

# ION\*Biome

## Frequently Asked Questions

### What is ION\*Gut Health?

ION\*Gut Health is a liquid, gut-brain health supplement that goes beyond probiotics, helping to support tight junction integrity and diversify your microbiome the natural way. It is soil derived, U.S. sourced, and naturally rich in a variety of humate substances, trace minerals, and amino acids. ION\*Gut Health's active ingredient, Terrahydrite®, isn't bacteria; it's a family of molecules made by bacteria.

### What does ION\*Gut Health do?

ION\*Gut Health supports tight junction integrity at the gut lining, which protects the immune and neurologic systems and regulates the delivery of water and nutrients to the body.

As demonstrated in our peer reviewed articles, toxins like glyphosate and gluten can degrade tight junctions in the epithelial layer of the gut lining. ION\*Gut Health has been shown to promote the strengthening of this gut barrier, which supplies the first line of defense against everyday exposures to environmental and foodborne toxins. This in turn helps with inflammatory response, enhancing mental clarity, promoting immune function, supporting digestion, and alleviating gluten sensitivity.

### How does ION\*Gut Health work?

The gut lining is a barrier, our first line of defense, working to protect our bloodstream (and the rest of our body) from toxic substances such as glyphosate, gluten, and other foreign particles. But just as importantly, it functions to allow the passage of beneficial nutrients. Preserving the integrity of this barrier is key to health.

Instead of feeding your microbiome with various bacterial strains, ION\*Gut Health works via carbon-based redox signaling to maintain tight junction integrity in the epithelial layer of the gut lining. ION\*Gut Health primarily functions as a signal, not a nutrient. It provides a framework of communication for the gut bacteria, because of the ancient soil/bacteria carbon molecules it is derived from which, when stabilized, contain the same carbon-based redox signaling molecules produced by gut bacteria.

This directly affects mitochondrial redox signaling with a differential response - improves healthy cell longevity and increases apoptosis (cell death) in unhealthy cells. ION\*Gut Health helps maintain communication channels between our microbiome, the cells that line our intestines, and other parts of the body.

### Why should I be taking ION\*Gut Health?

Currently, 80% of the population suffers from gas, bloating, indigestion, and heartburn, all stemming from poor gut health. But when you factor in inflammation that is caused by poor gut health, those are just the tip of the iceberg. Given the number of symptoms, conditions, and diseases that chronic inflammation is responsible for, it quickly becomes clear why maintaining your gut health is so important.

So why do we suddenly need help maintaining our gut health? To start, overprescribed antibiotics, glyphosate damage, and a lost connection with our environment. Our microbiome is not thriving as it should and neither are we.

Rather than address a specific medical condition with a narrowly-targeted supplement, ION\*Gut Health takes a holistic approach and helps maintain the strength of our immune system to create an environment that supports total body and mind health.

### What is the gut-brain connection?

Recent science has called the gut our "second brain," or "Enteric Nervous System" (ENS). It consists of two thin layers of more than 100 million nerve cells that line our gastrointestinal tract, from our sinuses all the way to our rectum, and serves as a vast communication network.

We now know that the majority of neurotransmitters, or "chemical messengers," such as serotonin and dopamine, are made in our gut lining, with very little being made in the brain comparatively. However, the production of these chemical messengers is dependent on the right bacteria, fungi, and even parasites and viruses, being present in our gut. Together, these make up our gut microbiome.

### How do I know ION\*Gut Health is safe?

ION\*Gut Health is based in science. Our research has shown it to be non-toxic on sensitive kidney cells, even at high usage. We have conclusive laboratory evidence that shows not only zero toxicity for kidney cells bathed in 100% concentrations of ION\*Gut Health, but increasing cell longevity.

Our manufacturing and quality control teams adhere to all the FDA's current Good Manufacturing Practices (cGMPs), and do regular testing on ION\*Gut Health for bacterial contamination, heavy metals, and overall product composition.

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Perhaps the greatest validation of the safety of ION\*Gut Health, however, is the sustained success of the product on the international market. Clinical use in humans began in 2012, and the product went into national distribution in September 2014, and international in 2015, with no serious adverse events reported to date.

ION\*Gut Health is vegan, naturally gluten-free, dairy-free, soy-free, latex-free, sulfite-free, preservative-free, non-GMO, and certified glyphosate residue free. It is produced in a facility free of allergens, including peanuts and tree nuts.

### What is the usage of ION\*Gut Health?

For general gut-brain health, we recommend one teaspoon 3x/day. Optimal gut support is achieved when taken 30 minutes prior to meals because of ION\*Gut Health's protective effects against gluten and glyphosate, but you can take it immediately before, with, or after a meal, (or on an empty stomach) and still receive benefit. Use can increase to one Tablespoon 3x/day to support health goals, although three teaspoons daily is adequate for most individuals.

### If you consider yourself "sensitive":

Results can vary with initial ION\*Gut Health usage, with many customers reporting rapid and profound early results. These results are not the direct effects of the supplement itself, but instead reflect the innate healing process that occurs in a body as the firewall system is optimally up and running. There is a subset of individuals, however, that can experience symptoms of tiredness, headache, bloating/increased gas, or bowel changes.

In these situations, it is helpful to take a very slow and gentle approach. Three-five drops of ION\*Gut Health with meals daily or twice daily is a good starting point in sensitive individuals. After a few weeks the usage can be increased slowly as tolerated. The goal is to get to 1 teaspoon three times a day before or with meals for those over age 2, and 1/4 teaspoon three times a day typical usage for less than two years old.

### Are there any side effects with ION\*Gut Health?

As ION\*Gut Health begins to strengthen the tight junctions in the gut wall, it is not uncommon to experience mild,

temporary side effects such as constipation as full hydration is promoted. In these cases, the first and best response is to increase consumption of water and herbal teas. It may also be beneficial to take a slower approach. See under "What is the usage of ION\*Gut Health" for sensitive individual usage instructions.

### For how long should I take ION\*Gut Health?

You should take ION\*Gut Health as long as you are getting exposure to those environmental factors known to impact the tight junctions in the gut lining, including gluten, glyphosate, and antibiotics. Organic, non-GMO, and gluten-free foods are great. However, avoiding exposure to glyphosate is the bigger challenge, as it has been shown to be contaminating even our rainwater. As with most supplements, you can expect to receive benefit as long as you are taking ION\*Gut Health, and for a residual period afterwards.

### Does ION\*Gut Health expire?

Through lab testing, we know that ION\*Gut Health stays safe on kidney tubule cells and efficacious in strengthening intestinal tissue tight junctions beyond six years (as long as ION\*Gut Health has been manufactured to date) so an expiration date is inaccurate. We now use a "Best By" date, six years from manufacture. Prior to that we used a "Manufactured On" date (MFG ON). If you have one of those bottles, your ION\*Gut Health (what was previously RESTORE) will be good for at least six years past that date.

### Are there any contraindications with ION\*Gut Health?

There are no known contraindications with ION\*Gut Health. However, for maximum efficacy of all products, we do suggest separating by 30 minutes if you are taking ASEA, a thyroid medication, iodine, or a binder supplement.

### Where can I purchase ION\*Gut Health?

ION\*Gut Health is available in our online store, from many healthcare practitioners, and in many retail stores nationwide. Visit our "Find A Reseller" page at [ionbiome.com](http://ionbiome.com) for locations to purchase near you.

### If I have more questions, who do I call?

If you have additional questions or concerns, you can call Customer Support toll-free at 844.432.5488, or email us at [info@ionbiome.com](mailto:info@ionbiome.com). For more comprehensive FAQs, please visit our website at [ionbiome.com](http://ionbiome.com).

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Gluten free



Vegan



BPA free

