

INSTRUCTIONS FOR
PLEO STREP & PLEO STAPH

Begin very slowly with one drop in the morning under your tongue for 30 seconds and swallow. The drops have no taste so they are easy to give children. Take it away from food and drink at least 10 minutes. Symptoms vary with patients from no symptoms, to slight sore throat in the beginning. The symptoms will depend on how much of the bacteria you have in your system and where it is located, i.e. throat & tonsils, or colon.

In the evening before bed, take your second dose, starting with one drop. If you begin to have symptoms, monitor them to make sure they are tolerable BEFORE you begin to increase the drops. Again, symptoms can include, sore throat, dry scratchy throat, slight headache, general aches and pains, acne or pimples erupting on the body. These symptoms can be avoided and entirely managed if you pace your dose and very slowly increase your drops according to your tolerance of symptoms.

You will need to achieve a dosage of 10 drops twice a day for ~~2~~ ^{3 weeks} weeks, after which time you need to redo your stool test for results.

If you are giving this to your child, watch your child for signs of a sore throat, general malaise, or slight fevers. Do not suppress fevers with aspirin or Tylenol, simply do not administer the second dose or do not increase the dose until symptom subsides.

We recommend you take a day or two at each dose. See below for an example:

Day 1: 1 drop am, 1 drop pm

Day 2: 1 drop am, 1 drop pm

Day 3: 2 drop am, 1 drop pm if irritating symptoms start, otherwise 2 drops pm

Day 3: 2 drop am, 2 drops pm and so on

If your symptoms tend to persist throughout the day, say a very sore throat as opposed to a lingering scratchy throat, then do not increase your evening drops as follows:

2 drops am, 1 drops pm

2 drops am, 2 drops pm only if symptoms are tolerable

Don't increase drops the next morning unless symptoms are tolerable.

Remember, go slow, increasing the dose a drop every couple of days. This is better than increasing your dose too quickly and having to back down drastically.