



# AUTISM OBSERVATIONAL STUDY

***PROTREN PRECISION PROBIOTIC 12 WEEK REGIMEN***

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## PROTREN PRECISION PROBIOTIC 12 WEEK REGIMEN



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### PROTREN PRECISION PROBIOTIC INSTRUCTIONS

- Keep refrigerated
- Keep away from heated surfaces
- Do not use a wet or dirty spoon in powder
- Take right before a meal if it's a low protein meal, heavier meals or a lot of protein take 20 minutes earlier



**For more information, please contact us:**

ProTren Precision Probiotics | 3105 Willow Lane, Westlake Village, CA 91361 US | Tel: 888.381.1887 | [www.protren.com](http://www.protren.com)

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## PROTREN PRECISION PROBIOTIC 12 WEEK REGIMEN



### 1. WEEK ONE

a. 1/2 tsp Life Start 2, twice a day (one capsule = 1/2 tsp) or use other forms of Life Start available in powder form-- Life Start products (cow's milk original Life Start powder or Life Start Pro (vegan) powder can be used)

i. veggie capsules can be easily opened and mixed in filtered water, non-acidic juice (such as apple juice), milk or milk alternative, etc.

### ALSO AVAILABLE:



### LIFE START

*Dairy Formula - Powder*



### LIFE START PRO

*Dairy Free Formula - Powder*



### LIFE START 2

*Goat Milk Formula - Powder & Capsules*

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### 2. WEEK TWO THROUGH FOUR

- a. Continue 1/2 tsp Life Start 2, twice a day (one capsule = 1/2 tsp) or use other forms of Life Start available in powder form-- Life Start products (cow's milk original Life Start powder or Life Start Pro (vegan) powder can be used)
  - b. Superdophilus – start with dairy free
    - i. 2 capsules (or 1 tsp powder), 2x/day
  - c. Bifidonate– start with dairy free
    - i. 2 capsules (or 1 tsp powder), 2x/day
  - d. Bulgaricum – start with dairy free capsules
    - i. 2 capsules, 2x/day



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*PROTREN PRECISION PROBIOTIC  
12 WEEK REGIMEN*

## 3. WEEK FIVE AND SIX

a. Continue 1/2 tsp Life Start 2, twice a day (one capsule = 1/2 tsp) or use other forms of Life Start available in powder form-- Life Start products (cow's milk original Life Start powder or Life Start Pro (vegan) powder can be used)



### b. Superdophilus

- start with dairy free

i. 4 capsules (or 2 tsp powder), 2x/day

### c. Bifidonate

- start with dairy free

i. 4 capsules (or 2 tsp powder), 2x/day

### d. Bulgaricum

- start with dairy free capsules

i. 4 capsules, 2x/day

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### 4. WEEK SEVEN AND EIGHT

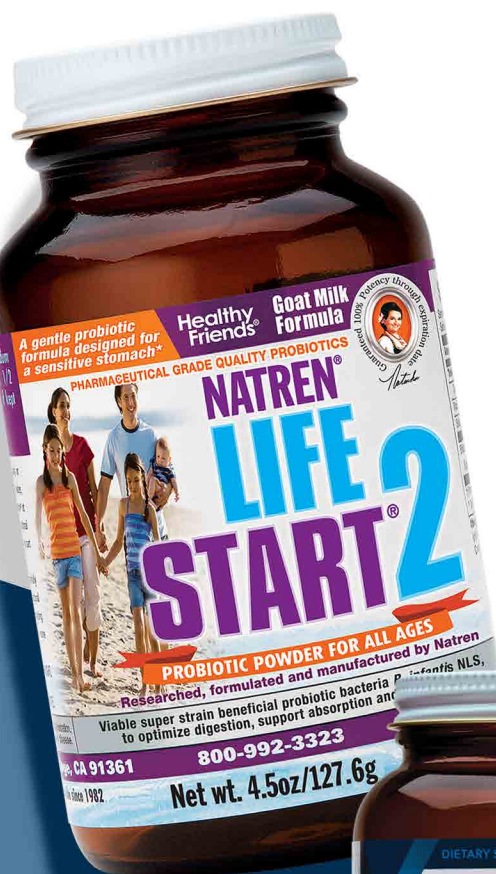
a. Continue 1/2 tsp Life Start 2, twice a day (one capsule = 1/2 tsp) or use other forms of Life Start available in powder form-- Life Start products (cow's milk original Life Start powder or Life Start Pro (vegan) powder can be used)

b. Superdophilus – start with dairy free  
i. 4 capsules (or 2 tsp powder), 2x/day

c. Bifidonate– start with dairy free  
i. 4 capsules (or 2 tsp powder), 2x/day

d. Bulgaricum – start with dairy free capsules  
i. 4 capsules, 2x/day

e. Trenev Trio  
i. 1 capsule, 2x/day  
ii. Can be taken with the powder or powdered capsules



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## PROTREN PRECISION PROBIOTIC 12 WEEK REGIMEN



### 5. WEEK NINE AND TEN

- a. Trenev Trio
  - i. 2 capsules, 2x/day with meals



- Please consider your child's swallowing ability for age 7 and younger when choosing capsules. The Trenev Trio can sit in a tablespoon of filtered water for 2 minutes or longer and it will soften and be easier to swallow. It can be chewed or mashed into a little applesauce or peanut butter. Ensure the spoon is clean and uncontaminated.

### 6. WEEK ELEVEN AND TWELVE

- a. Trenev Trio
  - i. 2 capsules, 3x/day or 3 capsules, 2x/day with meals

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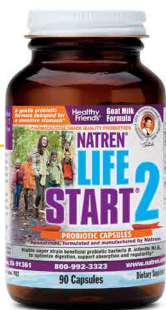
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## PROTREN PRECISION PROBIOTIC 12 WEEK REGIMEN



**12 Weeks Purchase price - SRP - \$1033.20**



### Life Start 2

- 1 bottle of 90 caps
- 1 bottle of 30 caps



### Superdophilus

- 3 bottles of 90 caps
- 1 bottle of 60 caps



### Bulgaricum

- 3 bottles of 90 caps
- 1 bottle of 60 cap



### Bifidonate

- 3 bottles of 90 caps
- 1 bottle of 60 caps



### Trenev Trio

- 2 bottles of 90 caps

### 1<sup>st</sup> 4 weeks:

• (\$210.80 SRP)

- 51060x1 (Life Start 2 60 caps),
- 81090x1 (Superdophilus 90 caps),
- 86090x1 (Bifidonate 90 caps),
- 87190x1 (Bulgaricum 90 caps)

### 2<sup>nd</sup> 4 weeks:

• (\$544.45 SRP)

- 51060x1 (Life Start 2 60 caps),
- 81090x2 (Superdophilus 90 caps),
- 81060x1 (Superdophilus 60 caps),
- 86090x2 (Bifidonate 90 caps),
- 86060x1 (Bifidonate 60 caps),
- 87190x2 (Bulgaricum 90 caps),
- 87160x1 (Bulgaricum 60 caps),
- 50030x1 (Trenev Trio 30 caps)

### 3<sup>rd</sup> 4 weeks:

• (\$302.90 SRP)

- 50090x1 (Trenev Trio 90 caps),
- 50060x1 (Trenev Trio 60 caps)

Total for the three individual 4-week increments is (\$1058.15 SRP). None of the totals include the required \$12.95 per order for packaging and handling (but free shipping is included – which averages \$30 per order!)

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## PROTREN PRECISION PROBIOTIC 12 WEEK REGIMEN



### GENERAL GUIDELINES

- Please record all the noticed improvements and relay to your probiotics specialist at the end of the 12 weeks.
- Please consider your child's swallowing ability for age 7 and younger when choosing capsules. The Trenev Trio can sit in a tablespoon of filtered water for 2 minutes or longer and it will soften and be easier to swallow. It can be chewed or mashed into a little applesauce or peanut butter. Ensure the spoon is clean and uncontaminated.
- Each product is safe at any level, you can't overdose. It is important to note that these are not drugs. At any time, this ProTren precision probiotic regimen can be titrated up or down as needed depending on the individual needs of each person. (The more than 100 trillion microbes we host in the 27 feet of our GI tract known as the human microbiota – can identify us as individuals much like a fingerprint. (Harvard TH Chan School of Public Health). The ProTren precision probiotic bacteria have evolved with human beings for thousands of years and are safe at any level.
- The 3 Life Start products (Life Start, Life Start 2 & Life Start Pro) can be used interchangeably depending on your patients sensitivity to dairy. When prescribing Life Start 2 powder, remind clients to mix it well with the water, juice or milk alternative they have chosen to use.
- Take all probiotics 2 hours away from prescription drugs (especially antibiotics) or herbal antimicrobials (echinacea, golden seal, oregano, garlic, etc.).  
- *It is better to wait less than 2 hours than miss the dose.*
- The above are for optimal success. Doses should not be missed, and still taken even if too close to a medication or meal.  
- *The only exception is the 2 hour waiting period before or after taking antibiotics or antimicrobials should not be compromised.*
- Swallow capsules and mix powders with non-chlorinated, unchilled, filtered water or non-acidic juice.
- For smoothies and shakes, don't mix probiotics in a blender – stir in probiotics after blending.

All of the probiotic species we use have been in the scientific literature for well over 100 years. It is our scientific opinion that these protocols will help you take an important step forward towards a more personalized probiotic therapy that will lead to superior patient outcomes in your clinical practice. They can serve as a valuable starting point in helping you obtain the best possible patient outcomes with probiotics in your clinical practice. ■

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