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ALKORA⁺



*The Mediterranean
Gut Reset Guide*

*Three phases · thirty days
1,000 years of botanical wisdom*

FIRST EDITION · ENGLISH · LIMITED FOUNDING MEMBERS

ALKORAPLUS.COM

A LETTER FROM THE FAMILY

Three generations, *one love.*

The story of ALKORA+ does not begin today. It begins in the 1960s, in a small Italian laboratory, with our mother Enrica and a company called CEDEBO — one of the first in Italy to raise phytocosmetics to the rank of a professional discipline. They worked with sage, rosemary, olive: plants that spoke to the skin, harvested by the farming calendar and distilled with the patience of those who know that nature does not hurry. Sixty years later, those same plants are coming back — and for us, it feels like coming home.

We are not herbalists, and we do not wish to appear as what we are not. We are a family that found, in the tradition our mother left us, a direction and a way of being in the world. Roberta is its most sensitive keeper — her lifelong love for essential oils and for the wellness that comes from balance is the unbroken thread to that laboratory of the 1960s. Tullio brings the entrepreneur's eye, accustomed to building things that last and to holding them together. And now Margherita and Ginevra — the third generation, completing their Master's at Copenhagen Business School in Denmark — step into the company with fresh ideas, an international perspective, and the energy of those who want to write their own chapter within a story that came before them.

From this meeting, ALKORA+ is born. The plants of our mother's laboratory, kept today in a capsule that speaks to the gut instead of the skin. *The same garden, a new kind of care.* A continuity — not a revolution. A small, important step our family wanted to take together. This guide is part of that step: nothing to buy in these pages, only something to understand. We hope you find it useful.

Tullio

for the family



"The skin is only the beginning."

— Enrica Angheben, founder of CEDEBO

CHAPTER I

Why a Mediterranean *Reset.*

The modern gut works in conditions our ancestors never imagined. Industrial food, antibiotics, irregular sleep, chronic stress, alcohol on weekends, sugar in disguise. Year after year, it is asked to digest, defend, balance, and absorb in an environment that pushes it constantly out of equilibrium.

A "reset" is not a magic cure. It is something simpler: a deliberate window of time — typically thirty days — in which we give the digestive system a clearer environment, support its natural cleansing function, sustain the liver and lymphatic drainage, and finally help rebuild the microbial flora that does most of the quiet work.

The Mediterranean tradition has known this rhythm for centuries. Monasteries planted *orti dei semplici* — botanical gardens — to produce extracts for digestive elixirs in spring and autumn, the same change-of-season moments when traditional medicine advises a periodic cleanse today. The plants change name from country to country, but the architecture is remarkably consistent: open, drain, restore.



*"Health is not the absence of disease — it is the daily
practice of equilibrium."*

— Hippocratic principle, attributed

CHAPTER II

From monastic gardens *to modern science.*

Italy holds Europe's oldest continuous tradition of phytotherapy. The Schola Medica Salernitana, founded around the 9th century in Salerno, codified hundreds of botanical remedies in its *Regimen Sanitatis*. The Benedictine monasteries of Montecassino, Subiaco and Camaldoli kept botanical libraries alive through the so-called Dark Ages. The University of Padua opened the world's first official botanical garden in 1545 — the Orto Botanico, still in operation, a UNESCO World Heritage site.

These institutions did not simply preserve folklore. They standardized. They documented preparations, doses, contraindications, seasons of harvest. The monks and physicians of the time were the first regulatory thinkers of plant medicine, building the conceptual scaffolding that twentieth-century pharmacology would later rebuild on chemical foundations.

The transition from herbal tradition to modern phytotherapy did not happen in a moment. It happened slowly, plant by plant, as scientific instruments became precise enough to isolate the molecules that did the work: silymarin from *Silybum marianum*, eugenol from *Syzygium aromaticum*, allicin from *Allium sativum*, punicalagins from *Punica granatum*. Each of these is the modern translation of a medieval prescription.

ALKORA⁺ is built on this transition. We do not romanticize the past. We use what works today — standardized extracts, enteric-coated capsules, liposomal delivery — but we remember why these plants entered our pharmacopoeia in the first place.

CHAPTER III

The architecture:

three phases, thirty days.

The 30-day Mediterranean Reset follows three sequential phases. Each phase has a precise physiological function and a botanical complex designed to support it.

Phase	Days	Function
I Cleanse	11	Open the field. Support digestive function and microbial balance.
II Drain	8	Liver and lymphatic drainage. Process and eliminate.
III Restore	11	Rebuild microbiota. Restore mucosal integrity.

The order matters. Trying to rebuild the microbiota (Phase III) before having drained the liver (Phase II) is like planting on unprepared soil. Each phase prepares the ground for the next, and the gentle pause between phases — when the body absorbs and adjusts — is as important as the active days themselves.

The Mediterranean tradition has always understood this. Monastic protocols separated the bitter *amaro* (open and stimulate) from the depurative *tisane* (drain) from the restorative *elisir* (rebuild). Three movements, one symphony.

PHASE I • DAYS 1-11

Cleanse

The opening phase is intense and disciplined. We bring forward botanicals that have, for over a thousand years, supported the natural cleansing function of the digestive tract. Standardized to their key markers, encapsulated to release in the small intestine, delivered in liposomal vehicle for absorption.

The five signature botanicals

Mimosa pudica

seminis • whole seed extract 4:1

Native to the tropical Mediterranean basin and Asia. Its gel-forming seeds form a natural mucilaginous matrix in the intestinal tract — a tradition documented in Indian and Mediterranean folk medicine for centuries. Today, it is the signature ingredient of the modern cleanse protocol. Standardized for whole-seed integrity.

Caryophyllum (Syzygium aromaticum)

floris • clove bud • eugenol $\geq 80\%$

Brought to Italy via Venetian trade in the late Middle Ages. The Schola Medica Salernitana included clove in its digestive elixirs. Eugenol — its principal molecule — is one of the most studied bioactive compounds for oral and gut microbial balance. Standardized to $\geq 80\%$ eugenol by HPLC.

Allium sativum

bulbi • garlic • allicin yield $\geq 1.2\%$

Mediterranean cultivation since pre-Roman times. Pliny the Elder catalogued garlic's uses in his *Naturalis Historia*. Allicin — its short-lived signature molecule — supports microbial balance. We use a deodorized form that preserves allicin yield while making the capsule discreet.

Granatum (Punica granatum)

corticis • pomegranate peel • punicalagins $\geq 40\%$

The fruit of Persephone, sacred in Mediterranean myth. The peel — discarded in cooking — concentrates punicalagins, among the most powerful natural antioxidants known. Standardized to $\geq 40\%$ punicalagins, alkaloid-controlled to meet the strictest food-supplement regulations.

Origanum vulgare

oregano • carvacrol + thymol $\geq 75\%$

The wild oregano of the Mediterranean hills. The volatile oils — carvacrol and thymol — have been the subject of phytochemical study since the 1970s. We use a moderate dose that respects gastric sensitivity while preserving phenolic integrity.

PHASE I • WHAT TO EXPECT

Inside the eleven days.

Days 1 through 3. The body is adjusting. Some people feel mild digestive movement — this is physiological and resolves quickly. Drink water. Eat slowly. Avoid alcohol and ultra-processed foods if you can; they make the work harder.

Days 4 through 7. The plants are now working in rhythm. Many users report a sense of lightness, especially in the morning. The bitter principles of clove and oregano stimulate biliary flow naturally; this is the classical *amaro* action of the Mediterranean tradition.

Days 8 through 11. The closing days of Phase I. The digestive ground has been prepared. The next phase will support the liver and the lymphatic drainage, processing what has been mobilized. Take your two daily capsules at consistent times — morning and evening — with a glass of room-temperature water.

A note on integration

ALKORA+ is a food supplement, not a medicine. It supports physiological functions; it does not treat disease. If you are pregnant, breastfeeding, on anticoagulants, or managing a diagnosed condition, consult your doctor before starting any cleanse protocol.

PHASE II • DAYS 12-19

Drain.

*The transition phase. Eight days during which the liver and the lymphatic system are supported in their natural drainage and detoxification work. This is where the deeper Mediterranean tradition of the *depurativo di stagione* lives — the seasonal depurative tisane that grandmothers across Italy still prepare in spring and autumn.*

The botanicals of Phase II

Silybum marianum

seminis • milk thistle • silymarin ≥80%

Known to Pliny the Elder. Cultivated in the Italian countryside for over two thousand years. Silymarin — the silymarin complex extracted from its seeds — is one of the most studied phytocomplexes for hepatic support. Standardized to ≥80% silymarin by UV.

Cynara scolymus

foliorum • artichoke leaf • cynarin ≥2.5%

The wild thistle domesticated by the Etruscans, perfected by the Romans, written about by Pliny and Galen. Its leaf — not the heart we eat — concentrates cynarin, traditionally associated with biliary secretion and digestive function.

Curcuma longa

rhizomatis • turmeric • curcuminoids ≥95%

Brought to the Mediterranean basin by Arab physicians in the 9th century. We use the Curcumin C3 Complex® standard at ≥95% curcuminoids. Co-formulated with black pepper extract (piperine ≥95%) for natural bioavailability enhancement — a synergy documented in modern pharmacology.

Taraxacum officinale

radicis • dandelion root • 4:1 extract

The most democratic of officinal plants — found in every Italian garden. Its bitter root has been used since the Middle Ages to support fluid drainage and digestive function. We standardize on flavonoid content for batch consistency.

Zingiber officinale

rhizomatis • ginger • gingerols ≥5%

Arrived in Italy via Venetian trade in the 13th century. Its warming, circulation-supporting action complements the cooling depurative botanicals. Standardized to ≥5% gingerols.

PHASE III • DAYS 20-30

Restore.

The final eleven days are a return — slow, careful, deep. We rebuild the intestinal microbial flora with spore-forming probiotics that survive gastric transit, support the regeneration of mucosae with traditional botanicals, and supply the cofactors that the immune and mucosal systems need.

The botanicals and microorganisms of Phase III

Bacillus coagulans

MTCC 5856 • LactoSpore® • 2 billion CFU

A heat-stable, spore-forming probiotic. Survives gastric pH, germinates in the small intestine, supports microbial balance. Patented strain, batch-tested for viability.

Saccharomyces boulardii

CNCM I-745 • 5 billion CFU

A probiotic yeast isolated by Henri Boulard in Indochina in 1923 and brought to Mediterranean clinical use in the mid-20th century. Resistant to antibiotics — useful in microflora rebuilding after antibiotic courses.

Althaea officinalis

radicis • marshmallow root • mucilage ≥10%

From the ancient Greek *althainein* — to heal. Used by Hippocrates for irritated mucosae. The root mucilage forms a protective film over digestive tissues, an action confirmed by modern pharmacology. Standardized to ≥10% mucilage.

PHGG (Sunfiber®)

partially hydrolyzed guar fiber

A soluble, prebiotic dietary fiber that feeds the rebuilding microbiota. Patented technology that ensures fermentation in the colon without gas — a long-recognized limitation of cruder fibers.

Vitamin D + Zinc

cholecalciferol from lichen + zinc bisglycinate

The two micronutrient cofactors most studied for normal immune function and mucosal membrane maintenance. Both have approved EU health claims. Vitamin D from lichen (vegan source). Zinc as bisglycinate for high bioavailability.

THE THIRTY-DAY JOURNEY

A simple *daily rhythm.*

Phase	Days	Morning	Evening
I • Cleanse	1–11	2 capsules with water	2 capsules with water
II • Drain	12–19	2 capsules — best between meals	2 capsules — best between meals
III • Restore	20–30	2 capsules on a light stomach	2 capsules on a light stomach

Practical tips

Hydration. Drink eight to ten glasses of water per day. Plain water, room temperature, between meals. Hydration is the silent multiplier of any drainage protocol.

Eating Mediterranean. The protocol works in synergy with a Mediterranean diet: olive oil, vegetables, legumes, whole grains, fish, moderate wine, occasional sweets. Anything that looks like the diet our great-grandparents ate.

Sleep. Aim for seven to eight hours. The microbiota rebuilding work in Phase III is particularly sensitive to sleep quality.

Movement. Daily walking is enough. The body that moves digests, drains, and rebuilds better. No need for intense exercise during the cleanse.

A NOTE ON SCIENCE

Why we standardize.

Two cups of chamomile tea, brewed from leaves of the same field on different days, can vary by an order of magnitude in their content of bisabolol — the molecule that does the soothing work. This is not a problem in tisane culture. It is a problem in formulation.

Standardized extracts are botanical preparations in which the content of one or more active markers is verified, by laboratory analysis, against a defined minimum. When we say *silymarin* $\geq 80\%$, we mean every batch of milk thistle extract in ALKORA+ has been chromatographed and confirmed to contain at least 80% silymarin complex by weight. Below that threshold, the batch is rejected.

This is not how every supplement on the market is made. Many cheaper products use "whole herb" powders with no marker quantification — the natural variability of the plant becomes the variability of the capsule. ALKORA+ does not work that way. We spend more on materials so you receive a consistent product. Every certificate of analysis is available to founding members on request.



"In medicine, repeatability is everything. What you cannot measure, you cannot improve."

FREQUENTLY ASKED

Common questions.

Is ALKORA+ a medicine?

No. ALKORA+ is a food supplement, formulated and registered under EU food-supplement regulations. It supports physiological functions. It does not treat or cure disease.

Who should not take it?

Pregnant or breastfeeding women, people under 18, people on anticoagulant therapy, people with active gastric ulcer or known liver conditions should consult their physician before starting any cleanse protocol.

Can I drink alcohol during the protocol?

Reducing alcohol gives the protocol space to work. Phase II especially supports liver drainage; alcohol consumption at this stage works against that function.

Can I do the protocol while traveling?

Yes. The capsules travel well, do not require refrigeration, and the protocol is designed to be portable. Pre-fill a weekly pillbox if it makes mornings easier.

How often can I repeat the protocol?

The classical Mediterranean rhythm is two cycles per year — spring and autumn, the moments of seasonal change. We do not recommend more than three cycles per year.

What if I miss a day?

Resume the next day from where you left off. Do not double-dose to compensate. The protocol is designed with built-in flexibility — a single missed day will not undo the work.

ABOUT ALKORA+

A continuation, *not a startup.*

ALKORA+ is the work of three generations of one Italian family. Enrica, who founded CEDEBO in the 1960s as one of the first companies in Italy to raise phytocosmetics to the rank of a professional discipline. Tullio and Roberta, the second generation — Tullio bringing the entrepreneur's eye, accustomed to building things that last; Roberta her career-long love for officinal plants and essential oils. And the third generation now joining: Margherita and Ginevra, completing their Master's at Copenhagen Business School in Denmark, who grew up with these plants on the table.

ALKORA+ is a brand of MARGIN International LLC, registered in Delaware, with offices across Europe, the Americas, and the MENA region. The product is formulated and produced in an Italian GMP-certified laboratory, with sourcing prioritized to Mediterranean botanicals.

The first batch is limited to 500 founding members. Founding members receive their kit at a discounted early-bird price, with payment on delivery and a personal welcome letter. The waitlist is open at alkoraplus.com.

Important disclaimer

ALKORA+ is a food supplement. It is not intended to diagnose, treat, cure, or prevent any disease. Statements in this guide are educational and informational. The plant histories described are based on traditional and ethnobotanical sources. Modern phytochemical claims refer to standardized markers. EU health claim wording complies with Regulation 1924/2006 and 432/2012. For US: these statements have not been evaluated by the Food and Drug Administration.

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ALKORA⁺

The deep reset, in three phases.



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