

Spectra 12 Usage Guide

Storage:

Store your Spectra 12 in the refrigerator or a cool and dark place after breaking the seal. Remember it does contain 17 whole foods that are already predigested.

Although Spectra 12 can be sprinkled on your favorite foods, do not cook or bake with it as high temperatures can detrimentally affect the efficacy of the product.

Step 1: Day 1 - 3

Start your Spectra 12 usage slowly with $\frac{1}{4}$ teaspoon daily. The product may be mixed with water, your favorite juice or smoothie recipe, or it may be sprinkled on food. Those with known health challenges must pay particular to this initial phase, because when the body is suddenly repopulated with healthful probiotics, it may express a few temporary and uncomfortable conditions such as lethargy, a mild headachy feeling, flatulence, constipation or even diarrhea. Slowly introducing healthful levels of beneficial Lactobacillus to the body allows the body to adjust very comfortably.

Step 2: Day 4 - 7

Assuming you are doing well – (you are experiencing no discomfort from detoxification) you may now increase your daily serving size to $\frac{1}{2}$ a teaspoon a day. If you are not sure, maintain your $\frac{1}{4}$ teaspoon daily serving for 3 more days, and then proceed to Step 2.

Step 3: Day 8 - 14

Increase your daily serving size to $\frac{3}{4}$ a teaspoon a day.

Step 4: Day 15 - 30

Increase your daily serving size to 1 level teaspoon a day. Once the body is accustomed to a fully and healthfully populated gastro-intestinal tract, you may take 1 level teaspoon of Spectra 12 up to 3 times a day.