

## Dosing

For best results, compliance with dosing recommendations are necessary.

## Frequent Sufferers (most common)

Start dosing Atrantil at 2 capsules, 3 times per day. Take before meals. (With an increase in burping or reflux, take Atrantil with food) Most people experience significant relief within 10 days of starting Atrantil. Some may take longer. Once relief is realized, consider titrating dose by reducing to 2 capsules twice daily, and if symptoms remain under control, reduce dosing further to 2 capsules daily.

## Occasional Sufferers

Take 2 Atrantil capsules as bloating symptoms occur or a half hour before you eat known trigger foods. Relief can be experienced in as little as a few hours. If relief is not experienced within a few hours, we recommend taking up to 3 times daily until significant relief from symptoms is achieved.

## Gluten Intolerance

If the customer is taking Atrantil only for gluten intolerance, begin by taking 2 Atrantil capsules before any meal where gluten contamination is suspect or a possibility.

## Maintenance Dosing

Generally after relief is found and to protect the environment of the bowel, 2 capsules daily can offer significant protection from symptoms. For known suspected "trigger" foods, consider taking 1 or 2 capsules before the food is eaten.



Get relief from bloating, abdominal discomfort and change in bowel habits<sup>†</sup>

A new method of treating bloating at its source<sup>†</sup>

A unique patented molecular combination

Developed by a Gastroenterologist

Not a probiotic

**ATRANTIL**

BOTANICAL EXTRACTS •  
GLUTEN-FREE • NON-GMO

LEARN MORE AT  
**ATRANTIL.COM**



Made in the USA from the finest domestic and international ingredients.

NEW

GASTROENTEROLOGIST  
DEVELOPED

WHEN YOU'VE HAD IT UP TO HERE®

**ATRANTIL**®



RELIEF FROM :

**BLOATING**

**ABDOMINAL DISCOMFORT**  
**CHANGE IN BOWEL HABITS**

PATENTED



# FINALLY!

## Lasting Relief from BLOATING

Abdominal Discomfort and change in bowel habits

Take 2 Capsules 3X per day until relief is achieved.

After experiencing initial relief, maintenance dosing is recommended at 2 capsules per day when necessary.



## HOW ATRANTIL WORKS

OUR ACTIVE INGREDIENTS ARE ALL NATURAL

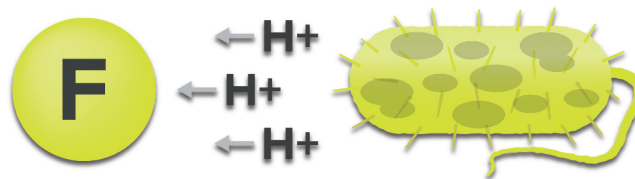
### PEPPERMINT (M. Balsamea)

Long known as a natural and effective anti-spasmodic, peppermint allows the flavonoid and saponin to work more efficiently.



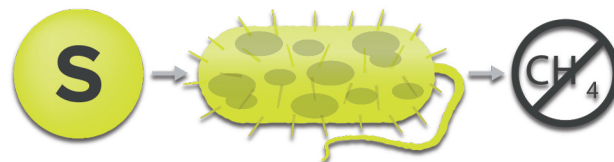
### QUEBRACHO FLAVONOID

Binds to free hydrogen, preventing the hydrogen from being used as fuel by the methane producers in the small bowel, and it causes cell wall disruption of the Archaeobacteria producers. The flavonoid is quite stable and continues to bind to free hydrogen, preventing the over production of methane.



### CONKER TREE SAPONIN

Functions as an enzyme binder in the methane producers. This further controls and reduces the abundant methane present in the small bowel.



The combination of these active ingredients naturally works to reduce the incidence of **bloating, abdominal discomfort, changing bowel habits (constipation & diarrhea)**, and for many effectively address issues of **gluten intolerance**.

## EXPECTATIONS

### Best Dosing

If taken with probiotics, time to relief may be lengthened. Most people will find relief within 10-20 days of starting Atrantil therapy at initial **Frequent Sufferer** dosing at 2 capsules 3 times daily.

### Maintenance dosing

This may be necessary after relief has been achieved for most users. Begin by reducing dosing by two capsules daily. Once symptoms do not return, consumer may be comfortable with 2 capsules daily or without the need of daily Atrantil at all.

### Side Effects

There were no observed direct side effects in our clinical trials.

### Increased Burping

If customer experiences increased burping or reflux, take Atrantil with more food.

### Die-Off Reaction (Herxheimer reaction)

When methane producing bacteria are threatened, they may release a chemical that can cause flu like symptoms (abdominal discomfort, runny nose, achy muscles, foggy head) or temporary worsening of GI symptoms. Around 10-15% of people taking Atrantil may experience Die-Off reaction. **THIS IS NORMAL**. It is a sign that Atrantil is taking control of the small bowel and is returning it to normal. Die-off reaction usually lasts 1-4 days. The Die-Off reaction symptoms can be lessened if the customer can tolerate taking low dose aspirin or Ibuprofen during the Die-Off reaction phase. Consider cutting back the dose of Atrantil by half until the Die-Off reaction is tolerable.