



BRAVO PROBIOTIC[®] EASY KIT
PREPARATION HANDBOOK

Australian Distributor: Jason Sourris

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KITCHEN TOOLS SUPPLY LIST

- Pot for boiling milk (not for use with camel milk)
- Large glass bowl
- Medium-mesh stainless steel strainer
- Plastic, silicon or steel (not wood) long-handled mixing spoon
- One regular steel tablespoon
- Paper towels
- Aluminum foil

Keep all preparation utensils and materials separate from other household items (for example you could keep them in a clean plastic tub) and use them only for preparing Bravo Probiotic®. Do not eat or cook while preparing Bravo Probiotic®. All utensils necessary for the preparation of Bravo Probiotic® can be washed in a regular dishwasher.

The powders provided with the kit contain all the probiotics and colostrum necessary to prepare one batch of Bravo Probiotic. You only need to supply 1 litre of milk (preferably full fat, low casein milk or camel milk). The milk must be from a mammal such as a cow, goat, sheep, camel etc. This is absolutely essential to produce GcMAF.

DO NOT use rice, soy, almond, or lactose-free milk.

For those worried about lactose and casein intolerances please visit the website and see the science to ease your fears. The end product is as near as possible to completely casein and lactose free and has been specifically designed with autistic children on the Gluten Free/Casein Free diet in mind:

<http://www.bravoprobiotic.com/index.php/component/content/article/9-sezione1/8-4-bravo-probiotic-and-casein-and-lactose-intolerances>

Homogenized or non-homogenized milk can be used. Raw milk can be used, but there is not much point as it has to be boiled anyway. Avoid using "Ultra Pasteurized" (UHT) milk since the high temperature used to sterilize it completely breaks down most of the milk proteins. Avoid milk with added preservatives, hormones or other chemical substances. In some countries (USA) milk is regularly fortified with vitamin A, vitamin D and calcium and this is not ideal. Please remember that changing the animal source of the milk will affect the thickness of the final product.

Powder Mix #1 (also known as Starter 1) contains: Bovine colostrum, active cultures including strains of lactobacillus, broad spectrum dietary supplement.

Starter #2 contains: Active cultures including strains of lactobacillus and yeasts.

TO PREPARE ONE BATCH (1 litre) OF BRAVO PROBIOTIC®

Please see the videos in the section “How to prepare Bravo Probiotic® Easy Kit”:

<http://bravoprobiotic.com/index.php/component/content/article/14-sezione-1-kit/31-2-how-to-prepare-bravo-probiotic>

Important: Store the powders in the refrigerator in their original packaging far from humidity.

Be sure to wash your hands before any preparation activities and as needed during preparation, using clean paper towels (not tea towels) for drying and immediately discarding them after use. Be sure all work surfaces and utensils are ultra clean.

For cow, sheep or goat milk, boil 1 liter of milk, stirring well continuously to keep from sticking to bottom of pot until it boils. Milk is boiling when it suddenly starts to rise up towards the rim of the pot. Remove the pot from the heat immediately! Do not over boil the milk. **This point is critical.**

Cool milk to room temperature (~20-25°C) **without stirring it** (simply leave it at room temperature for about an hour). Only when completely cool, pour through a strainer into a clean glass dish. The strainer will hold the thick layer off top (it is composed of denatured caseins, and can be discarded. Starting with low casein milk, removing the top layer and then fermenting for 24- 48 hours makes the yoghurt as close to casein and lactose free as possible.)

For camel milk, **IT IS ESSENTIAL YOU DO NOT CONDUCT THE** boiling/cooling steps as camel milk separates during this process. The cultures are added as per the next paragraph.

In a small cup, add 1 bottle of Powder Mix and 1 bag of Starter #2. We will treat the powders as though they were cornflour being mixed to make a gravy. That is, gently add a few mls of the prepared milk, mix gently to a paste, add a few more mls of milk as necessary and keep mixing very well. When all the clumps have been dissolved, gently add this paste back into the 1Lt of (cooled, unless using camel) milk. Stir gently and thoroughly completely dissolved. Please make sure that no clumps are remaining.

Loosely cover the bowl with aluminum foil so that air can pass over the fermenting milk while it is covered.

Set the bowl aside in a draft-free spot where it will not be disturbed and temperatures will remain around 21-30°C. **Do not mix or move it.**

Bravo Probiotic yoghurt® will ferment now for 24-48 hours depending on the temperature in your room. We find that it takes 48 hours in the coldest areas of Australia. It can be well and truly ready in 24 hours in summer in Queensland. The way to check if the fermentation is complete when using cow, sheep and goat milk is to run a tablespoon gently across the surface in a small area of the

yoghurt. It should “hold” its form rather than immediately return to liquid. It is tempting to keep “checking” the first time you make this. But please don’t do this too often or too deep – as disturbing or stirring will STOP the fermentation process. Just trust the process and check in at 24 hours. If it is winter and it is not “set” yet, then check another area of the yoghurt again in 12 – 24 hrs. Once Bravo Probiotic yoghurt® has reached the appropriate thickness, mix it well using a tablespoon to finish the process. It is important to note that camel milk WILL NOT THICKEN in this way after the recommended fermentation period. Yoghurt made on camel milk will maintain fairly liquid in consistency, and this does not impact the functionality of the yoghurt.

Next strain it using the metal strainer to aerate the finished product and store in a glass container. Please see the video in the section “How to prepare Bravo Probiotic® Easy Kit” in the link given above. You may now split the product into single daily doses if you prefer using glass jars with tight sealing lids. Place Bravo Probiotic® in the refrigerator where it has to stay still to “set” for at least 2 hours before its first use.

As for other fermented dairy products, Bravo Probiotic® yoghurt expiration date is about 2 weeks after the preparation.

Bravo Probiotic® may NOT be frozen.

Suggestions for Bravo Probiotic Yoghurt consumption

- Shake/ stir well before consuming.
- The yoghurt may be flavoured with a little fruit or honey if necessary.
- While consuming Bravo Probiotic®, **do not consume sugar substitutes or artificial sweeteners** (such as in beverages, foods, and chewing gum) because these substances deteriorate the product’s properties. Artificial sweeteners will kill the friendly good bacteria and microorganisms!
- It is preferable to take at the end of the evening meal rich in protein, vegetables or leafy greens (fibre).
- It is best, if possible, to hold the yoghurt in the mouth and swish around for 10-30 seconds to allow the GcMAF to pass through to the blood stream sublingually. (We realise this is a challenge for ASD children and may not happen, but please try as GcMAF is destroyed in the stomach acid). Then swallow, and the probiotic strains can then make their way down through the digestive tract and help rebalance the gut microbiome.
- Don’t rinse out the mouth or clean teeth for preferably 60 minutes.
- It is recommended to take the Bravo Probiotic Yoghurt for at least 3 months to receive the best benefit.

Dosing guidelines:

In Adults with chronic conditions such as gut issues, cancer, chronic fatigue etc:

- Start with a small amount of 5-20mls if you are not used to taking probiotics to avoid a die off affect. Work up to a 100ml serving daily.

In Children with autism:

- We suggest using a syringe for accurate dosing. Start with just 1ml /day and increase by 1ml/day. Doses can be confidently increased by 1ml per day according to symptoms. If the child starts to get hyperactive, reduce the dose the following day by 1 ml and hold there. Most children seem to comfortably reach 20ml/day but many have eventually reached as high as 50 ml/day. To date approximately 85% of children have respond well, there has been little change for around 10% and approximately 5% seem to become more hyperactive at some stage. Just watch in case of any adverse symptoms and take it slow and steady at the child's pace...

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Bravo Probiotic has not been evaluated by the Food and Drug Administration of the USA or any other Health Authority and it is not intended to diagnose, treat, cure or prevent any disease.