



→ Digestive Health

# UltraGI Replenish<sup>®</sup> Medical Food Program Guide

 **Metagenics<sup>®</sup>**

Genetic Potential Through Nutrition

# Easy-to-Follow Program

To help you manage your digestive symptoms and promote digestive health, the basic guidelines in this program include targeted nutrition, eating guidelines, basic exercise, and tips for managing stress.



### Targeted Nutrition

UltraGI Replenish has been scientifically formulated to help meet the specialized nutritional requirements of those with compromised gut function and digestive disorders including malabsorption. Your healthcare practitioner may also recommend targeted nutritional supplements based on your individual health needs.



### Eating Guidelines

For the next 25 days (or as recommended), eat a healthy diet following the flexible guidelines provided while avoiding common foods that can trigger digestive issues (e.g., gluten, dairy, sugars).



### Regular Exercise

Enjoy a minimum of 30 minutes of exercise 5 or more times per week—with any activity of your choice.



### Stress Relief

In addition to adequate rest, spend just 10 minutes each day relieving stress and relaxing with a variety of suggestions.



## Professional Supervision

For successful clinical outcomes, it's important to follow the guidance of your healthcare practitioner. Program adjustments may be made to better suit your individual health needs and goals.

**NOTICE:** THIS PRODUCT IS TO BE USED UNDER THE SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.

# Targeted Nutrition



Metagenics has been an industry leader in the formulation, manufacture, and testing of medical foods for over 25 years. Your healthcare practitioner has recommended UltraGI Replenish Medical Food for your specific needs and to lead you on the path to better health as part of a strategic nutritional therapy.

## Take Your Gut Back to Where It All Began

Designed to restart the gut by restoring a healthy foundation, UltraGI Replenish offers patients a targeted nutritional approach to replenish the intestinal lining and support the beneficial gastrointestinal (GI) microbiota established through early nourishment.

This advanced formula features a key prebiotic, known as 2'-fucosyllactose (2'-FL)\*, that is identical to one found in breast milk that breakthrough research suggests may be significant to promoting a healthy balance of beneficial (GI) microbiota.

In addition, this landmark formula features a unique combination of macro- and micronutrients to complement a carefully designed dietary plan and deliver a lifestyle medicine approach unlike any other.

\*Utilizes a gas chromatography test to ensure the presence of no more than 0.04 g of lactose in a serving, while providing a key prebiotic identical to the one found in human milk. No milk protein is used in the production of the 2'-FL ingredient.



## Beverage Recipes for UltraGI Replenish



UltraGI Replenish is designed for great taste by simply mixing with water. You may also combine it with unsweetened alternative milks for a thicker texture and/or unsweetened fruit or vegetable juice to increase variety. Or follow suggestions below to create even more delicious options.

For these recipes, add ingredients in a blender and blend to desired consistency. Adjust water or ice for desired thickness. For days using only a ½ scoop per serving, divide all ingredients by 4. For days when you are using only 1 scoop per serving, divide all ingredients by 2. (Or mix a full serving and then only consume half. Refrigerate and then consume the other half for your second dose of the day.)

### Orange Carrot Blast 289 calories

2 scoops UltraGI Replenish  
4 oz. unsweetened almond milk  
2 medium carrots, chopped  
1 small orange  
¼ lemon, juiced  
4 oz. water  
Ice (if desired)

### Green Power Punch 262 calories

2 scoops UltraGI Replenish  
4 oz. unsweetened almond milk  
1 cup spinach  
1 small peach, diced  
¼ lemon, juiced  
2 tsp. ginger, grated  
¼ cup cilantro, chopped  
4 oz. water  
Ice (if desired)

### Mango Refresher 240 calories

2 scoops UltraGI Replenish  
4 oz. unsweetened coconut milk  
½ cup mango, cubed  
¼ tsp. turmeric powder  
½ tsp. cumin powder  
Dash of sea salt  
4 oz. water  
Ice (if desired)

### Refreshing Watermelon 305 calories

2 scoops UltraGI Replenish  
4 oz. coconut water  
1 cup watermelon, cubed  
1-2 tsp. mint, chopped  
1 tbsp. chia seeds  
4 oz. water  
Ice (if desired)

### Zesty Break 279 calories

2 scoops UltraGI Replenish  
4 oz. unsweetened hemp milk  
1 cup spinach  
¼ medium grapefruit  
½ small banana  
1 tbsp. parsley  
1 tsp. lime juice  
4 oz. water  
Ice (if desired)

### Raspberry Dazzle 295 calories

2 scoops UltraGI Replenish  
4 oz. unsweetened almond milk  
1 kale leaf  
¾ cup raspberries  
1 tbsp. almond butter  
4 oz. water  
Ice (if desired)

### Pear-ilicious 322 calories

2 scoops UltraGI Replenish  
4 oz. unsweetened almond milk  
1 small pear  
¾ cup arugula  
1 stalk celery  
1 tbsp. sunflower seeds  
3 basil leaves  
4 oz. water  
Ice (if desired)

### Spinach Avocado Surprise 299 calories

2 scoops UltraGI Replenish  
8 oz. water  
½ avocado  
½ cup spinach  
1 plum tomato  
½ lime, juiced  
Dash of sea salt  
Ice (if desired)

## Eating Guidelines



These simple food guidelines reduce exposure to common food allergens that can lead to “gut” reactions while encouraging nutrient-rich foods to promote GI and overall health. Avoiding common triggers—gluten, dairy, sugars, spicy foods, coffee, and alcohol—relieves unnecessary “stress” that can affect digestive function.

For best results, carefully follow the General Food Choices unless discussed with your healthcare practitioner. Many people experience relief with just a few dietary modifications and targeted nutritional support.

**Note:** Some healthcare practitioners may also recommend avoiding nightshade vegetables, such as tomatoes, potatoes, eggplant, and peppers (hot and sweet), as well as spices made from peppers (e.g., paprika, red pepper flakes, and cayenne pepper).

## 3-Step Program

For best results, follow as closely as possible at home or when dining out.

### Step 1 Days 1-21: Simple Dietary Changes + Targeted Nutrition

- For the next 21 days, refer to **General Food Choices**. Enjoy food and beverages on the RECOMMENDED list and eliminate items on the AVOID list
- Eat more fiber (if recommended by your healthcare practitioner) and nutrients by consuming at least 5 servings of fruits and vegetables per day. Try for 1-2 servings per meal or snack, including a minimum of 1 dark green leafy vegetable serving daily.
- Take supplements as recommended and follow suggestions for exercise and stress management
- Take UltraGI Replenish as follows, or as recommended by your healthcare practitioner

Days 1-2	½ scoop with 2 oz. recommended beverage	2x daily
Days 3-7	1 scoop with 4 oz. recommended beverage	2x daily
Days 8-21	2 scoops with 8 oz. recommended beverage	2x daily

### Eating Tips

- Drink 6-8 glasses of water daily (48-64 oz.)
- Avoid eating under stress (or in a stressful setting)
- Avoid eating 2 hours before bed
- Avoid overeating. Eat slowly and chew thoroughly to curb indigestion/bloating.
- Try to eat 3 small meals and 2 snacks spaced evenly throughout the day
- For the fiber-sensitive, try fresh produce (peeled, lightly cooked, or puréed)

### Shopping & Preparation Tips

- Buy organic foods free of pesticides/chemicals that can trigger symptoms
- Eliminate chemical residue on non-organic produce with a fruit & vegetable wash or diluted dish soap
- Choose wild caught fish and free-range, hormone-free poultry and beef
- Check food labels for ingredients to avoid. Gluten-free foods may contain dairy (whey, casein) or sugars.

**Note:** Increasing fiber (from grains, nuts, seeds, fruits, vegetables, and/or fiber supplements) may temporarily increase digestive symptoms.

## Step 2 Days 22-30: Identify Your Trigger Foods

If you've been following the plan, you should be feeling better now. Gradually reintroducing common food sensitivities (dairy, gluten, sugars) one at a time helps determine if any were contributing to your digestive distress. If you notice a return of symptoms (or new ones) in response to any food, there's a high likelihood it may be a trigger for you.

- Continue taking 2 scoops of UltraGI Replenish with 8 oz. of a recommended beverage
- Follow the chart below and try only 1 serving daily of a single food category for 3 days. Repeat for the remaining 2 food categories.
- Note how you feel anytime after eating the food—all the way up to the next trial serving on the following day
- If you note a reaction, discontinue reintroduction of that category immediately and talk to your healthcare practitioner before reattempting

CATEGORY	DAYS 22-24	DAYS 25-27	DAYS 28-30
Wheat/Gluten	1 serving daily	AVOID	AVOID
Dairy	AVOID	1 serving daily	AVOID
Sugars	AVOID	AVOID	1 serving daily

### Food Reintroduction Tips

- Avoid foods belonging to multiple categories: cereal with milk (wheat/dairy), pastry (wheat/sugar), or ice cream (dairy/sugar)
- If a second reintroduction cycle yields a reaction, eliminate category completely for several months before trying again
- If eliminating dairy permanently, maintain adequate protein/calcium intake
- Continue avoiding spicy foods, coffee, and alcohol to help maintain symptom relief

## Step 3 Day 31 and Beyond: Reassessment

At this point you and your healthcare practitioner should discuss your response to the program. He or she may suggest that you continue on the program. If you decide together to begin reintroducing other foods into the program, it's very important that you follow a systematic reintroduction of gradually adding foods to determine if you have any adverse responses to these foods.

**Note:** Each patient is different and experiences different symptoms. These are general guidelines but for a more personalized approach please speak to your healthcare practitioner.

## General Food Choices

For best results, select foods from this list or as advised by your healthcare practitioner.

CATEGORY	AVOID	RECOMMENDED <sup>§</sup>
Dairy & Dairy Alternatives	All milk, buttermilk, cream, all cheeses, butter, yogurt, ice cream, sour cream, cream cheese, chocolates; whey/casein Non-dairy creamer	Alt. NS "milks": soy, rice, hazelnut, coconut, almond, hemp, GF oat Plain NS soy yogurt Vegan CF cheese: soy, rice, almond CF, NS whey
Proteins	Meat/poultry fed hormones or antibiotics Farm-raised seafood Breaded patties, fish sticks Processed cold cuts, canned meats, sausage Protein powders with sugars, whey	Free-range beef, lamb, chicken, turkey & eggs Wild game, wild-caught seafood Vegetarian: tofu, tempeh, nuts, beans, egg replacers, soy/rice or CF protein powders; dairy alternatives above
Grains, Breads & Pastas	Foods containing gluten: wheat (whole or white), spelt, kamut, rye, barley, oats	Rice (all), quinoa, tapioca, millet, amaranth, buckwheat, GF oats Potato/almond flour; GF pastas
Fruits, Vegetables & Legumes	Fruit with added sugars: dried, juices, canned, preserves, jelly/jam Breaded or creamed vegetables Veggies in cheese/butter sauces; casseroles Hot peppers	All fruits & berries—cooked, fresh, frozen, canned in water/juice Dates, raisins, prunes All vegetables—fresh or frozen All beans & peas—canned or dry Peppers, onions, garlic as tolerated
Nuts & Seeds	Nuts/nut butters with honey/sugars	All nuts/seeds; NS nut/seed butters
Sugars & Sweeteners	Foods with: white/brown/powdered sugar, evaporated cane juice, corn syrup, sucanat, high fructose corn syrup (HFCS), molasses/sorghum, glucose, sucrose, dextrose; extracts (e.g., vanilla)	Small amounts: raw honey, pure maple syrup, agave syrup/nectar, brown rice syrup, natural fructose, fruit sweeteners (juice concentrates), stevia, luo han guo (monk fruit) extract
Other Spices & Condiments	BBQ sauce, ketchup, wet mustards Chili powder, cayenne, wasabi Spicy ethnic seasonings	All NS, CF herbs/spices as tolerated Lemon/lime juice, NS salsa Plant/nut oils, vinegars (no malt) NS salad dressings, mayonnaise
Beverages	Flavored waters Sodas, energy/sport drinks Alcoholic beverages Coffee	Water: tap, spring, sparkling, seltzer NS tea; NS fruit/vegetable juices Alternative "milks"

GF="Gluten-Free"

NS= Containing "no sugars" from the avoid list; unsweetened

CF="Casein-Free"

<sup>§</sup> Organic varieties preferred for all categories.

# Sample Menu & Recipes

**Helpful hints:** Prepare a week's menu and buy all the food you'll need. After shopping, cut up vegetables for quick salads and portable snacks. Cook for multiple servings and enjoy leftovers.



## Breakfast

*Gluten-Free Oatmeal* with fruit and nuts

1 hardboiled egg

8 oz. alternative milk

Cup of unsweetened hot tea

## Gluten-Free Oatmeal (1 serving)

1 cup gluten-free oatmeal

1½ cups strawberries or 1 pear

¼ cup nuts (pecans/almonds), chopped

Cinnamon to taste (optional)

Buy raw, unsweetened, gluten-free oats and follow cooking instructions. Top with cinnamon and nuts of choice. Mix in fruit of choice for a single dish, or serve as a side dish or dessert.



## Mid-morning Snack

1 cup carrot sticks with *Hummus*

Handful of almonds

8 oz. water

## Hummus (6 servings)

½ cup lemon juice

2 tbsp. olive oil or flaxseed oil

2 cloves of garlic, crushed

¼ cup tahini (sesame butter)

16-oz. can garbanzo beans (chickpeas),

or 2 cups home-cooked

1 tsp. cumin

Paprika, sea salt, and fresh parsley to taste

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley. Use as a spread on rice cakes or as a vegetable dip.



## Lunch

*Grilled Chicken Salad* with vegetables

1 medium orange

8 oz. water

## Grilled Chicken Salad (1 serving)

¼ cup black beans or kidney beans

Olive oil & vinegar dressing

3 oz. chicken, turkey, or tofu

1 cup dark salad greens

½ cup variety of chopped vegetables (tomatoes, cucumbers, beets, radishes, carrots, broccoli, etc.)

Grill or bake poultry or tofu. In a bowl, combine salad greens, beans, and chopped vegetables. Toss with olive oil and vinegar dressing. Chop poultry or tofu and combine with salad.



## Afternoon Snack

¼ cup sunflower seeds or pumpkin seeds

OR *Peach Melba Smoothie*

8 oz. water

## Peach Melba Smoothie (1 serving)

6-8 oz. alternative milk

1 peach

½ cup raspberries

1-2 ice cubes (optional if using frozen fruit)

In a blender, mix ingredients until smooth. Use a variety of fruit for different flavors. Can also combine with UltraGI Replenish serving.



## Dinner

*Spaghetti Squash* with ½ cup unsweetened pasta sauce

Gluten-free turkey meatballs

½ cup green beans

8 oz. water

## Spaghetti Squash (6 servings)

1 medium spaghetti squash, halved with seeds removed

Place squash cut side up on a greased cookie sheet. Bake at 375° for about 40 minutes, or until easily pierced with a fork. DO NOT OVERBAKE. When cool enough to handle, scrape with fork to release spaghetti-like strands. Top with vegetables, stir-fry, pasta sauce, or olive oil and garlic.



## Dessert/Late Snack

Fresh fruit serving

OR *Baked Apple*

8 oz. water

## Baked Apple (1 serving)

1 apple (or pear)

2 tbsp. water

1 tsp. brown rice syrup (optional)

Dash of cinnamon

Preheat oven to 350°. Core apple and peel top third only. Blend water with brown rice syrup and drizzle over apple. Sprinkle with cinnamon. Bake for 20 minutes or until tender.

## Regular Exercise



Exercise is often recommended to reduce symptoms associated with occasional constipation, as well as improve overall digestive health and function. Regular physical activity gets your "outsides" moving and helps your "insides" move out waste.

Do whatever you like to do: biking, hiking, dancing, fitness DVDs and classes, rowing, running, swimming, sports, etc.

PHYSICAL ACTIVITY	SCHEDULE
Any fitness or recreational activity that gets you in motion	30 minutes 5+ days per week

### Exercise Tips

- Get your healthcare practitioner's approval before beginning any exercise program
- If you've been relatively inactive, consider starting with brisk walking
- To increase muscle mass and tone your body, incorporate weight-bearing exercises
- Don't forget to gently stretch before and after any physical activity to improve flexibility and aid muscle recovery
- **Hidden Exercise:** house cleaning; yard work; climbing stairs; interactive video games; parking farther away; stationary exercises or pacing during phone calls

## Stress Management



Reducing stress also reduces stress-related digestive discomfort—and curbs unhealthy habits that affect GI health. You don't have to make big changes in your life to reduce your stress—just lessen the impact that stressful occurrences can have on you.

Make time for simple stress relief daily.

STRESS RELIEF	SCHEDULE
Relax or unwind with at least 1 type of stress management technique	10 minutes 7 days per week

### Stress Relief Tips

These quick and simple techniques make it easy for you to change your response to stress—and help you live a healthier life.

- Breathe from your belly
- Take a short walk
- Burst into exercise
- Listen to music
- Dance or sing
- Take a mental break
- Have a good laugh
- Write in your journal
- Take a power nap



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