



## SHOPPING LIST FOR DIGESTION PROTOCOL

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### Vital Nutrients items

- Pancreatic Enzymes <https://www.vitalnutrients.net/pancreatic-enzymes.html>  
(Use client code 0798 to purchase.)

### DoTerra items (labelled for internal use according to directions)

- **First go to** <https://my.doterra.com/scottcunningham21>
- DigestZen essential oil blend – [Item Number 31030001 – 15mL](#)
- Peppermint essential oil - [Item number 30190001 – 15mL](#)

### Items available at Natural Grocers

- Mo' Betta BELLY digestive supplement <https://www.wishgardenherbs.com/herbal-remedies/Mo-Betta-Belly-Digestive-Ease-199>
- Stevia liquid, organic [https://www.iherb.com/pr/Now-Foods-Organic-Better-Stevia-Zero-Calorie-Liquid-Sweetener-8-fl-oz-237-ml/16270?gclid=Cj0KCQjwrdjnBRDXARIsAEcE5Yko9nvilAu6wZYh-5Cdd7UvltOMG7qmqTXHHk0JO34FM9b\\_-Nn14iUaAht0EALw\\_wcB&gclsrc=aw.ds](https://www.iherb.com/pr/Now-Foods-Organic-Better-Stevia-Zero-Calorie-Liquid-Sweetener-8-fl-oz-237-ml/16270?gclid=Cj0KCQjwrdjnBRDXARIsAEcE5Yko9nvilAu6wZYh-5Cdd7UvltOMG7qmqTXHHk0JO34FM9b_-Nn14iUaAht0EALw_wcB&gclsrc=aw.ds)