



Tips for Taking MiVeda Probiotic

1. Whenever we eat food, we are feeding the bacteria in our intestines. They then multiply and often produce gas. In people with an overgrowth of bad bacteria and or yeast in the small intestine (just below the stomach) this can result in bloating and gastric reflux as the gas blows the stomach contents back up the oesophagus. It also leads to damage of the intestinal wall, producing Leaky Gut Syndrome. This in turn can lead to food sensitivities and autoimmune diseases as large food molecules and bacteria translocate into the blood and lymph and elicit an antibody response from the immune system.
2. If you have symptoms that respond to MiVeda Probiotic (which is most people with too many bad bacteria), then increasing the amount of Entralive consumed is very likely to help even more. The best-case scenario is to take MiVeda Probiotic at the end of every meal so that the bad bacteria and yeast don't have a chance to multiply. However, if you don't want to take it with every meal then try increasing the amount that you take with one meal a day.
3. If you have significant food sensitivities, then you may experience a healing crisis in which case reduce the dosage and build up gradually.
4. Remember that it is okay to experiment. MiVeda Probiotic is a food, not a drug: You can't overdose, and the long-term health of your intestine is critical to overall well-being.
5. If taking the sachet product then remember to take both sides of the dual sachet together.

Tip for Storing Entralive:

1. Storing extra jars in the freezer is an excellent way of ensuring that efficacy of MiVeda Probiotic is maintained at the highest level. Just transfer the jar to the fridge once it is being used.
2. Probiotic cultures hate air and moisture so replace the lid after use and return the jar to the fridge.