

How To Use Bravo Probiotics Products



<https://www.naturallybetterhealth.co.uk/how-to-prepare.html#/>

The dosage of Freeze Dried Bravo is intended to be one capsule/day. Some people with chronic candida, severe digestive issues, or chronic health conditions have benefited from taking one capsule in the morning and one in the evening.

Vegetable capsules, also known as vegetarian capsules, are an alternative to traditional gelatin-based capsules, as we have found the digestion accepts these better and delay the release of the probiotic strains. Ideally, they should be taken away from large meals. However, Bravo is quite flexible, and capsules can also be taken at any other moment of the day, thus not disrupting clients' habits.

For clients taking medications, we usually suggest taking Bravo about one hour apart (whenever possible) from the time they take any medications.

The Freeze Dried Bravo yogurt capsules are designed to be swallowed. Some of our clients prefer to open and empty the capsules and mix the powder with drinks or food. Even though this is not the preferable way to consume Bravo, we have observed that the efficacy is not significantly different from swallowing the whole capsule. This is mainly because an essential part of Bravo's unique strains and formula has been coated to assist in reaching the gut unaffected, where they can begin to populate.

Bravo yogurt is considered a superfood, and as such, it can be taken together with breakfast, at the end of lunch or dinner, or as a snack. Once Bravo is fermented and ready to drink/eat, its taste can be adjusted with any flavour or mixed with other drinks and food. We also recommend swishing the yogurt in the mouth before swallowing to help populate the oral microbiome.

Bravo can be made in the kitchen with a few utensils and left to ferment at room temperature; however, making Bravo using a basic yogurt maker improves the texture and a more consistent product fermentation due to the controlled temperature for fermenting. Many say it tastes better as well!

Freeze Dried Bravo capsules and Bravo Yogurt are recommended for at least three months, even though many see and feel the first results in a few weeks. Once the microbiome is improving or restored, we recommend continuing to use the product to avoid losing the benefits. A maintenance dose would be every other day.

Considering that we are constantly exposed to toxicants, micro and nanoplastics, antibiotics, and so on, it's an excellent strategy to keep our rebalanced and strengthened microbiome in good health.

To achieve this, the dose of Bravo after three months can be decreased to one capsule every other day. Then, every three days, depending on specific situations, accompanying health issues, and your health partitioners' recommendations.

Our clients usually like the combination of Bravo yogurt and Freeze-Dried Bravo capsules; they use the Bravo yogurt when they are at home so that they can prepare the product and drink it according to their lifestyle, and the Freeze-Dried Bravo capsules when they travel or don't have time to prepare a new batch of Bravo yogurt.

Generally, one cup of liquid Bravo yogurt is equivalent to one capsule of freeze-dried Bravo.