

GENERAL USE INSTRUCTIONS FOR OUR ALL-NATURAL LIQUID PROBIOTIC PRODUCTS

ABSOLUTELY do NOT “overuse”... please follow directions

a very small percentage of customers experience some type of “CLEANSING REACTION” for a short time period (due to the body being detoxified, headaches, sluggishness, etc.); to MINIMIZE this, start drinking QUALITY water BEFORE taking the product(s) for the first time and DURING taking the product(s); we recommend QUALITY water, rather than tap or distilled water; drink 3-4 glasses of water for every 50 pounds of body weight, every day; the benefits of drinking water include cells being hydrated, nourished and eliminating—in other words, drinking enough water keeps cells functioning well

may be stored at room temperature; refrigeration NOT required but recommended after opening for freshness

lactobacillus probiotic microbes are also used to create cheeses and it is NORMAL for our liquid probiotic products to have a slight “pungent, cheesy smell”

SHAKE WELL EACH TIME BEFORE USING

UNITS OF MEASUREMENT WHEN USING OUR LIQUID PROBIOTIC PRODUCTS

*1 spray = about 2.5 drops
50 drops = about 1 teaspoon*

take THREE products & follow in this order

***AS EVERYBODY HAS DIFFERENT NEEDS, THESE ARE GENERAL GUIDELINES
(AT THE MINIMUM, EVERYONE SHOULD TAKE THE LIQUID PROBIOTIC)***

*first, take FLORA PM
after 1 week, add LIQUID PROBIOTIC
after 3 more weeks, add PROBIOTIC LIQUEFIED MINERALS*

HOW TO TAKE FLORA PM

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Initially, take at night as it may temporarily cause fatigue. After cleansing, Flora PM will dramatically improve whole body health and energy.

Always start with 1/4 teaspoon before bedtime. Do not over over use this product at first use.

After one week, take 1/2 teaspoon before bedtime for one week.

After week 2, go up in use slowly to a maximum of 3 teaspoons per day.

Taking the product at night allows the body to rest and when taking this product the body demands rest at first.

After several weeks, this will subside and you will be able to take this product during the daytime.

HOW TO TAKE LIQUID PROBIOTIC

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Children & Adults

Day 1: 1 drop ONCE daily, preferably on an empty stomach, directly in mouth or mixed with a little water

Day 2: 1 drop ONCE daily, preferably on an empty stomach, directly in mouth or mixed with a little water

Day 3: 1 drop ONCE daily, preferably on an empty stomach, directly in mouth or mixed with a little water

If there are no adverse cleansing reactions after three days (headache, sluggishness, sick feeling... this happens about 5% of the time and is due to "pathogen die off"), then

Day 4: 2 drops TWICE daily, preferably on an empty stomach, directly in mouth or mixed with a little water

Day 5: 2 drops TWICE daily, preferably on an empty stomach, directly in mouth or mixed with a little water

Day 6: 2 drops TWICE daily, preferably on an empty stomach, directly in mouth or mixed with a little water

After 6 days, keep ramping up to a maximum of 3 teaspoons per day. For best long term results with chronic health problems, maintain up to 3 teaspoons per day for a maximum of 3 months. After 3 months, maintain up to a 1 teaspoon per day thereafter.

If you feel cleansing reactions, lower the application to the previous level where no problems existed, and maintain that for another 2 days and again begin ramping the application up.

Oral: For tooth, gum, bad breath and other oral problems, use several sprays, 2-3 times a day, in a small amount of water and swish in the mouth for 30-60 seconds. Be sure to forcibly swish the solution so it penetrates between the teeth and gums. If you are using the oral solution for the mouth problems alone, be sure to start with 1 drop for children with water, 3 times a day as directed above. You can also place a drop or two on your tooth brush twice a week to help control plaque.

Topical: For athlete's foot, rashes, cuts and scrapes, fungus, boils, infected sores, poison ivy, poison oak etc., several sprays straight on affected area, 2-3 times per day. Good also to take internally as well for these conditions. With Poison Ivy Poison Oak DO NOT COVER THE AFFECTED AREA WITH A BANDAGE. For best results, apply product to the area, let stand for 15 minutes then wash off.

How safe is Living Streams? There are no known side effects from Living Streams Probiotics, besides possible cleansing reactions mentioned above. Living Streams is a natural food substance.

Remember it takes time for the body to heal itself and this product supports the body very well. It is symbiotic to the body and the body looks at it as a food and a very good food.

HOW TO TAKE PROBIOTIC LIQUEFIED MINERALS

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Start with 1 spray a day taken at night for three days; if you experience no adverse cleansing symptoms, increase application an extra spray a day for three days; build up to a maximum of 10 sprays a day taken at night.

May also be applied topically to the skin.

The statements enclosed herein have not been evaluated by the Food and Drug Administration. The products and information mentioned on our websites or printed literature are not intended to diagnose, treat, cure, mitigate, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of your treating doctor. We do not dispense medical advice, prescribe, or diagnose illness. Benefits of probiotics and non-Rx, dietary supplements VARY from person to person. Do not take if you are pregnant or nursing. If you are taking medication or have a medical condition, consult with your doctor before using any supplements.