

# 1 TEST

START HERE

## Starting The GI Map Process

Congratulations!

You have started your GI Map journey. Please follow all included instructions in the GI Map kit you were given and return your completed test kit in the envelope included in the box. Email our clinic to let us know it is on its way so we can track it.

**email: [clinic@lindgren.health](mailto:clinic@lindgren.health)**



## 2 Healing Begins Here

## Results Are In

Once the clinic receives your GI Map results, your provider will review them and provide recommendations. Look for an email from our clinic with those recommendations and a brief explanation of why each is needed. A Fullscript link with supplements will be included. Most supplements are also available at the clinic. Ask one of our front desk personnel for assistance.

**\*Results will also be discussed at your next scheduled visit.\***

*Typically you will be on your recommended supplements for 2-3 months or as directed by your provider.*

## GI MAP

# R O A D M A P

We Don't Guess....We Test!

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## RETEST

Let's Measure  
Your Progress



Three to 6 months after beginning your GI Map journey you will likely be completing another GI Map to measure your progress. Your provider will review these results and determine if further treatment is required.

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## Speak with Your Provider

## Future Testing

Based on your Results, it may be recommended to complete another GI Map in the future to continue to monitor your progress.