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Probiotic Capsules

STORAGE AND DOSING INFORMATION



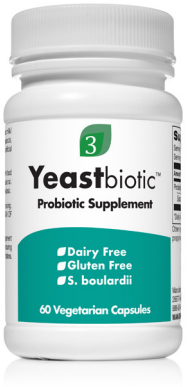
GutPro® Capsules:

Adults: Take 2 capsules daily with food.
Children: Take 1 capsule daily with food.
Sensitive adults and children: A smaller dose may be obtained by pulling apart the capsule and taking a portion of the contents. Capsules require refrigeration for long-term storage. Can be kept at room temperature for up to two weeks while traveling.



Primal Soil™:

Take 1 capsule daily with food. Primal Soil™ should be taken short-term (no more than two months) or as instructed by a qualified healthcare professional. Primal Soil™ should be taken in the later stages of gut healing. Do not take Primal Soil™ if you are immune-compromised. Smaller doses may be obtained by pulling apart the capsule and taking a portion of the contents. Product does not require refrigeration.



Yeastbiotic™:

Take 1 to 2 capsules daily for systemic yeast overgrowth. May be taken prior to, during or immediately following a course of antibiotics. Yeastbiotic™ is most effective when taken in two to three week increments followed by a break of one to two weeks. Therapeutic probiotics such as GutPro®, Primal Gut™ and Primal Soil™ may intensify Yeastbiotic's™ effectiveness. If you are experiencing discomfort as a result of excessive yeast die-off, lower your probiotic dose. Smaller doses of Yeastbiotic™ may be obtained by pulling apart the capsule and taking a portion of the contents (the powder will appear white with brown specs). For long-term storage, keep refrigerated.

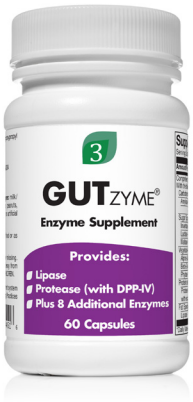
FS FUNCTIONAL SELF

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Enzymes and Minerals

STORAGE AND DOSING INFORMATION



GutZyme®:

Take 1 capsule before each meal. For children and sensitive adults, a smaller dose may be obtained by pulling apart the capsule and taking a portion of the contents. GutZyme® does not require refrigeration.



GutZyme® HCl:

Take 1 capsule before each meal. GutZyme® HCl contains HCl (hydrochloric acid), an important ingredient for people with low stomach acid production. GutZyme® does not require refrigeration.
Important: Do not open capsule. Consuming the powder directly may cause erosion of tooth enamel and irritation to the soft tissue lining of the mouth and esophagus. Do not consume if you have an ulcer. Not intended for babies or toddlers unless otherwise prescribed by a healthcare professional. Discontinue use immediately if you experience any stomach upset or heartburn. Keep out of reach of children.



Wake Up Maggie™:

Take 4 capsules, 1-2 times daily. Children under 12 as directed by physician. Product does not require refrigeration.

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