



# Biome Shake



# BIOME SHAKE

## Vegetable Protein

## Microbiome Balance

- Microbiome repair with amino acids from protein

## Detoxification

- Enhances elimination
- Supports digestive and immune systems
- Activates detoxification with broccoli powder and zinc.

## Great Tasting Vanilla Flavor





# Ingredients

## Vitamins:

- A, C, E, D, B1, B2, B3, B5, B6, B7, B12, Folic Acid

## Minerals:

- Iron, Zinc, Copper, Iodine, Manganese, Selenium

## Fruit & Vegetable Base:

- Pea protein, flaxseed powder, grain and seed blend (oat bran, quinoa, caramel, buckwheat, millet), spinach powder, broccoli powder, green tea leaf extract, green coffee bean extract, turmeric extract, curcuminoids



# Using Biome Shake

## Tub

## 15 Servings

Serving size:	2 scoops
7 day Purify Programme:	2 x 2 scoops
Daily dose - Maintenance:	2 scoops
Dose form:	Powder, to be mixed with water
Directions:	Mix 2 scoops of powder with 300ml of water (or according to personal taste). Shake or stir vigorously and drink immediately. For best results, use a Synergy shaker bottle
Contraindications	None known
Length of Use:	As desired
Certifications:	NSF- GMP verifies Good Manufacturing Practices and product manufacturing safety

# Nourishment & Repair

## Nourishment

- Biome Shake gives 100% complete nutrition provided as a meal replacement or as a snack
- It provides 20 grams of vegetable protein and aids with microbiome balance
- Vegetarian



## Repair

Biome Shake detoxifies the body. This is activated by the Broccoli powder and Zinc. It enhances elimination and supports the digestive and immune systems.

Good bacteria love high fibre foods such as leafy green vegetables and beans which are all good for gut health

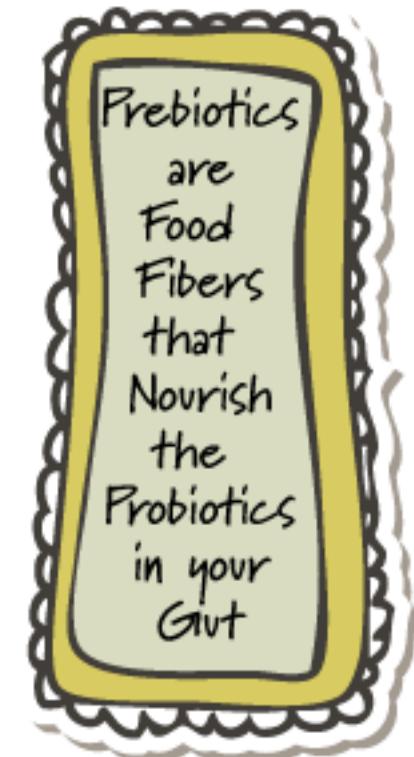


# Prebiotics

Prebiotics are non-digestible carbohydrates to you, but can be digested by probiotics (friendly bacteria). They are usually soluble fibres, which aid you in your digestion. When combined with water, they form a gel like substance that can withstand the acidic environment of the stomach. When they enter the small intestine they become a meal for the bacteria you're trying to grow.

This means that you want prebiotics that will nourish the good bacteria, not the bad bacteria. If you properly combine a prebiotic with the correct probiotic, you can then create a positive synergistic effect. The prebiotic will form a gel-like coating to protect the probiotic through the stomach acids and allow more colony forming units (CFU's) to make it into the small intestine.

Once in the small intestine, the prebiotic becomes a healthy food source for the probiotic. This speeds the colonisation of your gut microbiome with good bacteria while denying your bad bacteria with the food they need. The result of which is to quickly reset your gut health so you can enjoy improved wellness.





# Zinc

- Zinc is a mineral (like magnesium) that is involved in over 300 different enzymatic pathways to help support optimal health. As it relates to your gut, zinc helps to maintain both the population and diversity of good bacteria. It plays a vital role in protein synthesis while helping to regulate cell production in your immune system.

## ZINC DEFICIENCY SYMPTOMS

- Spots on Fingernails
- Low Energy
- Insomnia
- Infertility
- Loss of Taste or Smell
- Skin Rashes / Eczema
- Loss of Appetite
- Lowered Immunity
- Poor Memory
- Sinus Problems and Allergies
- Breast and Prostate Cancer
- Loss of Libido
- Frequent Colds or Flus
- Abnormal Hair Loss
- Slow Thinking Process

## FUNCTIONS

- Decreases inflammation
- Suppresses abnormal tissue growth
- Boosts healthy Immune function
- Supports progesterone production, essential for balancing estrogen
- Reduces risk and development of any cancers including esophageal, bladder, breast, skin, prostate and head and neck cancers
- Supports the p53 Gene, which protects against breast and prostate cancer
- Inhibits angiogenesis
- Stimulates apoptosis

DRJOCKERS.COM  
SUPERCHARGE YOUR HEALTH

## 12 Foods High In Zinc



Oysters



Chicken



Cheddar Cheese



Cashews



Watermelon Seed



Almonds



Milk



Red Meat



Yoghurt



Pumpkin Seed



Salmon



Cacao/Cocoa  
Dark Choc

Source: <https://www.organicfacts.net/health-benefits/minerals/health-benefits-of-zinc.html>



# Flax Seed Powder

This key ingredient significantly increases healthy gut bacteria while helping to reduce colonies of bad bacteria. In addition to helping you improve your digestion, this ingredient also provides the following benefits;

- Helps lower cholesterol
- Reduces sugar cravings
- Helps balance hormones
- Helps promote weight loss
- Helps reduce insulin resistance
- Supports colon detoxification

It is the richest plant-based source of alpha-linolenic acid (ALA) and lignans. ALA is an omega-3 fatty acid that helps reduce inflammation. Flax lignans stimulate your body's ability to produce lignans that help reduce the risk for breast, skin, and colon cancers.



Flax seed powder also contains a high concentration of mucilage gum, which is a gel-forming fibre that is water soluble and offers incredible benefits to your abdominal cavity. It helps keep food from emptying too quickly into the small intestine, which allows you to increase nutrient absorption. It's also a great source of natural magnesium, which is critical to your gut microbiome and the enzymatic pathways needed for healthy chemical reactions.

Source: <https://draxe.com/10-flax-seed-benefits-nutrition-facts/>



# Pea Protein

The most common protein powder is whey protein from cow's milk. However, pea protein is equal to whey but provides for cleaner energy metabolism while it supports a greater diversity in healthy gut bacteria.

Because it's dairy free, pea protein is an excellent protein source for vegans as well as those with a lactose intolerance or sensitivity.

Pea protein is a complete protein, which means it contains all nine of the essential amino acids as well as branched-chain amino acids that are important for building muscle tissue.

Here's a direct side-by-side comparison:

	<b>25 Grams Pea Protein</b>	<b>25 Grams Whey Protein</b>
<b>Calories</b>	162.50	157.40
<b>Carbs</b>	8.8	8.7
<b>Protein</b>	25	25
<b>Fat</b>	2.6	2.1

It's important to note that pea protein contains three times more L-arginine (1538 mg per 25 grams) than whey protein (461 mg per 25 grams). This is significant because L-arginine fuels 7 different metabolic pathways that are important for good health. One of those pathways is the endothelial pathway for the creation of nitric oxide. Nitric oxide is the master signalling molecule for the cardiovascular system. Nitric oxide improves blood flow and helps protect you from cardiovascular diseases like high blood pressure, strokes, and heart attacks.

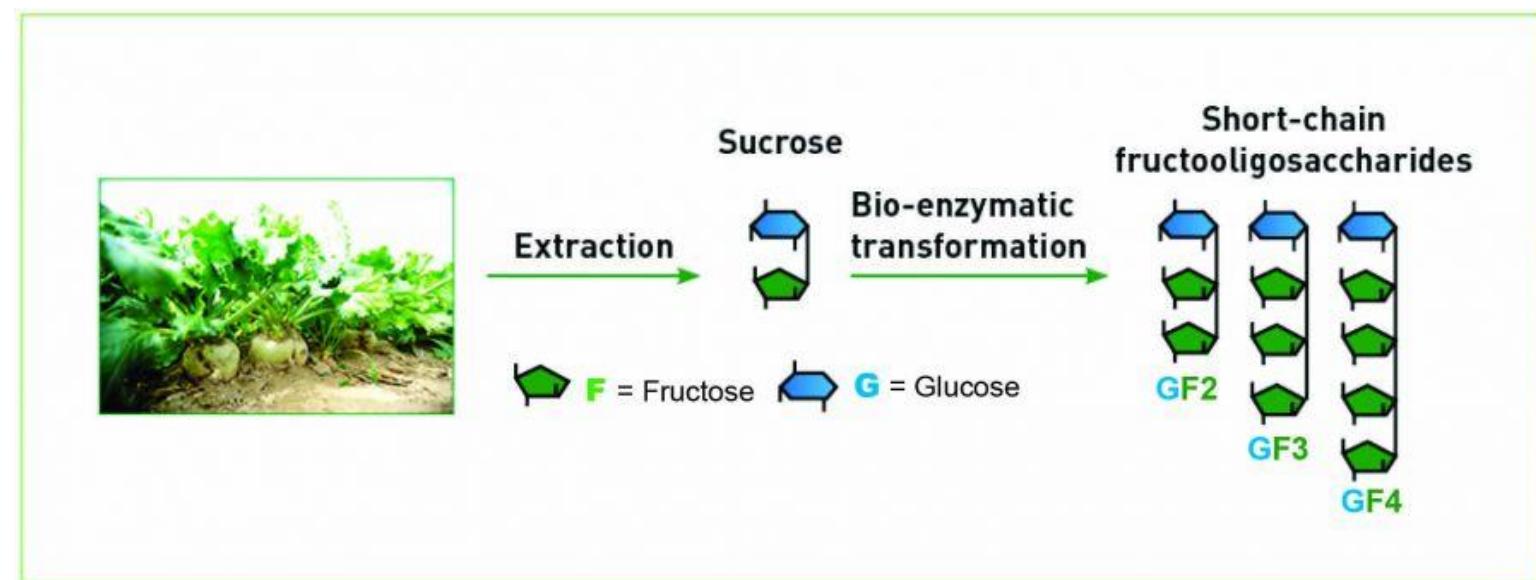
Fruit can be added to change the flavour if desired

Source: <https://draxe.com/pea-protein/>

# Fructo-oligosaccharides

Fructo-oligosaccharides is a prebiotic that helps support healthy bacteria. It's virtually calorie free but provides both body and flavour to the foods you're eating. While you can't digest it, your good bacteria can and they love it. This prebiotic will help you recolonise your gut microbiome faster allowing you to enjoy the following benefits:

- Improves mineral absorption
- Helps to decrease cholesterol levels
- Reduces constipation
- Increases calcium absorption
- Increases dietary fibre intake



Source: <https://www.ncbi.nlm.nih.gov/pubmed/20119826>