

# MegaSpore Biotic Dosing Instructions

As a reminder, we recommend starting out **slowly** in taking MegaSpore Biotic to avoid any GI discomfort.

- 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.

Adults with greater 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.

Children... 1/4 or 1/2 capsule every other day at first, their dose doesn't need to go much higher though. 1x capsule each day for most children / teenagers is ideal. Content of the capsule can be combined with a small amount of food, such as apple sauce, for a more individualized dosage. Partially used capsules can be emptied into a small glass bowl with a lid for safe keeping and refrigeration is **NEVER** necessary.