytokines and enhances mucosal immunity. Reduces bloating, gas, and stool irregularity and consistency. Improves glucose metabolism, lipid profile, and may influence weight regulation.

Green Banana Resistant Starch

Type 2 Resistant starch supports SCFA production, particularly butyrate, for gut lining health. It also stimulates the growth of Akkermansia. Improves insulin sensitivity by slowing glucose absorption and modulates glycaemic response. Supports bowel regularity by increasing stool bulk and normalizes transit time. May alleviate symptoms of diarrhea-predominant IBS with gradual titration.

Oat Beta Glucan

Beta Glucans from Oat bran are soluble fibers that binds bile acids and promotes cholesterol excretion, support and feed beneficial bacteria.

PHGG

Partially hydrolysed guar gum, a soluble fiber that improves stool consistency and enhances microbial diversity. Enhances intestinal barrier function and reduces inflammation.

Other Related Foundation Formulas:

Herbal Mixtures

Microbiome Adjust

Anti-Candida formula

Digestive Dysfunction with Reflux

Powders & Capsules

Akkermansia & Pomegranate Capsules

Akkermansia & Berberine Capsules

Pathobiont Support by Dr. Brad Leech

Gut Integrity Formula by Dr. Brad Leech

Detoxification & Antioxidant Support

Gall Bladder Insufficiency

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How to Access Foundation Formulas

1




Look for Foundation Formulas in the top menu under **Herbal Mixtures**; or **Topicals & Pessaries**; or **Powders & Capsules**.

2

Click Prescribe to Patient

3

You can then

-  **Use it** as your own
-  **Edit** the formula to suit
-  **Save it** to your Favourites