

# NU BIOME®



## MEET NU BIOME

Gut check: bloating and intestinal unease getting you down? From aiding digestion and helping maintain your overall gut health, the microorganisms in your GI tract impact your wellness far beyond your stomach. Pharmanex Nu Biome supports 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

- A clinically proven formula shown to support quick and effective reduction in bloating related to food intake.\*
- Helps provide continual improvement in bloating relief when used consistently.\*
- Supports a reduction in waist circumference related to bloating.‡
- 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.\*
- Supports regularity with consistent daily use.\*
- Supports healthy energy.\*†
- Supports your body's important antioxidant network.\*
- Free from artificial colors, flavors, and sweeteners.\*

†Please see Clinicals That Prove It for details.

## 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 healthy 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 against oxidative stressors.

## CLINICALS THAT PROVE IT<sup>§</sup>

Nu Skin commissioned a clinical study of 50 healthy men and women who took either Nu Biome or a placebo daily for four weeks. Participants had their waist circumference measured as a marker of bloating before and after eating a challenge meal at the start and end of the study. Additionally, participants were asked questions about their abdominal bloating and discomfort during the study.

### OF THE PARTICIPANTS THAT TOOK NU BIOME:

- 100% experienced a significant reduction in waist circumference (an average of 2.4 cm/0.9 in) from bloating after just one use.
- 93% experienced a continued significant reduction (an average of 5.5 cm/2.2 in) from bloating after four weeks.
- 82% felt a reduction in bloating.
- 86% felt less bloated after meals.

\*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.

†Nu Biome (original) only. Not included for Nu Biome Caffeine Free.

# PHARMANEX® NU BIOME®

- 82% experienced less digestive discomfort.
- 75% agreed Nu Biome calmed their bloating quickly.

## AFTER FOUR WEEKS, PARTICIPANTS THAT TOOK NU BIOME ALSO REPORTED ON AVERAGE:

- A 64% reduction in abdominal discomfort and a 55% reduction in bloating.
- A 65% reduction in bloating frequency.

§The clinical study was conducted with Nu Biome Caffeine Free. The addition of caffeine is not expected to affect the results.

## HOW TO USE IT

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

## TRY THESE WITH IT

- ageLOC Meta®
- ProBio PCC®
- Nu Ease
- Beauty Focus® Collagen+
- LifePak®
- TRMe® GO
- ageLOC® R2

## LEARN MORE ABOUT IT

### What is bloating?

Bloating is a digestive issue that causes your stomach to feel full, tight, and/or uncomfortable. Bloating may be accompanied by abdominal distension (as measured by an increase in waist circumference), gas, fluid retention.

### How does Nu Biome help ease bloating discomfort?

In a four-week clinical study conducted on Nu Biome, results showed that taking Nu Biome helped quickly reduce abdominal distension from bloating\* (as measured by waist circumference). Participants also noted that taking the product provided quick, effective relief from abdominal discomfort\*, with 75% of participants saying they felt bloating relief within one hour. As they took the product consistently over the course of the study, participants also reported feeling bloated less frequently, and when they did experience bloating, it was less severe.\*

### Does Nu Biome help with weight loss?

Definitely not! Nu Biome is designed to aid with digestion and help maintain overall gut health. Although Nu Biome's clinically proven formula has been shown to reduce waist circumference related to bloating, there is no evidence that

taking Nu Biome will result in weight loss, fat loss, or a reduction of waist circumference unrelated to bloating.

### 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.

### 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.

\*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.

†Nu Biome (original) only. Not included for Nu Biome Caffeine Free.

# PHARMANEX® NU BIOME®

## 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. Nu Biome Caffeine-Free has 0 mg of caffeine.

We also have a Caffeine-Free version of Nu Biome.

## What is the main difference between Nu Biome, Nu Ease, and ProBio PCC?

Nu Biome can be used in addition to Nu Ease and ProBio PCC. Nu Ease provides ingredients to support relief from gut discomfort, post-meal heaviness, or other symptoms of gastrointestinal discomfort in both the upper and lower GI tract.\* It's a great choice after eating an overly large or heavy meal, since it helps with gastric emptying.\* 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.\* 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 prebiotics and postbiotics 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 a day, 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.

## SCIENCE THAT SUPPORTS IT

1. Pedret A, Valls RM, Calderón-Pérez L, et al. Effects of daily consumption of the probiotic *Bifidobacterium animalis* subsp. *lactis* CECT 8145 on anthropometric adiposity biomarkers in abdominally obese subjects: a randomized controlled trial. *Int J Obes (Lond)*. 2019;43(9):1863–1868.
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.†

\*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.

†Nu Biome (original) only. Not included for Nu Biome Caffeine Free.

# PHARMANEX® NU BIOME®

## WHAT'S IN IT

### NU BIOME

#### Supplement Facts

Serving Size: 1 Stickpack  
Servings Per Container: 30

	Amount per serving	% DV
Total Calories	5	
Total Carbohydrates	2 g	**
Chromium (picolinate)	100 mcg	286%
Sodium	30 mg	1%
<b>Nu Biome Proprietary Blend</b>	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.

### NU BIOME CAFFEINE FREE

#### 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%
<b>Nu Biome Proprietary Blend</b>	1209 mg	*
Xylooligosaccharides, Pomegranate ( <i>Punica granatum</i> ) fruit extract, Postbiotic <i>Bifidobacterium animalis</i> subsp. <i>lactis</i>		

\*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.

\*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.

†Nu Biome (original) only. Not included for Nu Biome Caffeine Free.

