



**GI-BIOME SYSTEM™
(SKU 30301)
PRODUCT TRAINING SHEET**

PRODUCT BASICS

PRODUCT DESCRIPTION: Help Strengthen* • Build Balance* • Optimize Support*

To address essential digestive health, Mannatech created the GI-Biome System. The **GI-Biome System** contains three products that may be used individually, or together as a system. Used together, they pave the way for digestive health and gut microbiome support for many other systems in your body.*

- **GI-Defense™ Capsules (SKU 48501)** feature the *Glycobiome™* and *Butyrate Support Blend*, formulated to help enable your body to naturally replenish butyrates. These short-chain fatty acids are crucial to helping strengthen and nourishing the intestinal lining. This provides the stability needed for beneficial microbes to thrive and support vital gut-brain signaling needed for good health.* Another benefit, by supporting the strength of the intestinal wall, GI-Defense supports healthy intestinal permeability and environment.*
- **GI-ProBalance® Slimsticks (SKU 18601)** are specially formulated with a *MannaBiotic™ Blend* consisting of 8 powerful strains including *Lactobacillus* and *Bifidobacterium* strains totaling 50 Billion CFU[‡]. These beneficial bacteria strains were specifically selected because they can survive many stages of digestion to support the natural balance of good bacteria and help maintain good digestion.* GI-ProBalance also includes a special blend of prebiotic fiber that helps to nourish and fuel the probiotics so they colonize and can increase their effectiveness.*
- **GI-Zyme® Capsules (SKU 38801)**- Through a powerful blend of digestive enzymes and natural botanical ingredients, combined to target an array of problematic foods, GI-Zyme is designed to help improve digestion and the absorption of nutrients from food, while reducing typical discomfort that can be caused by normal eating.*

SUPPORTING INFORMATION:

Humans rely on our connection with the unseen world more than most of us realize. Your health is affected by the more than 39 trillion microbes that live in and on your body. Collectively, these microscopic organisms are your **microbiome**, and between 90-95% of the microbes within your microbiome are actually found within your gut.

However, everyone's microbiome is different and as unique as your fingerprint. Your microbiome actually starts with your mother and as you develop and age, it is exposed to and altered by everything you encounter, such as your family, pets and surfaces around you.

So why is microbiome health so important? Considering that 70% of our immune system lives within our digestive tract, you can begin understanding how valuable it is to keep our microbiome and GI tract healthy and working properly.

In addition, science has proven your gut and brain actually communicate physically and biochemically, carrying information back and forth, from brainstem to bowels, through the nervous system. The bi-directional communication system is called the **Gut-Brain Axis (GBA)**.[†] Through this connection, the gut microbiota can

signal the central nervous system influencing bodily functions like mood, immune response, digestion and even heart rate.^{††}

When working properly, our microbiome adjusts to achieve balance after it is exposed to foreign bacteria. However, today's modern lifestyle including diet, stress, and exposure to certain chemicals, can take a toll on the beneficial bacteria in your gut microbiome and how well it adjusts to these conditions. This may lead to a weakened immune system, poor mood and contribute to various digestive issues, including what is known as a *Leaky Gut*, all of which can ultimately affect your overall health.

WHAT MAKES THIS SYSTEM SPECIAL?

WHO IS IT FOR?

- For anyone who wishes to avoid or conquer the many health issues that a modern lifestyle can inflict on the on our health beginning at the gut, from fatigue, to weight gain, to joint pain and well beyond.*

WHAT MAKES IT UNIQUE?

Our system tackles digestive issues in three individual ways to help improve overall health:

- **GI-Defense capsules** help to create the ideal digestive environment by helping to strengthen the gut barrier, containing the food being digested to the stomach and optimizing nutrient absorption. *
- **GI-ProBalance slimsticks** provide probiotics to help increase beneficial bacteria as well as the prebiotics needed to feed them and help your microbiome flourish. *
- **GI-Zyme capsules** supplement the natural production of digestive enzymes to break down your diet properly, optimizes digestion and maximizes nutrient absorption for you to truly benefit from the nutrients you consume. *

WHAT IT IS NOT:

The GI-Biome products are not antacids or indigestion support supplements.

TOP FAQ:

1. Why is it so important that the gut lining be strong and healthy?

When working properly, your gastrointestinal digestive tract (GI) breaks down food, absorbs nutrients and protects your body from harmful substances while efficiently eliminating waste. When you consider that 70% of our immune system lives within our digestive tract, you can see can begin understanding how valuable it is to keep our GI tract healthy and working properly.

Our extensive intestinal lining covers more than 4,000 square feet of surface area. When working properly, our intestinal wall acts as a barrier, controlling what enters our blood stream. Small gaps in the intestinal wall's "tight junctions" allow water and beneficial nutrients to enter while blocking out harmful substances. However, when the gut lining is stressed and unhealthy, it develops widening gaps that can allow partially digested food particles or toxins to pass into the bloodstream, leading to a variety of health issues.

2. What is meant by “Leaky Gut”?

An unhealthy gut lining may have increased permeability in the intestinal wall, resulting in “Leaky Gut.” This may trigger changes in the gut bacteria or allow partially digested food particles or toxins to pass into the bloodstream. **GI-Defense** capsules can help strengthen and soothe the intestinal wall by providing a calming blend of natural and scientifically studied ingredients, designed to balance beneficial bacteria, purify the gut, and help strengthen gut barrier integrity.*

3. What are the causes of "Leaky Gut"?

The condition known as "Leaky Gut" can be caused by a number of wide varieties of lifestyle choices such as excessive sugar intake, excessive alcohol intake, chronic stress, yeast overgrowth, nutrient deficiencies, among others.

4. What is a microbiome?

Your microbiome consists of 100 trillion microbes that live on and in your body. Unseen by the naked eye, these microbes work continuously to form your innate and adaptive immune system, break down your food for digestion and even influence how much you weigh. Your health is affected by the life and vibrancy of your microbiome.

5. GI-Defense contains butyrates. What exactly are butyrates and why are they important?

Your microbiome supports microbial fermentation of dietary fibers in the lower intestine and manufactures butyrate, a short chain fatty acid. Butyrate provides fuel for cells in your gut lining, supports immune system functions of the colon wall and helps to protect the digestive tract.

6. What is the *Glycobiome and Butyrate Support Blend* and why is it so important?

The *Glycobiome and Butyrate Support Blend* refers to a natural citrus flavonoid (phytonutrient) complex combined with Glyconutrients designed to support the gut and immune health.* This natural citrus flavonoid complex in GI-Defense has been scientifically shown to help strengthen and support gut barrier function.* Mannatech’s proprietary formulation provides safe, natural and effective support for healthy gut barrier function.*

7. GI-Defense contains flavonoids. What are flavonoids?

Flavonoids contain specific sugars that prevent absorption until they reach the colon. When flavonoids are metabolized in the colon two actions occur:

1. Gut Microbiome Modulation – Supports the increase of short chain fatty acids (such as butyrate), helping to calm and strengthen gut lining integrity.
2. Enhances Effects of Active Flavonoids – Flavonoids effect the anti-oxidant activity and help release metabolites, resulting in lower oxidative stress for the gut barrier.

8. Why did we include flavonoids in GI-Defense?

Flavonoids can inhibit growth of a negative bacteria by stimulating certain classes of beneficial bacteria and can strengthen the gut barrier. This results in support for a healthier digestive system and immune system.

9. What is the importance of the amount of CFUs a probiotic supplement contains? What make’s Mannatech’s GI-ProBalance slimsticks special?

The potency of probiotics is measured in colony forming units (CFU). CFUs are determined by allowing the organism to grow under controlled conditions, and then counting the number of colonies present. Not all the bacteria (live organisms) will remain viable when they arrive at their intended destination in the gut and that is why GI-ProBalance was specifically formulated to begin with 50 Billion CFU and to end at 8.5 Billion at time of

expiration. Often other probiotic supplements may not list the guaranteed potency at expiration meaning all strains could be dead by the time they are consumed.

10. What are enzymes and why are they important?

Enzymes are both proteins and biological catalysts that set off chemical reactions in the body. The specific enzymes in **GI-Zyme** capsules can help break down complex molecules, such as proteins, fats, fibers, vegetables and lactose and carbohydrates.*

DIRECTIONS:

- **GI-Defense:** For optimal results, adults take two capsules daily with food and water, or up to two capsules twice daily if needed.
- **GI-ProBalance:** Take one daily with or without food and drink.
- **GI-Zyme:** With today's ever-changing lifestyle many people are only eating two main meals daily. Mannatech has increased the key digestive enzymes by at least twice as much as the original formula, in order to recommend only two capsules daily vs the three capsules of the original. Adults may take one capsule before each large meal, up to three meals per day. Do not exceed three capsules.

[†]Carabotti, Marilia, Sciocco, Annunziata. "The gut-brain axis: interactions between enteric microbiota, central and enteric nervous systems." *Annals of Gastroenterology*: 2016; 29(2):240.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4367209/>

^{††}Breit Sigrid, Kupferberg Aleksandra, Rogler Gerhard, Hasler Gregor. "Vagus Nerve as Modulator of the Brain -Gut Axis in Psychiatric and Inflammatory Disorders." *Frontiers in Psychiatry*. March 13, 2018.

<https://www.frontiersin.org/articles/10.3389/fpsyt.2018.00044/full>

[‡]GI-ProBalance contains 50 billion colony forming units (CFU) at time of manufacture, with 8.5 billion colony forming units guaranteed at the time of expiration.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

GI-Defense

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Calories	10	
Glycobiome and Butyrate Production Support Blend	649 mg	†
Orange extract (fruit of <i>Citrus sinensis</i>)		
Grapefruit extract (fruit of <i>Citrus paradisi</i>)		
Glucosamine HCl (vegetarian)		
Gum acacia		
Arabinogalactan [‡] (from <i>Larix</i> spp. wood)		
Gum tragacanth		
Aloe vera extract [‡] (inner leaf gel powder)		
Marshmallow root extract (<i>Althaea officinalis</i>)	115 mg	†
Grape seed extract (<i>Vitis vinifera</i>)	60 mg	†
Licorice root extract (<i>Glycyrrhiza glabra</i>)	57 mg	†
Cinnamon (dried bark of <i>Cinnamomum cassia</i>)	57 mg	†
Peppermint (leaf of <i>Mentha piperita</i> L.)	27 mg	†
Ginger (root of <i>Zingiber officinale</i>)	27 mg	†
Black pepper extract (fruit of <i>Piper nigrum</i>)	27 mg	†
Clove (flower of <i>Syzygium aromaticum</i>)	21 mg	†

† Daily Value not established.

[‡]Manapol[®] Aloe vera extract

[‡]AmbroGuard[®] Arabinogalactan powder

Other ingredients:

Hydroxypropyl methylcellulose(vegetarian capsule), microcrystalline cellulose, stearic acid, silicon dioxide

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GI-ProBalance

Probiotic And Prebiotic Supplement

Supplement Facts		
Serving Size 1 Slimstick		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%†
MannaBiotic Blend (with 8.5 billion CFU guaranteed at time of expiration [‡])	126.5 mg	†
<i>Lactobacillus plantarum</i> , <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Streptococcus thermophilus</i> , <i>Lactobacillus casei</i> , <i>Bifidobacterium longum</i> , <i>Bifidobacterium breve</i> , <i>Lactobacillus rhamnosus</i>		

[‡]Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

GI-Zyme

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Box 60		
	Amount Per Serving	% Daily Value
Pantothenic acid	1.5 mg	30%
Proprietary Phase 1 Enzyme Blend	127 mg	†
Amylase, Alpha-Galactosidase, Protease 4.5, Protease 3.0, Lactase, Invertase		
Proprietary Phase 2 Enzyme Blend	94 mg	†
Bromelain, Lipase, Protease 6.0, Cellulase		
GI-Nutrient Complex	185 mg	†
Ginger (root), Peppermint (leaf), Fennel (seed), Beet Fiber (root), Acacia gum, Tragacanth gum, Aloe Vera (inner leaf gel) extract powder [‡] , Arabinogalactan [‡]		

†Daily Value not established.

Other Ingredients: Calcium phosphate, vegetable cellulose, stearic acid, silicon dioxide.

Manufactured in South Korea for Mannatech, Incorporated.
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[‡] Manapol[®] Aloe Vera powder

[‡] AmbroGuard[®] Arabinogalactan