



# MSB TITRATION SCHEDULE

As a reminder, we recommend starting out slowly in taking MegaSporeBiotic to avoid any symptoms associated with detoxification. Although these symptoms are rare, we still advise starting all of your patients slowly. Most common symptoms are diarrhea/loose stool, and intestinal cramping.

- Take **with food** or right after a meal
- Typical dosage:
  - Week 1: 1x capsule every other day
  - Week 2: 1x capsule every day
  - Week 3: Standard dosage - 2x capsules simultaneously every day

*Thereafter: Standard dosage or as instructed by your health care provider. Patients who are comfortable at 2 caps per day, can always increase their dose acutely to help with infections and periods of gut and immune stress. They can take 3 or even 4 caps at a time for 3-5 days to further support their system.*

**Sensitive adults** who may have greater levels of dysbiosis will want to start slowly e.g. 1/4 or 1/2 capsule every other day. Gradually increasing the amount until they are able to comfortably enjoy 2x capsules together each day.

**Infants** should start out taking 1/4 or 1/2 capsule every other day. Slowly increase dose to 1 capsule a day with food. Content of the capsule can be combined with a small amount of food, such as apple sauce, for a more individualized dosage. Refrigeration is NEVER necessary.

**Children over the age of 10** should follow adult titration schedule.

If symptoms become uncomfortable as dosing increases, stop supplementing until symptoms abate and then repeat titration schedule at a slower pace.