

AKKERMANSIA

Prebiotic | Live Probiotic



Akkermansia muciniphila, a key element in the gut microbiome, plays a crucial role in both longevity and metabolism. Studies have revealed that *Akkermansia* not only contributes to longevity by promoting gut health and immune resilience but also plays an important role in optimizing metabolism.^{1,2,3} The primary manner in which *Akkermansia* is involved in longevity is the role it plays in creating an ideal environment in the gut. This, ultimately, lends to its impact on metabolism, specifically the production of glucagon-like peptide 1 (GLP-1), a specialized hormone which serves as a central player in metabolic health.⁴ At its core, the role of *Akkermansia* in promoting longevity is driven by this optimization of metabolism via GLP-1.



DEMOGRAPHIC & CLINICAL APPLICATIONS

MEN & WOMEN



PATIENTS REQUIRING

- Metabolic and GLP-1 Support
- Gut Barrier Integrity Maintenance
- Longevity Protocols
- Digestive Health Support



DIRECTIONS:

Take 1-2 capsules two times daily or as directed by your healthcare practitioner.

BENEFITS



Supports GLP-1 Production



Promotes Metabolic Efficiency



Aids in Optimizing Gut Barrier Integrity



Promotes Leaner Body Composition

SUPPLEMENT FACTS

Serving Size: 1 Capsule | Servings Per Container: 60

	Amount Per Serving	%DV
Akkermansia (<i>Live Akkermansia muciniphila</i>)	500 million AFU	*
Sunfiber® Prebiotic (Galactomannan Fiber)	250 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Gellan Gum), Microcrystalline Cellulose, Magnesium Stearate



GUT HEALTH AND LONGEVITY

Akkermansia muciniphila has been shown to play an important role in promoting gut health, and thus, longevity through multiple mechanisms. First, *Akkermansia muciniphila* thrives on mucin and utilizes it as a source of energy. As *Akkermansia* consumes mucin, it stimulates the production of additional mucin by epithelial cells. This process of "mucin making" leads to the reinforcement of the intestinal wall, which is essential for maintaining gut health and overall well-being.⁵ Additionally, *Akkermansia* has been shown to promote short chain fatty acids, which further support the gut's immune defenses by inhibiting the invasion of potentially harmful bacteria.⁶ These combined effects create an environment conducive to a balanced gut microbiota and optimal gut function, which are key factors in supporting longevity and overall well-being.

METABOLISM AND GLP-1 PRODUCTION

In terms of metabolic optimization, *Akkermansia muciniphila* demonstrates remarkable capabilities, particularly in increasing the production of glucagon-like peptide 1 (GLP-1). GLP-1 is an incretin hormone that plays a crucial role in regulating glucose metabolism and insulin secretion.⁴ *Akkermansia* promotes GLP-1 production through several pathways. First, it stimulates enteroendocrine cells in the gut to release GLP-1 in response to nutrient intake. Second, when *Akkermansia* provides aid to gut barrier function, it can reduce metabolic endotoxemia, which can further stimulate GLP-1 secretion. Finally, as mentioned previously, *Akkermansia* produces short-chain fatty acids (SCFAs) like acetate, propionate, and butyrate during fermentation, which have been shown to increase GLP-1 levels.⁶ The collective impact of these mechanisms results in the body's ability to support glucose tolerance, insulin sensitivity^{7,8} and metabolic regulation, ultimately allowing for more efficient fat metabolism and more effective means to achieving lean body composition and browning white fat.^{9,10}

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