

NU BIOME™



MEET NU BIOME

Gut check: intestinal unease getting you down? From aiding digestion to helping maintain your overall gut health, the microorganisms in your GI tract impact your wellness far beyond your stomach. Pharmanex Nu Biome helps support this vital intestinal balance* with a powerful dual-action solution of pre- and postbiotics, plus a healthy boost of caffeine for added energy.* All in a delicious powder mix-in, so you can quickly and conveniently support your intestinal microbiome and feel your best every day.

WHY YOU'LL LOVE IT

- Helps harness the benefits of a healthy microbiome through a dual approach using pre- and postbiotics.*
- Supports a healthy balance of good and bad bacteria for improved intestinal health.*
- Helps maintain healthy digestion.*
- Helps maintain healthy energy levels.*
- Supports your body's important antioxidant network.*
- Free from artificial colors, flavors, and sweeteners.*
- Supports regularity with daily consistent use.*

WHAT POWERS IT

- **XOS (Xylooligosaccharides)**—a clinically effective prebiotic that promotes beneficial bacteria in the gut to support a healthy microbiome.*
- **Heat-Treated BPL1 (Bifidobacterium lactis BPL1)**—a clinically studied postbiotic that supplements the beneficial compounds produced by intestinal bacteria.
- **Caffeine**—a reliable source of energy and a great

addition to other daily sources of caffeine.

- **Pomegranate Extract**—a standardized whole fruit extract that provides a high concentration of polyphenols to support your antioxidant defense network against oxidative stressors.

HOW TO USE IT

Mix one stick pack with 8–12 oz of water or your favorite beverage. Enjoy once daily.

TRY THESE WITH IT

- ProBio PCC
- Digestive Formula
- LifePak®
- ageLOC® TR90® Weight Management System and Body Shaping System
- ageLOC R²
- ageLOC Meta

LEARN MORE ABOUT IT

What is your gut microbiome and why is it important?

Your gut microbiome includes all the microbes, or tiny little microorganisms, that live inside your gastrointestinal (GI) tract—trillions, in fact! There are more microbes in your GI tract than actual human cells. Think of these little microbes as members of a large army inside your body. Some are fighting to keep you healthy, but there are some “bad” ones, too. It's this balancing act of good and bad bacteria that we want to support so that you feel your best.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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What are prebiotics, and how do they work?

Prebiotics are non-digestible nutrients that help your intestinal microbiome thrive. They cause positive changes in the composition and activity of gastrointestinal bacteria. Prebiotics are essentially specialized nutrients that support the microbes in your gut—especially the beneficial ones. Just like a healthy fertilizer provides nutrients to help a plant grow, prebiotics are healthy nutrients to help good bacteria thrive. Prebiotics mainly come from dietary fiber from some fruits, vegetables, and grains, but because many people don't get enough of these special nutrients from their regular diet, supplementation can be beneficial.

What are postbiotics, and how do they work?

Postbiotics are less widely known than prebiotics. They are unique substances that have been produced by bacteria and have a beneficial effect, even after the bacteria themselves are no longer alive. Postbiotics are a new area of cutting-edge research focused not on the live bacteria, but rather the health benefits of the compounds produced by bacteria. In Nu Biome, the postbiotic is a heat-treated bacteria (meaning the bacteria are no longer alive) that maintains the beneficial substances produced by the bacteria.

How do prebiotics and postbiotics work together to support your intestinal microbiome?

Both prebiotics and postbiotics are good for your gut health, but they work in different ways. Prebiotics provide fuel to support the growth and activity of beneficial bacteria. Postbiotics provide compounds that have additional health benefits beyond balancing good and bad bacteria. Both play an important role in supporting your intestinal microbiome, which is why Nu Biome uses a powerful dual-action approach.

How much caffeine is in Nu Biome?

There are 50 mg of caffeine per serving—the same amount as about half a cup of regular coffee.

What is the main difference between Nu Biome and Digestive Formula or ProBio PCC?

Nu Biome can be used in addition to both Digestive Formula and ProBio PCC. Digestive Formula is a meal-time supplement that contains digestive enzymes and other ingredients to help break down food and provide digestive support*. ProBio PCC is a unique probiotic—a

living beneficial microorganism that is shown to colonize in the gut to help support your wellness, providing complementary support for a healthy microbiome.* But only Nu Biome provides prebiotics to fuel the growth of beneficial bacteria and postbiotics with specific compounds to further support more long-term health.* These Pharmanex products can each be taken on their own for their unique targeted digestive benefits or together for more comprehensive support.*

Do I need to take probiotics along with Nu Biome to receive health benefits?

No, you can take Nu Biome and receive all the benefits of this great product without probiotics. The ingredients in Nu Biome are clinically proven to provide benefits on their own.* However, adding a probiotic to your daily routine would provide separate benefits to your nutrition that are unique to this species of bacteria. Postbiotics, prebiotics, and probiotics are each different but complementary to each other.

What lifestyle choices influence my gut microbiome?

There are many factors that can affect your gut microbiome for better or worse, including your diet, activity level, stress, travel, infections, medications, and alcohol intake. If you want to do more to promote a healthy gut microbiome, in addition to taking Nu Biome* once daily, you should try eating a diet rich in fiber (including lots of fruits and vegetables), limiting tobacco and alcohol use, and engaging in regular exercise.

What is the best time to take Nu Biome?

The best time to take Nu Biome is whenever it is easiest for you! Consistency matters more than time of day. You can also take Nu Biome with or without food—whichever way is more convenient for you.

Does Nu Biome help with bloating?

Nu Biome does not target bloating directly, but because it supports a healthy gut microbiome and regular bowel movements (when taken daily), it helps to maintain healthy digestion. These benefits can help alleviate some common aspects of digestive discomfort.

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SCIENCE THAT SUPPORTS IT

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2. Balaguer F, Enrique M, Llopis S, et al. Lipoteichoic acid from *Bifidobacterium animalis* subsp. *lactis* BPL1: a novel postbiotic that reduces fat deposition via IGF-1 pathway [published online ahead of print, 2021 Feb 23]. *Microb Biotechnol*. 2021;10.1111/1751-7915.13769.
3. Yang J, Summanen PH, Henning SM, et al. Xylooligosaccharide supplementation alters gut bacteria in both healthy and prediabetic adults: a pilot study. *Front Physiol*. 2015;6:216. Published 2015 Aug 7.
4. Lin, S. H., L. M. Chou, Y. W. Chien, J. S. Chang and C. I. Lin (2016). “Prebiotic Effects of Xylooligosaccharides on the Improvement of Microbiota Balance in Human Subjects.” *Gastroenterol Res Pract* 2016: 5789232.
5. Finegold, S. M., Li, Z., Summanen, P. H., Downes, J., Thames, G., Corbett, K., et al. (2014). Xylooligosaccharide increases bifidobacteria but not lactobacilli in human gut microbiota. *Food Funct*. 5, 436–445.
6. Gil MI, Tomás-Barberán FA, Hess-Pierce B, Holcroft DM, Kader AA. Antioxidant activity of pomegranate juice and its relationship with phenolic composition and processing. *J Agric Food Chem*. 2000;48(10):4581–4589.
7. Harpaz E, Tamir S, Weinstein A, Weinstein Y. The effect of caffeine on energy balance. *J Basic Clin Physiol Pharmacol*. 2017;28(1):1–10.

WHAT'S IN IT

Supplement Facts

Serving Size: 1 packet

Servings Per Container: 30

	Amount per serving	% DV
Total Calories	5	
Total Carbohydrates	2 g	**
Chromium	100 mcg	286%
Sodium	30 mg	1%
Nu Biome Proprietary Blend	1209 mg	*
Xylooligosaccharides, Pomegranate (<i>Punica granatum</i>) fruit extract, Postbiotic <i>Bifidobacterium animalis</i> subsp. <i>lactis</i>		
Caffeine	50 mg	*

*Daily Value Not Established

**Percent Daily Values are based on a 2,000 calorie diet

OTHER INGREDIENTS

Citric acid, Natural (Raspberry, Watermelon, Lemonade) Flavors, Beet Root (for color), Stevia Rebaudioside A (from *Stevia Rebaudiana* Leaf Extract), Gum (Guar, Acacia, Xanthan), Sea Salt.