



Phone Consult Follow Up by Dr Ben

For: Kirby **Sex:** Female **Date:** November 3, 2010 **Consult Topic:** Diagnosed with Bacterial vaginosis . First occurrence.

Podcast Recording: [Bacterial Vaginosis Natural Treatment using Probiotics, Vitamin D3 and Suppositories](#)

Product Name	Time of Day to take	Serving Size	w/ or w/o meals	Duration	Reasoning
ProBiota 12 Capsules	Dinner time AND Night time vaginal suppository after Yeast Arrest is done	4 capsules orally AND 1 capsule vaginally for 10 days	During dinner	Until bottle is finished	To restore healthy digestive bacteria; create butyrate; fend off harmful bacteria
Vitamin D3 5,000 IU	Anytime	1 capsule	With meals	Winter time maintenance if low sun exposure and/or D3 levels lower than 60	Reduce risk of seasonal illness, BV, cancer, seasonal depression
Yeast Arrest 14 count	Insert vaginally at bedtime	1 suppository	N/A	14 days. Wear a pad as well.	Eradicate the bacterial vaginosis.

[Press CNTRL and Click the Product Name highlighted in blue and it will take you to the product page at www.HealthEGoods.com]

NOTES: The ProBiota 12 capsules will restore healthy bacteria in your digestive system which will also populate healthy bacteria vaginally. This leads to effective long term prevention of Bacterial vaginosis and helps eradicate bacterial vaginosis. Vitamin D3 will also reduce your risk of numerous conditions – including bacterial vaginosis.

1. Take 4 capsules of ProBiota 12 at dinner time. This will begin populating your digestive system with beneficial bacteria which will then begin to populate the vagina with healthy bacteria.
2. Insert 1 Yeast Arrest suppository at night for 14 nights. Wear a pad as some slight moisture leaks from the suppository.
3. After 14 days, insert 1 ProBiota 12 capsule vaginally for 14 nights. No pad is needed.

Testimonial from a customer who used the ProBiota 12 Powder (same formula as the ProBiota 12 capsules – just in powder form):

“The ProBiota 12 Powder had eliminated the foul odor and discomfort that accompanied my vaginal bacteria infection in one week. The results I experienced were fast and it worked better than I expected it to. Noticing the improvement of the odor and my overall well-being made me very happy. Prior to trying this product I was very depressed with my condition because the bad odor seemed to only get worse with antibiotic treatment. Also it has a nutty flavor that I enjoyed eating with my dinner each night.” – Cher Bear 09/10/2010