

BIOME PROTECT KIT



The Biome Protect Kit focuses on your microbiome, the complex ecosystem of bacteria, fungi, and microflora that live within each of us, impacting the healthy function of virtually every system in the human body. A balanced microbiome is the foundation of Elite Health.

The Biome Protect Kit provides a one-month supply of clinically formulated products that target and support optimal microbiome balance. Probiotics, vegetable proteins, and many other powerful ingredients work to promote detoxification, encourage elimination, and maintain healthy microbiome balance.

DAILY SUPPLEMENT REGIMEN



Biome DTX

Take 2 packets per day, one with mid-morning snack, one with afternoon snack.

Biome Shake

Take 1 serving per day, replacing breakfast, lunch, or a snack.

Biome Actives

Take 1 capsule daily for the Biome Protect regimen. May be taken with a meal or alone. Capsules may be opened and sprinkled directly on food or mixed in beverages.

PRODUCTS

Biome DTX activates detoxification signaling and supports the elimination of heavy metals. It cleanses with fiber to balance gut bacteria and eliminate toxins, while also balancing gut pH to support the balance of beneficial bacteria.

Biome Shake is a purifying meal replacement shake high in vegetable protein with a blend of antioxidants, vitamins, minerals, amino acids, and beneficial fats from sources such as flax seed and borage oil. This formula helps balance and purify the microbiome with a vegetable base featuring broccoli, digestive enzymes, prebiotics, and clean vegetable protein. This delicious vanilla shake is both certified vegan and gluten free.

Biome Actives combines both prebiotics and probiotics to synergistically provide a favorable environment for beneficial gut bacteria. Offering 1 billion colony-forming units (CFU) of probiotic *Bacillus coagulans* per capsule, Biome Actives helps maintain microbiome balance in the digestive system and supports healthy detoxification.



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 Protect Kit by eating these microbiome-friendly foods.

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

Fruits: Apple, apricot, banana, berries, cherries, grapefruit, grape, kiwi, mango, melon, nectarine, orange, peach, pear, pineapple, plum, tangerine

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

QUICK TIPS

- It's better to have three smaller meals with sensible snacks in between than to have three large meals.
- Drink plenty of water. Stay away from fruit juices, sports drinks, and soda.
- Be aware of calories and sugars hiding in condiments and sauces.
- Practice portion control during your snacks and meals. Be aware of recommended serving sizes.



WHY PROTECT?

Elite Health is not a moment or snapshot in time. It's a lifestyle, an enduring process that continues to strengthen your ability to live vibrantly and ambitiously every day. Protect Kits are designed to target your body's individual systems, helping you maintain the level of Elite Health you have achieved. Unlock your potential with Synergy WorldWide.