



Better Taste. Better Results.



Welcome Guide

A note from our founder



Just a few years ago, I found myself in a place that you may be familiar with - struggling with the debilitating effects of a GI disorder. The constant discomfort, the endless visits to doctors, and the frustration of not finding relief was overwhelming and exhausting.

In my quest for answers, I was very fortunate to meet two pioneering gastroenterologists, Dr. Mark Pimentel and Dr. Ali Rezaie. Their expertise and compassion became a beacon of hope on my journey, which until then had felt entirely futile. Thanks to their guidance, I learned about elemental diets; a dietary management option that held the promise of relief. I embarked on this path with determination, but like so many others, I encountered a significant obstacle: the unpalatable taste of the available elemental diets. The thought of consuming something so unpleasant made an already challenging situation even more daunting. It was in this moment that I knew there had to be a better way, and that I would try to find it. I partnered with Dr. Pimentel and Dr. Rezaie and assembled a team of dedicated food scientists.

Our goal was simple yet profound: to develop an elemental diet that was not only effective, but also tasted good. It took a lot of time and patience, research and clinical trials, but we got there. I am very proud to introduce you to mBIOTA Elemental™. It's the result of our collective dedication, years of research, and the unwavering commitment of our team to making your journey toward better health a little easier and more enjoyable. We believe that you deserve nothing less.

A handwritten signature in black ink that reads "Krystyna". The script is elegant and cursive.

Krystyna Houser on behalf of mBIOTA Labs

Getting started

The mBIOTA Elemental™ diet is a medical food designed to be your sole source of complete nutrition for the duration of the program. Developed in partnership with leading gastroenterologists and food scientists, our unique elemental diet powder delivers essential nutrients, vitamins, and minerals in a readily absorbable formula.

Each shipping case includes:

- Seven daily cartons, each filled with six individual shake sachets
- mBIOTA Elemental™ branded shaker bottle
- Blender ball
- Welcome guide

Each shake sachet provides 300 calories of nutrition and each daily box totals 1,800 calories. You may find you need less or more depending on your individual caloric needs. We recommend consulting with your healthcare provider or nutritionist to determine your individual requirements. Now you are ready to get started!



The science of Elemental diets



Over the span of 75 years, hundreds of clinical studies have proven the effectiveness of elemental diets for the nutritional management of a variety of health conditions. However, due to the traditionally unpalatable taste, it was close to impossible to use them...until now.

What is an Elemental diet?

Elemental diets are designed to provide comprehensive nutritional support as the sole source of nutritional intake for a limited period of time. Elemental diets consist of the simplest and most “elemental” nutritional building blocks. This simplicity allows vital nutrients and minerals to be directly absorbed, while your digestive system rests and recovers.

What can Elemental diets be used for?

Elemental diets have many health applications and are most commonly used for the dietary management of gastrointestinal (GI) dysfunction. Published clinical studies have demonstrated the effectiveness of elemental diets for the nutritional management of Irritable Bowel Syndrome (IBS), Small Intestinal Bacterial Overgrowth (SIBO), and Inflammatory Bowel Disease (IBD) - including Crohn's Disease and Ulcerative Colitis. In November 2023, a clinical trial at Cedars-Sinai, Los Angeles demonstrated the effectiveness of mBIOTA Elemental™ for patients with both SIBO and Intestinal Methanogen Overgrowth (IMO).

What is the mBIOTA Elemental™ difference?

mBIOTA Elemental™ revolutionizes elemental diets with our two highly palatable flavors, Original (Tropical Vanilla) and Orange. Developed by gastroenterologists and food scientists, mBIOTA Elemental™ is a medical food and is intended to be taken under the supervision of a medical professional.

Clinically proven

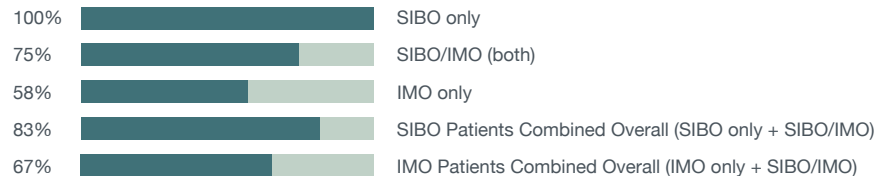
Beyond being truly palatable, mBIOTA Elemental™ is also clinically proven. In November 2023, a clinical trial utilizing mBIOTA Elemental™ was conducted at Cedars-Sinai, Los Angeles* for patients with Small Intestinal Bacterial Overgrowth (SIBO) and Intestinal Methanogen Overgrowth (IMO).

100% of patients preferred the taste of mBIOTA Elemental™ over the market-leading competitor.

100% of patients successfully completed the 2-week course of exclusive mBIOTA Elemental™ diet.

73% overall eradication rate based on normalization of breath test after 2 weeks of mBIOTA Elemental™.

Eradication rates by patient group:



*Elemental Diet and Gut Microbiome. Clinicaltrials.gov: NCT05978973
Cedars-Sinai, Los Angeles 2023.



Mixing instructions

Add one (1) packet to 10oz of water in a 16oz or larger container. To allow the powder to best dissolve, we recommend using room temperature water.

Cover tightly and shake for 45-60 seconds or until completely dissolved.

Use the provided mBIOTA Elemental™ shaker and blender ball. A traditional blender may also be used to mix.

For best taste, consume within four hours. Drink slowly for best results.



Tips and tricks

For best taste, we recommend serving your shakes cold. Either over ice, or chilled after mixing.

Timing is key. In the first 1-2 days, you should pay close attention to the intervals between your shakes. Depending on your caloric needs, most patients settle on a schedule of somewhere around 2-4 hours between shakes. Others prefer to constantly sip throughout the day. Pay attention to your energy levels, if you're starting to drag, it's time for another shake.

Even if you're not a traditional "breakfast person," we recommend drinking your first shake shortly after waking up. Sip slowly - drinking too quickly can cause bloating.

To maintain the elemental nature of the shake please do not mix it with anything other than water. To add variety or texture, try adding ice to the water and blending it into a slushie.

Drink plenty of water while on the elemental diet. During your course of elemental diet, try planning social activities around non-food related events to keep busy and stay motivated.

Days 1-2 are usually the most difficult as your digestive system adjusts to the elemental diet. You may experience headache, diarrhea, or abdominal cramps. It is also common to experience less frequent bowel movements while on the elemental diet. Follow up with your healthcare provider if you feel any discomfort. If you are taking any medications or supplements, be sure to address this with your healthcare provider.



What's next? Transitioning from the Elemental diet



Transitioning back to food after completing an elemental diet is a crucial phase that requires careful planning to ensure sustained balance of your microbiome while minimizing digestive discomfort. Here are some tips to help you make this transition effectively:

At the end of your course of elemental diet, it's important to check in with your healthcare professional. Depending on your condition, they may advise various tests, such as a breath test, to check your GI function. Some patients may require continued use of the elemental diet after the initial 2-week course.

Gradual reintroduction of food: It's important to start slowly, reintroducing easily digestible foods and monitoring for any digestive discomfort. Try starting with strained chicken or vegetable broth, and then adding back solid foods in small portions. To maintain microbiome balance, we recommend following the Low Fermentation Eating (LFE) diet created by Dr. Pimentel & Dr. Rezaie. For more information on the LFE diet and recipes, visit www.GoodLFE.com.

Stay hydrated: Adequate hydration is essential for digestive health. Drink plenty of water to support your body's digestive processes.

Listen to your body: Look for any signs of digestive discomfort, such as bloating, gas, or diarrhea as you reintroduce foods. Keep a food diary to easily track your progress.

Real patients, real stories.



"The taste is really pleasant, and this is the best I've felt in years! I truly appreciate what you've done for people with GI issues. Thank you for giving me hope for a brighter future."



"I'm happy to report I made it to day 14! The symptoms got much better after the first couple of days, and thanks to the taste of the shakes I was able to drink them with no problem and did not feel hungry."

"I previously tried 4 rounds of antibiotics and never had any good results. I did the mBIOTA diet and when I breath tested on day 14 my numbers were at ZERO! I finally have MUCH needed relief."



To share your story and help other patients,
email us at results@mbiotalabs.com

Progress tracker

We’ve provided a progress tracker to log your daily experience with any details you may want to share with your doctor.

Day:	Number of Bowel Movements:														
Level of GI Discomfort:	None	0	1	2	3	4	5	6	7	8	9	10	Severe		
Level of Fatigue:	None	0	1	2	3	4	5	6	7	8	9	10	Severe		
Symptoms and Notes:															

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Symptoms and Notes:															

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Contact us:

mBIOTAElemental.com

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1-800-720-7034

Medical food. Intended for use
under medical supervision.

mBIOTAElemental.com



NO ARTIFICIAL
SWEETENERS



KOSHER



GLUTEN FREE



LACTOSE FREE



SOY FREE



VEGAN

