

MyOwnBlend, your personal preparation – for SIBO

Dear Client,

Hereby you receive your MyOwnBlend, a preparation that has been specifically formulated for you by your practitioner and prepared on prescription by the pharmacist. In this package insert we provide advice on use and storage, as well as additional instructions. Your prescription has been issued, among other things, for the treatment of a condition known as SIBO (Small Intestinal Bacterial Overgrowth). Therefore, this package leaflet includes not only the regular usage instructions but also special usage advice for SIBO treatment.

MyOwnBlend properties

MyOwnBlend composition

Your practitioner has worked with you to find the best support for your health, and the pharmacist has prepared that prescription for you. The result is MyOwnBlend, a preparation aimed at treating disturbances in your gut microbiome. When compiling the formulation, your practitioner has taken your specific medical circumstances into account. In general, MyOwnBlend contains live microorganisms such as bacteria or yeasts (probiotics) and other components that can improve gut health (e.g. prebiotics). You can find the exact composition of your personal MyOwnBlend online in your Microbiome Center account, in the details of this prescription.

Quality Assurance

The basis for the composition of your product is the prescription decision of your practitioner. This takes into account your specific questions and health situation. In the preparation, only components are used that have been checked, approved and processed by the pharmacist in accordance with the European Pharmacopoeia.

Usage

1. Usage for SIBO

To effectively treat SIBO, it is recommended to let the preparation ferment overnight during the initial phase. This allows the bacteria to multiply and ensures the highest activity. This chapter explains how to do it.

The day before use

In the afternoon, dissolve about 15 grams (three measuring spoons) of the preparation in a thermos flask of about 500cc with lukewarm water. The water should be warm but not hot, a good measure is water that feels nice and warm, but not hot in the mouth. If your tap water is chlorinated (chlorine has been added by the water supplier), use non-carbonated mineral water instead. Close the thermos flask and shake to dissolve the powder. Leave this overnight; shake occasionally if necessary. To ensure that the temperature does not drop too quickly, you can place a tea cozy over the thermos flask. You do not have to worry if the temperature drops over time, the mixture remains usable.

Usage

After the mixture has stood overnight, you can drink small amounts of it throughout the day. Be sure to shake the bottle before each use. Be careful when opening the thermos: The fermentation process produces gas, which is released when shaken and may cause some liquid to spurt out upon opening. You can catch this with a cloth. The mixture may taste a

little bit sour; that is not a bad thing, but rather an indication that the fermentation process has taken place. You are advised not to swallow the product right away, but to hold it in your mouth for a while, rinse and gargle and then swallow.

After the first period

Unless your practitioner prescribes otherwise, it is recommended that you follow this approach for at least a week. After this, you can choose to either continue to apply this approach, or to follow the regular usage (see chapter "2. Regular use"), or to alternate between them (e.g. three days a week in a row, or a few days spread over the week). This allows you to experiment and see what works best for you. When in doubt, consult your practitioner.

2. Regular use

How much and when to take?

- Use the amount your practitioner has prescribed. If your practitioner has not given specific usage instructions, you can follow the following standard usage advice:
 - Twice daily, 7.5 grams (a total of 15 grams per day), once in the morning and once in the evening.
- An unlevelled measuring scoop (a scoop with a small heap) is approximately 5 grams. When using 15 grams per day, taken in the morning and evening, you use 1.5 scoop per serving.
- It is recommended to gradually build up the daily dosage. Start on the first day with a small scoop once daily in the morning or evening. If this goes well, increase to a small scoop twice daily and gradually build up to the recommended daily dosage based on how you feel.
- Unless the practitioner prescribes otherwise, it is recommended to take half of the daily dose 30 minutes before breakfast and the other half before going to bed.
- If, after two weeks of using the full daily dosage, you still do not experience any improvement in your complaints, try taking MyOwnBlend during or immediately after breakfast/dinner.
- If you experience side effects that differ from those described under the heading "Side Effects" later in this package insert, or if your symptoms worsen, consult your practitioner.

What is the best way to take MyOwnBlend?

- Mix the powder in half a glass of lukewarm water*. The water should be warm but not hot, a good guideline is water that feels pleasantly warm in the mouth but not hot. The powder does not dissolve but remains suspended.
- If your tap water is chlorinated (chlorine has been added by the water supplier), use non-carbonated mineral water instead.
- Stir briefly (with a clean spoon)
- Leave it for 10 to 15 minutes. This allows the freeze-dried probiotic bacteria/yeasts to rehydrate (absorb water into their cells).
- Once the 10 to 15 minutes have passed, stir again. First, drink half a glass of water, then drink the glass with the preparation.
- If any residue remains at the bottom, refill the glass, stir or shake, and drink immediately.

**Instead of water you can also use another non-sweetened drink such as milk or yogurt. Also, if you are using milk or yogurt, you should leave the mixture for 10 to 15 minutes before consuming it.*

How to store MyOwnBlend?

- Make sure that your MyOwnBlend packaging and the measuring scoop always remain bone dry
- Store MyOwnBlend in the closed jar at room temperature (so not in the fridge)
- The label on the jar indicates the best before date for the product. After this date, the powder does not spoil immediately, but the number of live probiotic bacteria/yeasts may gradually decrease, reducing its effectiveness. If you wish to use the product after the date on the label, rely on your senses and check by looking, smelling, and tasting to see if the product is still good.

Side effects

When used for SIBO

This method of use optimally activates the beneficial bacteria in the preparation. This can cause noticeable effects in the abdomen during the first days of use, such as bubbling stomach, flatulence, abdominal pain, irregular or smelly stools. That is a good thing, because these symptoms show that the bacteria in the preparation are competing with the bacteria that do not belong in the small intestine and cause SIBO. These specific symptoms should disappear after a few days. If you experience too many complaints, you can reduce the dosage from three measuring spoons to one or two measuring spoons. After some time, you can try if you can increase this again. When in doubt, consult your practitioner.

For regular use

There are no known general side effects of the components used for you. Because MyOwnBlend contains live bacteria or yeasts, the first few days you may notice that your stomach and intestines react to the new 'inhabitants' that you introduce. This can manifest itself in changed bowel movements, slightly rumbling belly and/or flatulence. In principle, that's a good sign: things are changing. This usually disappears after the first few days, because your intestines are then adjusted to the new situation.

If, in your opinion, the adaptation symptoms become too severe, please consult your practitioner. It may be necessary to take a slightly lower dose for the first few days to get used to it gradually. For some people, it might be better to use a slightly increased dose to help the intestines through the adjustment phase.

Additional advice on diet and lifestyle

It's good to know that MyOwnBlend provides you with micro-organisms, which (just like humans) need to be fed in order to grow into a healthy microbiome. If you want to have the maximum effect of MyOwnBlend, make sure that your diet and lifestyle are supportive for a healthy microbiome.

What can you expect afterwards?

MyOwnBlend is a treatment that is tailored to you because your health situation is unique and because you, like every person, have a unique microbiome. This means that the extent to which the effect of the treatment is permanent also differs per person. Some people can maintain their gut health with just a healthy diet and lifestyle, others need to repeat treatment over time, and a third group will benefit from having a maintenance prescription available to take it if they feel onset of complaints. What is best in your case can best be assessed together with your practitioner. For this reason, contact with your practitioner is recommended after completion of the MyOwnBlend treatment.

Questions and contact

If you have further questions about MyOwnBlend or the associated lifestyle adjustments, please check the frequently asked questions at microbiome-center.nl. If you do not find an answer there, you can send an email to klantenservice@microbiome-center.nl or call customer support at phone number +31 (0)85-7603879.

Microbiome Center stands for a personal approach and strives for a high level of service. In this context, Microbiome Center could approach you to personally discuss any questions and feedback that you may have.