

Vivomixx product and dosage guidelines:

10 Billion Bacteria Micro-capsule:

- Available in packs of 30's.
- Suitable for post-antibiotics, travellers' diarrhoea, IBS, gastroenteritis, general health and is also a maintenance option.
- Suitable for children from birth (open the capsule and add to anything room temperature or colder).
- Dosage: 1 to 2 micro-capsules per day.
- May be kept at room temperature, however, is still heat sensitive.

112 Billion Bacteria Capsules:

- Available in packs of 10's and 30's
- Suitable for irritable bowel syndrome (IBS), women's health, post anti-biotics and gastroenteritis.
- Dosage: 1 to 4 capsules per day.
- May be kept at room temperature, however, is still heat sensitive.

450 Billion Bacteria Sachets:

- Available in packs of 10's and 30's
- Suitable for chronic cases including inflammatory bowel disease (IBD), cancer, diverticular disease, C-Diff and liver disease.
- May also be considered for a quicker colonization period.
- Dosage: 1 to 2 sachets per day
- Must be refrigerated.

Colonization in general will take 2 to 3 weeks. It is very important that the patient is consistent over the first month for optimal colonization. A common side effect may include bloating due to the high concentration; however, this will subside after 3 to 5 days. The patient may consider decreasing the dose and increase the dose over time if this is affecting quality of life.