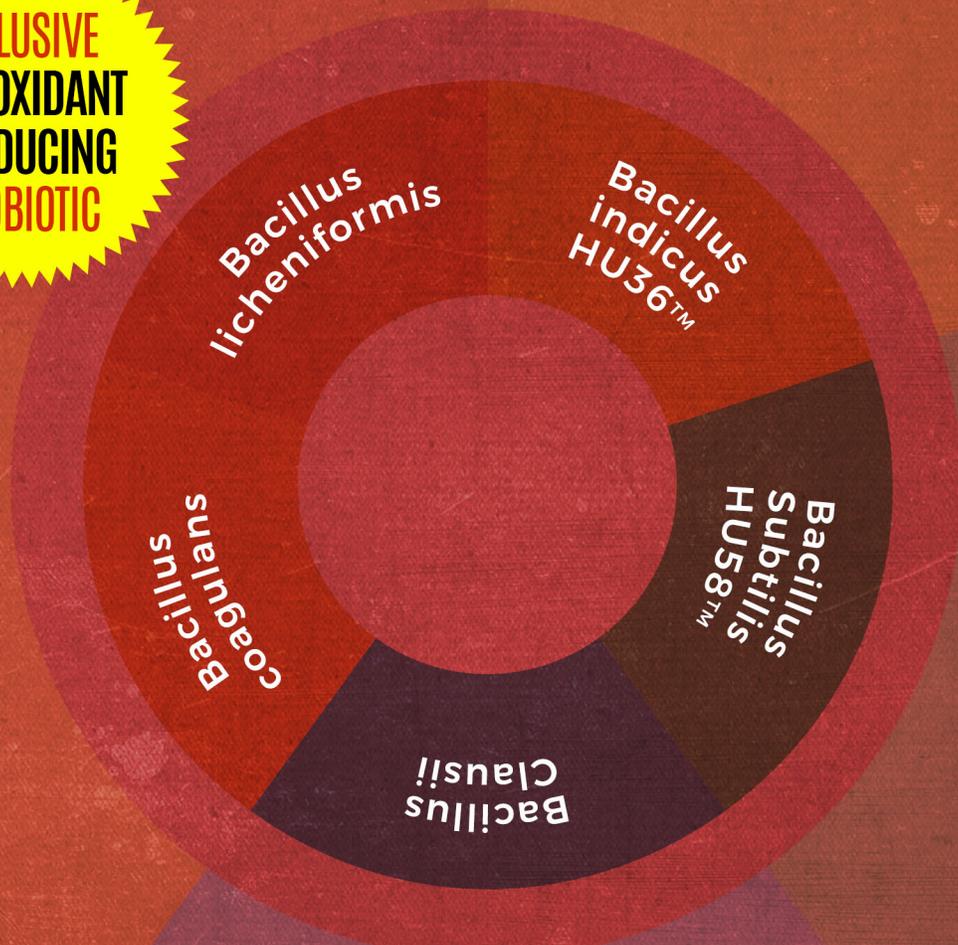


PROFESSIONAL STRENGTH

MEGA sporebiotic

SAFE USE GUIDE

EXCLUSIVE
ANTIOXIDANT
PRODUCING
PROBIOTIC



MICHELLE MOORE

MegaSporeBiotic

SAFE USE GUIDE

By Michelle & Les Moore

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Third Edition

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Safe Use Guidelines

NOTICE

MegaSporeBiotic is a physician's strength professional grade product. Because of the product's high potency, starting out slowly is highly recommended to avoid gut discomfort. Taking too much may lead to gastrointestinal discomfort due to rapid changes in gut bacteria or rapid detoxification. These symptoms indicate the product is working, but you're starting out with too much product. Please read this guide completely before using MegaSporeBiotic and follow the *Protocols for Use* in this guide when using the product. Following the *Protocols for Use* will minimize the risk of discomfort.

It is recommended that you be under the care of a health care provider if you are experiencing significant health challenges, making significant diet changes or adding new supplements such as MegaSporeBiotic. If you experience persistent discomfort from taking any new supplement, then discontinue or reduce its use and seek the guidance of a health care provider.

Elderly, Children, or People With Active Infections or a Sensitive Gut

Anyone with an active infection or a sensitive G.I. tract or who is elderly or a child may require a smaller amount of MegaSporeBiotic. This may also mean starting at a lower amount and slowly increasing to a full usage amount over a longer period of time. When taking partial capsules of MegaSporeBiotic, the contents can be added to a beverage or food such as apple sauce, for a more individualized amount. See the *Protocols for Use* section in this guide for all the details.

If you are immune compromised, have an autoimmune disease, have a severe intestinal imbalance, or giving to children under 5 years of age, then consult with a healthcare professional before beginning any probiotic supplement.

If You Experience Cramps, Diarrhea or Gut Discomfort

Symptoms can occur if you begin using too much of the product. Gas, bloating, cramps or loose stools indicate the product is working, but you're starting too strong. If you experience adverse symptoms, stop taking the product until symptoms resolve. Symptoms usually resolve within 2-3 days. If symptoms persist after 3 days, stop the product until symptoms stop. After you feel better, you may start again using a lower amount or at a slower pace, if well tolerated. Follow the *Protocols for Use* to reduce the risk of adverse symptoms.

Talk To Your Doctor

Michelle Moore is not a doctor or a healthcare practitioner. Michelle is someone who overcame many health obstacles that mainstream medicine could not solve. The information in this guide is based upon Michelle's scien-

tific research, education and personal experience and is for educational purposes only. This information is not intended as a substitute for advice provided by your physician or other healthcare professional.

The information in this guide and any associated resources is not intended to treat, cure, prevent, or diagnose disease or medical conditions, nor is it intended to prescribe forms of medical treatment. The author and Embrace Health, Inc. do not distribute medical advice and are not responsible for use or application of the information contained herein. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read on this guide. Unless otherwise noted, information in this guide has not been evaluated by the U.S. Food and Drug Administration (FDA).

Issues concerning health should be referred to a qualified health professional. If you have a health condition, or if you are pregnant, nursing, on medication(s), or have allergies, please consult with your physician before starting any new wellness, diet or exercise program, and any new treatment or herbal, homeopathic or nutritional supplement. When choosing a healthcare provider, do your own research and check the validity of their professional qualifications to ensure they are right for you.

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Type of Use		Dosages
<p>Adults with Challenges</p> <ul style="list-style-type: none"> • Active bacterial challenges • Elderly • Autoimmune disease • Immune-compromised • Sensitive stomach • Chemotherapy or cancer • Acute health challenges 		<p>Week 1: Start with $\frac{1}{4}$ to $\frac{1}{2}$ capsule every other day with food or just after a meal.</p> <p>Week 2: If well tolerated, increase to 1 capsule twice per week with food or just after a meal.</p> <p>Week 3: If well tolerated, increase to 2 capsules simultaneously every day with food or just after a meal.</p> <p>Use at least 1 hour after Biocidin, Olivirex, antibiotics or other antibacterials.</p> <p>Partial capsules may be added to hot or cold food.</p> <p>If cramps or diarrhea develop, stop use until symptoms resolve, then start again with less and at a slower pace as needed.</p>
<p>Healthy Children & Babies</p> <ul style="list-style-type: none"> • Consult with a health-care professional before giving MegaSporeBiotic to children under the age of 5 years. 	2 Months	A small pinch - $\frac{1}{5}$ to $\frac{1}{10}$ of a capsule - once per day , if well tolerated. Open a capsule and add a small pinch of the powder into the infant's mouth using your finger.
	3 - 6 Months	$\frac{1}{2}$ of a capsule once per day , if well tolerated. The powder may be placed into the baby's mouth using your finger, or added to formula.
	6 Months - 12 Years	1 capsule per day with food or just after a meal, if well tolerated.
	12 Years or Older	2 capsules per day with food or just after a meal, if well tolerated.



Type of Use		Dosages
Healthy Adults		<p>Week 1: Start with 1 capsule every other day with food or just after a meal, if well tolerated.</p> <p>Week 2: Increase to 1 capsule every day with food or just after a meal, if well tolerated.</p> <p>Week 3: Standard amount: 2 capsules simultaneously every day with food or just after a meal, if well tolerated.</p>
Long-Term Maintenance (Gut Maintenance Protocol)		The Gut Maintenance Protocol (GMP) is a 3-month protocol to support and restore gut health immediately following a bacterial challenge. The GMP includes three unique supplements that work together to support the microbiome and prevent a recurrence and is ideal for long-term gut health maintenance.
Long-Term Maintenance (MegaSporeBiotic only)	Low	1 capsule once per week is the minimum recommended effective usage amount.
	High	<p>Week 1: If new to the product, start with 1 capsule every other day with food or just after a meal, if well tolerated.</p> <p>Week 2: If new to the product, increase to 1 capsule every day with food or just after a meal, if well tolerated.</p> <p>Week 3: Standard amount: 2 capsules simultaneously every day with food or just after a meal, if well tolerated.</p>



Type of Use	Dosages
<p data-bbox="126 331 657 426">Severe Bacterial Challenges with Professional Supervision</p> <ul data-bbox="126 457 657 751" style="list-style-type: none"> <li data-bbox="126 457 657 531">• For adults under the supervision of a healthcare professional <li data-bbox="126 562 657 636">• Severe bacterial challenges with significant gut discomfort <li data-bbox="126 667 657 741">• This is an aggressive use amount that may cause gastrointestinal discomfort 	<p data-bbox="717 226 1497 436">If you already have significant gut discomfort from a severe GI bacterial challenge, then consider starting immediately at the full standard usage amount of 2 capsules simultaneously every day with food or just after a meal. This amount is best used under close supervision of a healthcare professional.</p> <p data-bbox="717 478 1497 699">Starting at this full use amount can cause gut discomfort, but it can also shorten the time to experience relief from the product working. Any added discomfort caused by the product may be less noticeable if you already have discomfort from a severe bacterial challenge.</p> <p data-bbox="717 741 1497 867">If you are elderly, have a very sensitive stomach or if you prefer a more conservative approach, then follow the <i>Adults with Challenges</i> protocol above instead.</p>



How MegaSporeBiotic Works

Why Do You Need Probiotics?

Your ancestors got all the nutrients and probiotics their bodies needed because they lived off the land. Throughout human history people were constantly exposed to living bacteria from the soil they grew food in, the animals they hunted and from their close connection with nature. Over time, people's bodies became dependent on these bacteria in many different ways.

Probiotic bacteria, yeast and other organisms living inside your gut make important vitamins and nutrients that your body needs to survive. Probiotics also aid your digestive system and help prevent allergies, weight gain and inflammation that can lead to many chronic diseases. And importantly, probiotics play a pivotal role in maintaining your immune system and defending your body from infections.

The trouble is, in today's modern world most people have become separated from the land. And people are constantly exposed to many different kinds of toxins that make it harder for probiotics to thrive inside you and that counteract the benefits of the probiotics on your health. The simplest way to get the probiotics your body needs is through supplementation. Taking a probiotic supplement that's sufficiently potent and stable and that has the correct species of organisms can provide life-changing benefits to your health.

What Kind of Probiotics Should You Take?

Not all probiotic products are the same. For a probiotic product to work, first it has to survive in the bottle and on the shelf with enough potency to be of benefit when you take it. Next the probiotic has to survive the harsh acidic environment of your stomach and make it into your intestines alive. And to be a true probiotic, the species need to be a natural part of the environment and a normal part of your digestive system¹. More than 95% of probiotics being sold today do not meet these criteria².

One of the most widely used and well researched strains of probiotics are the Bacillus species. Bacillus are spore forming bacteria that are widespread in the environment and are a natural resident inside your gut. The spores have hard protective shells to survive 100% intact in the bottle and as they pass through your digestive system³. Several strains of bacillus have been scientifically proven to boost the immune system and ward off disease-causing bacteria and yeast inside the gut. Some bacillus species create essential nutrients and antioxidants inside the gut where they are most easily absorbed by your body.

What's Inside MegaSporeBiotic?

MegaSporeBiotic contains five pharmaceutical grade strains of Bacillus spores and delivers 4 billion cells daily to your intestines, the highest level on the market for a spore probiotic. Each batch of product is laboratory tested to verify the correct species, that all species are in 100% spore form and that the proper potency of each species is present. The five strains found in the product are detailed below.

Bacillus licheniformis

- Produces bacitracin, a natural antibiotic.
- Aids the body to digest proteins through protease production.
- Produces a broad spectrum of B vitamins and folic acid.

Bacillus indicus HU36™

- Stimulates the immune system.
- Produces carotenoid antioxidants inside your gut, including beta-carotene, lutein, lycopene and the powerful antioxidant astaxanthin.
- Produces vitamins and other nutrients in the gut.

Bacillus coagulans

- Many studies and a long history of use with ulcerative colitis, Crohn's disease and IBS.
- A potent stimulator of the immune system.
- Produces nutrients in the gut.

Bacillus clausii

- The most commonly used probiotic drug species worldwide.
- Resists being killed by antibiotics during antibiotic treatment.
- Immune stimulating properties.

Bacillus subtilis HU58™

- Produces over a dozen natural antibiotic substances.
- Produces vitamin K2 and other nutrients.
- Plays a key role in immune system development.

What are the Benefits of MegaSporeBiotic?

- **Natural.** All five strains of bacillus in the product are found in nature and are a normal part of the human digestive tract.



- **Survives your stomach.** Unlike most other probiotics, MegaSporeBiotic survives 100% intact and fully potent as it passes through your stomach on the way to the intestines.
- **Convenient.** Requires no refrigeration and is easy to travel with and store. If a probiotic is so fragile that it requires refrigeration, then very little of it will survive the high temperatures and acidic environment of the stomach.
- **Immune system stimulation.** The spores in the product have the ability to modulate the immune response in multiple tissue layers inside the intestines, optimizing and improving the body's immune system.
- **Balances your gut flora.** Unlike common probiotics that aim to simply “re-seed” your intestinal flora, the spores in MegaSporeBiotic actually police your G.I. tract to support the growth of good bacteria and to reduce overgrowth of potentially infectious species.
- **Helps ward off infections.** The spores in the products help your body recover from bacterial challenges by restoring balance to your intestinal flora. Studies also show that these species of spores are effective in preventing a range of different infections, including UTIs, Candida, upper-respiratory infections and other chronic bacterial and yeast infections.
- **Antioxidant absorption.** Antioxidants are vital to prevent and reverse disease conditions. But most antioxidant supplements have to pass through the stomach before they reach the intestines where your body actually absorbs them. The proprietary HU36™ species in MegaSporeBiotic naturally produces antioxidants inside your gut at the actual site of absorption, making it extremely bioavailable.

No refrigeration is necessary. The spores inside the product are very stable and it can be stored in a cool, dry place inside your home.

Q: Why is MegaSporeBiotic not sold in stores or online?

The product is too potent and people using it need to receive support and guidance to use it safely. It's also important to be seen by a health practitioner to monitor one's progress and adjust product usage amount as needed. A consumer strength version of the product called *Thrive* is available and is carried in some stores.

Q: If you have an autoimmune disease is it OK to take MegaSporeBiotic?

The product can be a great support to people with autoimmune challenges, especially considering its immune modulation abilities. This modulation can help with chronic inflammation and reduce autoantibodies. Because of the risk of die-off or detox reactions, starting out slowly is important. See the *Protocols for Use* section for details for immune-compromised people.

Q: If you have cancer or are undergoing chemotherapy, is it OK to take MegaSporeBiotic?

The Association of Naturopathic Oncologists (OncANP) uses this product with patients to reduce diarrhea and gut damage while on chemo. So far no adverse reactions have been observed with cancer patients. As with immune-compromised people, a low dose and starting slowly is prudent for chemo and cancer patients, as detailed in the *Protocols for Uses* later in this guide.

Q: Can you use MegaSporeBiotic for long-term maintenance?

After using the product at the regular use amount during an active challenge, a lower maintenance amount of one capsule per week may be used in the long term, if well tolerated. The product may be used for maintenance more often than once per week if well tolerated.

References

1. World Health Organization and Food and Agriculture Organization of the United Nations, Guidelines for the Evaluation of Probiotics in Food, 2001. http://www.who.int/foodsafety/fs_management/en/probiotic_guidelines.pdf
2. The Food Standards Agency conducted a study in conjunction with Reading University (Dr. G.R.Gibson, Dr. G. Rouzaud, Dr. J. Brostoff and Dr. N. Rayment) in the United Kingdom to evaluate the probiotic effect of commercial products in the human gut, and whether there was any impact on gut flora. The study evaluated the survivability of common probiotics through the gut, examining 35 strains from commercial products, primarily *Lactobacillus* sp. and *Bifidobacterium* sp.
3. Commissioned gastric model study by Silliker Food Science Center - Crete, IL



We're Here to Support You



Everyday Savings and Extra Discounts

We are authorized distributors of MicroBiome Labs products and provide the lowest prices – everyday. Plus, readers of Michelle's books get additional discounts on select products. And specials are made available through email to our newsletter subscribers..



Guarantee and Returns

New and unopened bottles of MegaSporeBiotic and other Microbiome Labs products may be returned within 30 days of purchase to be eligible for a refund. Please request a Return Merchandise Authorization (RMA) by contacting us via phone or email. Returns MUST be shipped to the correct address to receive a refund. See our returns web-page for details: <https://www.embracehealthnaturals.com/returns/>



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Starter

If you only choose one product, then MegaSporeBiotic is a great choice. Ideal for gut infection support and flora reconditioning.

~~\$60~~ \$54

<https://tinyurl.com/5bs9nz9s>



Added Support

CD Probiotic Pack. MegaSporeBiotic plus RestorFlora for added support with diarrhea and loose stools.

~~\$114~~ \$103

<https://tinyurl.com/bdhzyuzt>



Complete Support

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~~\$174~~ \$157

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