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sep 21 2022 ok so for the last 2 years i ve actually tested and purchased most of dr gundry s supplements at my wallets expense and let me tell you what

jun 20 2021 it s relative i invest in bio complete 3 and take a half dose daily and while my chronic heart burn isn t completely gone i went from having heart burn for 3 days straight to 1 day and then it

sep 24 2022 bio complete 3 so i m mid flare up at the moment quite a painful one and trying hard to avoid hospital and

antibiotics drinking lots of water that s about it currently in warm bath with

may 18 2021 hi all i really love dr gundry and his info a lot of it makes sense to me i m fairly new to all of this i am the 21 day gut reboot post author i monitor this page obsessively and i see

sep 11 2023 bio complete 3 is a nutritional supplement that supports digestive health and overall health it contains a combination of probiotics prebiotics and postbiotics that work together to

jun 18 2023 welcome to r medical your safe space for medical questions read the rules ask and answer questions and remember your well being matters here this is a supportive community

feb 26 2024 4 subscribers in the fitnessforfoodies community where gastronomy and gym life intersect

reply reply 1 877 kars 4 kidz dr gundry bio complete 3 reply reply more repliesmore replies infinitewonderful

apr 2 2024 hello my friend sorry to hear things have gone downhill recently first thing i d say is that probiotics will not ruin your gut health however depending on which ones you take they can

jun 28 2018 i just purchased the bio complete 3 lectin shield and total restore will they work i seriously have my doubts but i am not following any of his diet suggestions why give up foods that

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