

Some Important things to require of your placenta encapsulation process/specialist

- 1. The placenta must be prepared at the proper temperatures to destroy harmful bacteria**
 - The internal temperature of the placenta should reach 160 F for steaming. This needs to be guaranteed to be tested by your placenta encapsulation specialist to ensure harmful bacteria are destroyed. The placenta needs to then be dehydrated at 160F for at least 12 hours. An actual dehydrator must be used, not an oven, in order to control the temperature.
- 2. Where is the placenta prepared? This needs to be a dedicated space!**
 - The preparation must occur in a dedicated space that ensures proper equipment and disinfecting protocols that are up to standard with safe food handling practices. **All** equipment must be sterilized using heat or chemical methods. Proper draping and disinfecting must be carried out and proper disposal of biohazardous materials must be followed.
- 3. Training**
 - Many encapsulators learned the process on the internet. Please make sure your encapsulator has undergone training in encapsulation and in safe food handling practices. PBIU is an organization that certifies and encapsulators can easily study food handling practices and take an exam for certification.
- 4. It is nice, but not required, to have a lab tested final product**
 - It is a luxury to have the dried placenta powder tested for presence of bacteria before the capsules are returned. I perform this in my lab but am not aware of others in the area that are doing this testing.