

# Study overview

## We study\_

Antibiotics and their effect on your gut microbiome. Antibiotics are incredibly powerful and an indispensable tool to fight infections. All this power sometimes disturbs the balance of the normal gut microbiome; how and if that may affect you in the long term is actively being researched. We want to *find out if we can help restore balance quicker*. We are studying how to make probiotics - which only have weak effects - much more powerful by adding a natural, organic booster.

## You will\_

Collect samples of your gut microbiome during and after your antibiotic treatment. This means that we ask you to *take 5 samples of your stool* at specific dates. For this, we will give you 5 easy-to-use sample kits. *We will provide you with a top of the line probiotic and our probiotic booster* that you take each day during your antibiotic course, and for ten days after. This is a total of 3 pills, two white and one orange. On each day that you are taking a sample we ask you to quickly check in with your personal online health coach to tell us if everything is going well. Please keep all your sample vials and return all five together with your log sheet at the end of the study. You can send us your samples, schedule a pick up, or drop them off at specified locations across town.

## You can\_

Get in touch with us at any point during the study, 24/7. You can choose to stop participating at any point. You can approach us with any questions you have about our study. At the end of the study, you may choose to have your blood taken for a free blood panel and an assessment of inflammation markers.

### **Microbiome box includes:**

- Two pill containers containing the probiotic and booster
- 5 stool collection kits with instructions
- Envelope with self addressed label
- Bar codes & collection log

### **Before you begin the study:**

- Provide your email and phone number to the study coordinator
- Take your microbiome box home with you
- Put your probiotic and booster bottles in the fridge
- We will send you a schedule for your stool collection dates and explain how to check-in with us throughout the study

### **During the study:**

- Remember to take three pills every day: 2 white and 1 orange pill (bottle with sticker)
- Take your antibiotic as prescribed all the way (very important to cure your illness completely)
- Collect stool sample samples on days we schedule your check-ins (follow instructions provided in each kit).

***Important:** If on any scheduled day you were not able to produce a sample, please collect on the following day and let us know.*

- Keep the sample vials in the mailer or box provided until all 5 samples are taken

### **IMPORTANT:**

For each sample place a barcode sticker on the vial and the matching bar code on your log sheet.

### **Return your samples:**

Please return your 5 sample vials and the log:

- **By Mail:** Place in mailer provided and drop at any post office
- **Schedule Pickup:** email [research@postbioticsplus.com](mailto:research@postbioticsplus.com)
- **Drop Off:** At your doctor or at the Patients Emergency Room, 10133 Interstate 10 East Baytown, TX 77523

**Blood Test:** At the end of the study return your samples and take a blood test for inflammation.

**Location:** Patients Emergency Room, 10133 Interstate 10 East Baytown, TX 77523

**For any Questions/Concerns:** Email: [research@postbioticsplus.com](mailto:research@postbioticsplus.com) Phone: 832.238.1781

# STOOL COLLECTION LOG

NAME: \_\_\_\_\_

## SAMPLE 1

BARCODE: \_\_ (Place sticker here) \_\_\_\_\_

DATE: \_\_\_\_\_

## SAMPLE 2

BARCODE: \_\_ (Place sticker here) \_\_\_\_\_

DATE: \_\_\_\_\_

## SAMPLE 3

BARCODE: \_\_ (Place sticker here) \_\_\_\_\_

DATE: \_\_\_\_\_

## SAMPLE 4

BARCODE: \_\_ (Place sticker here) \_\_\_\_\_

DATE: \_\_\_\_\_

## SAMPLE 5

BARCODE: \_\_ (Place sticker here) \_\_\_\_\_

DATE: \_\_\_\_\_

# DID YOU KNOW?

1. 90% of your serotonin is produced in the gut and 50% of your dopamine. Your gut has over 100 million neurons and is like a second brain, giving more meaning to the term "gut instincts".
2. 70%-80% of your immune system lives in your gut. Your gut microbes are like an internal pharmacy, producing antibodies, antibiotics, and vitamins, like vit B and K.
3. Your gut and its microbes, known as the gut microbiome, are as unique as your fingerprint!
4. Your gut microbiome affects inflammation and stress, mood, sleep, and even if you like dark or light chocolate.



## WHAT DISRUPTS YOUR GUT AND ITS MICROBIOME?

Hippocrates said, "The root of all disease begins in the gut."  
We now know a key to health is healthy a gut microbiome!



Antibiotics



Bad Diet & Processed Food



Pesticides & Antibacterials

Antibiotics are a powerful tool to fight infection, but they can also be hard on the gut. Long term effects of antibiotics are only beginning to be understood.



## HOW YOU CAN FIX IT!

We were looking for a way to help your gut restore balance. Probiotics are good, but could be better. We have created an enhanced probiotic based on the latest research around the gut and its microbiome.

Our goal is to help you understand how the gut and the gut microbiome directly influence your health and provide better solutions to keep your gut happy.

To participate in our study and receive your enchanted probiotic please call 310.266.8916 or email [Aubrey@bodyandeden.com](mailto:Aubrey@bodyandeden.com).