



# Supplements For a Healthier Life

BodyBio is a nutritional supplement company that is relentlessly focused on the pursuit of health at the cellular level. With more than two decades of scientific research, we have developed a series of transformative products that are utilized globally by physicians. BodyBio is committed to continuing to push the boundaries of what's possible in human vitality and performance through the highest standards of quality, efficacy, curiosity and research.



BODYBIO

# BodyBio PC



The ultimate supplement for the brain and body. Liposomal BodyBio PC rebuilds and protects your cells to help your body perform its best.

## Recommended Dosage:

2-4 softgels or 1/2 teaspoon with food, unless otherwise suggested by your Healthcare Professional.

## SUPPLEMENT FACTS

Serving Size: 2 softgels  
Serving Per Container: 30 (60 ct.);  
50 (100 ct.); 150 (300 ct.)

AMOUNT PER SERVING		% DAILY VALUE*
Calories 14.9		
Total Fat	1.6 g	3%
Phospholipid Complex	1300 mg	†

\* Percent Daily Values are based on a 2000 calorie diet.  
† Daily Value Not Established

**Ingredients:** Proprietary phospholipid complex, minor glycolipids, essential fatty acids, flaxseed oil, ethanol, gelatin, glycerin, and water.

**Suggested use:** Take 2 softgels daily, with food or as recommended by your HCP.

**Allergen Statement:** Derived from purified soy lecithin.

Warning: If pregnant or nursing, consult your physician before use. Keep out of reach of children. Do not use if safety seal is broken. Keep closed in a dry place.

## What is it

BodyBio PC combines four forms of pure phospholipids for quick absorption to rebuild every cell in your body, benefitting your brain and overall health.

## BodyBio PC contains concentrated levels of:

### PHOSPHATIDYLCHOLINE (PC)

ensures cell membrane integrity and function\*

### PHOSPHATIDYLETHANOLAMINE (PE)

vital to mitochondrial function\*

### PHOSPHATIDYLINOSITOL (PI)

supportive to the brain and neurotransmission\*

### PHOSPHATIDYLSERINE (PS)

essential for memory\*

## Why BodyBio PC?

Non-liposomal PCs are broken down by digestion, preventing the positive impact PC has on improving your cellular health. BodyBio PC is a non-GMO, pure liposomal phospholipid complex, meaning the pure phospholipids are not broken apart and are instantly utilized, optimizing every cell in your body.

# BODYBIO

## Why Take PC:



Focus\*



Anti-Aging\*



Performance\*

- Fights brain fog\*
- Supports cognitive functioning\*
- Key to cellular repair\*
- Enhances memory and recall\*
- Vital to mitochondrial function\*
- Enhances nerve signaling\*
- Improves liver function\*
- Maintains cell membrane fluidity & permeability\*
- Stabilizes bile, supports liver function\*

# PC FAQ's

## Does BodyBio PC contain soy?

BodyBio PC has zero presence of soy proteins - it is the protein component of soy that is allergenic and/or estrogenic. We test every single batch through a third party analysis. Our PC is created using a proprietary extraction process leaving a highly purified complex of PC, PE, and PI. Because of our extraction process, the final product is a complex of isolated phospholipids that form liposomes while soy lecithin will not form liposomes in the body. Liposomes pass through the digestive system, allowing nutrients to get directly to the cells.

## How long will it take for me to feel the effects:

### 0-2 WEEKS

As with any supplement or new health routine, your experiences will vary depending on your age, diet, exercise, and overall state of health. BodyBio PC will start increasing levels of phospholipids shortly after you take it and will continue to maintain those elevated levels with regular supplementation.

### 2-4 WEEKS

Typical results: Increased clarity, mental alertness, energy, and decreased brain fog.\*

### 4 WEEKS+

Expect improved cognitions and recall. Long term users of BodyBio PC have also reported boosts in quality of life and well-being as well as sustained energy throughout each day. PC functions as a maintenance supplement ensuring that cells maintain their health and integrity to function well throughout your life. Similar to ensuring your car's performance does not decline over time by doing frequent checkups, PC supplementation allows for continued optimal performance.

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BODYBIO

# Butyrate



Butyrate is fuel for a healthy gut.  
Feed your microbiome the right stuff.

## Recommended Dosage:

1-2 capsules with each meal, unless otherwise suggested by an HCP.

## SUPPLEMENT FACTS

Serving Size: 2 capsules  
Serving Per Container: 30 (60 ct.),  
50 (100 ct.);

AMOUNT PER SERVING		% DAILY VALUE*
Calories 9.3		
Total Fat	1.3 g	2%
Sodium	313.3 mg	13%
Butyric Acid	1.2 g	†

\* Percent Daily Values are based on a 2000 calorie diet.  
† Daily Value Not Established

KETO, VEGAN & VEGETARIAN FRIENDLY

**Ingredients:** Butyric acid, sodium hydroxide, medium chain triglycerides (MCT), hydroxypropyl methylcellulose and purified water.

**Suggested Use:** Take 2 capsules daily, with food or as recommended by your HCP.

Keep closed in a dry place. Keep out of reach of children.  
Do not use if safety seal is broken.

## What is it

Modern living and our daily choices disrupt our microbiome and compromise our health beyond simple digestive issues. Butyrate is a short-chain fatty acid that supports the formation of healthy bacteria in the gut.

## What Butyrate is right for me?

**Calcium Magnesium Butyrate**, unique to BodyBio, is designed to meet the needs of most people today who are deficient in those minerals. This is our recommendation for most people.

**Sodium Butyrate** is the perfect combination for those who exercise frequently, work in hot environments, or have low blood sodium levels\*.

**Sodium Potassium Butyrate** meets the needs of athletes and those who are very active, while accommodating those with sodium-sensitive hypertension, whereby potassium antagonizes and controls sodium\*.

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## Why Take Butyrate:



Gut Support\*



Supports Healthy  
Inflammation Response\*



Keto-Friendly\*

- Improves gut function
- Reduces inflammation
- Burns fat
- Cleans the liver & gallbladder
- Controls ammonia
- Suppresses the desire to overeat
- Creates an environment where cancer cells are not given the conditions they need to thrive
- Promotes healthy microbiome



# Butyrate FAQ's

## Is it supposed to smell?

Yes, and we do not use any additives or fillers to mask the scent. Butyrate is quite infamous for its scent because it is a molecule naturally produced by the body to feed colon cells. We create butyrate exactly as it's formed in the colon - through the bacterial fermentation of resistant starch. In its organic state, butyric acid is surrounded by the body's unwanted debris. So, naturally, it doesn't smell good.

## Is it similar to a probiotic?

No, Butyrate is not bacteria but a short chain fatty acid (SCFA) made in the lower colon by bacteria and taken up by the colonocytes, the cells that line the colon. It then becomes an important food for those cells. Lacking good bacteria in our colon, such as when we take antibiotics, can lead to an insufficient supply of butyrate.

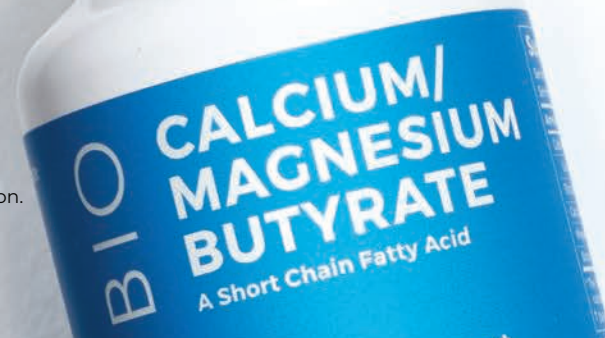
## Are there any side effects from taking Butyrate?

No, but you may be more "regular" - not exactly a bad thing!

## Can I get Butyrate from my food?

It is unlikely that you get enough butyrate from your food sources to be physiologically beneficial, making butyrate supplementation a prudent habit. Butyrate can be found in resistant starch, which normally comes from the skins of legumes, or under ripe bananas - not foods that are commonly consumed.

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BODYBIO

# E-Lyte

A liquid electrolyte concentrate formulated to mimic the electrolyte levels in your body



## Proper Hydration is a Science



1.  
Open E-Lyte



2.  
Fill Cap



3.  
Add 2 Cap-fulls for each  
8oz. water serving

2-3 capfuls of concentrate to 8 oz. of water. Drink an 8 oz. serving 1-2 times daily, or as directed by your physician or HCP.

## Recommended Dosage:

### SUPPLEMENT FACTS

Serving Size: 1 capful  
Serving Per Container: 16 (4oz); 64 (16oz);

AMOUNT PER SERVING	% DAILY VALUE*
Sodium (Na)	89 mg 4%
Potassium	187 mg 6%
Magnesium	65 mg 17%

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:** A proprietary blend of purified water, potassium, phosphate, sodium, chloride, magnesium, bicarbonate, sulfate, and potassium iodide as a preservative.

**Suggested Use:** Mix 1 capful (1/2 tbsp.) in 8 oz of water. Can be further diluted to desired taste.

Drink 1-2 servings per day or as directed by your physician for optimal hydration. When engaging in strenuous activity, use prior to help maintain healthy electrolyte levels in the body for improved performance and fewer muscle cramps. E-Lyte can also help to relieve night muscle cramps.

Recommended by physicians and safe for children.

Store in a cool, dry place. When exposed to heat, product may crystallize, but it is still effective and safe for consumption.

## What is it

Electrolyte loss can be a result of stress, exercise, poor diet, pregnancy, illness, or medications. E-Lyte is formulated with the three ingredients you need to bring it back to the perfect pH balance - Sodium, Potassium and Magnesium.

**The sodium in the concentrate allows muscles to contract and the potassium relaxes them, which prevents cramping. Our formula mimics electrolyte levels in the body for optimal hydration.**

No sugars, no artificial sweeteners, just pure, salty electrolytes in a 16:1 ratio - the highest concentration available.

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## Why Take E-Lyte:



Fight Cramps\*



Hydrate naturally\*



Restore energy\*

- Fights cramps\*
- Improves stamina and reduces fatigue\*
- Boosts energy\*
- Maintain body temperature\*
- Aids neurological function and enhances nerve signalling\*

# E-Lyte FAQ's

## What is E-Lyte Electrolyte Concentrate used for?

E-Lyte cleans & replenishes the blood by balancing the essential electrolytes, which is vital for proper central nervous system & muscular function. Not only balancing, but constantly adding, in cases of fatigue and poor metabolic function, such as muscle cramps in legs and feet. Electrolytes drive all muscle function from the blinking of an eye to the movement of a finger.

## What are the ingredients in E-Lyte Electrolyte Concentrate?

E-Lyte is a proprietary blend of purified water with three (3) macro minerals: potassium, sodium, and magnesium & their chemical partners: phosphate, chloride, bicarbonate, and sulfate.

## What kind of purified water is used in E-Lyte Electrolyte Concentrate?

The water used in E-Lyte Electrolyte Concentrate is passed through two filters, then through a large GE Reverse Osmosis filter, another filter, an ultraviolet purifier, a deionizer, and finally another filter. Prior to packaging/filling E-lyte goes passes through another filter as well as a UV filter.

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BODYBIO

# BodyBio Balance Oil



A daily-use blend of the most essential building blocks for cellular health designed to optimize and protect your brain and body.

## Recommended Dosage:

Two BodyBio Balance Oil capsules or 1 tablespoons should be taken daily, preferably with protein.

## SUPPLEMENT FACTS

Serving Size: 2 softgels  
Serving Per Container: 30 (60 ct.),  
90 (180 ct.);

AMOUNT PER SERVING		% DAILY VALUE*
Calories 24		
Total Fat	2.6 g	4%
Linoleic (Omega 6)	1.4 g	†
Linolenic (Omega 3)	350 mg	†

\* Percent Daily Values are based on a 2000 calorie diet.  
† Daily Value Not Established

**Ingredients:** Safflower oil, flaxseed oil, gelatin, glycerin, and water.

**Suggested use:** Take 2 softgels daily, with food or as recommended by your HCP.

Keep closed in a dry place. Keep out of reach of children. Do not use if safety seal is broken.

## What is it

A blend of essential building blocks for cellular health, Balance Oil is designed to optimize and protect your brain and body. Balance Oil is composed of bioactive fatty acids, cold-pressed to protect the delicacy of the essential fatty acids and derived from carefully treated organic seed oils that support cell membrane activity. Balance Oil supports the body's natural cellular function by targeting the main biochemical effects of aging - issues like oxidative stress, natural mitochondrial deterioration and more. Through better nutrition and supplementation, you can optimize your body's ability to rejuvenate itself - helping you stay ahead of cellular deterioration while delivering the nutrients your body and brain need to get the most out of life.

**Balance Oil** contains Omega 3 Alpha-linolenic acid (ALA) from organic flaxseed oil and Omega 6 Linoleic acid (LA) from organic, unrefined and unheated safflower oil. Balance Oil is formulated with the World Health Organization's recommended ratio of four parts Omega 6 to one part Omega 3.

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## Why Take Balance Oil:



Heart Health\*



Brain Health\*



Immunity

- N-3 fatty acids may lower triglycerides\*
- Enhances digestive health\*
- Modulates blood clotting\*
- Essential fatty acids are critical for brain function\*
- Enhances cell functioning\*
- Immune support\*
- Healthy hair and skin\*
- N-6 DGLA manufactures anti-inflammatory prostaglandins\*



# Balance Oil FAQ's

## Can I cook with Balance Oil?

Dramatic heat will destroy the double bonds of the lipids, which makes them rancid, so it is best to add after cooking. For great recipes using Balance Oil, go to BodyBio's YouTube channel. Please refrigerate after opening.

## Are there any side effects from taking BodyBio® Balance Oil?

No side effects have been reported.

## I heard we should avoid Omega 6's.

Oxidized Omega 6's found in heated oils are not good for you. Our products use an unrefined, non-oxidized Omega 6 from Safflower Oil which contains essential fatty acids pivotal to the health of our mitochondria and our muscular function. Unfortunately, most Omega 6 sources are now limited in the USA due to the introduction of hybrid oils that are high oleic. Ours is naturally high linoleic. The most concentrated source of linoleic acid is in whole organic raw seeds like sunflower, chia and pumpkin seeds. Omega 6 fatty acids evolve into Prostaglandin 1 series (from linoleic to gamma linolenic to dihomogammalinoleic into PG1, a powerful anti-inflammatory Prostaglandin) and Arachidonic into PG2 which overall turns on responses and is one kind of inflammatory response. Arachidonic acid is an essential fatty acid. We must consume it, we cannot synthesize it.



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**BODYBIO**

# BODYBIO Calm

BodyBio Calm is a unique botanical blend that manages the body's stress response, to help create a general feeling of calm & focus — no matter what life throws at you.



## Recommended Dosage:

1 capsule up to 3 times a day with or without food.  
Or as directed by your HCP.

## SUPPLEMENT FACTS

Serving Size: 1 capsule  
Serving Per Container: 60

AMOUNT PER SERVING	% DAILY VALUE*	
Manganese (as gluconate and citrate)	2.5 mg	109%
Proprietary Blend	425 mg	
Taurine		†
Glycine		†
Rhodiola rosea root extract		†
Soy-Free Phosphatidylserine (Sharp PS® Green)		†

\* Percent Daily Values are based on a 2000 calorie diet.  
† Daily Value (DV) Not Established

**Other Ingredients:** Capsule shell (gelatin and water), medium chain triglycerides and silica.

**Suggested use:** 1 capsule up to 2 times a day with or without food. Or as directed by your HCP.

Keep closed in a dry place. Keep out of reach of children. Do not use if safety seal is broken.

## Powerful ingredients to reduce daily stress

### GLYCINE:

Glycine is a neurotransmitter that supports relaxation and healthy stress management.

Considered one of the most important inhibitory neurotransmitters in the CNS, particularly in the brainstem and spinal cord.\*

### TAURINE:

An important amino acid that benefits the brain and body.

Increases GABA levels to calm neurotransmitters in the brain, promoting relaxation + happiness.

### RHODIOLA:

A well-studied brain adaptogen that works to ease stress and reduce brain fog and increase focus.

Natural brain protection and anxiolytic (anxiety-reducing) properties\*  
Helps balance the brain chemicals serotonin, norepinephrine, to heighten mood and dopamine without causing drowsiness or fatigue.\*

### PHOSPHATIDYLSERINE:

Supports healthy cortisol levels to improve stress response.

Studies have shown a connection to enhanced mood, improved immunity and ability to better cope with stress.

### MANGANESE:

Helps manage histamine (an excitatory neurotransmitter)\*



## Benefits



ADRENAL & CENTRAL NERVOUS  
SYSTEM SUPPORT\*



BALANCED STRESS RESPONSE +  
INCREASED MENTAL  
PERFORMANCE\*



PROMOTES GENERAL SENSE OF  
CALM\*

## IT'S TIME FOR A LITTLE CALM

# Ways to use BodyBio Calm

- Take 1 in the morning to start your day with a fresh mind
- Too much on your to-do list? Too many emails to get through?  
Take it during the day if you feel overwhelmed to help you tackle everything you need to get done
- Feeling burnt-out at the end of the day? Try taking one to clear your head
- Take before bed to help calm your mind before sleep
- Take if you wake up in the middle of the night to help you fall back asleep



## FAQ's

### How will BodyBio Calm affect me? What will I feel?

If Calm is doing its job, then you should feel centered, relaxed, focused and able to do what you need to do after 10 minutes. It's subtle, no tingles, jitters or buzzed feelings. We call it 'refreshing calmness!'

### When is the best time to take BodyBio Calm?

Calm can be taken as often as you need it. We recommend taking it at the start of each day as soon as you feel a sense of overwhelm or approximately 20 minutes prior to experiencing a stressful situation. It can be helpful to take if you are feeling overwhelmed with your daily tasks - or even to take before bed to help calm your mind. It even works in the middle of the night if you need help falling back to sleep.

### What are adaptogens and how do they work?

Thanks to their incredible ability to support the body in fighting stress, adaptogens usage have increased in popularity in recent years. Adaptogens are herbs, fungi and roots that have been used for centuries in Chinese herbal medicine and Indian Ayurveda and are now in the spotlight for people of all ages to help decrease the effects of daily stress on the body and support healthy cortisol levels to reduce the 'fight or flight' response.

### How do amino acids work?

Amino acids play a foundational role in our bodies and are known as the 'building blocks' of proteins. They're involved in many chemical reactions throughout the body. Amino acids do multiple jobs in the body and play an important role in building and supporting neurotransmitters like serotonin and dopamine to support stress and anxiety response.

### How long does Calm take to work?

10-20 minutes after taking the supplement.

### Will BodyBio Calm make me drowsy?

No. With our blend you'll feel relaxed without the drowsiness.