



CUSTOM PROBIOTICS Inc.

HIGH POTENCY ACIDOPHILUS AND BIFIDUS DIETARY SUPPLEMENTS

DOSAGE SUGGESTIONS



ADULT FORMULA CP-1 CAPSULES

Start with one capsule (50 Billion cfu's) first thing in the morning (30 minutes prior to eating) and one capsule at bedtime with a full glass of water. Continue this dosage for three days.

After three days raise the dosage to two capsules first thing in the morning and two at bedtime, if need be. Continue for 3 days. If you are not getting the expected results, raise the dosage to three capsules first thing in the morning and three at bedtime. Remain at the dosage that works best for you.

NOTE: Every digestive system is different and unique like a fingerprint. You need to find the dosage that best suits YOU. It may be one, two, four or six capsules per day. This gradual increase is a good way to find your optimum personal dosage.

PROBIOTIC POWDERS FOR ADULTS

Start with one adult scoop (0.8 gram, 200 billion cfu's) of the probiotic powder first thing in the morning on an empty stomach (30 minutes prior to eating). Dissolve the powder in a glass of dechlorinated water and drink it. Do this ONCE a day only. Stay at this dosage for about 3-5 days.

If you are not happy with the results, raise the dosage to two scoops a day, one in the morning and one at bedtime. After one week go to three scoops a day if you still are not getting the expected results. The highest dosage we recommend is four adult scoops a day. You can always lower the dosage or stop taking probiotics for a few days.



PROBIOTIC POWDERS FOR CHILDREN

Start with one baby scoop (0.1 gram, 25 billion cfu's) of the probiotic powder first thing in the morning on an empty stomach. Dissolve the powder in a glass of dechlorinated water and drink it. Stay at this dosage for about 3-5 days.

If your child is not getting the expected results raise the dosage to one scoop in the morning and one scoop at bedtime. Stay at this dosage for one week. If you are still not happy with the results go up to 2 scoops in the morning and 2 scoops at bedtime. You can always lower the dosage or stop taking probiotics for a few days.

NOTE: Every digestive system is unique like a fingerprint. You need to find the dosage that best suits YOU or your child. It may be one, two, three or even six scoops a day depending on age and the desired result. This gradual increase in dosage is a good way to find the optimum dosage.

STORAGE: Our probiotic formulations must be refrigerated to maintain maximum potency. You can, however, travel with our probiotic supplements unrefrigerated for two to three weeks with minimal bacterial count reduction.

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