

Pendulum Butyricum

A revolutionary approach to alleviate GI discomfort



Relieves occasional
gas & bloating



Makes you
more regular



Helps with diarrhea
& constipation

FUN FACT

The human body isn't able to produce butyrate on its own. It depends on microbes like *Clostridium butyricum*, the strain in Butyricum, to produce butyrate.



Want to boost the benefits of Butyricum?

- 1 Take once daily with food
- 2 Increase your intake of fiber-filled foods including whole grains, nuts, seeds, fruits, and vegetables
- 3 Build healthy eating habits by balancing food groups (carbohydrates, proteins, and fats), limiting intake of added sugars, and eating fewer simple carbohydrates such as bread and pasta
- 4 Boost your microbiome with antioxidants, fermented foods, prebiotics, and polyphenols (Polyphenol Booster is a good source)
- 5 Prioritize movement—research shows that 20 minutes of moderate exercise a day reduces your risk of metabolic disease

FREQUENTLY ASKED QUESTIONS

How long until I feel the results?

It usually takes around 90 days to see changes in the microbiome. However, results vary based on your personal microbiome and health history.

How do I store Butyricum?

Refrigerate for optimal quality.

How long should I take Butyricum?

Butyricum is a transient strain, meaning that if it isn't continually introduced into your microbiome, it will eventually disappear. The effects of Butyricum only last while you are taking the product.

Can I take Butyricum with other medications?

While we haven't tested Butyricum with every medication and supplement, there are no contraindications. We recommend seeking the guidance of your healthcare provider.

What if I miss a dose?

Not to worry. Simply take your next dose at your next meal.

Is Butyricum allergen-free?

Pendulum products do not contain any of the 9 major allergens nor does the manufacturing process create allergens; therefore, we are confident that our products are allergen free. Products are produced in a facility that manufactures milk, egg, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soybean-containing products.