

Your guide to protect and restore your microbiome  
when taking antibiotics

# A PRACTICAL GUIDE FOR RESTORING THE GUT AFTER ANTIBIOTICS



SO CLINIC

Antibiotics can be life-saving when truly needed. If you're prescribed them, knowing how to support your body before, during, and after can make a huge difference in how you feel — both now and months later.

Antibiotics fight bacteria, but they don't only kill harmful bacteria — they also damage the beneficial bacteria that protect your digestion, immunity, skin, hormones, and mood.

*Many people feel “fine” during treatment... and then weeks or months later experience:*

- bloating, constipation or diarrhoea
- Thrush or recurrent infections
- acne, eczema, hair loss
- fatigue, brain fog
- low immunity



These are delayed effects of microbiome damage — and most people are never warned about them.

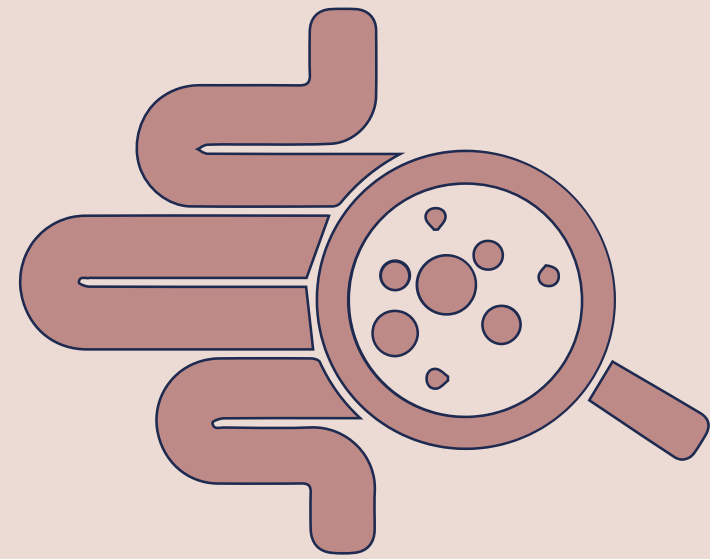
The good news:

👉 You can significantly reduce side effects and support recovery — if you act during and after antibiotics.

# Why antibiotics affect your gut so strongly:

Your gut contains trillions of good bacteria that:

- digest food
- produce vitamins
- regulate immunity
- support hormones and mood
- communicate with the brain, impacting mood, stress, and conditions like anxiety and depression.
- protect against harmful bacteria



Antibiotics act like a forest fire: they destroy both “bad” and “good” bacteria.

*Without support, the microbiome may take months or even years to recover – and sometimes never fully does.*

# The 2-Step Support Plan

## **STEP 1:** During antibiotics

Goal: protect the gut and prevent complications

### 1. Saccharomyces boulardii (essential)

A probiotic yeast that is not destroyed by antibiotics.

## **Why it helps:**

- reduces antibiotic-associated diarrhoea
- suppresses Candida & harmful bacteria
- supports gut immunity

## **How to take:**

- 250 mg, 2× per day
- 1.5–2 hours away from antibiotics
- during the full course + 10 days after

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Combined probiotics made for antibiotics: Mega Spore Biotic

These help limit dysbiosis and support gut resilience, especially if you have: sensitive digestion; history of diarrhoea; frequent antibiotic use



Gut  
microbiome

# STEP 2: After antibiotics (4–8 weeks)

**Goal: repair the gut lining and restore healthy bacteria**

*Repair the gut lining*

- Zinc supports intestinal healing, reduces inflammation
- L-glutamine; the main fuel for gut cells; helps reduce “leaky gut” symptoms

*Restore beneficial bacteria*

Choose one quality probiotic and take for 4–8 weeks:

- Multi-strain biotic
- Flora Probiotic daily

Rotate probiotics over time rather than using the same one.

*Feed your gut*

- Butyrate (or foods that support it)
- Fibre, introduced slowly once digestion is stable

# Nutrition that speeds recovery

*During and after antibiotic treatment, eat more of:*

- BONE BROTH
- FERMENTED FOODS (SMALL AMOUNTS)
- OILY FISH (OMEGA-3)
- VEGETABLES, BERRIES, HERBS
- FOODS RICH IN ANTIOXIDANTS: BERRIES, SEEDS

*Temporarily reduce:*

- SUGAR AND SWEETS
- ALCOHOL
- ULTRA-PROCESSED FOODS
- GLUTEN & DAIRY IF YOU NOTICE SYMPTOMS

## The biggest mistakes after antibiotics

✗ Doing nothing

✗ Taking probiotics only *during* antibiotics

✗ Using the same probiotic long-term

✓ Recovery takes time, diversity and consistency

# About Shany



Shany is a founder of SO Clinic, registered nutritional therapist specialising in skin conditions such as acne and eczema, as well as migraines— an expertise shaped by her own personal healing journey. She believes that true wellness arises from harmony between the mind, body, and spirit, and her mission is to harness the power of natural, evidence-based nutrition to support healing from within while enhancing skin health, gut function, and overall vitality.

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