

## INFANTS (0 – 2 YEARS)

**Formulation:** Powdered form in capsule containing Acidophilus/Bifidus/Saccharomyces, Boulardi (8 billion organisms).

**Clinical Applications:** Colic, oral thrush, cradle cap, ear infections, gas, constipation, diarrhea, baby acne, cold, flu, dehydration, diaper rash, antibiotic use, c-section baby, bottle fed baby

**Protocol:** ½ - 1 capsule – open and put into water or juice twice daily for 1 – 2 weeks, then ½ - 1 capsule twice weekly ongoing. (Especially for diaper rash – open several capsules and make a liquidy paste with water. Apply to affected areas 2 – 3 times per day.)

**Other considerations:** See Infant Diet Plan. Non-breastfed babies consider EPA/DHA supplementation

## TODDLERS (2 – 5 YEARS)

**Formulation:** Powdered form in capsule containing Acidophilus/Bifidus/Saccharomyces Flora

**Clinical Applications:** Ear infections, gas, constipation, diarrhea, cold, flu, dehydration, antibiotic use, atopic skin conditions

**Protocol:** 1 capsule – open and put into water or juice for 1 – 2 weeks, then 1 capsule twice weekly ongoing

**Other Considerations:** Consistent use of dietary fiber will help promote GI health.

## YOUNGSTERS (6 – 12 YEARS)

**Formulation:** Powdered form in capsule containing Acidophilus/Bifidus/Saccharomyces Boulardi (8 billion organisms)

**Clinical Applications:** Ear infections, gas, constipation, diarrhea, cold, flu, dehydration, antibiotic use, atopic skin conditions

**Protocol:** 1 capsule twice daily away from meals for 2 weeks, then 1 capsule twice weekly away from meals ongoing.

**Other Considerations:** Consistent use of dietary fiber will help promote GI health. For moderate to severe GI conditions, chronic illnesses, food allergies or Dysbiosis, follow the Gastro-Intestinal Restoration Program and consult with your pharmacist or healthcare practitioner for a more thorough assessment and testing.

## ADOLESCENTS/ADULTS (13 YEARS AND OLDER)

**Formulation:** Powdered form in capsule containing Acidophilus/Bifidus/Saccharomyces Boulardi or 15 – 17 multi strain formula and FOS.

**Clinical Applications:** Ear infections, gas, constipation, diarrhea, cold, flu, dehydration, antibiotic use, atopic skin conditions, chronic illnesses, Irritable Bowel Syndrome, Crohns, Colitis, Psoriasis, Rheumatoid Arthritis, auto-immune disorders, yeast infections, Dysbiosis, malabsorption, Diabetes

**Protocols:**

- **Sensitive individuals, or very sick individuals:** Use the three-strain formula first: 1 – 2 capsules twice daily between meals for 15 – 30 days. This may be used ongoing at the dosage of 1 capsule 2 –3 times weekly.
- **Individuals not sensitive:** Use the 15 – 17 multi-strain formula 1 – 2 capsules twice daily between meals for 15 – 30 days, then 1 capsule 2 – 3 times weekly ongoing.
- **Vaginal Yeast Infections:** Open 1 – 2 capsules of the three-strain probiotic, mix in luke-warm water and apply as a douche 2 – 3 times daily until symptoms subside.
- **Thrush or Oral Yeast Infection:** Open 1 – 2 capsules of the three-strain probiotic, mix in luke-warm water and swish in mouth for 30 seconds, then swallow, 2 – 3 times daily until symptoms subside

**Other Considerations:** Consistent use of dietary fiber will help promote GI health. For moderate to severe GI conditions, yeast infections, chronic illnesses, food allergies or Dysbiosis, follow the Gastro-Intestinal Program and consult with your pharmacist or healthcare practitioner for a more thorough assessment and testing.

