

PROBIOTIC USER'S GUIDE

GENERAL GUIDELINES	PROBIOTIC PRODUCTS ^o	HEALTHY TRINITY	SINGLE STRAIN PROBIOTIC IN VEGGIE CAPSULES	SINGLE STRAIN PROBIOTIC LOOSE POWDERS	GASTRO-pH ⁺
General Use	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 1 or more capsules daily 	<ul style="list-style-type: none"> • 1 or more of each of the Healthy Start System capsules daily 	<ul style="list-style-type: none"> • 1/2 tsp or more of each of the Healthy Start System powders daily 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Occasional Heartburn	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 1 to 3 or more capsules daily 	<ul style="list-style-type: none"> • 2 or more of each of the Healthy Start System capsules daily before meals 	<ul style="list-style-type: none"> • 1 tsp or more of each of the Healthy Start System powders daily before meals 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Skin Issues	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 1 or more capsules daily 	<ul style="list-style-type: none"> • 1 or more of each of the Healthy Start System capsules twice daily 	<ul style="list-style-type: none"> • 1/2 tsp of each of the Healthy Start System powders twice daily 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Food Sensitivities	<i>Healthy Trinity and Life Start (or Life Start 2) or Healthy Start System and Life Start (or Life Start 2); additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 1 to 3 or more capsules daily along with Life Start (or Life Start 2) powder or Life Start 2 capsules 	<ul style="list-style-type: none"> • 1 or more of each of the Healthy Start System capsules and Life Start 2 capsules daily 	<ul style="list-style-type: none"> • 1/2 tsp or more of each of the Healthy Start System powders and Life Start (or Life Start 2) powders daily 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Antibiotic Support <i>Always take probiotics two hours away from antibiotics</i>	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 3 to 4 capsules daily two hours after antibiotics and before bed • 4 to 6 capsules daily for two weeks after antibiotic treatment 	<ul style="list-style-type: none"> • 2 to 4 each of the Healthy Start System capsules two hours following antibiotics and before bed • 4 to 12 of the Healthy Start System capsules daily for two weeks after antibiotic treatment 	<ul style="list-style-type: none"> • 1 to 2 tsp of each of the Healthy Start System powders two hours following antibiotics and before bed • 2 to 6 tsp of each of the Healthy Start System powders daily for two weeks after antibiotic treatment 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Yeast and Fungal Support §	<i>Healthy Trinity or Healthy Start System*</i>	<ul style="list-style-type: none"> • 1 or more capsules daily 	<ul style="list-style-type: none"> • 1 capsule of both Megadophilus and Bifido Factor before meals • 1 capsule of Digesta-Lac after meals 	<ul style="list-style-type: none"> • 1/2 tsp of both Megadophilus and Bifido Factor powders before meals • 1/4 tsp of Digesta-Lac powder after meals 	
Cholesterol Support	<i>Healthy Trinity or Megadophilus and Bifido Factor; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 1 or more capsules daily 	<ul style="list-style-type: none"> • 1 or more capsules of both Megadophilus and Bifido Factor with meals 	<ul style="list-style-type: none"> • 1/2 tsp of both Megadophilus and Bifido Factor powders with meals 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Minor Cold Sore Support	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 1 or more capsules daily 	<ul style="list-style-type: none"> • 1 of each of the Healthy Start System capsules three times daily in addition to powder dose 	<ul style="list-style-type: none"> • 1/2 tsp of each of the Healthy Start System powders before meals, making sure to swish liquid in mouth 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Occasional Constipation	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 1 or more capsules daily 	<ul style="list-style-type: none"> • 1 of each of the Healthy Start System capsules before meals • 4 capsules of Bifido Factor or Digesta-Lac before bedtime 	<ul style="list-style-type: none"> • 1/2 tsp of each of the Healthy Start System powders before meals • 2 tsp of Bifido Factor or Digesta-Lac before bedtime 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Intestinal Discomfort	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 2 to 4 capsules three times daily 	<ul style="list-style-type: none"> • 4 or more of each of the Healthy Start System capsules three times daily 	<ul style="list-style-type: none"> • 2 tsp or more of each of the Healthy Start System powders three times daily 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed
Occasional Diarrhea ¶	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	<ul style="list-style-type: none"> • 3 or more capsules daily until symptoms subside 	<ul style="list-style-type: none"> • 1 or more of each of the Healthy Start System capsules every hour until symptoms subside 	<ul style="list-style-type: none"> • 1/2 tsp or more of each of the Healthy Start System powders every hour until symptoms subside 	<ul style="list-style-type: none"> • 2 or more wafers daily as needed

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Gas/Bloating	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	• 1 or more capsules daily	• 1 or more of each of the Healthy Start System capsules daily	• 1/2 tsp or more of each of the Healthy Start System powders daily	• 2 or more wafers daily as needed
Infants †	<i>Life Start</i>			• Start at 1/4 tsp of Life Start daily; increase gradually	
Occasional Insomnia	<i>Healthy Trinity or Bifido Factor; additional beneficial product - Gastro-pH</i>	• 1 capsule during the day	• 3 to 4 capsules of Bifido Factor before bed	• 1 1/2 tsp or more of Bifido Factor powder before bed	• 2 or more wafers daily as needed
Irritable Bowel Support	<i>Healthy Trinity and Life Start 2 or Healthy Start System* and Life Start 2; additional beneficial product - Gastro-pH</i>	• 1 capsule two to three times daily along with Life Start 2 powder or Life Start 2 capsules	• 1 or more of each of the Healthy Start System capsules daily before meals • 6 capsules of Life Start 2 once daily or more often as needed	• 1/2 tsp of each of the Healthy Start System powders daily before meals • 3 tsp Life Start 2 powder once daily or more often as needed	• 2 or more wafers daily as needed
Lactose Intolerance	<i>Megadophilus (Dairy)</i>	• 1 or more capsules daily	• When powder dose is tolerated, add 1 capsule of Megadophilus three times daily following powder dose	• Start at 1/8 tsp of Megadophilus powder daily, increase gradually to 1/2 tsp or more	• 2 or more wafers daily as needed
Assist Liver Detoxification	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	• 2 or more capsules three times daily	• 1 capsule of both Megadophilus and Digesta-Lac three times daily • 4 capsules of Bifido Factor three times daily	• 1/2 tsp of both Megadophilus and Digesta-Lac powders three times daily • 2 tsp of Bifido Factor powder three times daily	• 2 or more wafers daily as needed
Pregnancy/ Nursing Support	<i>Healthy Trinity and Life Start (or Life Start 2) or Healthy Start System* and Life Start (or Life Start 2); additional beneficial product - Gastro-pH</i>	• 1 or more capsules daily along with Life Start (or Life Start 2) powder or Life Start 2 capsules	• 1 to 2 capsules of Life Start 2 daily before meals • 1 of each of the Healthy Start System capsules daily before meals	• 1/2 to 1 tsp of Life Start (or Life Start 2) powder daily before meals • 1/2 tsp of each of the Healthy Start System powders daily before meals	• 2 or more wafers daily as needed
Colon Discomfort	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	• 2 capsules three to four times daily	• 1 to 3 of each of the Healthy Start System capsules daily	• 1/2 to 1 1/2 tsp of each of the Healthy Start System powders daily	• 2 or more wafers daily as needed
Urinary Tract Health	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	• 2 or more capsules daily for two weeks	• 2 of each of the Healthy Start System capsules twice daily for two weeks	• 1 tsp of each of the Healthy Start System powders twice daily for two weeks	• 2 or more wafers daily as needed
Homeopathic Treatment for Vaginal Candidiasis Support §	<i>Gy-Na•Tren Homeopathic; 1 oral and 1 vaginal capsule daily for 14 days</i>				
Healthy Vaginal Function	<i>Healthy Trinity or Healthy Start System* ; additional beneficial product - Gastro-pH</i>	• 2 or more capsules daily for two weeks	• 2 of each of the Healthy Start System capsules twice daily for two weeks	• 1 tsp of each of the Healthy Start System powders twice daily for two weeks	• 2 or more wafers daily as needed
Weight Loss Support	<i>Healthy Trinity or Digesta-Lac; additional beneficial products - Gastro-pH</i>	• 1 capsule three times daily	• 2 to 6 capsules or more of Digesta-Lac before meals	• 1 to 3 tsp or more of Digesta-Lac before meals	• 2 or more wafers daily as needed

Healthy Trinity[®], Healthy Start System[®], Megadophilus[®], Mega Vegi-Dophilus[®], Bifido Factor[®], Digesta-Lac[®], Life Start[®], Life Start[®] 2, Gy-Na•Tren[®], Gastro-pH[®]: 100% potency guarantee through printed expiration date.

⊖ Use "layers" of probiotic supplements to deliver the most powerful health effect. The Healthy Trinity oil-matrix capsules are the simplest way to fortify your immune system and reach optimal health in general. Add loose powders or loose powders in capsules to achieve a very concentrated and very particular health benefit provided by that unique strain.

+ Wafers sweetened with beet fructose contain only five calories per serving (2 wafers).

* The Healthy Start System is a complete Probiotic Starter Package containing Megadophilus^{**}, Bifido Factor and Digesta-Lac.

** Mega Vegi-Dophilus can be used in place of Megadophilus powder.

§ Individuals with Yeast Overgrowth or Vaginal Candidiasis (*Candida albicans*) should limit or avoid products with sugars, including unprocessed and naturally occurring sugars that are found in fruit, honey and maple syrup.

¥ **Diarrhea:** Contact your healthcare professional if diarrhea lasts more than two days or if fever or other symptoms are present, such as abdominal swelling or blood in the stool.

† **Infants:** Some ethnic groups may have severe allergic reactions to milk. Make certain your infant or child does not have a severe milk allergy by checking with your healthcare professional.