



Microbiome – The Second Brain

Our stomachs are full of bacteria – good and bad. That mix of bacteria is our microbiome. When properly maintained, a healthy microbiome improves digestion and overall health.

The microbiome is often referred to as the second brain. A thriving array of good bacteria in your gut can have profound effects on all aspects of your health.

BIOM provides a powerful, natural way to gently cleanse your intestines and promotes a normal healthy digestive system. It helps your gut flora which is needed to support digestive regularity and eliminate waste. The fibre matrix also aids in eating smaller meals, and thus, shedding unwanted pounds!

Features

- Proprietary fiber blend.
- High quality ingredients.
- Easy-to-take capsules for daily support.

Benefits



Helps promote digestive regularity*



Supports the gastrointestinal system*



Promotes beneficial bacteria



Supports the body's natural elimination process*

Use

Take two capsules with a full glass (250ml) of water once daily.

Do not take more than two capsules per day.

NOTICE: Consult your physician if you have allergies and if you are pregnant, nursing, taking medication, or have a medical condition.

Ideal For

Those looking for a gentle way to help cleanse the digestive system.

Individuals who experience occasional constipation.

People wanting to support their gastrointestinal health.

Try This

Take BIOM about 30 minutes before meals—it expands in your stomach and provides you with a “fuller” feeling, it also helps rebalance and manage the glucose spike from eating.



Ingredients



PSYLLIUM HUSK

Psyllium husk can help strengthen heart muscle and support a healthy digestive system.



INULIN

Inulin is a non-digestible fibre, it passes through the stomach unchanged, aiding the passage of other foods through your body.



ALOE VERA

Aloe Vera as a digestive aid reduces inflammation in the gut and soothes the elimination process.



FLAXSEED

Flaxseed carries many healthy components but it's primary health benefits include: Omega-3 essential fatty acids, lignans and fiber.

GYMFOX BIOM FAQs

Is it Vegan?

Yes, Biom is a vegan-friendly supplement.

Can Aloe Vera act as a diuretic or a laxative?

Aloe Vera stimulates a gentle, natural laxative action.

Can Biom cause digestive discomfort?

Biom can cause digestive discomfort for some people. Discontinue use if you have or develop diarrhea, loose stools, or abdominal pain.

Can Biom support a healthy heart?

Yes! Biom helps maintain healthy cholesterol levels and helps to promote cardiovascular health.

Why is the Microbiom so important?

A thriving array of good bacteria in your gut can have profound effects on all aspects of your health. Virtually all our body sites are colonised by microbes suggesting different types of crosstalk with our organs.



GYMFOX

*Note: Maintaining a healthy diet, exercise regimen and getting plenty of sleep will help support a healthy immune system.

*These statements have 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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