



# BODY PRIME

## Microbiome Purification & Efficiency\*

Item No. 92975  
 30 Capsules

Body Prime is an effective kick-start to any health regimen. Made with magnesium, prune powder, and apple pectin, this formula has simple ingredients that support cleansing and bowel motility to prime the body for an effective purification program.\*

### BENEFITS

- Supports cleansing and bowel motility\*
- Magnesium helps maintain healthy electrolyte balance and reduce fatigue
- Contributes to muscle function including the heart muscle
- Contributes to normal muscle contraction including normal heartbeat

### KEY INGREDIENTS

- **Magnesium:** Body Prime contains 400 mg of the powerful, essential macro-mineral Magnesium. To effectively prepare the body for a regimen of healthy habits, magnesium oxide has a priming effect shown in clinical settings to induce mild bowel motility. At the same time, magnesium is a crucial mineral for maintaining a healthy balance of electrolytes, and is an important micronutrient in the reduction of fatigue. Additionally, magnesium has been proven to have positive cardiovascular benefits.
- **Apple Fruit Pectin and Prune Fruit Powder Blend:** Prune powder and apple pectin work synergistically to kick-start a health regimen. Along with magnesium oxide, these familiar fruit sources have been recommended for use in clinical settings to induce bowel motility, which leads to a variety of benefits. These ingredients are approved for daily use.

### RECOMMENDED USE

Take two capsules one to three times per day. Digestive tracts vary. Begin with fewer capsules and increase as desired to achieve digestive response.



### SCIENTIFICALLY VALIDATED

Body Prime and its ingredients have been included in a number of studies, including those conducted at the Hughes Center for Research and Innovation. There, the safety and efficacy of escalating doses of Body Prime on maintaining the regularity of healthy bowel function were explored, thereby setting the recommended dosing parameters. Studies showing that magnesium has a positive cardiovascular benefit<sup>1</sup>, is useful in maintaining a healthy electrolyte balance<sup>2</sup>, and reduces fatigue<sup>3</sup>, are noted as follows:

1. Kupetsky-Rincon, E. a. & Uitto, J. Magnesium: Novel applications in cardiovascular disease - A review of the literature. *Ann. Nutr. Metab.* 61, 102-110 (2012).
2. EFSA. Scientific Opinion on the substantiation of health claims related to magnesium and electrolyte balance ( ID 238 ), energy-yielding metabolism ( ID 240 , 247 , 248 ), neurotransmission and muscle contraction including heart muscle ( ID 241 , 242 ), cell di. *EFSA J.* 7(9), 1-20 (2009).
3. EFSA. Scientific Opinion on the substantiation of health claims related to magnesium and 'hormonal health' ( ID 243 ), reduction of tiredness and fatigue ( ID 244 ), contribution to normal psychological functions ( ID 245 , 246 ), maintenance of normal blood. *EFSA J.* 8, 1807 (2010).

Supplement Facts		
Serving Size 2 Capsules		
Servings Per Container 15		
	Amount Per 2 Capsules	% Daily Value
Magnesium (oxide)	400 mg	95%
Proprietary Blend Apple Fruit Pectin, Prune Fruit Powder	700 mg	**

\*\*Daily Value not established.



## WHY PURIFY?

The microbiome suffers due to toxic environments, nutrient-stripped foods, and a stressful, sedentary lifestyle. This suffering results in an unhealthy balance of good and bad bacteria, which ultimately impacts other systems in the body.

## PURIFY KIT

Body Prime is one of five products in the Purify Kit, which includes a one-week supply of clinically formulated nutrition for the microbiome. Use the kit's carefully engineered supplements and adhere to the dietary guidelines to support your microbiome and begin your journey to Elite Health.



## ABOUT SYNERGY ELITE HEALTH PRODUCTS

Elite Health is the pinnacle of wellness, where age does not dictate ability. Scientifically, Elite Health is optimal metabolic function, the state in which all body systems are performing efficiently, which gives you the energy to see more, do more, and be more, no matter what stage of life you're in.

**ELITEHEALTH**  
 UNLOCK YOUR POTENTIAL

Recent scientific discoveries have uncovered a fascinating inner-ecosystem within each of us called the microbiome. This complex network of bacteria, fungi, and microflora resides primarily in the gut and impacts the health of other systems in the human body. Synergy WorldWide has carefully engineered proprietary solutions: Purify, Fortify, and Protect. Each solution begins with the microbiome.