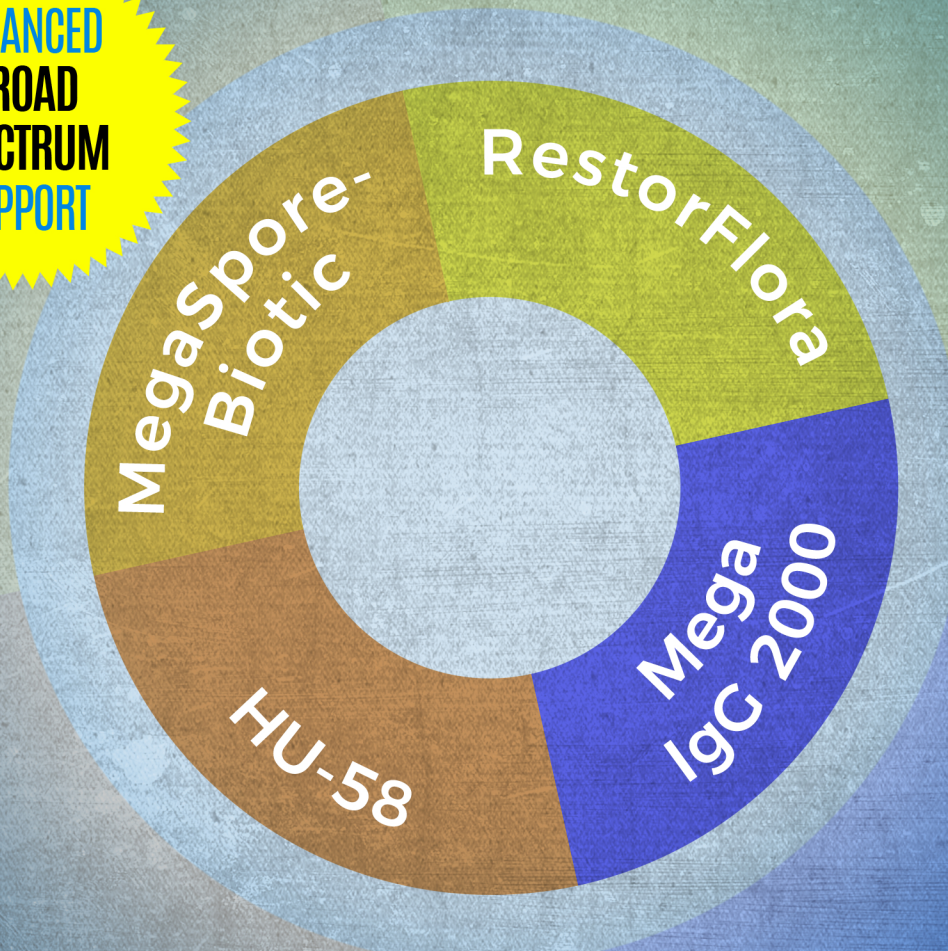


PROFESSIONAL STRENGTH

Probiotic RESTORATION GUIDE

ADVANCED
BROAD
SPECTRUM
SUPPORT



MICHELLE MOORE

Probiotic Restoration Guide

By Michelle and Les Moore

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Fifth Edition

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How Much Should You Take?

For best results, **DO NOT** follow the usage instructions on the bottle labels

Please follow the usage instructions in this guide to reduce the risk of gut discomfort. If you've never used MegaSporeBiotic, RestorFlora or HU-58 before, then we recommend you do NOT start with the full amount listed on the bottle, unless directed differently by a health care provider. Select the *Type of Use* that best fits your needs in the protocol tables below.

When and How to Take?

- **MegaSporeBiotic, RestorFlora, HU-58 and Mega IgG2000** are **taken together daily**. In other words, **all four products may be used together**. However, each product is best taken at a different time of day, as detailed in the protocols section of this guide.
- **MegaSporeBiotic, RestorFlora and HU-58** should be taken **with food, a snack or just after a meal** when possible. To reduce the possibility of gut discomfort, these three probiotics are best started at a low dose, gradually increasing to the full or target amount over two weeks, as detailed in the protocols section of this guide.
- **Mega IgG2000** is best taken between meals. Unlike the probiotics, the Mega IgG2000 is best begun with the highest dose for two weeks, then afterward the dose is reduced, as detailed in the protocols section of this guide.
- If taking BOTH MegaSporeBiotic and RestorFlora, do not take them together at the same time. If taking HU-58, it may be taken at the same time as MegaSporeBiotic.
- **MegaSporeBiotic, RestorFlora and HU-58** may be taken at the same time as Biocidin, Olivirex, antibiotic drugs or other antibacterial products because they are spore-based and withstand antibacterial remedies well.
- Partial capsules of MegaSporeBiotic, RestorFlora and HU-58 may be added to warm or cold food, drinks, beverages or baby formula, if appropriate (check the product label or the usage guide later in this document for any age restrictions).

How Long to Take?

- **MegaSporeBiotic** is ideal for long-term, ongoing use.
- **RestorFlora** is for short-term use only, for extra support with diarrhea and severe gut discomfort. RestorFlora

is typically used for about two months or until diarrhea or health challenges have resolved, and then it is slowly reduced and then discontinued.

- **HU-58** is for short-term use for extra support with severe or recurring challenges. HU-58 is typically used for about two months or until diarrhea or health challenges have resolved, and then it is slowly reduced and then discontinued.
- **Mega IgG2000** may be used long-term for ongoing gut support if needed.

Cramps, Diarrhea or Gut Discomfort

Symptoms can occur if you begin using too much of the probiotics too quickly. Gas, bloating, cramps or loose stools indicate the products are working, but you're starting too strong. If you experience adverse symptoms, stop taking the products until symptoms resolve. Symptoms usually resolve within 2-3 days. After you feel better, you may start again using a lesser amount or at a slower pace, if well tolerated.

Follow the protocol below that best matches your needs. The protocols below are only a general guide and personal needs and tolerances can vary from person to person. Be sure to consult with your healthcare professional before starting any new supplement or dietary program.

Start Slowly with the Probiotics

MegaSporeBiotic, RestorFlora and HU-58 are physician's strength professional grade probiotics. If you are new to using these products, 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 bacterial die-off and/or detoxification. These symptoms indicate the products are working, but you're starting out with too much.

Please read this guide completely before using MegaSporeBiotic, RestorFlora or HU-58 and follow the *Protocols for Use* in this guide. Following the appropriate protocol in the tables below will minimize the risk of discomfort.

Be under the care of a health care provider if you are experiencing health challenges, making diet changes or adding new supplements such as probiotics. 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.

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 scientific 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.

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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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READ THIS FIRST

Bottle label instructions: We recommend using the protocols below rather than the usage amounts on the bottle labels. Label instructions are generalized and not tailored for difficult gut or bacterial challenges. Use the appropriate table below to find the usage amounts that best fit your needs.

How much to take: The tables below will show you how many capsules to take and how frequently to take them. Partial capsules may be taken by opening the capsule and using a portion of the contents. There is a *Starting Amount* and a *Target Amount* for these products, so the amount you take will change over time.

NOTE: The Mega IgG2000 usage amounts for the *Adults with Challenges* protocol vary to best fit your needs. For example, *4 capsules 1 - 3 times per day* means to take 4 capsules 1 time per day for mild cases, 4 capsules 2 times per day for moderate cases or 4 capsules 3 times per day for severe cases.

When to take: The tables below will show you when to take each product each day. *AM with food* means anytime in the morning along with a meal or snack. *PM with food* means in the afternoon or evening along with a meal or snack. And *between meals* means at least one hour away from food.

How long to take: Take these products for a minimum of two months or as directed by your healthcare provider. After the two months, the RestorFlora and HU58 are gradually reduced over two weeks and then stopped.

If diarrhea or other gut symptoms return while gradually discontinuing use of RestorFlora or HU58, then resume target amounts until symptoms subside, then try to reduce again more slowly.

Start slowly with the probiotics: Start slowly with MegaSporeBiotic, RestorFlora and HU-58. Begin by taking the low *Starting Amount* and then gradually increasing to the *Target Amount* over two weeks, as detailed in the tables below. Starting slowly will reduce the chances of negative symptoms while your body adjusts to the probiotics.

Start quickly with Mega IgG2000: For Mega IgG2000, start by taking the high *Starting Amount* and then gradually decreasing to the lower *Target Amount* over two weeks, as detailed in the tables below. Starting at a high dose jump-starts the toxin removal process quickly. This helps to relieve gut toxin symptoms and to reduce probiotic symptoms quickly if they occur.

Side effects: MegaSporeBiotic, RestorFlora and HU58 are safe, mild and generally well tolerated by most people. But sensitive people may need to start more slowly than listed in the protocols below. And if you are new to using these three probiotics, then mild and temporary cramps, diarrhea, constipation or other symptoms may develop.

If you experience negative symptoms, discontinue use until symptoms resolve. The probiotics may be started again with a smaller amount and at a slower pace. Use these products only if well tolerated.

NOTE: Increasing the amount of Mega IgG2000 may reduce any negative probiotic symptoms if they occur.

Protocols for Use

ADULTS WITH CHALLENGES

Use the protocol below if you are an adult, or age twelve (12) or older, with any of the following conditions:

- Active bacterial challenges
- Active gut bacterial challenges
- Diarrhea caused by gut bacterial challenges
- Diarrhea caused by antibiotic drug use or side effects.

NOTE: All four products may be used together, daily, if well tolerated. This protocol is a good starting point for most people. But because everyone is different, it's best to adapt this protocol to best fit your unique needs. The protocol's amounts and timings are not set in stone, so listen to your body and adjust according to your needs. We recommend consulting with a holistic, naturopathic or Functional Medicine certified doctor to adjust this protocol to your needs and to monitor your progress.

Product	AM with meal	PM with meal	Between meals
Starting Amount - Start here and gradually change to the Target Amount over two weeks.			
MegaSporeBiotic	1 capsule every other day		
RestorFlora		1 capsule every other day	
HU58	1 capsule every other day		
Mega IgG2000			4 capsules, 2 - 5 times per day
Target Amount - Continue at target amount for at least two months, even if symptoms are gone.			
MegaSporeBiotic	2 capsules per day		
RestorFlora		2 capsules per day	
HU58	2 capsules per day		
Mega IgG2000			4 capsules, 1 - 3 times per day
Gradually Discontinue Use - Gradually reduce to this amount over two weeks, then stop usage.			
MegaSporeBiotic	½ - 2 capsules per day. Usage may be continued long-term without stopping		
RestorFlora		1 capsule every other day	
HU58	1 capsule every other day		
Mega IgG2000			4 capsules, 1 - 2 times per day



SENSITIVE ADULTS WITH CHALLENGES

Use the protocol below if you are an adult with active bacterial or antibiotic challenges who is also:

- Elderly
- Immune-compromised or with an autoimmune disease
- Sensitive stomach
- Sensitive to new supplements, foods or remedies
- Chemotherapy, cancer or other acute health challenges

NOTE: People who are especially sensitive may need to start even more slowly than listed in the protocol below to avoid negative symptoms. Only one or two of these products may be used together if using all four together causes excessive symptoms. However, starting with more probiotics and higher amounts of probiotics provides stronger gut support more quickly. Therefore, you may need to strike a balance between stronger support versus more negative symptoms. A good holistic, naturopathic or Functional Medicine certified doctor can help you strike a balance that best fits your unique needs.

Mega IgG2000: For most people, Mega IgG2000 has no negative effects. In fact, it helps to soothe negative gut symptoms, whether resulting from infections or from beginning the probiotics detailed in this guide. You may be able to increase quickly to the *Starting Amount* in the *Adults with Challenges* protocol on the previous page with no problems.

Product	AM with meal	PM with meal	Between meals
Starting Amount - Start here and gradually change to the Target Amount over two weeks.			
MegaSporeBiotic	¼ - ½ capsule every other day		
RestorFlora		¼ - ½ capsule every other day	
HU58	¼ - ½ capsule every other day		
Mega IgG2000			2 capsules, 2 times per day
Target Amount - Follow to the <i>Adults with Challenges</i> protocol on the prior page.			
Gradually Discontinue Use - Follow to the <i>Adults with Challenges</i> protocol on the prior page.			

Protocols for Use

CHILDREN AND BABIES

Use the protocol below for children ages 2 to 12 years of age. Ages 12 and older may use the Adult protocol above.

What is a pinch? A pinch is approximately one fifth (20%) to one tenth (10%) of a capsule. For infants, open a capsule and add a small pinch of the powder into the mouth using your finger. The powder may also be added to formula or added to food or drink, depending on the age of the child.

Duration of use: Continue taking the target amount daily per the age groups below for at least two additional months, even if symptoms are gone. After the two additional months, MegaSporeBiotic may be continued long-term in the amounts below based on age. After the same two additional months, gradually reduce the RestorFlora and HU58 usage amounts over a two week period. Stop using RestorFlora and HU58 after the 2 week reduction period. If diarrhea or other gut symptoms return while reducing RestorFlora or HU58 usage, then resume target amounts until symptoms subside, then try to reduce again more slowly.

NOTE: All four products may be used together, daily, if well tolerated and if age appropriate. Consult with a holistic, naturopathic or Functional Medicine certified doctor to adjust this protocol to your needs and to monitor your child's progress.

Product	AM with meal	PM with meal	Between meals
2 - 3 Months of Age			
MegaSporeBiotic	1 pinch per day		
RestorFlora		1 pinch per day	
3 - 6 Months of Age - gradually increase to the target amounts below over two weeks			
MegaSporeBiotic	½ capsule per day		
RestorFlora		½ capsule per day	
6 Months - 12 Years of Age - gradually increase to the target amounts below over two weeks			
MegaSporeBiotic	1 capsule per day		
RestorFlora		1 capsule per day	
2 Years or Older - gradually increase to the target amount below over two weeks			
Mega IgG2000			2 capsules, 1 time per day
5 Years or Older - gradually increase to the target amount below over two weeks			
HU58	1 capsule per day		



Protocols for Use

LONG TERM MAINTENANCE

Use the protocol below for daily, ongoing, long-term gut microbiome support with no active gut or bacterial challenges.

NOTE: Both products may be used together, daily, if well tolerated. Consult with a holistic, naturopathic or Functional Medicine certified doctor to adjust this protocol to your needs and to monitor your progress.

Product	AM with meal	PM with meal	Between meals
Starting Amount - Start here if you are new to MegaSporeBiotic , then gradually increase to the Target Amount or the Minimum Amount below over two weeks.			
MegaSporeBiotic	1 capsule every other day		
Mega IgG2000			4 capsules, 1 time per day
Target Amount - Use the amount below if you are already taking MegaSporeBiotic.			
MegaSporeBiotic	2 capsules per day		
Mega IgG2000			4 capsules, 1 time per day
Minimum Amount - Below is the minimum beneficial amount to take.			
MegaSporeBiotic	2 capsules per week		
Mega IgG2000			2 capsules, 1 time per day



How Probiotics Work

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 to 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 beneficial 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 inside the bottle and inside your stomach³. 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 is a full spectrum product that was formulated to meet the probiotic supplement needs of 95% of people. It 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

- Improves *C. difficile* colitis symptoms, reduces colon inflammation, provides better stool consistency and improves *C. diff.* outcomes⁴.
- Very effective at targeting colon inflammation and *C. difficile* colitis, as well as inflammatory bowel diseases like IBS, IBD, Crohn's and ulcerative colitis⁵.
- A potent stimulator of the immune system that produces nutrients in the gut.

Bacillus clausii

- The most commonly used probiotic drug species worldwide.
- Creates an enzyme that helps break apart *C. difficile* toxins A and B, resulting in a strong protective effect against intestinal damage⁶.
- 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.
- Provides support for gut inflammation and colitis.

What's Inside RestorFlora?

RestorFlora is a special purpose probiotic formulated to temporarily enhance the benefits of MegaSporeBiotic when needed. RestorFlora contains three strains of beneficial microorganisms, including 1 billion spore cells each of *Bacillus clausii* and *Bacillus subtilis* HU58™. RestorFlora also contains *Saccharomyces boulardii*, with a potency of 5 billion CFU in the product.

Saccharomyces boulardii

Saccharomyces boulardii (aka Sac B. or *S. boulardii*) is a friendly and resilient species of yeast that can tolerate high temperatures and acidic environments, such as the stomach. *S. boulardii* is also naturally resistant to antibiotic drugs. Several clinical studies show that *S. boulardii* is particularly helpful for support with gut disorders⁷, especially *C. difficile* and antibiotic-associated diarrhea⁸. The unique properties of *S. boulardii* make it a beneficial addition to a probiotic regimen if extra support is needed for difficult gastrointestinal challenges. Some of the key benefits of Sac B. include the following:

- Reduces intestinal inflammation and controls harmful bacterial gut overgrowths. Sac. b is used for *C. difficile* associated diarrhea and antibiotic-associated diarrhea⁹. Sac. b. destroys *C. diff.* toxins A and B and prevents the formation of *C. diff.* toxin B¹⁰.
- Nourishes and protects the lining of the colon by increasing the concentration of short-chain fatty acids.
- Aids the gut's ability to absorb water and electrolytes during diarrhea.
- Modulates the immune system and aids in reducing gut inflammation.
- Supports healthy intestinal function and firm stools.
- Contains *Bacillus clausii* and *Bacillus subtilis* HU58™ for added support with gut inflammation, colitis and immune support.

What's Inside HU-58?

HU-58 is a high-potency *Bacillus subtilis* probiotic used to enhance the benefits of MegaSporeBiotic when extra support is needed. Each capsule of HU-58 contains 5 billion spore cells of *Bacillus subtilis* HU58™. Supports

healthy gut microbial balance and helps detoxify and recondition the GI tract. Some of the key benefits of the HU-58 product include the following:

- Produces over a dozen natural antibiotic substances.
- Produces vitamin K2 and other nutrients.
- Plays a key role in immune system development.
- Provides support for gut inflammation and colitis.

What are the Benefits of MegaSporeBiotic, RestorFlora and HU-58?

- **100% Spore Form.** MegaSporeBiotic uses a proprietary process to ensure that all Bacillus strains in the product are 100% in the spore form. This process took 7 years to develop and is exclusive to MegaSporeBiotic and its sister products RestorFlora and HU-58. In most other spore-based probiotics a large percentage of strains are not in the spore form, allowing the strains to be killed inside the stomach.
- **Natural.** The strains of Bacillus in the products are found in nature and are a normal part of the human digestive tract.
- **Survives your stomach.** Unlike most other probiotics, the Bacillus spores in the products survive 100% intact and fully potent as it passes through your stomach on the way to the intestines. The Sac B. in RestorFlora is also highly resistant to stomach acid and unaffected by antibiotic drugs.
- **Targets disease-causing bacteria.** Bacillus subtilis HU-58 produces over a dozen antibiotic substances which selectively target a broad spectrum of gut pathogens including Acinetobacter, Clostridium, Veillonella and Ruminococcus.
- **Promotes the growth of beneficial bacteria.** Bacillus subtilis HU-58 helps healthy bacteria in the gut to grow, including Bifidobacterium, Lactobacillus and Butyricococcus species, thus promoting restoration of microbial gut balance.
- **Reduces gut inflammation.** Bacillus Subtilis HU58 helps retain gut barrier integrity, reduces gut inflammation and increases levels of butyrate, a Short Chain Fatty Acid (SCFA). Butyrate supports a strong and healthy immune system and helps the gut to flourish.
- **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 will survive the high temperatures and acidity of the stomach.
- **Immune system stimulation.** The strains in the products 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 strains in MegaSporeBiotic, HU-58 and RestorFlora 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 strains in the products help your body recover from bacterial challenges by restoring balance to your intestinal flora. The Bacillus species and Sac B produce lactic acid in the gut which acidifies the GI tract and inhibits disease causing bacteria like C. diff. and Candida yeast species.
- **Helps leaky gut.** Bacillus indicus (HU36), Bacillus subtilis (HU58), Bacillus coagulans, Bacillus licheniformis, and Bacillus clausii have all been found to aid in healing leaky gut, a common condition that leads to many immune related diseases¹¹.
- **Special support for diarrhea.** RestorFlora provides dual-action support for the gut. It combines the diarrhea and gut healing benefits of Sac B. with the immune support of the Bacillus species. RestorFlora also has a synergistic effect when combined with MegaSporeBiotic for antibiotic associated diarrhea and related gut 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 bio-available.

How IgG Toxin Binder Works

Why Do You Need a Toxin Binder?

Disease-causing bacteria inside your gut release toxins. These toxins cause some of the worst symptoms of gut infections, including diarrhea, nausea and intestinal inflammation. Binding gut toxins helps soothe negative symptoms caused by gut imbalances, infections, antibiotic drugs or from bacterial die-off caused by high-potency probiotics.

Bacillus probiotics can help break down toxins in your gut and help heal the damage caused by toxins. But probiotics are unable to actually remove the toxins or get rid of their byproducts. That's why taking a toxin binder along with probiotics is so important.

What Kind of Toxin Binder Should You Take?

Most toxin binding products containing clays, charcoal and similar ingredients work indiscriminately to bind a wide range of molecules and toxins. The trouble is, these broad-acting products also bind to medications, other supplements and to nutrients in your gut. This is why most toxin binder products must be taken on an empty stomach and at least one hour away from all drugs and supplements.

There is a time and a place for broad-acting toxin binders like charcoal and clay. Such products work like a high powered shot gun, as they indiscriminately bind to a wide range of molecules and toxins.

In contrast, immunoglobulins (Ig) selectively target gut pathogens and their toxins without binding to other things, such as foods or medications. The Mega IgG2000 product works more like a precision sniper rather than a shot gun. In other words, IgG only binds to harmful toxins and will not interfere with foods, nutrients, other supplements or any drugs you may be taking.

What's Inside Mega IgG2000?

The ingredients inside Mega IgG2000 include Immunoglobulin G (IgG), Immunoglobulin M (IgM), Immunoglobulin A (IgA), and Transferrin. Rather than being derived from mineral and herbal sources, this IgG is derived from edible bovine (beef) serum, also known as serum-derived bovine immunoglobulin/protein isolate (SBI). Mega IgG2000 is a good choice for long term maintenance, because it's more targeted and discretionary in how it works than traditional toxin binders containing clays and charcoal.

Supplements containing serum-derived IgG bind to unwanted elements inside your GI system, sticking to them like glue. The IgG then pulls the toxins safely out of your body before they have a chance to damage the fragile lining of the intestines. Immunoglobulins reduce the toxic impact on the gut and immune system.

What are the Benefits of Mega IgG2000?

- **Immune and digestive support.** Immunoglobulins are clinically proven to support immune health and digestive function.
- **Gut infection support.** IgG protects against infections and binds to bacteria, fungi, mold, viruses and their associated toxins¹². It binds inflammatory LPS (lipopolysaccharides) toxins, H. pylori (gram negative bacteria found in the stomach), mycotoxins, Staphylococcus, Salmonella, E. coli and other pathogenic bacteria.
- **Binds C. diff. toxins.** IgG binds both C. difficile toxins A and B^{13, 14, 15}.
- **Irritable Bowel Syndrome (IBS) support.** IgG improves pain and diarrhea and manages chronic loose and frequent stools¹⁶. Multiple studies show benefit for IBS management.
- **Irritable Bowel Disease (IBD) support.** Significantly improves symptoms of IBD^{17, 18}, multiple studies show benefit for IBD management.
- **SIBO support.** IgG therapy can resolve diarrhea symptoms and allow for normal bowel function¹⁹.
- **Gut tissue healing.** IgG supports a healthy gut mucosal layer and strengthens gut barrier function so fewer toxins enter the bloodstream.
- **Natural.** IgG is a natural toxin binder sourced from bovine (cow) serum.
- **Survives your stomach.** Multiple studies show that Ig formulas survive the stomach acid and pass into the intestines with high potency. Immunoglobulins also stay in the intestine where they are needed most and they are not absorbed into the blood stream²⁰.
- **Dairy-free formula.** Most immunoglobulin formulas are milk-derived and are much less concentrated. Mega IgG2000 is lactose-free and free of milk proteins including casein and B-lactoglobulin. It's safe for those with most allergies and intolerances. But it's not for those who have an allergy to beef or for vegetarians or vegans.
- **Convenient.** Requires no refrigeration and is easy to travel with and store.

Q: Can children use MegaSporeBiotic, RestorFlora and HU-58?

Children as young as 2 months can benefit greatly from MegaSporeBiotic, provided that they start slowly and use a low amount, as detailed in the *Protocols for Use* section. *S. boulardii* (found in RestorFlora) has been shown to be safe for use in infants and young children ranging in age from 2 months to 14 years^{21,22}. The HU-58 product is only for use with children age 5 years and older, unless directed otherwise by a healthcare practitioner.

Q: How should these products be stored?

No refrigeration is necessary for these products, making them travel-friendly. MegaSporeBiotic, RestorFlora and HU-58 are very stable and do well shipping in high summer temperatures. Store in a cool, dry place inside your home.

Q: Why are these products not sold in stores or online?

These products are very potent and people using them need to receive support and guidance. 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 MegaSporeBiotic called *Thrive* is available and is carried in some stores.

MegaSporeBiotic FAQs

Q: Are there side effects to using MegaSporeBiotic?

Like other probiotics, the only side effect that requires caution is potential “die-off” or “detox” reactions if you start at the full target amount from day 1. The most common symptoms of G.I. detox or die-off include gas, bloating, cramps, diarrhea, loose stools and gut discomfort. It is highly recommended to start with a lower amount and increase slowly over several weeks to reduce the risk of these symptoms. See the *Protocols for Use* section for appropriate use guidelines.

Q: Is MegaSporeBiotic safe for pregnant women or nursing mothers?

Probiotics are not only safe but very important during pregnancy and while nursing. Mothers pass on their immunity to their child through breast milk, from personal contact and during the birthing process. The product's spores have the ability to modulate the microbiome to help improve the mother's immune system, which is passed on to her child. Consult with your healthcare provider before using any supplement during pregnancy.

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 auto-antibodies. 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. Always consult with your physician before starting any new supplement.

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 im-

mune-compromised people, a low usage amount and starting slowly are prudent for chemo and cancer patients, as detailed in the *Protocols for Use* section.

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

Yes. MegaSporeBiotic is an exceptional probiotic that works in multi-dimensional ways within the body, making it an ideal choice for long term use. After using MegaSporeBiotic at the regular usage amount during an active challenge, a lower maintenance amount may be used long-term, if well tolerated. MegaSporeBiotic may be used for maintenance more often than once per week if well tolerated.

RestorFlora FAQs

Q: Should you use RestorFlora?

If you have diarrhea or loose stools, then RestorFlora can be a helpful addition while also using MegaSporeBiotic.

Q: Are there side effects to using RestorFlora?

In rare instances, some people have reported mild thirst and mild constipation. Like other probiotics, there may also be potential for “die-off” or “detox” reactions if you start at the full target amount too quickly. It is highly recommended to start with a lower amount and increase slowly over several weeks to reduce the risk of these symptoms. See the *Protocols for Use* section for appropriate use guidelines.

Q: Who should NOT take RestorFlora?

People with known allergies to yeast (such as *Saccharomyces cerevisiae*) should avoid use of RestorFlora. Do not take RestorFlora if you have an indwelling vascular catheter, a peripherally inserted central catheter (PICC line) or a central venous catheters (CVC).

Q: Is RestorFlora safe for pregnant women or nursing mothers?

RestorFlora has not been specifically studied for safety during pregnancy or for nursing mothers. Be sure to consult with your doctor before using RestorFlora during pregnancy or nursing.

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

If you are severely immunocompromised, then RestorFlora and other *S. boulardii* products should be used with caution and under direction of a medical professional.

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

The RestorFlora product is meant for short-term use only unless directed otherwise by a healthcare practitioner.



HU-58 FAQs

Q: Should you use HU-58?

If you have stubborn or recurring challenges and need stronger support, then HU-58 can be a helpful addition while also using MegaSporeBiotic. Using HU-58, MegaSporeBiotic and RestorFlora at the same time provides maximum support for difficult cases. The addition of Mega IgG2000 is also highly recommended during difficult gut challenges.

Q: Are there side effects to using HU-58?

Everything found inside the HU-58 product is also found inside the MegaSporeBiotic product. Therefore, the MegaSporeBiotic side effect FAQ above is applicable to HU-58 as well.

Q: Is HU-58 safe for pregnant women or nursing mothers?

HU-58 has not been specifically studied for safety during pregnancy or for nursing mothers. Be sure to consult with your doctor before using HU-58 during pregnancy or nursing.

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

If you are severely immunocompromised, then HU-58 should be used with caution and under direction of a medical professional.

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

The HU-58 product is meant for short-term use only unless directed otherwise by a healthcare practitioner.

Mega IgG2000 FAQs

Q: Should you take Mega IgG2000 with a meal or empty stomach?

If you have a gut bacterial challenge, then Mega IgG2000 is best taken on an empty stomach, which is an hour or so away from food. As listed on the bottle, Mega IgG2000 is best taken between meals and before bedtime. This will help the IgG to absorb toxins from the gut challenge rather than toxins from food or other sources.

However, recent research shows that there is benefit from taking Mega IgG2000 while eating because we release lipopolysaccharide (LPS) toxins and other gut toxins when we eat. Anytime you take Mega IgG2000 it provides benefits, but people with gut bacterial challenges should take it between meals if possible.

Drink plenty of fluids when taking Mega IgG2000.

Q: Is it OK to take Mega IgG2000 along with antibiotic drugs?

There are no known interactions with foods, medications or supplements as immunoglobulins selectively bind to biological toxins and leave other substances alone.

Q: Are there any drug interactions with Mega IgG2000?

As mentioned above, there are no known interactions with any medications. Immunoglobulins generated in donor animals bind tightly only to molecules that they are exposed to in nature. Source animals would not be exposed to drugs used to treat the vast majority of human diseases, and thus would not produce immunoglobulins

with ability to bind these drugs. Furthermore, since orally-administered serum-derived bovine immunoglobulin/protein isolate (SBI) has been shown only to be present in the gastrointestinal (GI) tract, there is no interaction with the CYP450 enzyme system in the liver. Therefore, Mega IgG2000 will not interfere with how other drugs are metabolized by the liver.

Q: Can you use Mega IgG2000 along with probiotics?

Yes. Clinical studies have shown that the serum-derived bovine immunoglobulin/protein isolate (SBI) used to make Mega IgG2000 does not adversely affect the growth of probiotic or healthy gut bacteria. Neither does it change the composition of the intestinal flora.

Q: Is Mega IgG2000 safe?

Yes. Numerous animal and human studies show the safety of serum-derived bovine immunoglobulin/protein isolate (SBI), including human clinical trials. In total, over 530 subjects have been exposed to SBI in documented clinical studies for up to 24 months with doses ranging from 5 g to 20 g per day. There are no known side effects associated with consumption of SBI.

Also, On December 24, 2008, the US Food and Drug Administration (FDA) issued a letter assigning SBI (identified as “Bovine globulin”) as safe for human consumption, per GRAS notice No.255. “GRAS” is an acronym for Generally Recognized As Safe.

Q: Can you use Mega IgG2000 for long-term maintenance?

The effects of Mega IgG2000 can be felt within 1-4 weeks, depending upon the severity of dysbiosis. Take for at least 8 weeks to see best results. There are no restrictions on length of use, so it can be taken long-term for on-going maintenance.

Q: What is the maximum amount of Mega IgG2000 you can take?

Note: There is no known upper limit on using Mega IgG2000.

In hospitals for severe C. Diff., a powered version of the product is used that is a prescription using the same raw ingredient. They start at a minimum dose of 5 grams per day, which is the same as 10 capsules of Mega IgG2000. And for severe cases, up to 10 grams per day is used, which is the same as 20 capsules of Mega IgG2000.

Q: Is Mega IgG2000 safe for pregnant women or nursing mothers?

Mega IgG2000 has not been specifically studied for safety during pregnancy or for nursing mothers. For children under 2 years of age, please consult with your healthcare practitioner. If you are pregnant or nursing, taking any medications, or have a medical condition, consult with your doctor before using Mega IgG2000.

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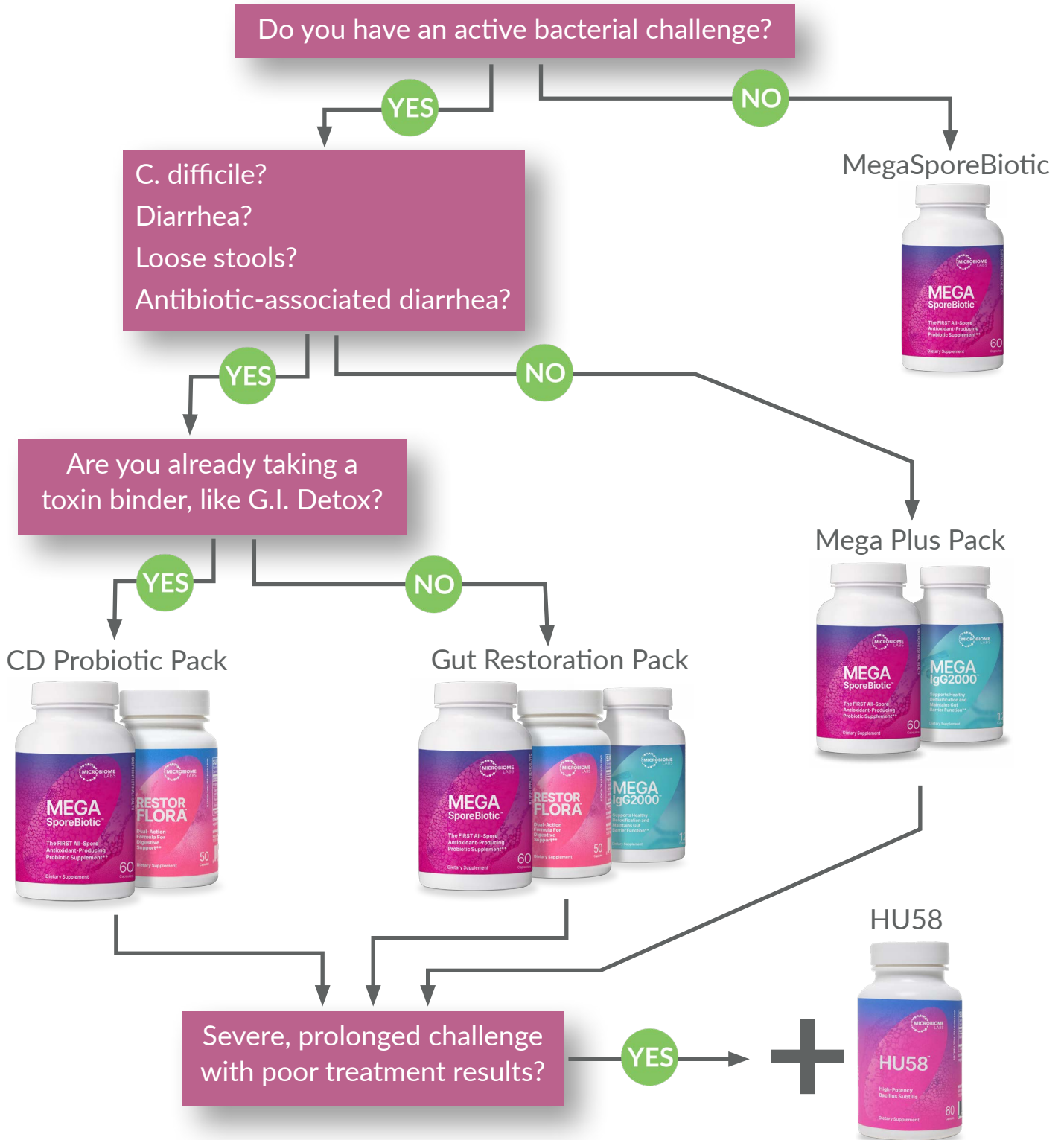
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