



Bravo Probiotic [®]

EASY KIT PREPARATION HANDBOOK

UK & EUROPE DISTRIBUTOR

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42 Strains of beneficial bacteria and yeast strains present in the gut of a newborn baby

Designed to promote the health of human microbiome

Contains naturally occurring GcMAF from the fermentation of milk and colostrum

Rich in immune stimulating proteins, bio-active molecules, vitamins and minerals

Unique systems of delivery including direct into the lymphatic system



Bravo Probiotic® Yoghurt Easy Kit Handbook

DESCRIPTION

Bravo combines the known health benefits of different products derived from milk fermentation. It is a harmonious natural symbiosis of active cultures and yeasts known to mankind for thousands of years.

All the strains of Bravo are fully authorized and certified as appropriate and safe for human use by the European Food Safety Authority. Most of the species are from human origin and they have been tested as not pathogen for humans.

Bravo **Easy Kit** is designed not to be produced industrially and it cannot be found in supermarkets.

Bravo is available as Easy Kit containing the powders necessary to make in your own kitchen the final liquid product to drink. The Easy Kit is very easy to be used; it simply requires you buy some **MILK**.

Bravo **Easy Kit** derives from the continuous research performed by our scientific branch always careful and sensitive to clients' needs. It is formulated with the intention of obtaining two goals:

1. Naturally produce powerful immune-active molecules.
2. Restore the healthy human microbiome.

Unlike commercial fermented milk products that claim to stimulate the immune system and contain 2 to 6 microbial strains, Bravo contains more than 40 microbial strains.

The unique formulation of Bravo derives from the most recent research that demonstrate how much special fermented milk products and colostrum can be beneficial in maintaining health and how they can be included as part of a complementary natural nutritional approach and balanced diet. The final product that you can prepare in your kitchen contains natural (not artificially added) noble proteins, minerals and vitamins spontaneously produced by the living microorganism population (active cultures) in the product. In fact, the original blend and the innovative procedure of preparation potentially allows the natural production of several powerful bio-active molecules such as lactoferrins, immunoglobulins, anti-oxidants, vitamins and immune-stimulant factors.

INGREDIENTS

Each Bravo Easy kit contains powders to prepare 1 litre of product:

- One bottle of Powder Mix contains:

5.7 gr of whole organic cow colostrum (first milk) and 0.5 g of a blend of microbial cultures (Lactobacillus Salivarius, Lactobacillus Acidophilus, Lactobacillus Paracasei, Lactobacillus Rhamnosus, Lactococcus Lactis, Bifidobacteri).

Total cell number: 80 billion.

One bag of Starter contains:

Net weight: 5 g of active cultures (Lactobacillus Acidophilus, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactococcus Lactis, Leuconostoc, Kluyveromyces, Saccharomyces, Acetobacter, and Bifidobacteri).

Bravo **Easy Kit DOES NOT** include: Milk, common kitchen tools and utensils.

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NUTRITIONAL FACTS

For each Bravo **Easy Kit batch (1 bottle + 1 bag)**:

4 Kcal

0.28 g Proteins

0.28 g Fats

0.22 g Carbohydrates

0.09 g Fibres

2.89 mg Salt

Bravo **Easy Kit DOES NOT** contain: Artificial colours, flavours, preservatives, sugar, gluten, soy, wheat, egg, rice, starch, hormones, and antibiotics.

KITCHEN TOOLS SUPPLY LIST (not included in the kit)

- 1) Pot for boiling milk
- 2) Glass bowl
- 3) Medium-mesh stainless steel strainer
- 4) Plastic or steel (not wood) long-handled cooking spoon for stirring milk
- 5) One regular stainless spoon and one long teaspoon
- 6) Serving containers with lids (preferably glass or BPF-free pots)
- 7) Lightweight aluminium foil
- 8) Paper towels

INSTRUCTIONS

Bravo Easy Kit is easy to prepare: It only requires MILK.

Nothing else to buy: no yogurt maker or other special kitchen tools, nor colostrum (which is included in the Bravo **Easy Kit**).

The preparation of Bravo is very simple and it takes only few minutes of work then, 24-48 hours later, you will have your product ready to drink. Simply mixing the powders (included in the kit) in one litre of milk you will have enough product for one week with a shelf-life of two weeks.

INSTRUCTIONS STEP BY STEP

The powders provided with the kit contain all the cultures and colostrum necessary to prepare one batch of Bravo. You will need to supply 1 litre of full-fat mammal **MILK** – We recommend A2 – casein milk from Jersey cows (gold top), or sheep, goat, camel etc. This is essential to produce naturally occurring GcMAF from the fermentation of milk and colostrum.

QUALITY OF THE MILK

It is preferable to use **WHOLE**, high-quality, pasteurized cow's milk (for its high content in proteins).

Homogenized or non-homogenized milk can be used.

Raw milk can be used since it has to be boiled anyway.

Avoid using, if possible, "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 added with vitamin A (6% daily values), vitamin D (25% daily values) and calcium (30% daily values) and it can be used with no problems to prepare Bravo. Do not use **extra added** vitamins A and D milk.

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

Sheep and goat's milk can be used if the same guidelines are followed. In line of principle, any mammal's milk may be used.

Please remember that changing the source and the kind of the milk the thickness and the taste of the final product can vary.

HYGEINE OF THE TOOLS

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.

Do not eat or cook during preparation.

All utensils necessary for the preparation can be washed in a regular dishwasher.

How to Make *Bravo Probiotic*[®]

Step 1

Wash hands extremely well before beginning the preparation process and dry hands with clean paper towels which you will dispose of immediately after using. Be sure all work surfaces and utensils are clean.

Step 2

Boil 1 litre of milk in the pan, stirring continuously to keep from sticking or burning until it reaches the boiling point. Milk boils when it rises to the top of the pan. Immediately remove from heat. **It is critical that you do not over boil milk.** Do not leave the pan unattended.

Step 3

Cool milk to room temperature (68-86° F) or (20-30°C) without stirring. Simply leave it at room temperature to cool. Once cooled, remove the thick layer (casein) off the top and discard it. When milk is no longer hot but simply warm and the casein has been removed, transfer the milk into a clean glass bowl or dish.

Step 4

Gently add 1 bottle of powder mix and 1 bag of starter mix and stir thoroughly with a tablespoon until all clumps have been completely dissolved. The best way to avoid clumping is to add powders to a small amount of milk and dissolve it extremely well, and when all the clumps have been dissolved, then add it to the remaining milk.

Step 5

Loosely cover the bowl with aluminium foil allowing air to pass over fermenting milk. Set the bowl aside in a draft free location and leave undisturbed where the temperature will remain (68-86° F) or (20-30°C). Do not mix or move during the fermentation process. Allow to rest at room temperature. Bravo will ferment in 24 to 48 hours (depending on room temperature).

Check after 24 hours for the proper thickness. If still not ready, check again after 48 hours.

(It can stay at room temperature up to 48 hours). You can check from time to time by taking a tablespoon and scooping a small amount from the edge of the bowl. Do not stir the yogurt because stirring will stop the fermentation process.

Step 6

Once Bravo has reached the appropriate thickness, mix it well using a tablespoon. If clumps are present, strain it using the metal. Split the product into individual single serving glass jars or BPA-free pots.

STORAGE (before using)

Powders are very stable thus they can be shipped without any refrigeration.

However, to extend the shelf life of the powders and to preserve their integrity and efficacy we suggest to store into the refrigerator (about 5°C), far from humidity, in original packaging.

HOW TO STORE (after the preparation)

Refrigerate for 2 hours before consuming.

Bravo can be stored in the fridge for a maximum of 2 weeks after the preparation.

Bravo may **NOT** be frozen.

Do not consume past the fourteen-day expiration date.

SUGGESTIONS FOR BRAVO CONSUMPTION

- 1. Build up to the recommended daily dose slowly to avoid a Herxheimer reaction.** Start with a 10 ml spoonful before bedtime and then repeat in the morning and build up to the full dosage over a couple of days.
2. Use a maximum of one 4-oz (125 ml) serving daily at the end of a meal rich in vegetables or leafy greens (fiber), OR split the daily dosage into 6 x 20 ml spoonful's throughout the day. Keep in the mouth for as long as possible before swallowing to allow absorption sublingually or via the tonsillar ring.
3. Shake well before consuming.
4. Flavour, if desired, with raw, organic, high-grade honey or fruit.
5. While drinking Bravo, do not consume sugar substitutes or artificial sweeteners (such as in beverages, foods, and chewing gum) because these substances deteriorate the product's properties. Do not brush teeth for at least 1 hour after consuming it.

Watch these 2 instructional videos

https://youtu.be/O_lu4EXMW2U

<https://youtu.be/dD5EMU1Kj6A>



Bravo UK Easy Kit



Stir Milk



Milky Swirl



Milk Froths & Boils



Cool, remove skin



Add powders. Cover



Milk Ferments



Final Texture



BPA-Free Pots



Serving Suggestion



Bravo with fruit



Healthy Yoghurt

Bravo Probiotic® is not intended to diagnose, treat, cure or prevent any disease.