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INSTRUCTIONS

For using the therapeutically-prophylactic preparation - Prepare
Based on life cells complex and fermentolyzates of lactic acid bacteria *Lactobacillus delbrueckii*

The therapeutically-prophylactic composition Prepare is composed from lyophilized viable cells of selectively grown strain L.d, fermental lyzate of cells of the same strain, which contains balanced amino acids, including irreplaceable, peptides, muramilpeptides, vitamins of bacterial origin (B 1, B2, C, E), organic acids, balanced microelements, and activated nutritional fibbers (complex of cells membrane biopolymers and pectin substances from oatmeal). The preparation is manufactured as an airy slightly quick (crumbly) powder, with clear sweet and sharp, sour milk flavor and taste with breaded savor (cast), with light yellow with brown color.

Pharmacological action:

Prepare, taken internally, performs the next actions:

- Stimulates humoral and cells immunity reactions
- Stimulates non-specific resistant factors
- Shows adjuvant action
- Amends blood making processes
- Performs cancer-protective action
- Stimulates protective mechanisms against infective bacterial and virus agents
- Shows anti-allergic action
- Advances cholesterol dissociation, and decreasing its level in blood serum
- Binds the growth of pathogenic and conventional-pathogenic microflora of intestine
- Prevents disbacteriosis development during antibiotics and chemical therapy
- Takes part in forming a natural shield against growth of pathogenic microflora
- Fastens reproduction of normal microflora
- Stimulates regeneration of mucous membrane of the stomach and intestine
- Stimulates protein metabolism
- Redounds normalization of enteric pH (the maximum activation of protheolythic activity of gastric acid is observed under low indexes of pH)
- Takes part in pancreas secretory activity stimulation
- Advances motor-evacuative function of intestine
- Supports the calcium flow, diminishes the risk of osteoporosis development
- Stimulates vitamins and ferments synthesis by normal microflora
- Strengthens the detoxification function of liver
- Prevents synthesis of carcinogenic substances by pathogenic bacteria, diminishes risk of large intestine cancer

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Indications for using the therapeutically-prophylactic preparation of combined nutritional supply Preparete:

Preparete is recommended for adults and children for treatment and prophylaxis of disbacteriosis of different origin, for acute and chronic gastric infections of different severity, especially in connection with antibiotics therapy; for trophic ulcers; for acute and chronic bronchopulmonary localization diseases, immunodeficit of various origins, allergic problems, dermatological problems, dermatitis and chronic diffision streptodermatia; for global body detoxification; for liver diseases; for atherosclerosis and other cardiovascular diseases prophylaxis; for reducing and prophylaxis of after-surgery related complications, especially after long ionization; for chemo- and ray therapy of cancer patients; for after-infectious diseases (specially virus ones) complications prophylaxis, after performing pre- and post-medication after surgery; for chronic inflammation states; for advancing the efficacy of complex antiviral, anti-inflammatory, and anti-tumor therapy; for prophylaxis of spring-fall periodical infectious diseases in weakened children, elder people and those working in harmful conditions.

Administration and dosage:

Preparete is used as a nutrition supply in ready foodstuffs and meals, by adding daily dose to room temperatured meals before its intaking. Could be used before the meal as a water, milk, or juice based suspension. Here the required dose (adult or child) of Preparete is added to a glass, then add 1/3 of chosen liquid, stir to homogeneous condition and consume in the morning 30-40 minutes before food intake two days on the row weekly. The treatment duration is 3-8 weeks, with a 2-3 months break, depending on the form of disease. It is possible to repeat usage of the preparation for assignment of the treatment, strengthening of protective body functions, during fall-winter period, under bad epidemiological situation, especially epidemic flu. The daily dosage for adult is 200 mg of active substance (150 mg of Lac.delbrueckii biormass, and 50 mg of lyzate); for children, aged 6 months to 5 years,- 50 mg of active substance.

The dilluted preparation cannot be stored.

The preparation Preparete can be used for enriching of dairy products before their consumption and acquiring of their expanded immuno-therapeutical properties. It is also used as yeast for souring of milk for producing homemade bio-yogurt-type products. For this purposes, pour 2 table-spoons of room temperatured water to a 0,5 l vessel, add 1 tea-spoon of sugar and the powder from two sachets, stir, add 250-300 ml of boiled milk, cooled to 35-40°C, stir, cover Put near the heating source for maintaining of the temperature at 35-40°C for 12-18 hours. The above mentioned constant temperature must be maintained. Forming of clot indicates the readiness of primary sourdough and it is possible now to produce a bio-yogurt. Primary sourdough stays fresh in a fridge for 10-

15 days. For souring it is used as a rate 2 table-spoons of primary sourdough over 0,5 l of boiled and cooled to 35-40 C milk.

Consume 150-200ml once daily for 3-4 days. For children one dose is up to 50 ml. The tableware for preparing a primary sourdough and bio-yogurt should be extremely clean and rinsed with boiling water.

Side effects and contraindications:

There were no side effects or complications detected during investigations.

Packaging and storing conditions:

Produced as a powder in gross 2g sachets (200 mg of active substance), which are packed in bags for 6,12, and 18 doses. Stored closed in fridge. Consumption term for closed packages - 2 years.

In the USA - Capsules containing 125mg of active material; approximately 225mg to 375mg of brown rice powder as a filler