

Often times with Candida or bacterial overgrowth, probiotic foods and supplements will not be tolerated well. This challenge is an easy and cost-effective way to evaluate the need to dig deeper with a cleanse!

How to do a Probiotic Challenge:

Step 1: Grab a sewing tape, a notebook and a bottle of our Restore: Baseline Probiotic.

Step 2: Take your waist circumference measurement at your belly button for three days in a row from rise to rest and record.

Step 3: Start probiotic at 1 capsule at bed for 3 days. Continue to measure waist circumference at rise and at rest.

Step 4: Increase by 1 capsule every 3 days until you meet 4 per night at day 10 of active probiotic challenge (not counting initial reads without probiotic)

Step 5: Try to continue at 4 per night for 3 days. Note changes in waist circumference as well as any changes in GI cramping, bowel movements, belching, or gas during challenge on the sheet included on the next page. Continue taking probiotic 1 at bed if well tolerated.



IF SYMPTOMS IMPROVE, you are likely in a state of sterility, refill with our **Targeted Strength Probiotic** which equates 4 Restore Baseline capsules in one at 60 billion CFU per capsule.



IF SYMPTOMS WORSEN, you are likely in a state of dysbiosis with overgrowth of yeast or bacteria. You likely need to do a Candida and Dysbiosis Cleanse! Check out my **Beat the Bloat Bundle** to reset your microbiome!



IF NO CHANGE, you are likely in a state of symbiosis or balanced gut bacteria. continue 1 **Restore Baseline Probiotic** at bed.

Restore Baseline Probiotic is a 50:50 blend of lacto and bifido bacteria without fermentable fibers that can throw off the gut, making it the perfect probiotic to use in a test of tolerance.



Probiotic Challenge

Use this table to track your dosage, waist circumference and symptoms during your probiotic challenge!

DATE	Waist Circumference		Probiotic Dosage	Changes in Symptoms from Baseline			
	Rise	Rest		Cramping	BM	Belching	Gas
			1 at bedtime				
			1 at bedtime				
			1 at bedtime				
			2 at bedtime				
			2 at bedtime				
			2 at bedtime				
			3 at bedtime				
			3 at bedtime				
			3 at bedtime				
			4 at bedtime				
			4 at bedtime				
			4 at bedtime				

Want to learn more about Candida, SIBO and our unique approach to dysbiosis?
Tune in to Episode 131 of the Naturally Nourished Podcast!