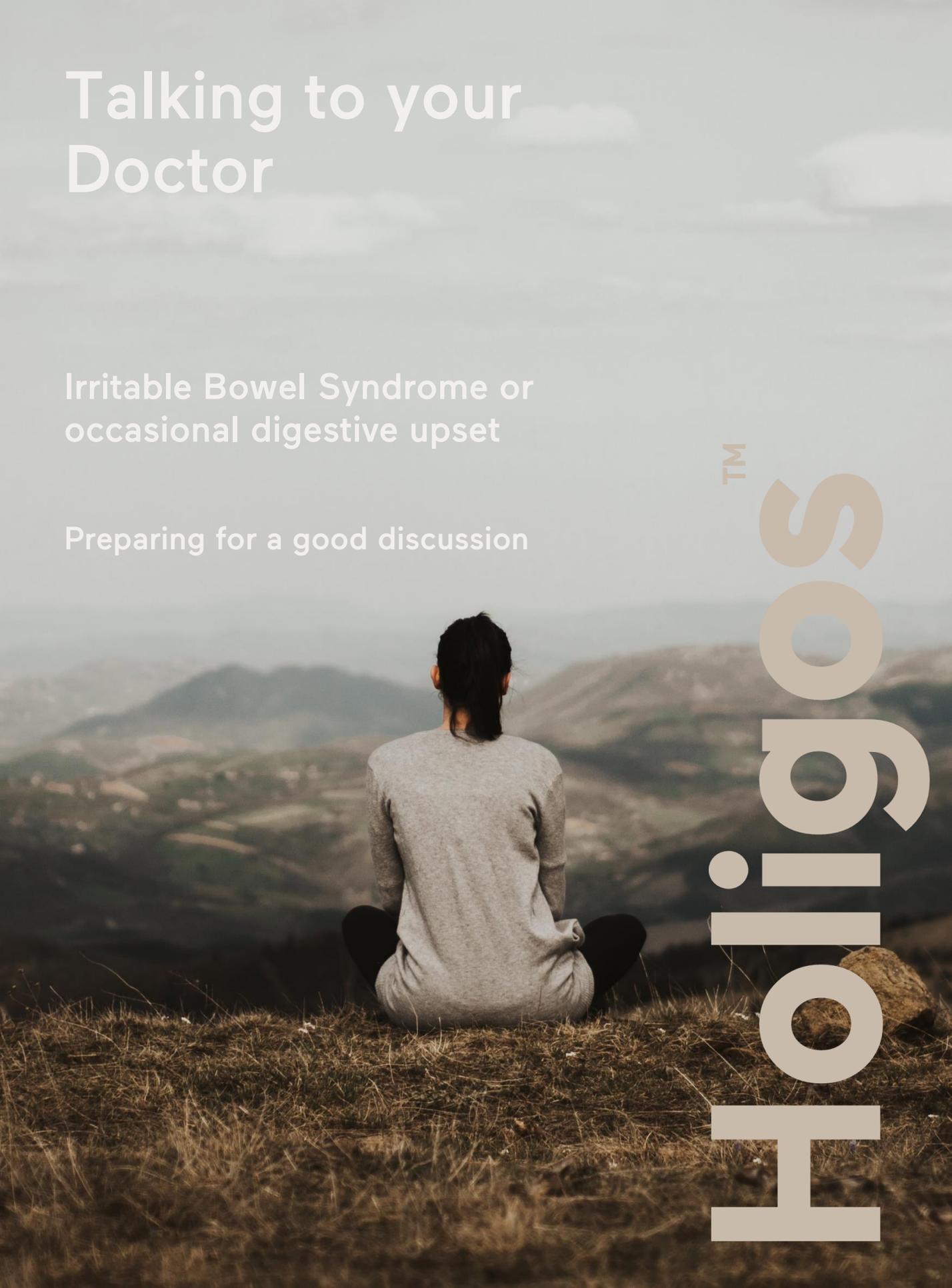


Talking to your Doctor

Irritable Bowel Syndrome or
occasional digestive upset

Preparing for a good discussion

HoligosTM

A person with dark hair tied back, wearing a grey long-sleeved shirt and dark pants, is sitting cross-legged on a grassy hill. They are facing away from the camera, looking out over a vast, hazy landscape of rolling hills and mountains under a cloudy sky. The overall tone is calm and contemplative.

Talking to your doctor

Preparing for a good discussion

Whether you have IBS or suffer from occasional digestive upsets, the impact on your daily life can be significant. Therefore, getting good help is important and you have an important role in finding it.

Talking to your doctor is an essential step in deciding on the best way to manage your symptoms moving forward. Preparing for that visit and asking the right questions can help you and your doctor get closer to finding the right plan for you.

Getting ready for the conversation does not have to be difficult. Use this guide to prepare yourself with 5 key questions we have found to be helpful during the discussion with your doctor:

Question 1: What symptoms do you have?

Symptom	Yes/No	Frequency	Had symptom since
Abdominal pain		days in last month	
Bloating		days in last month	
Diarrhea		Bowel movements per week	
Constipation		Bowel movements per week	
Other _____			
Other _____			

Question 2:
What is the typical number of bowel movements you have per week?

- 2 or less
- 3-5
- 5-8
- 8-12
- 13 or more

Question 3:
Some foods may trigger symptoms. What foods have impacted you and how?

Food	Diarrhea	Constipation	Pain	Bloating	Other	Frequency

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Question 4: What medication or supplements are you taking for your symptoms?

Supplement	Yes/No	Frequency	Taken since when
Fiber			
Probiotics			
Laxatives			

Drug name	Dose	Frequency	Taken since when

Question 5: You might want to consider the following – how does your condition impact your... work, social life, family?

We know finding the right diagnosis and the symptom relief you are looking for can be difficult. You are not alone.

It is believed that about 11% to 15% of the population have Irritable Bowel Syndrome (IBS). IBS is a gastrointestinal condition which combines abdominal pain with dysfunctional and unpredictable bowel movements, the main symptoms being: abdominal pain, bloating, and diarrhea and/or constipation. Likely more than half of the people suffering from these symptoms are probably not diagnosed.

Similarly, a large share of people challenged by occasional digestive issues lack a clear diagnosis.

Furthermore, most sufferers cycle through many supplements and drugs before finding the remedy that works for them. Holigos™ IBS and Digestive Health offer two new solutions that might work for you.

Holigos™

Talking to your doctor

Holigos™ IBS

Holigos™ IBS introduces a new approach to nutritionally manage your IBS symptoms. Many people have had success with Holigos™ IBS. The human-natural oligosaccharides in Holigos™ IBS feed your beneficial bacteria so that they can thrive, grow and produce the nutrients that we humans need to support our digestive health. One of these nutrients (butyrate) is the main energy source for cells making up your intestinal barrier. As a result, Holigos™ IBS allows you to break the vicious cycle by restoring your microbiota and nourishing your intestinal barrier.

Holigos™ IBS is a medical food and should be used under medical supervision.

What is Holigos™ IBS?

Holigos™ IBS is a medical food containing a proprietary blend of two Human-Natural Oligosaccharides called 2'-Fucosyllactose and Lacto-N-neotetraose. These two Human-Natural Oligosaccharides are structurally identical to human milk oligosaccharides found in human milk. The amount and ratio of these two Human-Natural Oligosaccharides have been selected to promote a balanced intestinal microbiota and a nourished, functioning intestinal barrier in patients suffering from irritable bowel syndrome (IBS). This allows IBS patients to nutritionally manage their condition including common symptoms such as abdominal pain, irregular bowel movement (e.g., constipation and/or diarrhea), and bloating.

How does Holigos™ IBS work?

Holigos™ IBS feeds the beneficial bacteria in our intestines to promote a balanced intestinal microbiota. A balanced microbiota produces the essential nutrients needed to nourish and support our intestinal barrier and hence help calm any overactivation of the immune system in the intestines. Research has shown that many IBS patients have an unbalanced intestinal microbiota, a dysfunctional intestinal barrier (leaky gut), and potentially an overactive immune system. The unbalanced intestinal microbiota and dysfunctional intestinal barrier may be a fundamental cause of IBS.

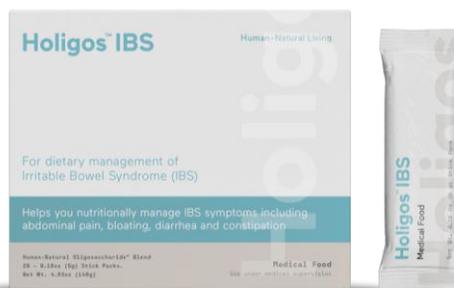
Holigos™ IBS promotes a balanced intestinal microbiota and nourished intestinal barrier in a gentle way, as can be expected of Human-Natural Oligosaccharides identical to human milk oligosaccharides found in mother's milk.

Why medical foods for IBS?

A medical food is intended for the specific dietary management of a disease or condition for which distinctive nutritional requirements exist. A medical food is formulated to be consumed or administered under medical supervision. Holigos™ IBS is a medical food.

Research has shown that many IBS patients have an unbalanced intestinal microbiota and a dysfunctional intestinal barrier (leaky gut).

Correction of the unbalanced intestinal microbiota in IBS requires specific nutrients. These nutrients promote the growth of bacteria beneficial for the IBS patient without provoking the very symptoms from which IBS patients suffer (e.g., bloating, gas, diarrhea, etc). Correction of the dysfunctional intestinal barrier generally requires specific nutrients which are used by the intestinal cells as their main energy source (e.g., short chain fatty acids such as butyrate). Holigos™ IBS addresses these distinct nutritional requirements.



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You can buy your Holigos™ on Holigos.com

Talking to your doctor

Holigos™ Digestive Health

Holigos™ Digestive Health is a Dietary Supplement for proactive digestive health and support with occasional digestive issues.* Occasional digestive issues include constipation, diarrhea, abdominal pain and bloating.

Holigos™ Digestive Health is formulated to help maintain a healthy gut microbiota.* It contains Human-Natural Oligosaccharides that nourish good bacteria and your intestinal wall.* As a result, the good bacteria can thrive and produce the nutrients you need for good digestive health and help against occasional digestive upsets that may be caused by diet and everyday stress.* The healthier your gut bacteria are, the better your digestive health and overall well-being.

What is Holigos™ Digestive Health?

Holigos™ Digestive Health is a dietary supplement.

Holigos™ Digestive Health contains a Human-Natural Oligosaccharide called 2'-Fucosyllactose. This Human-Natural Oligosaccharide is structurally identical to a human milk oligosaccharide found in human milk.

The amount of this Human-Natural Oligosaccharide in Holigos™ Digestive Health has been selected to promote digestive health in healthy adults and children over the age of 12; especially those having occasional digestive upsets.*

How does Holigos™ Digestive Health work?

Holigos™ Digestive Health feeds the beneficial bacteria in our intestines to promote a balanced intestinal microbiota, less undesirable bacteria and a nourished intestinal barrier.*

A nourished intestinal barrier in turn supports balanced immune functioning. In this way, Holigos™ Digestive Health helps support good digestive health which is important for helping to manage occasional digestive issues and balanced immune functioning.*



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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User experiences

That's what we call Human-Natural Living



Sue is a student who suddenly started to suffer from intense abdominal pain and cramps towards the end of 2016. Eventually she was diagnosed with IBS-C (constipation).

"For months I had real difficulty getting out of bed in the morning due to abdominal pain, cramps and nausea, which resulted in not attending school 8 out of 10 days." Sue told us, "I used to have incomplete bowel movements and a persistent feeling of being constipated."

Six months ago I started taking Holigos™ and after only 2 weeks I noticed a positive difference," Sue said. "Things are a lot more normal today and my bowel movements are regular and complete. I still experience episodes of abdominal pain, but they are less frequent and less painful."

Alex is a 67-year-old man who has suffered from IBS for about 5 years. Due to his IBS, Alex has experienced recurrent episodes of constipation, diarrhea and abdominal pain and a need to visit the toilet frequently throughout the day.

For the past 6 months, Alex has taken Holigos™ every morning as a topping on his porridge. Prior to trying Holigos™, Alex took fish oil and psyllium fiber and has tried various ways to manage his symptoms, but never found the right solution for him.

Alex feels that Holigos™ has helped him manage his IBS symptoms. "I am much more regular, nearly on the clock and I feel that my system is being cleaned. I feel less constipated and I have less abdominal pain. As a result, I feel less worried."



Jennifer has been diagnosed with IBS-D (diarrhea). IBS-D is nothing new to Jennifer as it seems to run in her family. Both her mom and aunt have suffered from the same condition.

"Taking Holigos™ helps me feel like a normal person. I can carry on with my life and I don't need to focus inward all the time. This of course makes me feel a lot better, more energized and I even feel stronger."

Jennifer works in the travel industry with frequent trips out of the office. Previously, she always had to map out where the bathrooms were located and "hoped for a good day." Holigos™ has helped Jennifer avoid too much hassle in her work life.

The personal experiences on this page were reported in interviews with real consumers using Holigos™. Names have been changed to protect the privacy of these individuals. The referenced consumers started taking Holigos™ as part of an open label trial run by Glycom during which they received the product for free and were not compensated for their participation in the follow up interviews. Your personal experience with Holigos™ may vary from those experiences depicted on this page, which are not intended to represent or guarantee that anyone will have the same outcome from using Holigos™. Holigos™ has not been evaluated or approved by any federal or state authority (such as the FDA or other similar organization) for the treatment of any disease, and is not intended to diagnose, treat, cure or prevent any disease.

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