

USAGE & FREQUENTLY ASKED QUESTIONS

How much SPECTRA 12™ should one take when beginning the product?

In order to have a very positive experience with **SPECTRA 12™** and insure minimal discomfort while repopulating the gastrointestinal tract with optimal amounts of live cell probiotic lactobacillus it is best to adhere to the following regime:

Day 1 to 3 -Take $\frac{1}{4}$ teaspoon once a day. (If this is causing any discomfort, cut back to one eighth of a teaspoon. **Day 4 to 7** -You may now increase your daily serving size to $\frac{1}{2}$ a teaspoon a day. If this causes any discomfort, go back to $\frac{1}{4}$ teaspoon a day for at least a week. **Day 8 – 14** -Increase your daily serving size to $\frac{3}{4}$ of a teaspoon a day. **Day 15 – 30** -Increase your daily serving size to 1 level teaspoon a day. Once your body is used to a fully and healthfully repopulated GI Tract, **you may take up to 2 additional servings a day** (single level teaspoons).

How is SPECTRA 12™ best consumed?

Always take your **SPECTRA 12™** one teaspoon at a time on an empty stomach or between meals with a full glass of water preferably (or juice if necessary) in order for it to travel down and reach the lower intestinal tract. **Exception:** If you are taking **SPECTRA 12™** for the express purpose of aiding digestion, in which case it should be taken with meals.

How much should a small child use daily?

Start at a one eighth of a teaspoon daily and work up slowly to a quarter of a teaspoon daily.

How long do I need to take the product?

SPECTRA 12™ is designed as a daily probiotic and nutritional supplement, and you are meant to take at least one teaspoon a day, once you have worked up to it, and as many as three teaspoons a day if your health has recently been or is now severely compromised.

Is it necessary to take additional vitamin and mineral supplements?

The 17 whole foods (STAFFS of LIFE) that comprise the “food portion” of the **SPECTRA 12™** formula offer over 100 naturally-occurring vitamins, minerals, amino acids, phytonutrients and glyconutrients, so most individuals find that extra supplementation is not necessary. If you are using specific isolated supplements such as MSM, Glucosamine Sulphate, Saw Palmetto, etc. as part of a wellness protocol, you should continue to take them in conjunction with **SPECTRA 12™**.

How should I store my product?

For the ultimate protection of the naturally occurring nutrients and the overall efficacy of the probiotic bacteria, it should be refrigerated just like any other perishable food. If this presents a problem then keep it in a cool and dark place such as the pantry or cold room. If you are traveling by car in the summer months, then keep **SPECTRA 12™** with you in the air-conditioned cab of the vehicle. In the winter months, the trunk of the car will do just fine. Prolonged temperatures of over 55 degrees Celsius will destroy the probiotics.