

# Nourish Your Home Microbiome Guide<sup>†</sup>

## Nutrition

### *Eat a Rainbow*

Vary your fruit and vegetable intake to include as much diversity as possible. A rainbow of plant foods provides fiber and polyphenols (prebiotics) which feed our diverse microbial ecosystem and ensures we cultivate the species most beneficial to us. These foods also provide nutritional antioxidants, vitamins, and minerals, which are essential to total-body wellness. Enjoy a plethora of low-glycemic vegetables including kale, Bok choy, spinach, purple cabbage, asparagus, peppers, cauliflower, Brussels sprouts, and chard to feed your healthy flora and reap the benefits of these delicious, nutrient-dense foods.

### *Fortify Your Microbiota with Fermented Foods*

Fermented foods contain some of the same live microorganisms found in a healthy gut microbiota. They have health benefits when you consume them in adequate amounts. Enjoying fermented foods such as low-sugar yogurt, sauerkraut, tempeh, aged cheese, kombucha, and miso, can add to your beneficial microbes and help rebuild your microbiota. That may be especially helpful if your gut health needs a boost.

### *Focus on Organic*

Avoid potential microbiota disruption from pesticides, fertilizers, and other chemical additives by eating organic whole foods as much as you are able. Check the Environmental Working Group (EWG) website for the updated list of organic foods to prioritize.

### *Moderate Your Sugar*

A high intake of sugar may alter the microbial balance, resulting in more pro-inflammatory effects and less ability to control gut integrity and immune system function. Reduce your intake of high-sugar foods and beverages, or better yet, avoid them altogether. This one small adjustment can significantly improve gut health, inflammation, and energy levels throughout the day while also improving the health of the microbiota.

### *Opt-In for a Daily Broad-Spectrum Probiotic*

A daily high-quality probiotic can help support your microbiota against undesirable microorganisms to help strengthen gut integrity, support inflammation modulation, and provide innate and acquired immunity support.<sup>†</sup> Not all probiotics make it to their desired location, however. Look for technology such as inTactic® technology that protects the healthy microbes from degrading in the high-acid stomach and upper GI tract.

## Home Environment

### *Keep it Dry*

Since standing water has the potential to harbor unfriendly microbes, keeping things as dry as possible is generally a good idea. Simple things like regularly replacing your kitchen sponge and washing your kitchen towels is an effective way to prevent the unwanted growth from harmful microbes.

### *Add Beneficial Bacteria to Your Home*

Utilize cleaning products that have probiotics in them to keep your home microbial environment optimized. Look for products specifically designed (and lab-tested) to reduce mold growth and improve the bacterial environment.

### *Use Natural Cleaning Products*

Antibacterial cleaners and disinfectants can negatively impact the beneficial bacteria in the home environment. Instead of using these harsh chemicals, opt for natural cleaners that will keep our homes fresh, reduce harmful microbes, but will spare the healthy ones. Products such as natural soaps and water, vinegar, essential oils, or environmentally friendly cleaners will help support a healthy home microbiota. A good general rule is to clean once a week with the cleaners mentioned above. If your home feels too dusty, you can always just wipe surfaces with a damp cloth rather than using cleansers.

### *Take Off Those Shoes*

By kicking off your shoes before entering your home, you can avoid tracking in herbicides and pesticides from public areas to where your children and pets play. But don't forget to enjoy some barefoot time outside in your own yard to not only enjoy nature, but also expose your body to beneficial soil bacteria.

### *House Plants - Choose Real*

Adding even just one live houseplant per room is a wonderful way to improve the home microbiota. Plants (and the dirt they live in) come with a wide variety of beneficial microbes. You can also find plants that naturally help purify the air such as Barberton Daisy, English Ivy, Snake Plant or Mother-in-Law's Tongue, Chrysanthemum, Spider Plant, Aloe Vera, and Red-edged Dracaena or Dragon Tree.

# Optimized Supplement Plan



## Ther-Biotic® Complete

Broad-spectrum, 25 Billion CFU hypoallergenic blend of 12 probiotic species for comprehensive gut microbiota support.†

Designed to supply a complete component of synergistic and complementary species, each capsule provides 25 Billion CFU protected by our proprietary InTactic® technology for maximum viability throughout the intestinal tract.†

(SKU# V775-06, V775-12, K-TCP)

## Ther-Biotic® Vital-Zymes® (Complete and Chewable)

Multi-enzyme formula to support and enhance digestion.†

Supports healthy digestion of all major nutrient types (proteins, fats, carbohydrates). Perfect for those with occasional food sensitivities or indigestion and delivers a full complement of high-activity enzymes.†

(SKU# K-VZM, K-VCH)

## SpectraFiber™

Multi-source fiber supplement.

Provides purified and whole food plant concentrates containing a broad-spectrum of natural soluble fiber components with wide-ranging actions. (SKU# SPF)

## Advanced Support Option

### Endozin™

Patented, 1:1 chelate of zinc and l-carnosine to support gastric health and comfort.†

Helps protect stomach and small intestine lining and promotes digestive comfort by strengthening the stomach's mucosal defenses.†

Product Name	Serving Suggestion*	Purpose
<b>Ther-Biotic® Complete</b>	<b>1 capsule or 1/4 tsp powder daily</b>	TherBiotic® Complete is the original doctor-recommended broad spectrum daily probiotic, with research supported health benefits. The mechanisms of action include competitive and antagonistic activity against undesirable microorganisms, strengthening of intestinal epithelial barrier integrity, short chain fatty acid production that nourishes enterocytes, healthy inflammation modulation, and support of innate and acquired immunity.†
<b>Vital-Zymes® (Complete or Chewable)</b>	<b>2 capsules or tablets at the beginning of each meal</b>	The broad-spectrum combination of enzymes in Vital-Zymes® supports the breakdown, absorption, and utilization of macronutrients from a wide spectrum of foods, including proteins and protein peptides, complex carbohydrates, disaccharides and sugars, lipids/fats, and vegetable fibers. This can be beneficial for individuals who wish to support a balanced microbiota and healthy inflammation metabolism.†
<b>SpectraFiber™</b>	<b>1 capsule, 1 to 6 times daily with meals</b>	SpectraFiber™ can be used to help boost soluble fiber intake in a concentrated, easy-to-take capsule. Unlike many common bulk fiber supplements, SpectraFiber™ contains no bran, cereal grains, or psyllium seed that some individuals find irritating to the GI tissues or may need to avoid due to allergies or intolerances.

## Enhanced Support Option

<b>Endozin™</b>	<b>1 capsule, twice daily</b>	Zinc carnosine has been shown in multiple clinical trials to help protect the stomach lining and promote gastrointestinal comfort.† Studies show zinc carnosine promotes healthy mucus secretion, exerts antioxidant properties, and modulates cytokine expression, thus helping protect the stomach and small intestine.† L-glutamine promotes small intestinal cell function and mucosal integrity to further support gastric function and protect tissues.†
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\*Or as directed by your healthcare provider

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.