

OK, I'VE GOT MY NZYMES YEAST KIT... NOW WHAT DO I DO?

INTRODUCTORY WEEK: As a slow RAMP-UP, only two parts of the Yeast-kit are used during WEEK ONE (1). Use only the **NZYMES® Treats or Granules** and the **Ox-E-Drops** (as shown on the calendar). Do not begin using the BacPak Plus until the beginning of week four (4).

5 RULES YOU MUST FOLLOW!

1. FEED ONLY APPROVED FOODS EVERYDAY. (See our ONLINE List)

Avoid foods and treats that are known to activate the yeast and give growth factors to the fungus. See our list of **Recommended Pet Foods for Yeast Problems** by visiting our web site at: <http://www.nzymes.com/yeast.htm>

2. USE THE NZYMES® YEAST-KIT PRODUCTS EVERYDAY.

As outlined in the Daily Calendar on page 2. (see reverse side).

3. USE THE OX-E-DROPS 2% SOLUTION TO SPRAY OR WIPE THE TOPICAL PROBLEM AREAS 3 TO 4 TIMES DAILY AS A MINIMUM PROCEDURE.

(i.e.; SPRAY OR WIPE the ears, feet, belly, genital areas, oozing sores, etc.)

4. BATHE THE PET A MINIMUM OF 2 TIMES WEEKLY USING THE SPECIAL MEDICATED SHAMPOOS. (See Regular Shampooing on page 4)

The purpose here is to break down and remove the decaying material that comes out through the skin. We suggest Malaseb or Universal Medicated Shampoo. (in Canada - Canadian Medicated Shampoo). **Always Use a Baking Soda Rinse** as the final rinse. (2-3 Tsp. per gallon of water)

5. DON'T ALLOW PET TO ITCH AND CHEW! THIS HAS TO BE DONE SO THE DAMAGED AREAS CAN REPAIR!

Get a soft Elizabethan collar to prevent pet from doing more damage. Use body wraps, t-shirts, socks, etc.



THE TIMING, PLEASE NOTE: THIS CAN BE A VERY TOUGH PROBLEM TO RESOLVE!

With the **NZYMES® Yeast-Kit** and complete adherence to the Instructions provided, you should expect 3 to 7 months to advance most pets through the difficult parts of cleansing, but some pets may require additional time. By then most are at a level where external symptoms have mostly cleared. At this point, the pet is not yet completely well. Though greatly reduced, the internal yeast problem still exists and is still generating internal infections daily as the GI tract leaks into the body cavity. It may require another 6-12 months of use to significantly re-balance the GI tract.

You can use **LISTERINE Original Mouthwash** (gold color only) to spray or wipe the problems skin areas as many times a day as needed. As an antiseptic, it helps cool the inflammation and provides some minimum relief for the itch.



With Yeast, you can never be sure when the job is finished, so don't take any chances by stopping before the job is done; plan on these extra months to finish recovery. After allowing an extra 6-12 months without noticeable symptoms of any kind, it's still in your best interest to remain proactive.

THE CLEANSING

Along with the liver and kidneys, the skin has to be considered one of the body's primary filters of toxins. In the case of dying yeast, the toxins tend to work their way out to the surface of the skin at the extremities. These symptoms are first seen mostly at the feet, face, eyes, ears, anal glands, genitals and underbelly. The inflammation at these areas causes irritation and severe itching, resulting in pets increased chewing, licking, and scratching. There is often a blackening of the skin where the dying yeast toxins exit and a yeasty odor to the body. During the first months of detoxification or cleansing process, there may be times when a pet's symptoms may appear worse. This is NORMAL and is an expected result of the body clearing itself of the toxins.

THE MAINTENANCE

After full cleansing and to help promote a stronger immune system, we suggest using all 4 products in the Yeast-kit at the daily maintenance levels for at least one full year to support the GI tract to help with proper digestion. Afterwards, we suggest to continue with regular daily maintenance using our **NZYMES® 3-Pak Kit**.

HOW DO THE NZYMES PRODUCTS WORK?

1) NZYMES® ANTIOXIDANT TREATS or NZYMES® GRANULES

These products are the most important part of the Yeast Kit. Naturally anti-fungal, they help to fight the yeast and promote a stronger immune system. They help to detoxify and cleanse the body's tissues and organs and may help to reduce inflammation throughout the body.

2) NZYMES® OX-E-DROPS

This natural oxidizing substance is a very important part of the Yeast Kit. It can act as a powerful bactericide, virucide and fungicide. **INTERNALLY** it promotes the removal of dangerous toxins and attacks the fungus. **TOPICALLY, as a 2% Solution** it helps fight further infection and promotes positive recovery of the damaged skin. (Guideline: Add 1 drop of the concentrate for each 20 lbs. bodyweight twice daily - Small pets: Minimum 2 drops twice daily).

PREPARING A 2% OX-E-DROPS SOLUTION

Mix 1 teaspoon of the Ox-E-Drops concentrate with 1 cup (8 oz.) of distilled or purified water. Apply topically as needed. Store this 2% mixture away from direct sunlight.

WARNING: THE OX-E-DROPS CONCENTRATE IS NEVER PUT DIRECTLY INTO THE EARS, EYES OR MOUTH UNLESS IT HAS BEEN DILUTED WITH WATER TO A 2% SOLUTION.

KEEP THE CONCENTRATE AWAY FROM CHILDREN AND PETS.

Using OX-E-DROPS For the Pet's Skin: Work the 2% solution down to the skin for penetration. For tender areas, saturate a cotton ball, and gently dab on the 2% solution. While the 2% solution helps to reduce the itch a little, *primarily it acts as an antiseptic* to help clear fungal organisms on the surface and also helps to reduce the chance for further infection.

Using OX-E-DROPS for the Pet's Ears: Rinse or spray the ear canal with the 2% solution or saturate a cotton ball and wipe the ear canal thoroughly. Afterwards wipe the ear canal dry with a soft tissue or cotton. For more severe ear problems do this 2-3 times daily for the first 4-5 days; then once or twice weekly thereafter to maintain.

Using OX-E-DROPS For the Pet's Eyes: Two ways to use the **OX-E-DROPS 2% solution. Option I:** Using an eyedropper, put 1-2 drops in each eye twice a day. Do this daily for one week, after that, use as needed. **Option II:** Saturate a clean cotton ball with the 2% **OX-E-DROPS** solution. Gently wipe around the eyes, allowing a little of the solution into the eyes. Use a clean cotton ball to wipe each eye.

3) NZYMES® TINCTURE OF BLACK LEAF**

Added to the pet's food (twice daily) it provides the extra needed help with the yeast cleansing process. This generally shortens the time it takes to resolve the overall yeast problems and, like Ox-E-Drops, it provides natural anti-bacterial anti-fungal, anti-viral properties.

****TINCTURE OF BLACK LEAF:** May be applied directly to the more severe lesions (oozing sores) of the skin. However, this product is made with alcohol and may sting upon application. **DO NOT USE NEAR OR PUT DIRECTLY INTO EARS OR EYES!**

4) NZYMES® BACPAK PLUS (Begins at week 4)

This combination of NZYMES BacPak Plus digestive enzymes and direct-fed microbials helps to breakdown the heavier proteins and to maximize nutrition derived from the food; they also scour toxins from the bloodstream. This helps slowly to re-take control of the walls of the intestinal lining, as well as supporting existing bacterial colonies and provides the key in rebuilding the beneficial intestinal flora.

If you have questions please call **NZYMES.COM** for further instructions.

NZYMES.COM: Daily Yeast Calendar and Product Timing Guide

INTRODUCTORY WEEK: As a slow RAMP-UP, only two parts of the Yeast-kit are used during WEEK ONE (1). Use only the **NZYMES® Treats** or **Granules** and the **Ox-E-Drops** (as shown on the calendar**). Do not begin using the BacPak Plus until the beginning of week four (4).



NZYMES® Small Yeast-Kit Includes: (Best for pets 60 lbs. and under)

- 2 - NZYMES® Antioxidant Treats (60 treats ea.)
- 1 - BONUS Antioxidant Treats (60 treats ea.) - INCLUDED FOR FIRST-TIME CUSTOMERS!
- 1 - NZYMES® Ox-E-Drops (2.2 oz.)
- 1 - NZYMES® Fortified BacPak Plus (200 gm.)
- 1 - NZYMES® Tincture of Black-Leaf (2.2 oz.)

What to Use?

How Long Do these Last?

After Intro Double for 60 days

Products	Quan	Pet Weight: 10 Lbs or Less	Pet Weight: 11 - 60 Lbs.	Pet Weight: 61 - 150 Lbs
Antioxidant Treats (60 Ea.) **After INTRO WEEK, Double for the next 60 days minimum.	2 Ea.	Intro Week 1 = 1/2 treat per day Week 2 = Double to 1 treat per day (for the next 60 days) 1/2 treat per day thereafter w/bonus treats lasts for 10 mos.	Intro Week 1 = 1 treat per day Week 2 = Double to 2 treats per day (for the next 60 days) 1 treat per day thereafter w/bonus treats lasts for 4 mos.	Intro Week 1 = 2 treats per day Week 2 = Double to 4 treats per day (for the next 60 days) 2 treats per day thereafter w/bonus treats lasts for 1.5 mos.
Tincture of BlackLeaf (2 oz.) **After INTRO WEEK, Double for the next 60 days minimum. (Best if mixed on pets food)	1 Ea.	Intro Week 1 = NONE WEEK 2 = 4-6 drops twice daily (for the next 60 days) 2-3 drops twice daily thereafter Last Approx. 3-6 mos.	Intro Week 1 = NONE WEEK 2 = 4-12 drops twice daily (for the next 60 days) 2-6 drops twice daily thereafter Last Approx. 2-4 mos.	Intro Week 1 = NONE WEEK 2 = 12-30 drops twice daily (for the next 60 days) 6-15 drops twice daily thereafter Lasts Approx. 1-3 mos.
**SOME PETS REQUIRE LONGER TIMES TO CLEANSE COMPLETELY. THEY MAY REQUIRE THE DOUBLING OF THE TWO PRODUCTS ABOVE TO CONTINUE BEYOND 60 DAYS.				
Ox-E-Drops (2 oz.) Internally: Use (Minimum of 2 drops) twice daily. Dilute with a Teaspoon or Tablespoon of water and pour over pets food.	1 Ea.	Intro Week and Thereafter 2 drops twice daily. Also Add 2-3 drops to water dish each time it is filled. Last Approx. 3-5 mos.	Intro Week and Thereafter 2-3 drops twice daily. Also Add 2-3 drops to water dish each time it is filled. Lasts Approx. 2-4 mos.	Intro Week and Thereafter 3-8 Drops twice daily. Also Add 2-3 drops to water dish each time it is filled. Lasts Approx. 1-2 mos.
BacPak Plus (200 mg.) Wait until 4th week to begin (Daily amount may be split-up)	1 Ea.	Intro Week 1 = NONE Wait until Week 4 to Begin WEEK 4 = 1/4 scoop per day. Lasts Approx. 2-3 Years	Intro Week 1 = NONE Wait until Week 4 to Begin WEEK 4 = 1/4 to 1/2 scoop per day. Lasts Approx. 1-2 Years	Intro Week 1 = NONE Wait until Week 4 to Begin WEEK 4 = 1/2 scoop per day. Lasts Approx. 1 Year



NZYMES® Large Yeast-Kit Includes: (Best for large pets or multiple pet homes)

- 1 - NZYMES® Granules (2 lbs. = 220 Teaspoons)
- 1 - BONUS Antioxidant Treats (60 treats ea.) - INCLUDED FOR FIRST-TIME CUSTOMERS!
- 1 - NZYMES® Ox-E-Drops (2.2 oz.)
- 1 - NZYMES® Fortified BacPak Plus (200 gm.)
- 1 - NZYMES® Tincture of Black-Leaf (2.2 oz.)

What to Use?

How Long Do these Last?

After Intro Double for 60 days

Products	Quan	Pet Weight: 11 -60 Lbs.	Pet Weight: 61 -150 Lbs.	Pet Weight: 151 Lbs. & Above
Granules (220 tsp.) **After INTRO WEEK, Double for the next 60 days minimum.	1 Ea.	Intro Week 1 = 1/2 Tsp. per day Week 2 = Double to 1 Tsp. per day (for the next 60 days) 1/2 Tsp. per day thereafter w/bonus lasts approx. 14 mos.	Intro Week 1 = 1 Tsp. per day Week 2 = Double to 2 Tsp. per day (for the next 60 days) 1 Tsp. per day thereafter w/bonus lasts approx. 6 mos.	Intro Week 1 = 1.5 Tsp. per day Week 2 = Double to 3 Tsp. per day (for the next 60 days) 1.5 Tsp. per day thereafter w/bonus lasts approx. 3.5 mos
Tincture of BlackLeaf (2 oz.) **After INTRO WEEK, Double for the next 60 days minimum. (Best if mixed on pets food)	1 Ea.	Week 1 = NONE WEEK 2 = 4-12 drops twice daily (for the next 60 days) 2-6 drops twice daily thereafter Last Approx. 2-4 mos.	Week 1 = NONE WEEK 2 = 12-30 drops twice daily (for the next 60 days) 6-15 drops twice daily thereafter Lasts Approx. 1-3 mos.	Week 1 = NONE WEEK 2 = 30-40 drops twice daily (for the next 60 days) 15-20 drops twice daily thereafter Lasts Approx. 1-2 mos.
**SOME PETS REQUIRE LONGER TIMES TO CLEANSE COMPLETELY. THEY MAY REQUIRE THE DOUBLING OF THE TWO PRODUCTS ABOVE TO CONTINUE BEYOND 60 DAYS.				
Ox-E-Drops (2 oz.) Internally: Use (Minimum of 2 drops) twice daily. Dilute with a Teaspoon or Tablespoon of water and pour over pets food.	1 Ea.	Intro Week and Thereafter 2-3 drops twice daily Also Add 2-3 drops to water dish each time it is filled. Last Approx. 2-4 mos.	Intro Week and Thereafter 3-8 drops twice daily Also Add 2-3 drops to water dish each time it is filled. Lasts Approx. 1-2 mos.	Intro Week and Thereafter 9-12 Drops twice daily Also Add 2-3 drops to water dish each time it is filled. Lasts Approx. 1 mo.
BacPak Plus (200 mg.) Wait until 4th week to begin (Daily amount may be split-up)	1 Ea.	Intro Week 1 = NONE Wait until Week 4 to Begin WEEK 4 = 1/4 to 1/2 scoop per day Lasts Approx. 1-2 Years	Intro Week 1 = NONE Wait until Week 4 to Begin WEEK 4 = 1/2 scoop per day Lasts Approx. 1 Year.	Intro Week 1 = NONE Wait until Week 4 to Begin WEEK 4 = 3/4 to 1 scoop per day Lasts Approx. 4-8 mos.

Each treat equals 1/2 teaspoon of the **NZYMES Granules**. Treats and Granules may be used in combination to meet daily requirements.

SPECIAL INSTRUCTIONS: DURING THE INTRO WEEK ONLY 2 PRODUCTS ARE USED! (NZYMES TREATS OR GRANULES AND THE OX-E-DROPS)

WHAT TO FEED MY PET WITH A YEAST PROBLEM

Note to our Customers: May 15, 2009 Effective immediately:

Due to a change in ownership and corporate structuring, we are no longer recommending or endorsing pet foods from the following companies; Eagle Pack, Wellness and Nature's Variety.

This news may have a major impact on your current feeding program. We're not suggesting an immediate disposal of these foods if you are still feeding them, but we are simply urging you to begin looking for other pet food options.

VISIT OUR SITE OR CALL FOR HELP WITH PET FOODS FOR YEAST PROBLEMS

Rather than list all the specific foods here, please visit our website for the most updated information. Go to www.nzymes.com/yeast.htm, or call for assistance; Local Ph: 702.228.0097 or Toll-Free Ph: 877-816-6500.

In general, here are the basic criteria for choosing a good pet food for a yeast problem.

First of all, we only recommend foods that are **Super-Premium** or **Holistic**. This means the foods are made with the highest quality, Human-grade ingredients, without adding harsh chemicals, additives and by-products. You will not find these kinds of natural foods at supermarkets or the large corporate Pet stores or Discount Chains. Most often they are sold at small stores that focus on good pet foods with better ingredients.

1. Feed a Meat-based Food: Meat must be the primary ingredient, with meat sources listed in "meal" form before carbohydrates appear on the ingredients list. **WHAT DOES "MEAL" MEAN?** After water has been extracted from meat, it is then in a dry form and it is called "meal". This is a highly concentrated form of meat. It contains 11 times more meat protein than meat. When a brand claims "real, fresh, de-boned or whole beef or chicken" as the first ingredient, it usually is NOT!. In its dry, waterless form, real beef would be listed about 7th in the ingredient panel. Even though chicken, beef, or pork may be listed as the first ingredient, the food could still be primarily a carbohydrate based food unless the first MEAT ingredient listed states it is in **MEAL** form. The AAFCO manufacturing loophole here is that a maker is allowed weigh the meat as the primary ingredient before it dehydrated and the bone and water weight removed.

2. Low-Starch Carbohydrates: The Carbohydrates used must be the low starch variety. Grains like Brown Rice, Barley, and Oatmeal are ideal carbohydrate sources as they metabolize more slowly. White rice should only appear if it is also balanced with like brown rice or rice bran or with ample fiber sources.

3. Non-Grain High-Glycemic Sources: like Potato, Sweet Potato, and Tapioca should be avoided along with Plain white rice, brewer's rice, corn, wheat flour/gluten or millet.

4. Feed only Naturally Preserved Food: Harsh preservatives like **BHA**, **BHT**, and **Ethoxiquin** commonly used in many foods including some Veterinary brands may contribute to further damage to the natural bacterial flora and must be avoided. Quality foods will use generally use a derivative of vitamin E or C as a preservative, normally listed as "Mixed Tocopherols".

OTHER FOODS OK TO USE WITH YEAST PROBLEMS

MEATS OK TO USE: Beef, Buffalo, Duck, Chicken (eggs OK), Fish, Rabbit, Turkey, Cornish Hen, Lamb. (No RAW Northwest Pacific Salmon or Steelhead).

VEGETABLES OK TO USE: Asparagus, Broccoli, Brussel Sprouts, Cauliflower, Celery, Collard, Cucumbers, Eggplant, Green Beans, Kale, Lettuce, Parsley, Spinach, Squash, Yellow Beans.

TREATS OK TO USE: Use treats that are MEAT-BASED ONLY. (No wheat, white rice, potatoes or corn meal). (i.e www.dogswell.com or www.countrypet.com)

YOGURT PRODUCTS: Use plain yogurt only - **NO SUGAR ADDED!**

Adding the NZYMES supplements to Yogurt can serve as an effective method of feeding the supplements to the more finicky pets.

FOODS TO AVOID WITH YEAST PROBLEMS

THESE LISTS REFERS TO SECONDARY FOODS (TABLESCRAPS) OR TREATS PETS OFTEN RECEIVE BUT SHOULD BE AVOIDED

AVOID PET FOODS OR TREATS THAT CONTAIN: Meat-by-products, Poultry-by-products, sausage, bacon, corn beef, lunch meats, smoked turkey, Ham, sauces or gravies.

AVOID THESE TREATS: Milk Bones, Bonz, Beggin Strips, Sausages, Jerky Treats, Greenies, rawhides, pig ears and others. Look closely at ingredients.

AVOID THESE GRAINS; Enriched flour, wheat, wheat gluten, plain white rice, rice flour, corn meal, corn gluten, corn starch prepackaged breads, cereals, cookies, crackers, pretzels and pasta.

AVOID THESE WHOLE VEGETABLES: Corn, peas, carrots, potatoes, onions, sweet potatoes, yams, etc. (**amounts of these vegetables used in holistic pet foods are very small and will not be harmful**).

AVOID DAIRY PRODUCTS LIKE: Buttermilk, cheeses and Cottage cheese.

AVOID ANYTHING SWEET: Sugar, sorbitol, caramel coloring, honey, molasses, maple syrup, corn syrup or Dextrose.

AVOID PRODUCTS LIKE; Peanuts, and Vitamin or Mineral supplements made from yeast sources.

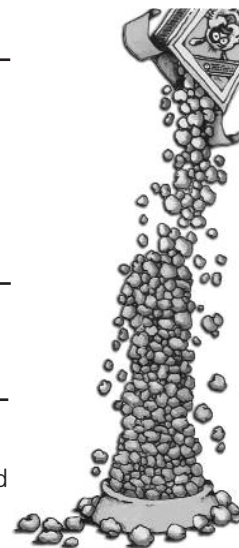
OTHER DIET PROGRAM RECOMMENDATIONS

NOTIFY EVERYONE THAT YOUR PET IS ON A RESTRICTED DIET

Make sure that ALL family members, neighbors, utility company employees and Postal workers are aware that your pet is on a **RESTRICTED DIET** and that it is **NOT OK to give treats or any of the problem foods**.

USE FILTERED WATER

If possible use filtered water for your pet. Chlorine used in city water does contribute to the breakdown of the GI tract's natural flora making it more difficult to resolve yeast issues. Therefore we suggest purchasing a system for your tap that filters chlorine and other harmful agents out of the pet's water. We recommend a **Brita Water Filter** (www.brita.com) as inexpensive solution to cleanse your pet's regular city water supply.



REGULAR SHAMPOOING (Shampoo Twice Weekly - Minimum)

It is essential to bathe the pet a minimum of **TWICE PER WEEK** to help to clear the skin of dead and decaying materials that are releasing from the body. Use a **SOFT** cloth on areas like the underbelly. If this is a more heavily coated pet, you may have to manually rub these areas to remove dead tissue. Scrub gently but do not damage the tissues. We suggest using a **medicated** shampoo like the ones listed below. Generally, the pet must be left soaking for 10-15 minutes. To purchase shampoo, search online for the product names below or see your veterinarian.

Malaseb Shampoo - by DVM. (Available online and at most vets' offices).

Universal Medicated Shampoo - by Vet Solutions

(In Canada it is called **Canadian Medicated Shampoo**).

Microtek Shampoo by Eqyss. (www.eqyss.com)



Since it is very important to bath your pet twice weekly, you might consider purchasing a stand-up bath that makes bathing much easier.

Visit: www.boosterbath.com.

USING BAKING SODA FOR FINAL RINSE!

IMPORTANT AS A FINAL RINSE: Mix 2-3 teaspoons of BAKING SODA per gallon of water; make sure it completely dissolves. After waiting the amount of time suggested for the medicated shampoo to work, rinse the pet's body with clear water and then do a FINAL RINSE with the Baking Soda and Water mixture. This helps to alkalize the skin and can be a very effective way to reduce the overall itchiness and odor associated with yeast problems.



HELPFUL SUGGESTIONS FOR ITCHY SKIN AND ODOR!

Please recognize that the itch the pet is experiencing is coming from the inside out as a result of the toxins clearing the body. Heat and humidity tend to push these toxins to the surface. So the problem areas appear more severe during summer months or in warmer climates and also in winter months when furnaces and heaters are active.

YOU MUST KEEP THE PET FROM CHEWING AND SCRATCHING AS MUCH AS POSSIBLE!

Each time they scratch, chew or lick, the itch intensifies and becomes more severe. Thus, pets will often chew themselves until they bleed to try and reach an itch that only gets worse each time they touch it. The itch will not go away until the toxins have been eliminated from the body and the GI tract's natural flora is restored and functioning properly.

USING BAKING SODA AS A TOPICAL PASTE: Mix one (1) teaspoon of BAKING SODA with a little water and rub the paste directly onto the itchy, rashy areas (not in eyes). Most customer reports state that the pets will have a few hours of relief from the itchiness in that area.

USING BAKING SODA AS A TOPICAL SPRAY: Mix 1-2 teaspoons of BAKING SODA with 8 oz. of water. Use a spray bottle or cotton ball on the itchy, rashy areas. Soaking a cloth with this baking soda solution and leaving it on the more severely affected areas can be helpful to soothe the skin and reduce inflammation.



OTHER TOPICAL PRODUCTS THAT REALLY HELP!

LISTERINE (Original) - Use it full strength and apply liberally with a sponge or spray-bottle on itchy and rashy areas. It may sting on open lesions or the more severe areas as it contains alcohol. Many customers have reported that using Listerine like this has been giving relief from the itchiness. And they've noticed that their pets were able to sleep through the night more frequently.

EQYSS PRODUCTS (www.eqyss.com) - **Mega-Tek Coat Rebuilder** - This product is like a conditioner. Just squeeze out a good amount and rub it onto the areas that are rashy and itchy and let it dry. Also you can use the **Micro-Tek Spray**.

USE A SOFT COLLAR TO STOP CHEWING AND SCRATCHING

Get a **Soft Elizabethan collar** and put it around the dog or cat's neck to keep them from chewing at the itchy inflamed areas. The hard plastic elizabethan collars can cause stress for pets and owners. Dogs and cats become depressed when wearing a hard-plastic cone. They bang into walls and are generally disoriented. Pets can carry out normal activity with the soft collar. 4 companies that we feel meet our standards are listed below.



Comfy Cone (www.allfourpaws.com) • **Trimline** (www.trimlineinc.com)
Bonafido (www.bonafido.com) • **Dinky Dawg** (www.dinkydawg.com)

