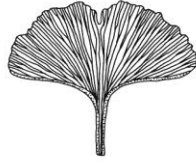


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Travel Protocol for Digestive Health

The following is to attempt to prevent the gastrointestinal backlash that we might experience while traveling and exposing ourselves to new and exciting microbes.

Take heed of local precautions such as “Don’t drink the water.” Easier said than done, but stick with the basics.

- ❖ Only drink from sealed containers; remember juice at a restaurant may be diluted
- ❖ Avoid ice cubes
- ❖ Avoid raw vegetables that may have been washed or soaked in unclean water

Items to take: If you take vitamins, take the minimum you think you will need. **Many times just your multiple will do.** If your travels bring you to a place that is notorious for stomach experiences, I recommend the following treatment:

Beginning 3 days before arrival, take a probiotic/acidophilus combination

- **Primadophilus Acidophilus:** 2 capsules, 2 times per day before and after sleep.

During the trip use:

- **Primadophilus Acidophilus (by Nature’s Way):** 1 capsule 2 times per day
- **PARA-GARD (by IT) or The herbal combination Tricycline (BY Allergy Research Group):** 1 capsule with each meal

If a problem should arise you can double both the above recommended doses.