

DYNAMIC PLUS™

Dynamic Plus - 150 g

Our body requires a variety of strains to repopulate all areas of the gastrointestinal tract and other organs. One or two strains are simply not enough, and few of us consume enough of the right foods on a regular basis anyway. Dynamic Plus has 13 strains and 2.3 billion colony forming units (CFU's) per serving. The bacteria have been proven to be stable from 120° to 140° Fahrenheit. However, we continue to suggest that it be refrigerated at all times to insure the maximum amount of probiotic activity and extended shelf life.



Ingredients

A proprietary blend (5 gram serving) of green food, probiotics and enzymes.

Green Foods (95.3%): Spirulina, Pea Powder, Stabilized Rice Bran Complex, Alfalfa Grass, Barley Grass, Wheat Grass, Maize, Millet, Oats, Molasses, Wild Yam, Mung Beans, Sweet Potato, Jerusalem Artichoke.

Probiotics (4.6%): *L. plantarum* OM, *L. acidophilus*, *B. bifidum*, *B. longum*, *L. casei*, *L. brevis*, *S. thermophilus*, *B. infantis*, *B. lactis*, *L. bulgaricus*, *L. delbrueckii*, *L. paracasei*, *L. salivarius*.

EES (Enzyme Enhancement System) (0.1%): Protease, Amylase, Maltase, Phytase, Cellulase, Sucrase, Lactase.

How to Take Dynamic Plus

Take a rounded teaspoon in a cup of water 1/2 hour before a meal. When you take it with a meal, the digestive juices kill a number of the more delicate cultures. This doesn't mean that you can't take it in a smoothie each morning. It's just not as effective as it would be in water alone. You can certainly add a little juice to improve the taste without damaging the effectiveness. If you have a health condition you'd like to address, you may wish to take Dynamic Plus three times a day for 10 days to establish the bacteria in your system. You will definitely notice within the first three days the probiotic action in your system. You may experience more frequent bowel movements, some minor cramping, and a little more gas. If this transition is too uncomfortable for you, simply discontinue the product for a couple of days then start again by cutting back to 1/2 teaspoon once a day and increasing it to the full amount. The maintenance amount is 1 rounded teaspoon daily.

