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## GBS Prevention Protocol

Begin 4-6 weeks before Group B Strep test, usually given at 36 weeks. Choose a combination of the following that feels manageable to you. Once you choose your own protocol, continue until birth. Do not stop once you receive a negative test.

- Probiotic 1 per day orally, 1 in the morning vaginally
- 1 clove of garlic, nicked and inserted vaginally at night
- Eat at least 1 clove of raw garlic daily
- Vitamin D 4000 IU (higher depending on your blood levels)
- Vitamin C 1000 mg a day until bowel tolerance
- Zinc 20 mg per day
- Echinacea Premium 1 capsule per day
- Limit sugar and white flour intake