

General information on the use of Vetom probiotics



If you consider yourself healthy and if you use Vetom for disease prevention, take a **Vetom probiotic cure** once or twice a year.

Vetom products are not classified as medicines and do not replace medication prescribed by a doctor. They are recommended as a supplement to be used in addition to medication. Dietary supplements do not replace a varied diet and a balanced lifestyle.

During periods of colds and flu, in spring and autumn, we recommend taking Vetom 1.1 capsules or Vetom 1.23 drops twice a year for 10 days. The preparation should be taken at approximately equal intervals. The usual recommended dose for a healthy body is 5-10 doses per day (1 dose: 1 capsule or 1 drop, 2 drops for body weight over 100 kg).

Although **Vetom 1.1, 2, 3, 4 and Vetom 1.23, 2.25, 3.22, 4.24** preparations are similar in terms of their application, they contain different bacteria as active ingredients, which release bioactive substances with different spectra, thus their effects on the body also differ. In order to achieve the optimal effect, it is recommended to take each preparation in a series of cures to cleanse all sections of the intestinal tract of pathogenic microflora.

Between Vetom 1.1 and Vetom 1.23 treatments, we recommend taking Vetom 3 and 4 capsules or Vetom 3.22 and 4.24 drops, or Vetom 2, which is a mixture of Vetom 3 and 4.

Vetom 3 (Vetom 3.22), Vetom 4 (Vetom 4.24) preparations can be taken more frequently or as a 10-day course of treatment. For continuous use, the recommended dosage is 3-5 doses per day.

The microorganisms living in our bodies are similar in composition to those that entered the body through food during evolution – so-called ancient microorganisms. These mainly maintain the microbial flora in a normal evolutionary state in the cavities of the mouth and intestinal tract. As a result, the intestinal tract and the entire body work optimally.

Nowadays, infections caused by hepatitis, herpes, tuberculosis, trichomoniasis, chlamydia, and various skin diseases are widespread among the population, especially among those living in crowded cities.

The disease does not manifest itself as long as our immune system is able to keep the pathogens at a safe concentration for the body, but as soon as an immunodeficiency occurs for some reason, e.g. due to stress or serious illness, the pathogens in our body multiply and cause disease.

To reduce the chance of this happening, it is recommended to take products from the Vetom series regularly, especially after stress (increased excitement), serious illness, heavy alcohol consumption, and antibiotic treatment.

If you are truly healthy, you will not experience any changes after the 10-day Vetom treatment, but your bowel function will be healthy, your body's nutrient absorption and metabolism will improve, and you will feel better.

If you have not properly considered your health status, you may experience symptoms of illness. In this case, a complete examination or targeted examination by a specialist is necessary, and the diagnosed illness must be treated. If you believe that you have a medical problem, you should increase your intake of Vetom 3 and 4, or Vetom 3.22 and 4.24, but do not exceed 10 doses per day.

The 10-day Vetom 1.1 treatment can be repeated after 1-2 months. As your well-being improves, the interval between treatments should be increased until you reach 1-2 treatments per year. The frequency of taking Vetom 3 and 4 can also be gradually reduced.

The purpose of Vetom therapy is to fill every section of the intestinal tract with bacteria. Therefore, its consumption does not depend on age and weight, but rather on the length and convolutions of the intestinal tract, which are roughly the same for everyone. The dosage depends on the state of health of the human body.

At the beginning of the treatment, the "good" bacteria must accumulate in sufficient quantities in the intestinal tract in order to effectively fight harmful bacteria, so a higher dose can be taken for the first 3-5 days. Vetom is not addictive and does not cause resistance.

Ideally, the following Vetom treatment is recommended, depending on whether you are using capsules or liquid:

Vetom 1.1 capsules - Take 1.1 capsules for 10 days, then take a 10-day break, as the bacteria will continue to work in the body for another 10 days.

Vetom 3 capsules - for 10 days, then a 10-day break

Vetom 3 capsules can be replaced with Vetom 2 capsules for 10 days, then a 10-day break.

Vetom 4 capsules - for 10 days, Vetom 3 and Vetom 4 capsules can be replaced with Vetom 2 capsules for 10 days.

Ideally, 5-6 capsules per day are sufficient.

Vetom 1.23 drops - for 10 days, then take a 10-day break, as the bacteria will continue to work in the body for another 10 days.

Vetom 3.22 drops - for 10 days, then a 10-day break.

Vetom 4.24 drops - for 10 days.

In case of inflammation of the large or small intestine - the daily dose should be increased to 10 drops.

Combined use of Vetom with other preparations

Do not take Vetom orally together with antibiotics and other preparations based on microorganisms. We recommend combining it with antibiotics as follows: oral administration of Vetom + administration of antibiotics in the form of injections. It is useless to take Vetom if laboratory tests have shown the presence of *Helicobacter pylori* infection in your body.

Information on the use of Vetom products in special cases



Pregnancy and breastfeeding

The probiotic dietary supplements contain beneficial bacteria that occur naturally in the environment and are also found in healthy human bodies and are not harmful to humans. However, we recommend that you consult your doctor before use!

In case of other diseases

We recommend that people with diabetes, oncological diseases, or other metabolic disorders use liquid forms of Vetom, as well as Komarov powder, which do not contain sugar. Please consult your doctor before use! We do not recommend taking Vetom for people who have undergone immunosuppressive treatment.

People suffering from diabetes should start the treatment very carefully – with a minimal amount, because blood sugar levels can drop very quickly, which can have undesirable consequences. Start the treatment with one dose per day. If there are no negative side effects, increase the amount to 7-10 doses per day. A given treatment course may not last longer than 10 days. You can repeat the treatment after one month. In the interim period, it is recommended to use Vetom 3.22 and 4.24 alternately, 2-3 doses per day.

Oncological patients can achieve optimal results by using Vetom 1.23. Use 3-4 drops 10 times a day (package size: 10 ml – 200 drops). There is no limit on the duration of use. The positive effect is proportional to the frequency of use. When used in combination with chemotherapy, radiation therapy, and health-improving treatments, Vetom significantly reduces the negative effects of these interventions on the body.

In people suffering from autoimmune diseases, taking Vetom does not stimulate but optimizes the functioning of the immune system. After the treatment, humoral and cellular immunity will be more or less the same as in a healthy body. Whether this is good or bad from the point of view of autoimmune diseases is unknown. If you choose Vetom therapy, we strongly recommend that you undergo the treatment with your doctor's supervision. It is advisable to start cautiously, just as we recommended for diabetics.

If you have decided to give your body the chance to fight the disease on its own with the help of Vetom, we still recommend regular check-ups with a specialist.

If you are currently undergoing treatment, be sure to inform your doctor that you would like to take Vetom probiotic dietary supplements, which do not qualify as medication. Please inform your doctor that Vetom products increase the effect of medication prescribed by your doctor on your body.

Enema application with Vetom 1.23 preparation



The maximum therapeutic effect is achieved by administering an enema made from liquid Vetom, injected 10 cm deep into the rectum. A urinary catheter and a medical syringe (at least 15 ml) should be used for this procedure.

Application

Using a syringe, inject the contents of the Vetom 1.23 bottle (10 ml) into 100 ml of saline solution. This will give you 110 ml of usable treatment solution.

Using a syringe with a capacity of at least 15 ml, draw up 10 ml of the treatment solution. Lie on your right side. Lift your left leg up to your chest and insert the catheter 10 cm deep into the rectum. The syringe with the liquid should be held vertically. Inject the solution into the rectum. After the procedure, lie on your right side for at least 15 minutes.

Apply 10 ml of working solution twice a day. Store the solution in a refrigerator until use!

Before performing an enema with 1.23 Vetom treatment solution, it is recommended to perform a cleansing enema (50 ml = 1/4 cup of herbal decoction).

The application guide was prepared with the recommendation of [Prof. Alexander Ivanovich Lelyak](#).