

# Flora-G, Flora-G Plus, Flora-G Lozenge

## Flora-G:

Day 1: Take [1] capsule in the morning  
Day 2: Take [1] capsule in the morning and [2] caps at bedtime  
Day 3: Take [2] capsules in the morning and [2] caps at bedtime  
Day 4: Take [3] capsules in the morning and [3] caps at bedtime  
Day 5: Take [4] capsules in the morning and [4] caps at bedtime

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
<b>Morning</b>	1 capsule	1 capsule	2 capsules	3 capsules	4 capsules
<b>Bedtime</b>		2 capsules	2 capsules	3 capsules	4 capsules

(Day 4 and Day 5 may need to be divided further for the more sensitive type people.

Example is as follows:

Day 4: Take [2] capsules in the morning, [2] capsules in the afternoon and [2] caps at bedtime

Day 5: Take [2] capsules in the morning, [2] capsules in the afternoon and [4] caps at bedtime

Day 6 and beyond: maintain dose for Day 5 for up to 3 months, then taper to maintenance dose

For optimum results, it is best to take a “front-loading” dosage of at least eight capsules a day in divided doses (4 capsules twice a day). This is maintained for up to 3 months, depending on the individual and individual results. Gradually reduce the dosage to a maintenance dose of [4] capsules daily.

**Flora-G Plus:** For maintenance, a more cost effective extra strength formula is now available. It is called Flora-G Plus. One Flora-G Plus capsules is equal to 4 capsules of Flora-G. A good maintenance dose is 1 – 2 capsules of Flora-G Plus. If you skipped Flora-G and you are taking Flora-G Plus, start with one capsule daily.

Some people experience some “die-off” which can be a little distressing. To avoid a “die-off” problem, and allow the system to adjust, it is best to start with a lower dosage in the beginning. (“Die-off” symptoms may include, but are not limited to: rash, fatigue, depression and irritability.)

**Flora-G Lozenge:** follow directions on product label. One lozenge is equivalent to one capsule of Flora-G

Suggestions for minimizing (or avoiding) “die-off” symptoms:

- Increase water intake. You should be drinking a minimum of 8 glasses of water a day, anyway. Water is necessary for flushing the toxins out of the system.
- Reduce dosage to that of the previous day, then increase the next day. (Example: No problems taking Flora-G on Day 1, Day 2 and Day 3, but on Day 4 intolerable “die-off” is experienced. Decrease dosage to that of Day 3. The next day increase dosage to that of Day 4. If no symptoms of “die-off” occur increase to Day 5. If “die-off” is experienced at this point, reduce dosage to that of Day 4. If no problems occur, maintain Day 5 dose for up to 3 months.
- If “die-off” is unbearable on any given Day, reduce dosage to that of the previous Day and maintain that dose. Some people may not be able to tolerate taking 8 capsules a day. Some people are extremely sensitive and cannot tolerate even taking 3 capsules twice a day. That’s fine. Remember, it takes 120-140 capsules for the benefits to occur on a more regular basis.

## To Reorder Flora-G, Flora-G Plus, or Flora-G Lozenge

Go to [www.DrFostersEssentials.com](http://www.DrFostersEssentials.com)  
Cynthia Foster, MD  
PO Box 34693  
Los Angeles, CA 90034-0693

More info below →

# Lifestyle Induced Dysbiosis Syndrome:

Symptoms: Diarrhea – Constipation  
Inflammatory Bowel Disease - Intestinal infections  
Malabsorption of nutrients - Vitamin K deficiency  
Slowing of digestion - Food sensitivities  
Parasite infections - Leaky Gut Syndrome  
Diverticulitis – Diverticulosis  
Irritable Bowel Syndrome - Food allergies  
Candidiasis with its multiple symptoms  
and the worst of all, Candida albicans or Yeast.

Causes: antibiotics  
food additives  
anti-inflammatory drugs  
steroid-based drugs  
chemically treated water  
chlorinated water  
stress  
pollution  
Other drugs

Flora-G™ is a Probiotic formula to help promote and maintain a healthy intestinal flora to combat Lifestyle Induced Dysbiosis Syndrome. Probiotic means “For life.”

Flora-G™, Flora-G Plus™ and Flora-G Lozenge™ (also known as Kiddi Flora® or Chewable Flora) contain 2 main ingredients:

1. Lactobacillus sporogenes

Lactobacillus sporogenes is a spore-bearing bacteria that produces L(+) Lactic acid. L. sporogenes was first isolated in 1949 by a Japanese doctor in green malt (plant material.) L. sporogenes has a non-protein shell that protects the bacteria, which remains dormant inside in the shell.

-and-

2. Fructooligosaccharides (FOS)

FOS is “food” for good bacteria that are naturally found in the intestines and colon. FOS promotes the resurgence of good bacteria by “feeding” them. The formula does not work as well without FOS. There is a big difference in effectiveness between sporogenes & sporogenes+FOS.

## Why Lactobacillus Sporogenes Works: SURVIVABILITY!!!

The main drawbacks with popular Probiotics on the market today, such as Acidophilus, is that:

- The bacteria are in a vegetative (alive) state  
One function of the stomach’s hydrochloric acid is for prevention of disease. It is designed to *kill any living organism*, including acidophilus bacteria
- The bacteria are made up of proteins
  - Another function of the stomach’s acids is to break down proteins. Therefore, the acidophilus bacteria, being protein, are broken down and digested before they are able to reach the intestines where they have their beneficial effects.
- Flora-G (Plus) /Flora-Chew are the only Probiotics on the market that states, on the label, that it can be taken during antibiotic treatment. It is NOT acidophilus. Acidophilus is killed by antibiotics. Sporogenes is not.
- Flora-G (Plus)/Flora-Chew are the strongest Probiotics on the market today to help fight intestinal problems – diarrhea, constipation – and control candida and yeast infections. Flora-G contains 250 million CFU’s and Flora-G Plus contains 1 billion! This is about ten times stronger than any other probiotic on the market. We should call it “prescription strength.”
- L. sporogenes is a very strong, hardy, robust “friendly”, **L(+)** Lactic Acid-producing bacteria – safe for all ages, unlike Acidophilus that produces a **D(-)** Lactic Acid which can be harmful, especially to infants.
- L. sporogenes, being in a non-protein shell, can survive the harsh elements that kill “beneficial bacteria”: Heat, Light, Oxygen and Acids of the stomach, to pass through – like roughage – and enter the intestines.
- L. sporogenes, because it is dormant in its shell, does not need to be refrigerated.