



THREELAC - SUGGESTIONS FOR USE

What benefits are made available when taking ThreeLac?

- May provide assistance with restoration of pH levels by helping support normal levels of microbial organisms in the digestive tract.
- May help provide relief from such symptoms related to candida as irritability, heartburn, indigestion, lethargy, extreme food and environmental allergies, acne, dry flaky itchy skin, jock itch, migraine headaches, recurring cystitis.

Ingredients:

Ingredients are as follows, per serving size of one packet:

Bacillus Coagulans -- 500 million Colony Forming Units (CFU)

Bacillus Subtilis -- 500 million CFU

Enterococcus Faecalis -- 500 million CFU

Lemon Juice Powder -- Vitamin C (ascorbic acid) – 75 mg

Refined Yeast Powder -- (An inactive yeast that acts as a food source for the bacilli but does not worsen a yeast condition since it's not live)

Fructo-oligosaccharides (FOS) -- A small amount of fibre supporting the probiotics

Dietary Fibre -- As Galactomannan

Canola Oil -- As part of the enteric-coating

ThreeLac is an easy-to-take lemon-flavored powder in packets. There are 60 packets in the package. There is approximately ¾ tsp. of powder in each packet. ThreeLac is not a comprehensive probiotic, but rather three selected organisms assertive toward fungi and yeast. It is, however, compatible with other necessary probiotics.

There is no gluten or casein in ThreeLac. Neither is there any added sugar. The sweetness originates from natural lemons that are used to flavour the product.

Suggested Use:

It is recommended to start ThreeLac with one packet for the first week, and then follow with the saliva test to see if there has been any change. If not, increase to two packets daily for another week, and take the saliva test again, to see if a change has occurred. If not, increase to three packets daily for a week and retake the saliva test. You can work up to a higher number of packets, if desired.

How to use the Saliva Test:

The first thing in the morning, before you put ANYTHING in your mouth, get a clear glass. Fill with water and work up a bit of saliva, then spit it into the glass of water. Check the water in about 15 to 45 minutes. If you have a potential problem that THREEELAC may help with, you will see strings (like legs) traveling down into the water from the saliva floating on top, or "cloudy" saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are no strings and the saliva is still floating after one hour, you probably have normal levels of yeast under control. THREEELAC would then be used to maintain good bowel flora.

Substantial change may take a number of months, depending on the diet and life style changes preferred. Allow the saliva test results to guide you as to when to drop down to a maintenance amount. ThreeLac has a shelf life of one and a half years from date of manufacture.

Storage:

If using a partial packet, close the packet securely to prevent air from affecting the remaining contents. Use the rest of the packet within a 24-hour period.

Store in a cool, dry place, such as on a shelf or in a cupboard. Do not store in an area that will reach above 170 degrees Fahrenheit or direct sunlight. Freezing or refrigeration is neither recommended nor required.

What can you expect when taking ThreeLac?

Since the greatest amount of die-off can occur within the first few weeks, one may be able to reduce use of ThreeLac to one or two packets per day during the second or third month and following. You may use the saliva test periodically to see if more saliva floats than before. More advanced conditions may require the assistance of digestive enzymes and oxygen for added support.

If you are one of those who becomes constipated within the first few days of taking ThreeLac, you may want to increase your water and fibre intake. Others may experience more frequent bowel activity at first.

Dietary Restrictions:

Some benefit may be found if you find ThreeLac works for you no matter what your dietary preferences are - from a strict diet at one extreme to no dietary changes at all at the other.

However, removing the following items from your diet may assist Threelac:

Refined Sugar (try and get your sugar from raw sources such as fruit and vegetables), White Bread and all refined carbohydrates, processed foods such as ready meals etc, alcohol, dairy, fermented products such as vinegar, marmite etc, moulds (mushrooms etc), caffeine and artificial sweeteners and diet soft drinks.

Try and drink plenty of water and include raw garlic in your diet if possible. Plenty of fresh fruit and vegetables too, try and eat them raw where possible and always eat your fruit at least half an hour before any other meal rather than after it as fruit ferments in your stomach and this can lead to digestive problems.

Suggested Uses for Children:

Please seek the advice of your GP or a qualified practitioner before giving ThreeLac to infants and children under two. Children over two years old may take 1 packet for every 50 pounds of body weight per day. (There is approximately $\frac{3}{4}$ teaspoon of ThreeLac powder in each packet.) Stir into water or juice for children, as necessary, rather than pour powder on tongue, to avoid possible aspiration of powder.

About The Bacteria Contained In Threelac:

Two organisms are soil-derived (*Bacillus coagulans* and *Bacillus subtilis*) and one is indigenous to the mammalian and human intestinal tract (*Enterococcus faecalis*).

All have been found to work harmoniously together to reduce yeast and fungi. The *Enterococcus faecalis* is strain F-100 and the manufacturer tells us it is refined and purified, and one would not be able to take enough ThreeLac to create an overgrowth of that. There are no bovine derived products in Threelac.

Bacillus Subtilis – A gram-positive, rod-shaped, endospore-forming, aerobic bacterium. It is found in soil and is non-pathogenic. The value of externally-supplied live bacteria for the maintenance of health in humans has been recognised both scientifically in published literature and commercially in the availability of probiotic products. It has been found to be harmless to humans or the environment.

Bacillus Coagulans – A gram-positive, endospore-forming, lactic-acid producing bacterium used in Japan for over twenty years. It represents a significant breakthrough in *Lactobacillus* supplementation as a safe, effective probiotic which needs no special handling and which survives in stomach acid. *Bacillus Coagulans* is considered semi-resident, meaning that it takes up only temporary residence in the human intestines.

Enterococcus Faecalis - Enterococci are gram-positive, spherical bacterium that colonize in groups or chains. This organism is naturally found (resident) as part of the digestive tract flora in intestines of mammals, including humans. In the healthy intestinal tract they take their place among hundreds of other friendly flora and function as part of the normal eco-system. Clinical studies have been performed on certain strains of *Enterococcus Faecalis*, showing them to be non-pathogenic. The ThreeLac manufacturer has given assurance that the *Enterococcus Faecalis* strain used in ThreeLac does not have the virulent properties of some other strains.