

Dr. Eisenstein's Recommendations

Vitamin D, Probiotics, Vitamin C and Omega 3, BettenAid

Vitamin D Recommendations

- 1. Adult (and children 5,000-10,000 IU daily.**
- 2. Children's maintenance: <100lbs..... 1,000IU/25lbs. daily.**
- 3. At the first symptoms of a cold or flu
1,000IU/ lb. daily for 7-14 days.**

Examples:

50 lbs. daily.....50,000IU daily.

100 lbs. daily.....100,000IU daily.

Vitamin C Recommendations

- 1. Adults..... 1,000mg daily**
- 2. Children..... 500mg daily**

At the first symptoms of a cold or flu

- 3. Adults 4-8 grams per day**
 - 4. Children 2-4 grams per day**
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Probiotic Recommendations CFU (Colony Forming Units)

1. Adults..... 20 billion CFU per day
2. Children..... 5 billion CFU per daily

At the first symptoms of a cold or flu

3. Adults..... 50 billion CFU per day 7-14 days
4. Children..... 20 Billion CFU per day 7-14 days

Omega 3 Recommendations

Healthy individuals (your choice)

1. 2 grams (4 gel capsules) Omega 3 fish oil Single Strength
2. 1 gram(2 gel capsules) Omega 3 fish oil Double Strength
3. 500 mg (1 gel capsule) Krill oil

People suffering from chronic conditions (i.e. Pain, diabetes, obesity, heart issues, etc.)

1. 2-4 grams (4-8 gel capsules) Omega 3 fish oil double strength
Or
2. 2-3 grams (4-6 gel capsules) Krill oil

BettenAid

Both the enzymes and the probiotics are natural products which aid the body in digesting food thus avoiding a variety of digestive problems. If you are experiencing digestive issues (i.e., indigestion, bloating, heartburn, acid reflux, IBS, GERD), **take 1-2 tablets three times a day with meals.**

For occasional heartburn take **1-2 tablets as needed.** Chew slowly to get the maximum benefits. For chronic heartburn take one to two tablets with meals. For break-through discomfort take 1-2 tablets as needed.

If you are taking PPIs (Proton Pump Inhibitors: i.e., Nexium®, Prilosec®, Prevacid®, Protonics®, Aciphex®, etc.) **YOU MUST WEAN OFF THESE MEDICATIONS SLOWLY TO AVOID REBOUND HEARTBURN OR REFLUX.** Even missing one day of your PPI may precipitously cause severe rebound. Start taking Betten-Aid for a few days before you begin cutting back on your pharmaceuticals. After a few days take the pharmaceutical every other day, then every third day, etc. In addition, take two Betten-Aid tablets three times a day with meals. As you are slowly cutting back on your pharmaceuticals you may need to take as many as 10 or more Betten-Aid tablets daily.

Since there are no side effects to this natural treatment please don't hesitate to take additional tablets as you need them.