



This protocol is only to be used in Sacred Lane Placenta's designated workspace.
Additional protocols apply if completed in the client's kitchen.

Reusable Equipment

- Nesco FD-60 Snackmaster Express 4-Tray Food Dehydrator or Excalibur 3500 Dehydrator
- Nesco BPA-free Fruit Leather Liners
- Magic Bullet power base
- Magic Bullet flat blade cap
- Magic Bullet tall cup
- Shallow plastic dish
- Lipped plastic tray
- Plastic colander
- Capsule Machine kit
- Small plastic bowl
- Small glass bowl
- Clip board
- Single burner hot plate
- Stainless steel steaming basket
- Stainless steel pot w/ lid
- Stainless steel tongs
- Chef's knife and paring knife
- Safety glasses
- Small spray bottle
- Digital timer

Single-Use Disposable Items or Consumable Supplies

- Disposable nitrile gloves
- Face masks
- Disposable aprons
- Parchment paper
- Saran wrap
- Dish sponges
- Dish soap
- Paper towels & facial tissue
- Flexible plastic cutting Boards
- Concentrated bleach
- Size 0 capsules
- Pill bottles with labels
- Trash bags

Non-Negotiable Safety Precautions

- ✓ The Encapsulator will only work on one placenta at a time per workspace. Full disinfection must be completed before beginning another placenta.
- ✓ The Encapsulator will always label the placenta before transportation and properly document the placenta throughout preparation.
- ✓ The Encapsulator will control access to their workspace at all times.
- ✓ The Encapsulator will always wear gloves, mask, safety glasses and apron.
- ✓ The Encapsulator will always fully disinfect her equipment and preparation area after completing a placenta.
- ✓ The Encapsulator will always exceed OSHA requirements of 10% bleach solution made with standard bleach, soaked for 10 minutes by using concentrated bleach and soaking for 20 minutes.
- ✓ The Encapsulator will do everything possible to prevent a placenta from coming in direct contact with countertops, sinks or other surfaces.
- ✓ The Encapsulator will never reuse dish sponges or plastic cutting boards.



Pick Up & Transportation Protocol

1. Before leaving to pick up a placenta, confirm the client has a cooler and that the placenta is properly iced.
2. Fill out a documentation sheet with client information and preparation preferences.
3. Acquire placenta from client. Before leaving the room: check to make sure the placenta is labeled with the client's last name and review preparation preferences to check for last minute changes.
4. Bring labeled placenta with documentation sheet directly to the workspace and begin preparation process.

Raw Foods Placenta Encapsulation

Day 1 Preparation Protocol

1. Prepare new 50% bleach water solution in small spray bottle. Wipe down surfaces with bleach, keep wet for at least 5 minutes. Rinse with clean water.
2. Set up all equipment on workspace, ensuring arm's reach access to everything needed: disposable cutting board, single-use gloves, paper towels, a single-use dish sponge, plastic colander, shallow plastic dish, lipped plastic tray, paring knife, chef's knife, two dehydrator trays with liners.
3. Set out clip board with documentation sheet and pencil. Have camera ready to go.
4. Layout large piece of saran wrap, place the digital scale on top and then fold over to cover in saran wrap.
5. Ensure garbage bin is easily accessible, put in fresh garbage bag if needed.
6. Put on personal protective equipment: disposable plastic apron, safety glasses, disposable mask and gloves. Tie back hair.
7. Place placenta on lipped tray. Examine both sides of placenta, cord and membranes. Arrange placenta with fetal side up, blot with paper towels. Remove gloves. Make notes. Take pictures of placenta.
8. Put on new disposable gloves. Transfer placenta to colander and gently rinse in sink, rubbing away clots. Cut off membranes and cord, set aside on tray. Drain excess blood from cord site. Blot dry with paper towels.



9. Place shallow dish on scale. Tare scale. Put placenta in shallow dish and weigh. Remove gloves. Record raw weight.

10. Put on new disposable gloves. Transfer placenta to disposable cutting board. Thinly slice placenta and put slices in colander to drain.

11. Place shallow dish on scale. Tare scale. Put placenta slices in shallow dish and weigh. Remove gloves. Record sliced weight.

12. Put on new disposable gloves. Arrange placenta slices on dehydrator trays with inserts or parchment paper. Turn on dehydrator to 160 degrees. For Raw Foods Method: set timer for one hour then turn down heat to 125 degrees.

13. While placenta is dehydrating, clean workspace. Spray down work surface with 50% bleach solution. Keep surface wet for a minimum of 10 minutes. Wipe down counter with fresh water.

14. Place all equipment in sink and rinse with hot water.

Day 2 Preparation Protocol

1. Set up all equipment: Magic Bullet power base, Magic Bullet cap & cup, small plastic bowl, small glass bowl, Capsule Machine kit, capsule pack.

2. Put on personal protective equipment: apron, face mask, safety glasses, and disposable gloves.

3. Set out digital scale wrapped in plastic wrap as in previous day. Set shallow dish on scale. Tare scale. Break dehydrated placenta strips into small pieces and put into dish. Record weight.

4. Transfer strips to Magic Bullet cup. Put cap on cup and pulverize strips using the Magic Bullet power base.

5. Encapsulate powder using Capsule Machine: split capsules, put bases and tops into requisite trays. Fill with powder, scrape excess, tamp down, top up with powder, scrape excess. Use Capsule Machine to secure tops.

6. Hand tighten capsules then transfer to small plastic bowl. Mark tray tally on chart. Repeat until all powder is complete.

7. Dust with facial tissue to remove powder residue from outside of capsules. Count capsules and transfer to pill jar. Label pill jar with client information.

8. Scrub all equipment in hot, soapy water and rinse under running hot water. Equipment should be 100% clean to the eye.



9. Plug basin and fill with cold water to mark. Fill measuring jug with bleach to mark and pour into cold water. This creates a 10% bleach solution.

10. Submerge all equipment in bleach water solution. Set timer for 20 minutes.

11. Spray down work surface with 50% bleach solution. Wipe with paper towel. Repeat. Spray work surface with bleach solution and keep wet for 10 minutes. Wipe down counter with fresh water.

12. Drain basin when timer beeps. Rinse all sanitized equipment under hot water then place on sanitized counter to dry. When dry transfer to enclosed, clean storage container.

13. Throw away sponge and cutting board. Bag garbage.

14. Complete documentation sheet and deliver pills to client.

Steamed Method Placenta Encapsulation

Day 1 Preparation Protocol

1. Prepare new 50% bleach water solution in small spray bottle. Wipe down surfaces with bleach, keep wet for at least 5 minutes. Rinse with clean water.

2. Set up all equipment on workspace, ensuring arm's reach access to everything needed: disposable cutting board, single-use gloves, paper towels, a single-use dish sponge, plastic colander, shallow plastic dish, lipped plastic tray, paring knife, chef's knife, two dehydrator trays with liners, single burner hot plate, steaming basket, pot with lid, tongs and any herbs/foods to be used in the steaming process.

3. Set out clip board with documentation sheet and pencil. Have camera ready to go.

4. Layout large piece of saran wrap, place the digital scale on top and then fold over to cover in saran wrap.

5. Ensure garbage bin is easily accessible, put in fresh garbage bag if needed.

6. Put on personal protective equipment: disposable plastic apron, safety glasses, disposable mask and gloves. Tie back hair.

7. Turn on hot plate, fill pot with 1" of water and set on hot plate to warm. Put steaming basket in pot.

8. Place placenta on lipped tray. Examine both sides of placenta, cord and membranes. Arrange placenta with fetal side up, blot with paper towels. Remove gloves. Make notes. Take pictures of placenta.



9. Put on new disposable gloves. Transfer placenta to colander and gently rinse in sink, rubbing away clots. Cut off membranes and cord, set aside on tray. Drain excess blood from cord site. Blot dry with paper towels.
10. Place shallow dish on scale. Tare scale. Put placenta in shallow dish and weigh. Remove gloves. Record raw weight.
11. Put on new disposable gloves. Transfer placenta to steaming basket. Steam approximately 20 minutes or until blood starts to weep out of cord site.
12. Transfer placenta to disposable cutting board to cool. Dispose of steaming water. Immediately scrub placenta pot with soapy water while placenta is cooling.
13. Thinly slice placenta. Place shallow dish on scale. Tare scale. Put placenta slices in shallow dish and weigh. Remove gloves. Record sliced weight.
14. Put on new disposable gloves. Arrange placenta slices on dehydrator trays with inserts or parchment paper. Turn on dehydrator to 125 degrees.
15. While placenta is dehydrating, clean workspace. Spray down work surface with 50% bleach solution. Keep surface wet for a minimum of 10 minutes. Wipe down counter with fresh water.
16. Place all equipment in sink and rinse with hot water.

Day 2 Preparation Protocol

1. Set up all equipment: Magic Bullet power base, Magic Bullet cap & cup, small plastic bowl, small glass bowl, Capsule Machine kit, capsule pack.
2. Put on personal protective equipment: apron, face mask, safety glasses, disposable gloves.
3. Set out digital scale wrapped in plastic wrap as in previous day. Set shallow dish on scale. Tare scale. Break dehydrated placenta strips into small pieces and put into dish. Record weight.
4. Transfer strips to Magic Bullet cup. Put cap on cup and pulverize strips using the Magic Bullet power base.
5. Encapsulate powder using Capsule Machine: split capsules, put bases and tops into requisite trays. Fill with powder, scrape excess, tamp down, top up with powder, scrape excess. Use Capsule Machine to secure tops.
6. Hand tighten capsules then transfer to small plastic bowl. Mark tray tally on chart. Repeat until all powder is complete.



7. Dust with facial tissue to remove powder residue from outside of capsules. Count capsules and transfer to pill jar. Label pill jar with client information.

8. Scrub all equipment in hot, soapy water and rinse under running hot water. Equipment should be 100% clean to the eye.

9. Plug basin and fill with cold water to mark. Fill measuring jug with bleach to mark and pour into cold water. This creates a 10% bleach solution.

10. Submerge all equipment in bleach water solution. Set timer for 20 minutes.

11. Spray down work surface with 50% bleach solution. Wipe with paper towel. Repeat. Spray work surface with bleach solution and keep wet for 10 minutes. Wipe down counter with fresh water.

12. Drain basin when timer beeps. Rinse all sanitized equipment under hot water then place on sanitized counter to dry. When dry transfer to enclosed, clean storage container.

13. Throw away sponge and cutting board. Bag garbage.

14. Complete documentation sheet and deliver pills to client

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