



Bio-Kult Dosage Suggestions for Gut and Psychology Syndrome

Bio-Kult has been designed to produce 2 billion Probiotic microorganisms per capsule so that it is easy to establish small enough doses for sensitive people to build up to the therapeutic dose required for healing. Bio-Kult has a broad spectrum of beneficial species, each working together in a symbiotic relationship. It maintains its reputation to meet all the GAPS Criteria and has proven its value shown in clinical evidence.

Dosage

It is very important to build the dose up slowly. Start from a very small amount. Observe the patient for any “die-off” symptoms (including, but not limited to fatigue, nausea, bloating, diarrhoea, constipation, low grade fever, headache, and flu like symptoms). If there are none then, increase the dose. When you see a reaction, let your patient settle on this dose until the “die-off” symptoms disappear. Then increase the dose again and let the patient settle on it. Keep increasing the dose until a therapeutic level is reached. This period of building up the dose can take from a few weeks to a few months in different patients.

- An adult should have around 15-20 billion of bacterial cells per day (8-10 capsules).
- An infant up to 12 months of age can have 1-2 billion of bacterial cells per day (1 capsule).
- A toddler from 1 to 2 years of age can have 2-4 billion of bacterial cells per day (1-2 capsules).
- A child from 2 to 4 years of age can handle 4-8 billion of bacterial cells per day (2-4 capsules).
- A child from 4 to 10 years of age can have 8-12 billion of bacterial cells per day (4-6 capsules).
- From the age of 12 to 16 we can increase the dose to 12-15 billion per day (6-8 capsules).

Once the patient has reached the therapeutic dose level it should be maintained for around six months on average. It takes at least this length of time to remove the pathogenic flora and start re-establishing normal gut flora. Adhering to the diet is absolutely essential in this period. If you carry on feeding your pathogens in the gut with sugar and processed carbohydrates then the probiotic will not have much chance of helping you. After 6 months GAPS clients should take a maintenance dose of probiotics for the rest of their life. Example: A four year old would take up to 6 capsules for the first 6 months and then maintain the dose with 4 a day from then onwards.

Rules

Do not consume probiotics at the same time as Sauerkraut or Betain with added pepsin. It is best to supplement probiotics first thing in the morning and last thing at night when the stomach acid is at its lowest. Dr Campbell Mc Bride advises that this works well in a clinical setting.