

NU BIOME FREQUENTLY ASKED QUESTIONS

How does Nu Biome support the antioxidant network?

Nu Biome contains a standardized whole fruit extract of Pomegranate that provides a high concentration of polyphenols to support your antioxidant defense against oxidative stressors. Antioxidants work together in the body – that's why they are referred to as a network. These antioxidants help to combat and neutralize a wide range of free radicals. Polyphenols are part of this network to support our antioxidant defenses.

Why does Nu Biome contain caffeine?

Although the focus of the product is the microbiome and digestive health, we wanted to include caffeine as a healthy source of energy to help people feel a difference. The digestive health benefits may take some time to be realized, so the immediate energy benefit of caffeine may help motivate consumers to continue taking the product.

Is Nu Biome safe for children?

Nu Biome is formulated for adults ages 18+. We have not done studies on the effects of Nu Biome on children. Due to the caffeine content, please consult a physician before giving Nu Biome to a minor.

What are the sources of XOS and BPL1?

XOS is derived from corn cob. BPL1 was originally isolated from healthy humans and is produced through a carefully controlled fermentation process.

Does Nu Biome help with leaky gut, IBS, IBD, gout, Chron's, or other medical conditions?

Although Pharmanex products are carefully formulated to be safe and effective when used as directed, they are not intended to be used to diagnose, treat, or cure any disease or medical condition. Individuals with medical conditions are advised to consult a physician before using Nu Biome or before starting any new dietary supplement.

Can I take Nu Biome and ProBio PCC together?

Yes! Nu Biome and ProBio PCC are great to take together. ProBio PCC is a living beneficial microorganism that colonizes in the gut to support your wellness, providing complementary support for a healthy microbiome. Nu Biome provides a powerful prebiotic that promotes beneficial bacteria in the gut to support a healthy microbiome and improved intestinal health. These products can each be taken on their own for their unique targeted digestive benefits or together for more comprehensive support.

What is the difference between ageLOC Meta, ProBio PCC, and Nu Biome?

ageLOC Meta provides anthocyanins that help promote a healthy microbiome and ultimately help support metabolic health. ProBio PCC contains living beneficial microorganisms that colonize in the gut to support a protective immune response. Nu Biome provides a powerful prebiotic that promotes beneficial bacteria in the gut to support a healthy microbiome and improved intestinal health. All three of these products can be taken together or individually depending on the desired results.

What are some of the limitations of probiotics?

Not all probiotics are created equal. Probiotics can be beneficial, but they also have some key limitations. Certain factors can limit the viability of a probiotic, including the acidity of the product, the presence of other bacteria, processing and storage conditions, and resiliency of the probiotic strain. Resilience refers to its ability to colonize the gut after passing through the acidic environment of the stomach. Additionally, to be effective, probiotics need to have excellent stability throughout the shelf life.

If I already take a probiotic, do I need to take Nu Biome too?

Probiotics work through a different mechanism than the ingredients in Nu Biome. A high-quality probiotic (one that has excellent stability throughout its shelf life, survives passage through the acidic environment of the stomach, colonizes in the lower digestive tract, and is backed by clinical studies) provides beneficial bacteria that confer health benefits by colonizing in the gut. Nu Biome works by providing prebiotics that act as fuel to support the growth and activity of beneficial bacteria that are already present in your gut, along with postbiotics that have additional health benefits beyond balancing good and bad bacteria. We highly recommend pairing Nu Biome to your current routine for all the added benefits that come from this formula—even if you are already taking a probiotic.

Why does Nu Biome contain citric acid?

Citric acid is used as a pH adjuster. It also improves the flavor of the product by adding tartness.

Does Nu Biome help with weight loss?

No, weight loss is not an approved claim for Nu Biome.

What are some food sources of prebiotics?

Prebiotics can be found in foods like fruits, vegetables, whole grains, and legumes. Some specific examples of more common foods that contain prebiotics include garlic, onion, leeks, asparagus, bananas, barley, oats, apples, and flaxseeds. However, the concentration of prebiotics in foods is usually quite low, so supplementation is a great way to increase prebiotic intake.

Can I take more than one packet of Nu Biome per day?

Nu Biome is formulated to provide all the health benefits with just one packet per day. However, it is safe to take two packets of Nu Biome per day if you desire.

What is the source of caffeine in Nu Biome?

The caffeine in Nu Biome can come from green tea or coffee beans.

How do pre- and postbiotics affect energy level?

The energy benefits from Nu Biome primarily come from the caffeine. However, some individuals may also find they have more energy when they are supporting healthy digestion and a healthy balance of good and bad bacteria in their gut microbiome.

Does Nu Biome contain MSG or natural flavors?

Nu Biome does not contain MSG. It does contain natural raspberry, watermelon, and lemonade flavors, which help give Nu Biome its delicious flavor.

Does Nu Biome contain any live bacteria?

No, Nu Biome does not contain any live bacteria. Instead, it contains a postbiotic called hk-BPL1, which is a heat-treated bacteria that provides health benefits even though it is no longer alive.

Does ageLOC Meta contain pre-, pro-, or postbiotics?

ageLOC Meta provides anthocyanins that help promote a healthy microbiome and ultimately help support metabolic health. Anthocyanins have prebiotic-like activity that help shift the microbiome. ageLOC Meta does not contain probiotics or postbiotics. The focus of ageLOC Meta (supporting metabolic health) is different than that of Nu Biome (supporting digestive health), although they both impact the gut microbiome.

Is Nu Biome safe for individuals with raspberry, watermelon, or lemon allergies?

If an individual has a specific allergy to raspberry, watermelon, or lemon, then we would not recommend they take Nu Biome.