



# AUTISM PROBIOTIC NUTRITIONAL SUPPORT

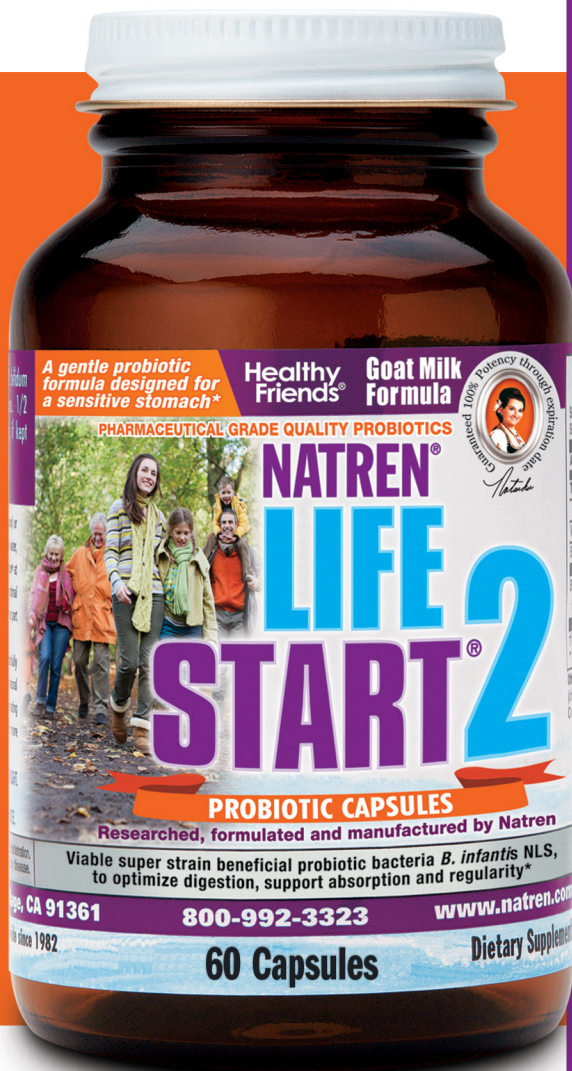
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## 2 PROBIOTIC NUTRITIONAL SUPPORT FOR AUTISTIC CHILDREN



### Gentle Regimen

**a.** Life Start 2 – veggie capsules can be easily opened and mixed in filtered water, non-acidic juice, milk or milk alternative, etc. Mix a small serving of liquid with the powder to create a homogeneous mixture. Keep adding liquid slowly and keep stirring to eliminate lumps or products sticking to the sides of the glass.

- i.** 1/2 tsp 1x/day for 1st week (1 capsules equals 1/2 tsp) x1/day
- ii.** 1/2 tsp 2x/day for 2nd & 3rd week (1 capsules equals 1/2 tsp) x2/day
- iii.** 1 tsp 1x/day for 4th & 5th week (2 capsules equals 1 tsp) x1/day
- iv.** 1 tsp 2x/day for 6th, 7th & 8th week (2 capsules equals 1 tsp) x2/day
- v.** 1 tsp 3x/day for 9th thru 12th week (2 capsules equals 1 tsp) x3/day

**b.** Please record all the noticed improvements and relay them to your probiotic specialist or practitioner at the end of the 12 weeks.

**c.** 3-month supply = 5 bottles of Life Start 2, 60 caps

### General Guidelines

- All regimen servings can be doubled or tripled depending on the needs of the person. Each product is safe at any level. You can't overdose. Keep in mind that the labeled suggested serving is the minimum needed to receive a positive effect and higher levels of product may result in faster or increased results.

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### 3 PROBIOTIC NUTRITIONAL SUPPORT FOR AUTISTIC CHILDREN

(Gentle Regimen continued from previous page)

- The three Life Start products (Life Start - dairy base, Life Start 2 - goat milk base & Life Start Pro - organic brown rice base) can be used interchangeably depending on your sensitivity to dairy. When recommending Life Start 2 powder, mix it well with the water, juice or milk alternative they have chosen to use.



- Take the single strain (Life Start, Life Start 2 & Life Start Pro) products away from food.
  - Away from food means 2 hours after a meal or 30 minutes before a meal (can take up to 10 minutes before a light meal - low protein and low fat).

**Exception:** powder products or powder in veggie capsule products can be taken right before a mostly carbohydrate meal such as oatmeal.

- Take all probiotics 2 hours away from prescription drugs (especially antibiotics) or herbal antimicrobials (echinacea, goldenseal, oil of oregano, garlic, etc).
  - It is better to wait less than 2 hours than miss the servings.
- The above recommendations are for optimal success. Servings 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.\* (see directions for mixing powders)
- For smoothies and shakes, don't mix probiotics in a blender – stir in probiotics in a small serving of the blended product. Keep adding blended product and stirring to make sure the probiotic powder is mixed well.

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## 4 PROBIOTIC NUTRITIONAL SUPPORT FOR AUTISTIC CHILDREN



### Moderate Regimen

- a. Superdophilus – start with dairy free powder
  - i. 2 capsules (or 1 tsp), 2x/day
- b. Bifidonate – start with dairy free powder
  - i. 2 capsules (or 1 tsp), 2x/day
- c. Bulgaricum – start with dairy free capsules
  - i. 2 capsules, 2x/day – capsules can be easily opened and mixed in the same medium as the other two products (filtered water, non-acidic juice, milk or milk alternative, etc, that are not hot). Homemade yogurt made with Natren Yogurt Starter may be used as well. Make sure all the ProTren precision probiotic products are mixed in and not wasted by allowing it to stick on the side of the bowl or glass.
- d. After 6 weeks, double the above dosing but still 2x/day
  - i. 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.
- e. Please record all the noticed improvements and relay them to your probiotics specialist or practitioner at the end of the 12 weeks.
  - i. 3-month supply = 9 bottles of Superdophilus 60 caps, 9 bottles of Bifidonate 60 caps, 9 bottles of Bulgaricum 60 caps

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# 5 PROBIOTIC NUTRITIONAL SUPPORT FOR AUTISTIC CHILDREN

(Moderate Regimen continued from previous page)

## General Guidelines

- All regimen servings can be doubled or tripled depending on the needs of the individual. Each product is safe at any level. You can't overdose. Keep in mind that the labeled suggested serving is the minimum serving needed to receive a positive effect and higher serving may result in faster or increased results.

- The three Life Start products (Life Start - dairy, Life Start 2 - goats milk & Life Start Pro - organic brown rice) can be used interchangeably depending on your individual sensitivity to dairy. When considering Life Start 2 powder, mix it well with the water, juice or milk alternative you have chosen to use.



- Take the single strain (Life Start, Life Start 2 & Life Start Pro) products away from food.
  - Away from food means 2 hours after a meal or 30 minutes before a meal (can take up to 10 minutes before a light meal - low protein and low fat).

**Exception:** powder products or powder in veggie capsule products can be taken right before a mostly carbohydrate meal such as oatmeal.

- Take all probiotics 2 hours away from prescription drugs (especially antibiotics) or herbal antimicrobials (echinacea, goldenseal, oil of oregano, garlic, etc).
  - It is better to wait less than 2 hours than to miss the suggested serving.
- The above recommendations are for optimal success. Servings 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.\*  
(see directions for mixing powders)
- For smoothies and shakes, don't mix probiotics in a blender – stir in probiotics in a small serving of the blended product. Keep adding blended product and stirring to make sure the probiotic powder is mixed well.

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## 6 PROBIOTIC NUTRITIONAL SUPPORT FOR AUTISTIC CHILDREN



### Aggressive Regimen

a. Trenev Trio for age 8 and older due to swallowing ability



b. Two capsules, 2 times per day with food.  
If too young to easily swallow the capsule you can cut the capsule in half with clean kitchen shears or a serrated knife. Swallow each half capsule immediately to avoid allowing the capsule to leak. Do not leave any cut capsules for later consumption.

c. Please record all the noticed improvements and relay to your probiotic specialist or practitioner at the end of the 12 weeks. We will use your information anonymously to help others.

d. 3-month supply = 4 Trenev Trio 90 cap bottles

### General Guidelines

- All regimen servings can be doubled or tripled depending on the needs of the person. Each ProTren precision probiotic product is safe at any level. You can't overdose. Keep in mind that the labeled suggested serving is the minimum serving needed to receive a positive effect and higher servings may result in faster or increased results.
- The three Life Start products (Life Start - dairy, Life Start 2 - goat milk & Life Start Pro - organic brown rice) can be used interchangeably depending on your sensitivity to dairy. When recommending Life Start 2 powder, mix it well with filtered water, juice or milk alternatives they have chosen to use.

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- Take the Trenev Trio with food and take the single strain products away from food.

- Away from food means 2 hours after a meal or 30 minutes or longer before a meal (can take up to 10 minutes before a light meal - low protein and low fat)

**Exception:** powder products or powder in veggie capsule products can be taken right before a mostly carbohydrate meal such as oatmeal.

- Take all probiotics 2 hours away from prescription drugs (especially antibiotics) or herbal antimicrobials (echinacea, goldenseal, oil of oregano, garlic, etc).
  - It is better to wait less than 2 hours than miss the servings.
- The above recommendations are for optimal success. Servings 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 in a small serving of the blended product. Keep adding blended product and stirring to make sure the probiotic powder is mixed well.

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## 8 PROBIOTIC NUTRITIONAL SUPPORT FOR AUTISTIC CHILDREN



### Aggressive Layering Regimen

- Treven Trio for age 8 and older due to swallowing ability
- Two capsules, 2 times per day with food. If too young to easily swallow the capsule you can cut the capsule in half with clean kitchen shears or a serrated knife. Swallow each half capsule immediately to avoid allowing the capsule to leak. Do not leave any cut capsules for later consumption.
- Life Start 2, 2 capsules 3 times per day, before meals
- Please record all the noticed improvements and relay them to your probiotic specialist or practitioner at the end of the 12 weeks. We will use your information anonymously to help others.
- 3-month supply = 4 Trenev Trio 90 cap bottles, 5 Life Start 2 90 cap bottles, 1 Life Start 2 60 cap bottle

### General Guidelines

- All regimen servings can be doubled or tripled depending on the needs of the person. Each product is safe at any level. You can't overdose. Keep in mind that the labeled suggested serving is the minimum serving needed to receive a positive effect and higher servings may result in faster or increased results
- The three Life Start products (Life Start - dairy, Life Start 2 - goats milk & Life Start Pro - organic brown rice) can be used interchangeably depending on your sensitivity to dairy. When recommending Life Start 2 powder, mix it well with the water, juice or milk alternative they have chosen to use.

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- Take the Trenev Trio with food and take the single strain products away from food.
- Away from food means 2 hours after a meal or 30 minutes or longer before a meal (can take up to 10 minutes before a light meal - low protein and low fat).

**Exception:** powder products or powder in veggie capsule products can be taken right before a mostly carbohydrate meal such as oatmeal.

- Take all probiotics 2 hours away from prescription drugs (especially antibiotics) or herbal antimicrobials (echinacea, goldenseal, oil of oregano, garlic, etc).
  - It is better to wait less than 2 hours than to miss the servings.
- The above are for optimal success. Servings 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. (see directions for mixing powders).
- For smoothies and shakes, don't mix probiotics in a blender – stir in probiotics in a small serving of the blended product. Keep adding blended product and stirring to make sure the probiotic powder is mixed well.



## 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 regimens will help you take an important step forward - a more personalized probiotic program that will lead to superior outcomes. The use of ProTren precision probiotic products can serve as a valuable starting point in helping you obtain the best possible outcomes with ProTren precision probiotics.

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