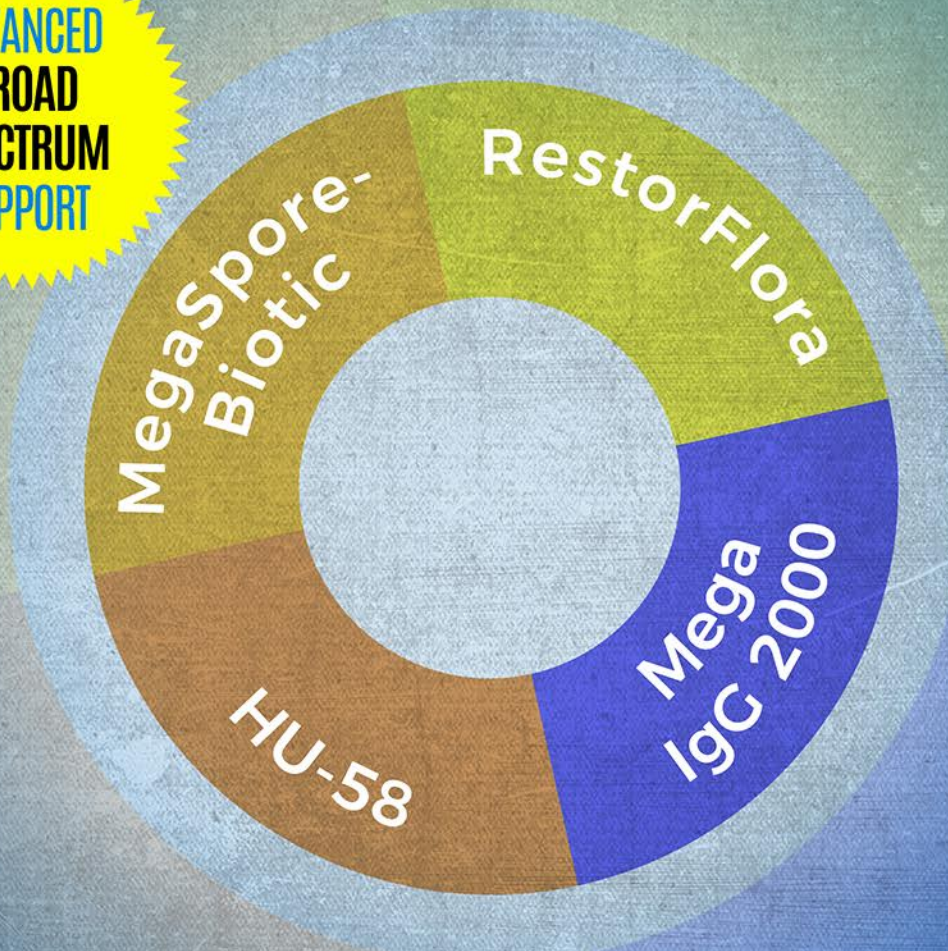


PROFESSIONAL STRENGTH

Probiotic RESTORATION GUIDE

ADVANCED
BROAD
SPECTRUM
SUPPORT



MICHELLE MOORE

Probiotic Restoration Guide

Natural Support for Gut Recovery and Microbiome Health

By Michelle and Les Moore

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“This protocol gave me my life back after C. diff. I’ll always be grateful.”

— Kristian H., Indiana

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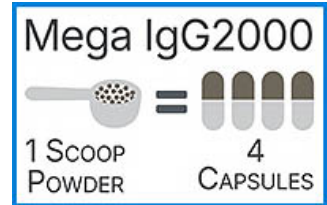
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Protocols for Use

ADULTS WITH CHALLENGES

Use the protocol below if you are an adult, or age twelve (12) or older, with any of the following conditions:

- Active bacterial challenges
- Active gut bacterial challenges
- Diarrhea caused by gut bacterial challenges
- Diarrhea caused by antibiotic drug use or side effects.



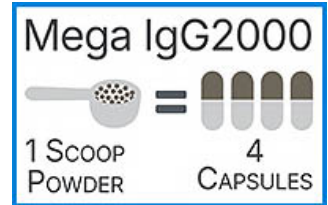
Day	Mega IgG2000	RestorFlora	HU58	MegaSpore-Biotic
Day 1	Start 4 capsules, 2x daily between meals.			
Day 3	Increase 4 capsules, 2 - 5x daily between meals.	Start 1 capsule every other day with food.		
Day 5	Continue 4 capsules, 2 - 5x daily between meals.	Continue 1 capsule every other day with food.	Start 1 capsule every other day with food.	
Day 7	Continue 4 capsules, 2 - 5x daily between meals.	Increase 1 capsule per day with food.	Increase 1 capsule per day with food.	Start 1 capsule every other day with food. Increase water intake to prevent constipation.
Day 14	Continue 4 capsules, 2 - 5x daily between meals.	Increase 2 capsules per day with food.	Increase 2 capsules per day with food.	Increase 1 capsule per day with food.
Day 21 to 2-3 Months	Reduce 4 capsules, 1 - 3x daily between meals.	Continue 2 capsules per day with food.	Continue 2 capsules per day with food.	Increase 2 capsules per day with food.
Maintenance (after end of symptoms)	Maintenance 2-4 capsules daily between meals.	Taper Off Reduce dose slowly for 2 weeks then discontinue.	Taper Off Reduce dose slowly for 2 weeks then discontinue.	Maintenance 1 capsule every other day to 2 capsules daily.

Protocols for Use

SENSITIVE ADULTS WITH CHALLENGES

Use the protocol below if you are an adult with active bacterial or antibiotic challenges who is also:

- Elderly
- Immune-compromised or with an autoimmune disease
- Sensitive stomach, or sensitive to new supplements, foods or remedies
- Chemotherapy, cancer, MCAS, Lyme, Lupus, mold toxicity or other challenges.



Day	Mega IgG2000	RestorFlora	HU58	MegaSpore-Biotic
Day 1	<input checked="" type="checkbox"/> Start 2 capsule, 2x daily between meals.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Day 3	<input checked="" type="checkbox"/> Increase 2 capsules, 2 - 5x daily between meals.	<input checked="" type="checkbox"/> Start ¼ - ½ capsule every other day with food.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Day 5	<input checked="" type="checkbox"/> Increase 4 capsules, 2 - 5x daily between meals.	<input checked="" type="checkbox"/> Increase 1 capsule every other day with food.	<input checked="" type="checkbox"/> Start ¼ - ½ capsule every other day with food.	<input checked="" type="checkbox"/>
Day 7	<input checked="" type="checkbox"/> Continue 4 capsules, 2 - 5x daily between meals.	<input checked="" type="checkbox"/> Increase 1 capsule per day with food.	<input checked="" type="checkbox"/> Increase 1 capsule every other day with food.	<input checked="" type="checkbox"/> Start ¼ - ½ capsule every other day with food. Increase water intake to prevent constipation.
Day 14	<input checked="" type="checkbox"/> Continue 4 capsules, 2 - 5x daily between meals.	<input checked="" type="checkbox"/> Increase 1 - 2 capsules per day with food.	<input checked="" type="checkbox"/> Increase 1 capsule per day with food.	<input checked="" type="checkbox"/> Increase 1 capsule every other day with food.
Day 21 to 2-3 Months	<input checked="" type="checkbox"/> Reduce 4 capsules, 1 - 3x daily between meals.	<input checked="" type="checkbox"/> Continue 1 - 2 capsules per day with food.	<input checked="" type="checkbox"/> Continue 1 - 2 capsules per day with food.	<input checked="" type="checkbox"/> Increase 1 capsule per day with food.
Maintenance (after end of symptoms)	<input checked="" type="checkbox"/> Maintenance 2-4 capsules daily between meals.	<input checked="" type="checkbox"/> Taper Off Reduce dose slowly for 2 weeks then discontinue.	<input checked="" type="checkbox"/> Taper Off Reduce dose slowly for 2 weeks then discontinue.	<input checked="" type="checkbox"/> Maintenance 1 capsule every other day to 1 capsules daily.

Protocols for Use

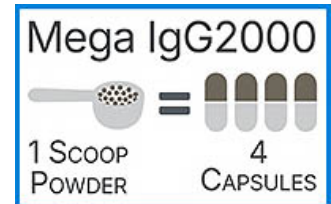
CHILDREN AND BABIES

Use the protocol below for children ages 12 years and younger. Ages 12 and older may use the Adult protocol above.

Partial capsules: Open a capsule and add the desired amount of the powder into the mouth using your finger. The powder may also be added to formula or added to food or drink, depending on the age of the child.

For children 5 or younger, consult with a healthcare professional before using these products.

IMPORTANT NOTE: Start the Mega IgG2000 first, then after a few days start RestorFlora, then after a few more days start HU58 or MegaSporeBiotic. Begin each product with a smaller dose and gradually work up to the full dose over a week or two.



MegaSporeBiotic	RestorFlora	HU58	Mega IgG2000
<p>Ages < 3 Years: Start with ¼ capsule every other day, then over 2 weeks slowly increase to ¼ - ½ capsule per day with food.</p> <p>Ages 3 - 6 Years: ½ - 1 capsule per day with food.</p> <p>Ages 6 - 12 Years: 1 - 2 capsules per day with food.</p> <p>Duration of Use: Continue using daily for at least 2-3 months, even if symptoms are gone.</p> <p>Long Term Use: After 2-3 months, if symptoms are gone, take half the amount above for ongoing maintenance.</p>	<p>Ages < 3 Years: Start with ¼ capsule every other day, then over 2 weeks slowly increase to ¼ - ½ capsule per day with food.</p> <p>Ages 3 - 6 Years: ½ - 1 capsule per day with food.</p> <p>Ages 6 - 12 Years: 1 capsule per day with food.</p> <p>Duration of Use: Continue using daily for at least 2-3 months, even if symptoms are gone.</p> <p>Slowly Discontinue Use: After 2-3 months, if symptoms are gone, take half the amount above for a week or two, then discontinue use.</p>	<p>Ages < 3 Years: Start with ¼ capsule every other day, then over 2 weeks slowly increase to ¼ - ½ capsule per day with food.</p> <p>Ages 3 - 6 Years: ½ - 1 capsule per day with food.</p> <p>Ages 6 - 12 Years: 1 - 2 capsules per day with food.</p> <p>Duration of Use: Continue using daily for at least 2-3 months, even if symptoms are gone.</p> <p>Slowly Discontinue Use: After 2-3 months, if symptoms are gone, take ½ capsule per day for a week or two, then discontinue use.</p>	<p>Ages 1 - 2 Years: 1 capsule per day, between meals.</p> <p>Ages 3 - 6 Years: 2 capsules per day, between meals.</p> <p>Ages 6 - 12 Years: 4 capsules per day, between meals.</p> <p>Duration of Use: Continue using daily for at least 2-3 months, even if symptoms are gone.</p> <p>Long Term Use: After 2-3 months, if symptoms are gone, take 1 capsule per day for ongoing maintenance.</p>

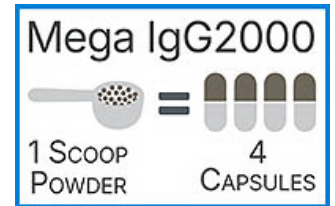
Protocols for Use

LONG TERM MAINTENANCE

(MegaSporeBiotic & Mega IgG2000)

MegaSporeBiotic and Mega IgG2000 may be used together for daily, ongoing, long-term gut microbiome support with no active gut or bacterial challenges. These two products are inside the [Mega Plus Pack](#).

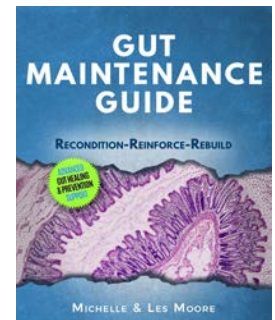
Mega IgG2000	RestorFlora	MegaSporeBiotic	HU58
Long Term Use: Take 2 - 4 capsules per day for ongoing maintenance.	Not Needed.	Long Term Use: Take between 1 capsule every other day and 2 capsules per day for ongoing maintenance.	Not Needed.



LONG TERM MAINTENANCE

([Gut Maintenance Protocol](#))

The [Gut Maintenance Protocol \(GMP\)](#) is a 3-month protocol to support and restore gut health immediately following a bacterial challenge. The GMP includes three unique supplements (MegaSporeBiotic, MegaPre and MegaMucosa) that work together to support the microbiome and prevent a recurrence. These three products are inside the [Gut Maintenance Pack](#). The GMP is ideal for long-term gut health maintenance.



Frequently Asked Questions + Safety Guidelines

For best results, read this section before you start using the products.

IMPORTANT BASICS

Q: Can I take these products with antibiotic drugs?

Yes. MegaSporeBiotic, RestorFlora, HU58, and Mega IgG2000 are all safe to take with antibiotics. The probiotic spores are naturally resistant to most antibiotics and can help reduce side effects like diarrhea and gut damage.

Tip: If possible, take probiotics a few hours away from antibiotics. But don't worry—these are tough strains and still work well even if taken at the same time.

GETTING STARTED

Q: What's the right way to begin this protocol?

- Start with **Mega IgG2000** only for the first few days.
- Then **add RestorFlora** at a low dose.
- A few days later, **add HU58 or MegaSporeBiotic**.

This staggered approach helps your body adjust and lowers the chances of probiotic side effects.

Q: Why start Mega IgG2000 first?

The immunoglobulins in Mega IgG2000 mop up C. diff toxins, byproducts of infecting bacteria, and bacterial die-off waste, reducing gut symptoms and making probiotic side effects less likely.

Q: Do I have to go slowly?

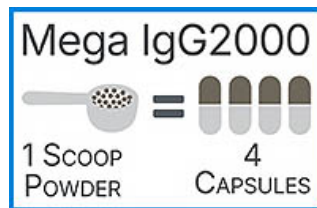
It depends on your body. Some people can start with the full dose on day 1 and feel fine. Others need to go more slowly and ease in over several days or weeks. Our protocol gives a safe and effective starting point for most people—but everyone's different.

Pay attention to how you feel, and go at a pace that works for you. If you're sensitive or have gut issues, start low and build up gradually.

Q: Can I use the Mega IgG2000 Powder instead of the Capsules?

Yes. The powder is the exact same formula and strength as the capsules — **1 scoop of powder equals 4 capsules.**

- You can mix the Mega IgG2000 Powder into food or drink.
- The powder is often preferred by people who have trouble swallowing capsules.
- The powder is more cost effective than the capsules.
- All the instructions in this guide are written using capsule counts, so if you're using the powder, just divide the number of capsules by 4 to get the scoop amount.



Q: How do I take part of a capsule?

To take a partial capsule, gently pull the capsule apart and pour out a portion of the powder and mix it into food, water, or juice.

- Use dry hands so moisture doesn't cause the capsule to stick to your fingers
- For very small amounts, use the tip of a clean spoon, measuring scoop, or your fingertip.
- Start with a tiny pinch—about ¼ to ½ of a capsule or less if you're sensitive—and increase gradually as tolerated.
- You can carefully push the capsule halves back together to save the rest of the powder for later use.

Q: Can I use all four products at the same time?

- Yes—once your body has adjusted. Start slow, one at a time, as shown in the protocol tables.

Q: I only have one or two of the products in this guide. Do I need all of them to follow the protocol?

Not necessarily—and that's completely okay.

This guide includes instructions for **all of our main probiotic products**, because different people have different needs. Some people may benefit most from just one product, like MegaSporeBiotic. Others may use a **combination**, such as RestorFlora and Mega IgG2000, or all four products for more intensive support.

You may not need to use every product listed in the guide. The protocol sections are meant to be flexible—so you can follow the instructions for the products you *do* have, and simply skip the ones you're not using.

Everyone's situation is different. Some people have mild infections and few symptoms. Others may be dealing with more complex or long-standing gut issues. What matters most is that you're using what fits *your body* and *your stage of recovery*. If you ever need help figuring out what to use—or how to take what you already have—our team is always here to help: just contact us at www.embracehealthnaturals.com/contact-us/

DOSING & TIMING

Q: When should I take these supplements?

- Take probiotics (**MegaSporeBiotic, RestorFlora, and HU58**) with meals or right after eating. If you're using more than one probiotic, it's a good idea to spread them out—one with breakfast, another at lunch, and another at dinner. That way, you're giving your gut support throughout the whole day instead of all at once.
- **Mega IgG2000**: Take between meals or at bedtime, on an empty stomach if possible.

Q: What does “2 capsules 2x/day” mean?

It means 2 capsules, twice a day (total of 4 capsules per day). “4 capsules 2–5x/day” means you can adjust based on how much support you need.

Q: Why does the Mega IgG2000 start at a high dose, while the probiotics start low and build up?

It's because these products work in different ways.

Mega IgG2000 acts like a sponge for gut toxins—it helps clear out the mess left behind by harmful bacteria. That's why we start with a **higher dose right away**—to give your body extra help handling die-off, toxins, and inflammation at the beginning. After a few weeks, the dose can be lowered once your system starts to settle down.

Probiotics like MegaSporeBiotic, RestorFlora, and HU58 are introduced more gently. That's because they begin to shift the gut microbiome, which can trigger detox symptoms if you go too fast. So we start slow and low, letting your body adjust before gradually increasing the dose over time.

This staggered approach—**high-dose binder first, slow-start probiotics second**—gives your gut the right kind of support at the right time, helping with symptoms in the short term and laying the groundwork for deeper microbiome repair in the long run.

Q: How long should I use the products?

- **MegaSporeBiotic and Mega IgG2000**: Use at higher doses for 2-3 months during active gut challenges. After gut symptoms resolve, both products may be continued at lower maintenance doses long-term for ongoing gut support. See the protocols section of this guide for details.
- **RestorFlora and HU58**: Use short-term for 2-3 months, or until gut symptoms resolve, unless directed other-

wide by your healthcare provider. See the protocols section of this guide for details.

SIDE EFFECTS & WHAT TO DO

Q: What kind of side effects are possible?

Some people feel bloating, gas, cramps, loose stools, or discomfort after starting new probiotics. These are “die-off” or detox reactions and usually mean you’re taking too much, too soon.

Q: What should I do if I feel side effects?

- Stop the probiotics until symptoms go away.
- You may increase Mega IgG2000 temporarily to help bind toxins and relieve probiotic side effects.
- Once you feel better, restart the probiotics at a slower pace.

Q: How can I reduce the risk of symptoms or side effects?

- **Start Mega IgG2000 first**, a few days before the probiotics.
- **Stagger the start** of each new probiotic by a few days.
- Begin with a **fraction of a capsule** of each probiotic if needed (typically just for sensitive adults).
- Follow the dosage tables in this guide.

FOR CHILDREN

Q: Can kids take these supplements?

Yes, with adjusted doses based on age. See the protocol tables for details. Always consult a pediatrician for children under age 5.

PRODUCT-SPECIFIC NOTES

Mega IgG2000

- Not a typical binder. Uses immunoglobulins to target gut toxins without affecting drugs or nutrients.
- Safe with medications and supplements.
- Shown to be safe in long-term human studies, even at high doses.

RestorFlora

- Avoid or use with extra caution if you have a yeast allergy, PICC line, or central catheter.
- May cause mild thirst or constipation.
- For short-term use only unless directed by a healthcare provider.

HU58

- Used for extra support in stubborn or recurring gut challenges.
- Works as a booster to MegaSporeBiotic.
- MegaSporeBiotic is better for long-term use unless directed otherwise by a healthcare provider.

MegaSporeBiotic

- May cause temporary detox symptoms if started too fast.
- Supports immune balance, even in autoimmune or chemotherapy situations.
- Excellent for long-term use and microbiome restoration.

OTHER TIPS

Q: How should I store these products?

No refrigeration is needed. Store in a cool, dry place.

Q: Are these safe during pregnancy or nursing?

Mega IgG2000 and MegaSporeBiotic may offer benefits, but formal safety studies have not been done on all products for use during pregnancy or breastfeeding. Always check with your healthcare provider.

Q: Can I mix these probiotics into hot food or drink?

Yes. MegaSporeBiotic and HU58 contain heat-stable spore probiotics that can tolerate temperatures up to 500°F. RestorFlora is also heat stable when added to warm food or drink, but avoid high cooking temperatures. It's safe to open the capsules and mix them into warm or hot food, drinks, or broth—whatever is easiest for you.

FINAL NOTE

Michelle Moore is not a doctor or healthcare provider. She's a microbiologist who overcame her own health struggles using natural and science-based approaches when conventional medicine didn't help. This guide is based on her personal experience, scientific research, and education, and is for educational purposes only.

Nothing in this guide is meant to diagnose, treat, prevent, or cure any disease. It's not a replacement for medical advice from your doctor or licensed health provider. Always talk to your doctor before starting any new supplement, treatment, or health routine—especially if you're pregnant, nursing, taking medication, have allergies, or have a medical condition.

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We're Here to Support You



PERSONAL SUPPORT AND GUIDANCE

We're here to help you every step of the way on your health journey. If you have questions or need support using our products or protocols, just reach out.

Visit our contact page: www.embracehealthnaturals.com/contact-us

Or email us at: Support@EmbraceHealth.net



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OUR GUARANTEE AND RETURN POLICY

You can return any **unopened** bottles of MegaSporeBiotic, RestorFlora, HU-58, or Mega IgG2000 within 30 days of purchase for a refund (less shipping).

For details, visit: www.EmbraceHealthNaturals.com/returns



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www.EmbraceHealthNaturals.com/privacy

SPECIAL OFFER FOR READERS OF THIS GUIDE

Choose the support level that fits your needs. Save on trusted products used in Michelle's protocols.



Gut Restoration Pack

Best for full support

Includes Mega IgG2000, MegaSporeBiotic & RestorFlora for full gut support, including symptom relief, microbiome repair and flora reconditioning for active gut infections.

Retail: \$172 Your Price: **\$155**



<https://tinyurl.com/yxuwsv5t>



MegaSporeBiotic

If you're starting with just one probiotic

Powerful spore probiotic to restore balance, recondition gut flora and support the immune system.

Retail: \$64 Your Price: **\$58**



<https://tinyurl.com/ycyehxk5>



Budget Support Pack

For fast and affordable symptom relief

Includes RestorFlora & Mega IgG2000 to target urgent symptoms first, like diarrhea and gut inflammation. An affordable starting point for active gut challenges.

Retail: \$108 Your Price: **\$97**



<https://tinyurl.com/3tdmeaat>

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