

# BIOME CORE KIT

Monthly Microbiome Care for Elite Health



The Biome Core Kit targets healthy living through monthly microbiome care. At the core of your health is a complex ecosystem of bacteria, fungi, and microflora that live within each of us: the microbiome. Your microbiome impacts the healthy function of virtually every system in your body.

This program provides a one-month supply of clinically-formulated products that target and support optimal microbiome balance. The Biome Core Kit provides probiotics, vegetable proteins, fiber, and many powerful nutrient blends. This kit, along with adherence to the healthy diet and lifestyle guidelines contained in this guide, works by promoting detoxification, encouraging elimination, and maintaining a healthy microbiome balance. As you follow the monthly Biome Core Kit program, including the health guidelines, you will be able to strengthen and support the core of your health.

Whether your goal is to feel better, look better, manage your weight, improve daily activity, or resolve ongoing concerns, monthly microbiome care is the right track for you. Target your health at its core with the Biome Core Kit.

## DAILY SUPPLEMENT REGIMEN



### Biome Shake

Mix two scoops of Biome Shake with approximately 300 ml of water or unsweetened almond milk (according to personal taste). Stir vigorously or use a shaker bottle. Replace one meal a day with Biome Shake. For optimal results: Replace up to two meals per day with Biome Shake.

### Biome DT

Mix one sachet with approximately 250-500 ml of water once a day.

### Biome Actives

Take two capsules daily. May be taken with a meal or alone. Capsules may be opened and sprinkled directly on food or mixed in beverages.

## PRODUCTS

**Biome Shake** is a purifying shake high in vegetable protein with a blend of antioxidants, vitamins, minerals, amino acids, and beneficial fats from flax seed, sunflower, and MCT. This formula helps balance and purify the microbiome with a vegetable base featuring broccoli, digestive enzymes, prebiotics, and clean vegetable protein. With 22 grams of vegetable protein per serving, the Biome Shake promotes a feeling of fullness and provides essential vitamins and minerals. This delicious vanilla shake is both vegetarian friendly and gluten-free.

**Biome DT** supports cleansing with fiber while also balancing gut pH to support beneficial bacteria. Biome DT contains Zinc, which contributes to the protection of cell constituents from oxidative stress and contributes to the normal function of the immune system. Biome DT contributes to normal DNA synthesis, protein synthesis, and macronutrient metabolism. The benefits of this product even extend to the maintenance of skin, nails, hair, and bones.

**Biome Actives** combines both prebiotics and probiotics to synergistically provide a favorable gut environment. It provides one billion colony-forming units (CFU) of probiotic *Bacillus coagulans* per capsule, which is enhanced when combined with inulin fibers. These active probiotics are resilient, strong enough to thrive through human digestion and to benefit the microbiome.

## RECOMMENDED FOODS

Enhance your supplementation with a healthy, balanced diet for optimal microbiome support. Diets low in carbohydrates and high in plant-based phytonutrients and protein naturally encourage healthy microbiome balance. Maximize your success with the Biome Core Kit by eating these microbiome-friendly foods.

**Dairy:** Unsweetened almond and coconut milk, yogurt, kefir, sour cream

**Fruits:** Apples, apricots, bananas, berries, cherries, grapefruit, grapes, kiwi, mango, melon, nectarines, oranges, peaches, pears, pineapple, plums, tangerines

**Legumes:** Soybeans, dried beans, lentils, chickpeas  
Protein: Fish, shellfish, beef, lamb, poultry, wild game, eggs, cottage cheese, low-fat cheese. Vegetarian/Vegan: Tofu, tempeh, seitan, veggie burgers, nuts

**Seasonings & Condiments:** Dry and fresh herbs, all spices,



mustard, lemon and lime juice, salsa, vinegar, soy sauce, stevia

**Vegetables:** Fresh lettuces and greens, such as spinach and kale, artichoke, asparagus, bamboo shoots, bean sprouts, beets, bok choy, broccoli, Brussels sprouts, carrots, cauliflower, celery, cucumber, eggplant, fennel, garlic, green beans, jicama, leeks, mushrooms, okra, onions, peppers, radishes, scallions, shallots, snap peas, snow peas, squash, tomatoes, water chestnuts

## FOODS TO AVOID

Sugar, alcohol, processed foods, starchy vegetables (e.g. potatoes, sweet potatoes, sweet corn, green peas, etc.), wheat, rice, flour.

## QUICK TIPS

- While Biome Shake will replace up to two of your daily meals, any other meal should be chosen wisely. For best results, choose fibrous vegetables, leafy greens, and protein-rich foods instead of meals containing large amounts of sugar or carbohydrates.
- Drink plenty of water. Stay away from fruit juices, sports drinks, and soda.
- Be aware of calories and sugars hiding in condiments and sauces.
- Be aware of recommended serving sizes and practice portion control during your snacks and meals.
- Synergy studies have shown that moderate exercise (30 minutes per day) will lead to best results with biome care.