

## PATIENT INSTRUCTIONS FOR PROBIOTIC THERAPY

Probiotics are bacteria with physiologic benefits. These good bacteria are said to displace bad bacteria that produce toxic chemicals. Probiotics play a major role in keeping intestines clean, combating Candida yeast infections.

Probiotics (yogurt bacteria capsules) are recommended to take during and after antibiotic therapy. Probiotics help to replenish the important intestinal flora destroyed by antibiotics. It is recommended to take the probiotics during antibiotic treatment between antibiotic dosages and 2-3 weeks afterwards.

If an imbalance occurs, you can get fungal infections in the mouth and vagina (women).

There are different combinations of probiotics. It can be purchased over the counter from the pharmacy, usually in bottled capsule form. Once the bottle has been opened it has to be kept in the fridge. Talk to your pharmacist.

Thankyou

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