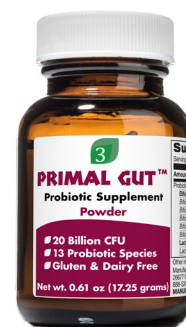
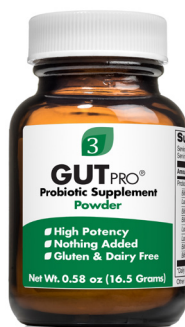


organic³

GutPro® Powder

GutPro® Infant Powder

Primal Gut™ Powder



STORAGE and DOSING INFORMATION

Important information regarding Organic 3 probiotic powder:

STORAGE: To ensure maximum potency secure the cap after every use and refrigerate.

SHIPPING: Organic 3 probiotic powders can safely ship during hot temperatures with the aid of an ice pack (or dry ice).

AVOID MOISTURE: If moisture enters the bottle, it can render the probiotic bacteria inactive. Do not remove the moisture-absorbing packet from the bottle.

For more details, see FAQ's on the back side of this page.

START LOW and SLOW! GutPro® Powder, GutPro® Infant, and Primal Gut™ Powder contain no fillers. They are highly concentrated probiotics formulated unlike any other probiotics on the market. They can be effective even at low doses. Start with only a portion of the smallest measuring spoon (see graphic) and increase in small increments over time or as guided by a qualified healthcare professional.

WARNING

DO NOT take large doses of GutPro® Start with 1/4th of the smallest spoon: the "Drop"

**START
HERE**



General dosing guidelines for age groups:

INFANTS (use GutPro® Infant only): Place a pencil-point amount of GutPro® Infant in the baby's mouth prior to nursing or mix with a small amount of breastmilk or formula on a spoon and give immediately before feeding. Increase the dose in tiny increments if needed or as guided by a qualified healthcare professional. Note: You may not need to give infants probiotics daily. Depending on your baby's sensitivity, you may choose to give the probiotic less frequently (every other day, bi-weekly, once per week, etc).

TODDLERS (1-2 years of age): Add a pencil-point amount of GutPro® Infant Powder to your toddler's food and increase to a quarter of the smallest spoon over time (see above graphic) or as directed by a healthcare professional. May be given once daily or every other day.

YOUNG CHILDREN (3-5 years of age): Add a pencil point amount of GutPro® Powder or Primal Gut™ Powder to your child's food and increase slowly over time or as directed by a healthcare practitioner. Do not administer more than half of the smallest measuring spoon (see above graphic). May be taken once daily or every other day.

OLDER CHILDREN (6-12 years of age): Add an eighth or a quarter of the smallest measuring spoon of GutPro® Powder or Primal Gut™ Powder (see above graphic) to your child's food and slowly increase over time to half or all of the smallest measuring spoon. For sensitive children and children closer to the age of 5, do not administer more than half of the smallest spoon. May be taken once daily or every other day.

TEENS and ADULTS: Start the protocol by adding a quarter to half of the smallest measuring spoon of GutPro® or Primal Gut™ Powder to food and increase over time to a full Drop or Smidgen. May be taken once daily or every other day.

FREQUENTLY ASKED QUESTIONS

Do Organic 3 probiotics require refrigeration?

Yes, GutPro® Powders and Primal Gut™ Powder require refrigeration. Make sure the measuring spoons are clean and dry before each dose. Replace cap immediately following each use. This will extend the life span, freshness and potency of the organisms.

My ice pack melted, should I be worried?

No. The ice pack is only meant to provide a 24-36 hour buffer. In most cases, the cold packs will not be cold when the package arrives. In some cases it may even be warm or hot. This is normal and will not impair the potency of the product.

Will heat impact the potency of Organic 3 probiotics?

Organic 3 probiotics contain only freeze-dried bacteria so they are relatively stable at room temperature for a couple of weeks. Organic 3 probiotics ship Monday through Wednesday only via FedEx or UPS second day air to ensure speedy and protected delivery of the organisms. Organic 3 probiotics have been rigorously tested for potency during shipping trials in extreme heat. The temporary exposure to heat during shipping will not compromise the beneficial bacteria but do refrigerate promptly upon receipt.

Will moisture impact the potency of Organic 3 probiotics?

Yes, moisture is the biggest threat to the viability of the freeze-dried bacteria. Keep moisture out of the bottle by keeping the lid on. Keep the moisture control packet inside the bottle - do not discard! Do not insert wet spoons into the bottle or expose the powder to water/melting ice in a cooler.

Can I add Organic 3 probiotics powder to my beverage?

No, we do not recommend adding Organic 3 probiotics to any beverage, except for smoothies.

I left my Organic 3 probiotics out on the counter overnight, is it ruined?

No. Organic 3 probiotics are made with freeze-dried bacteria which make them relatively stable for up to 3 weeks at temperatures of 70F-80F. It is important to keep the lid on, since moisture is the biggest threat to the viability of Organic 3 probiotic.

Is it safe to travel with Organic 3 probiotic powders?

Yes, for a couple of weeks as long as moisture and excessive/extended heat is avoided. Consider taking only a portion of the powder with you in a separate glass vial and enclosing it in a ziplock bag. Leave the remaining portion at home safely stored in your refrigerator. Do not put the powder Organic 3 probiotics in a cooler filled with free standing, melting ice. If you notice discoloration, a strong smell or clumping of the powder, it is an indication moisture seeped into the bottle and the organisms have been compromised.

Should I take Organic 3 probiotic powders with food or on an empty stomach?

For best results, GutPro™ Powders and Primal Gut™ Powder should be taken with food to ensure optimal assimilation of Organic 3 probiotic bacteria. Do not add directly to hot food i.e. hot tea or hot soup.

Can I take Organic 3 probiotics while on a course of antibiotics?

Yes, but all Organic 3 probiotics should be taken away from antibiotics by at least one hour. We recommend that you also take Yeastbiotic along with Organic 3 probiotics during a course of antibiotics.

Can I take the Organic 3 probiotics with HCL?

Yes, but they must be taken away from the HCL by at least one or two hours.

What is a therapeutic dose of GutPro®, GutPro® Infant or Primal Gut™?

A therapeutic dose can be defined as any dose large enough to feel improvement but not so much that your body experiences discomfort from detoxification die-off. Most die-off symptoms occur when taking too much too soon.

How will I know if I've taken too much?

If you feel symptoms of die-off then you have taken too much. Symptoms may include mild gas, bloating, changes in elimination such as constipation or loose stools, fatigue and irritability. Should die-off symptoms occur stop taking your Organic 3 probiotic. When the symptoms have cleared start again with a lower dose.



FUNCTIONAL
SELF

Website: www.functionalsself.co.uk
Email: info@functionalsself.co.uk