

Focus On The Microbiome

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Your Gut Health Is Crucial

Immune health

Brain Health

Digestive Health

Liver Health

Overall health

*<https://www.ecowatch.com/how-good-gut-health-can-boost-your-immune-system-1882013643.html>



Your Gut Health Is Crucial

What is the gut microbiome?

What is “Leaky Gut”?

How does the gut microbiome support immune and brain health?

*<https://www.ecowatch.com/how-good-gut-health-can-boost-your-immune-system-1882013643.html>



Your Gut Health Is Crucial

Affects the body physically, mentally and emotionally

- Immune Health
- Brain Health
- Food sensitivities
- Skin Health
- Tiredness
- Weight gain
- Digestive issues/bloating
- Mood swings

*<https://www.ecowatch.com/how-good-gut-health-can-boost-your-immune-system-1882013643.html>



Your Gut Health Is Crucial

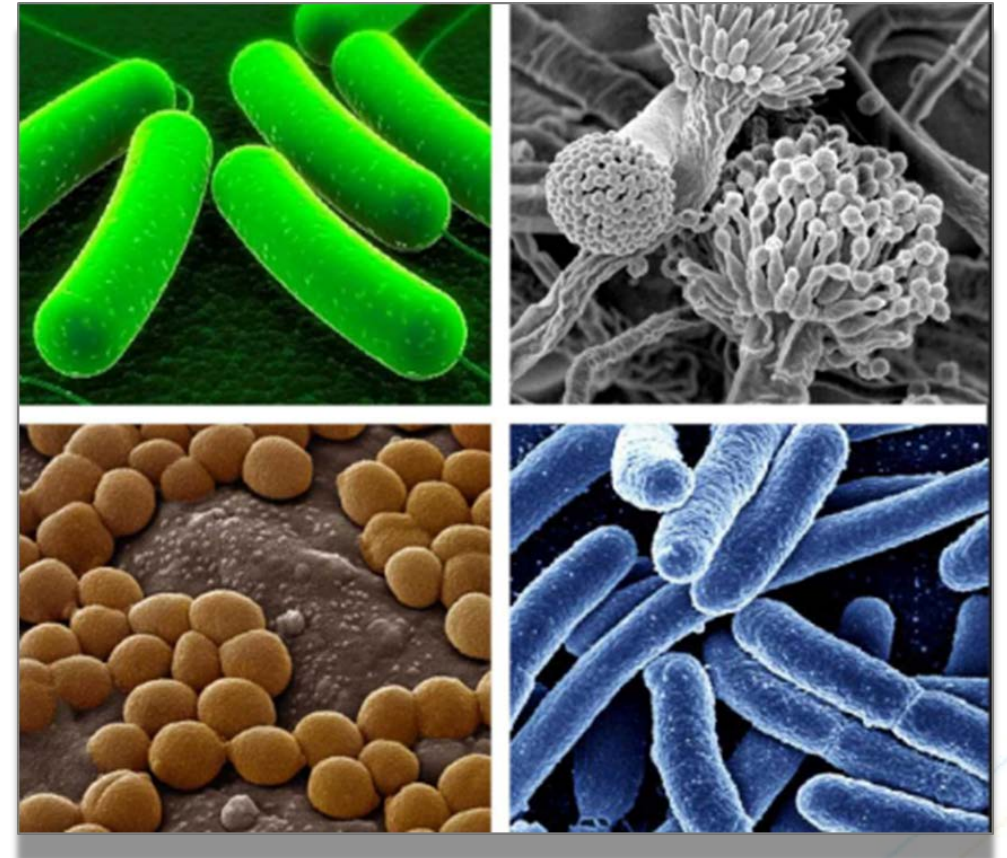
Your entire life benefits from the health and balance of our microbiome.

- Your gut performs critical functions regularly, including breaking down food, absorbing nutrients, keeping out toxins and producing nutrients.
- For optimal immunity, detoxification and nourishment, your gut must function seamlessly.

The Microbe

A microscopic organism that may exist as a single cell form or in a colony of cells.

While some microbes can be harmful, trillions live in and on your body beneficially.



The Microbiome

The ecosystem community created is the **Microbiome**, and this refers to the genetic material of all microbes living in and on our bodies.*

While some microbes can be harmful, trillions live in and on your body beneficially.***

The average healthy adult has 10X as many microbial cells as human cells, **weighing 5 lbs.****

Each microbiome is as unique as the individual.



*www.barcelonamaculafound.org

**WorldMicrobiomeDay.com

***TED Blog "6 great things microbes do for us", Posted by Kate Torgovnick May 2012

The Microbiome

While some microbes reside on the skin and mouth, **90-95%** of our microbiome is in the gut.*



The Microbiome

Your gut, your brain and your immune system interact.

The triangulation of those things controls much of your other physiology.*



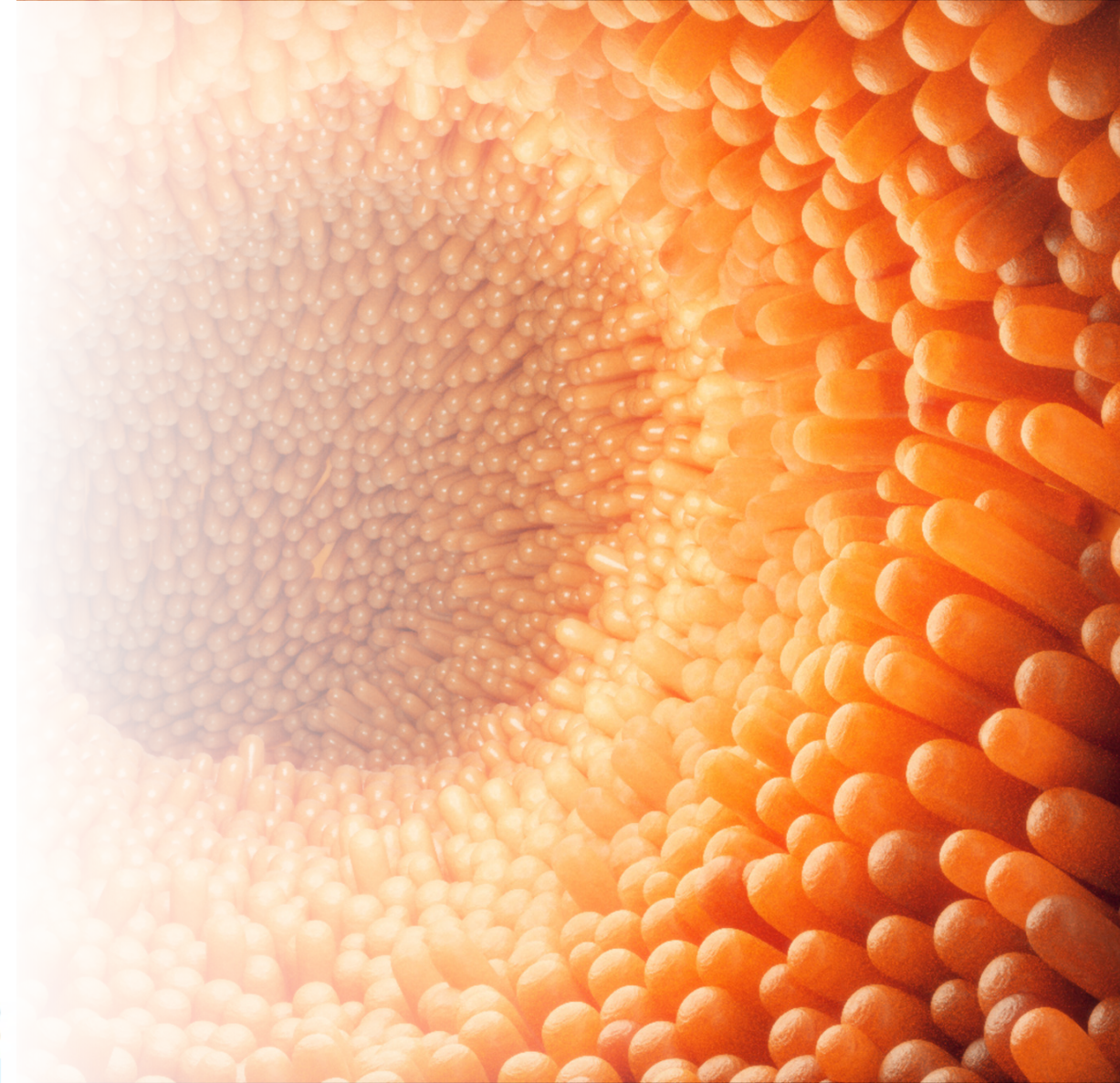
*Bruce R. Stevens, professor of physiology and functional genomics in the College of Medicine at the University of Florida in Gainesville.

<https://www.heart.org/en/news/2020/05/28/how-bacteria-in-your-gut-interact-with-the-mind-and-body>

The Gastrointestinal Tract

The Human Digestive Tract Functions

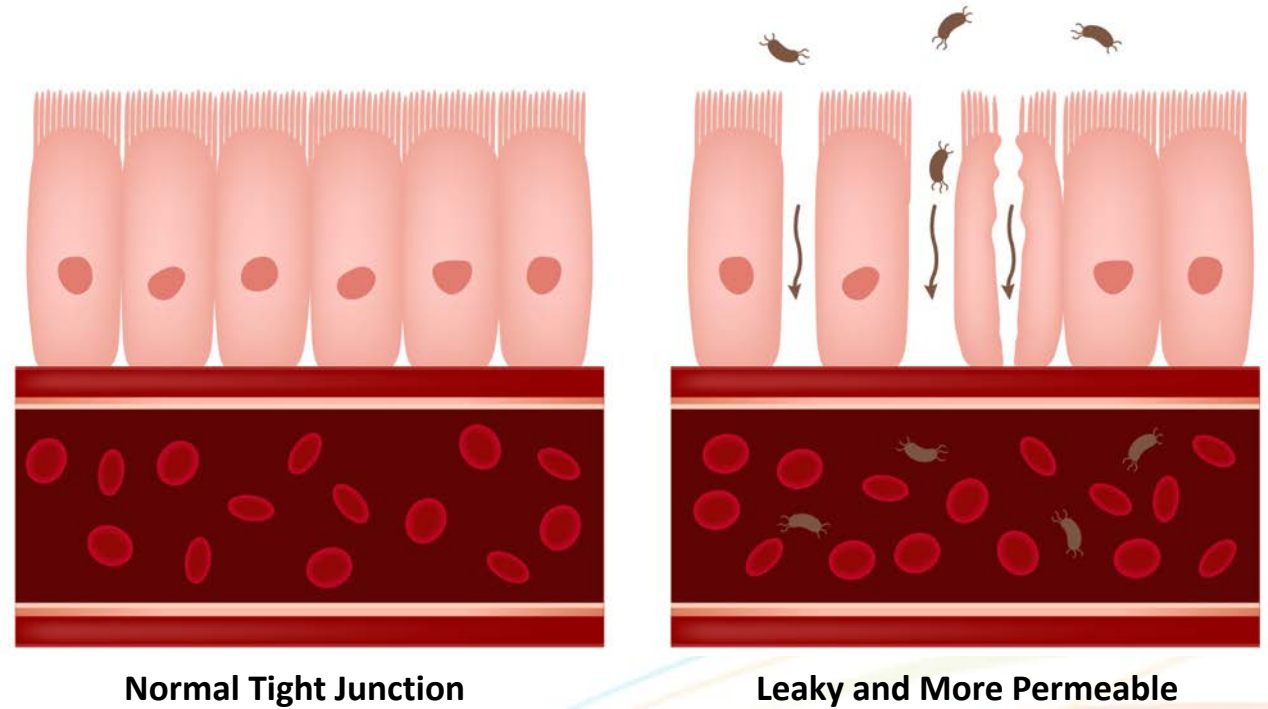
- Protects the body from harmful substances.
- The intestinal wall acts as a barrier, controlling what is entered into the blood stream and sent to the organs.
- Small gaps in the wall, “tight junctions”, allow water and nutrients to pass through while blocking harmful substances.



Leaky Gut - Definition

Tight Junctions Become Loose and More Permeable

- Microscopic perforations in the intestinal wall allow harmful toxins and bacteria to pass through the intestines and into the blood.
- Some scientists believe up to 90% of healthy systems may be traced back to the gut and the health of the microbiome.[†]



Leaky Gut - Other Causes

Inadequate levels of vitamins

- A, D and Zinc, are linked to leaky gut.
- Take your Catalyst Multivitamin™!

Yeast Balance

- Although naturally present, non-optimal balance of yeast may contribute to leaky gut.



Global Key Drivers

- Gluten Consumption
- Excessive Sugar Intake
- Poor Nutritional Habits
- Stress
 - Dubbed the “Health Epidemic of the 21st Century” by the World Health Organization.³
- Alcohol Consumption
 - Global alcohol intake has increased by 70%.⁴



¹ <https://www.marketwatch.com/press-release/gluten-market-size-2020>

² Celiac Disease Foundation

³ Scienceteconnect.com, “Stress: The Health Epidemic of the 21st Century”, George Fink, Posted on: April 26, 2016

⁴ Medicalnewstoday.com, “Global alcohol intake has increased by 70%, study warns”, Maria Cohut, Ph.D., May 9, 2019

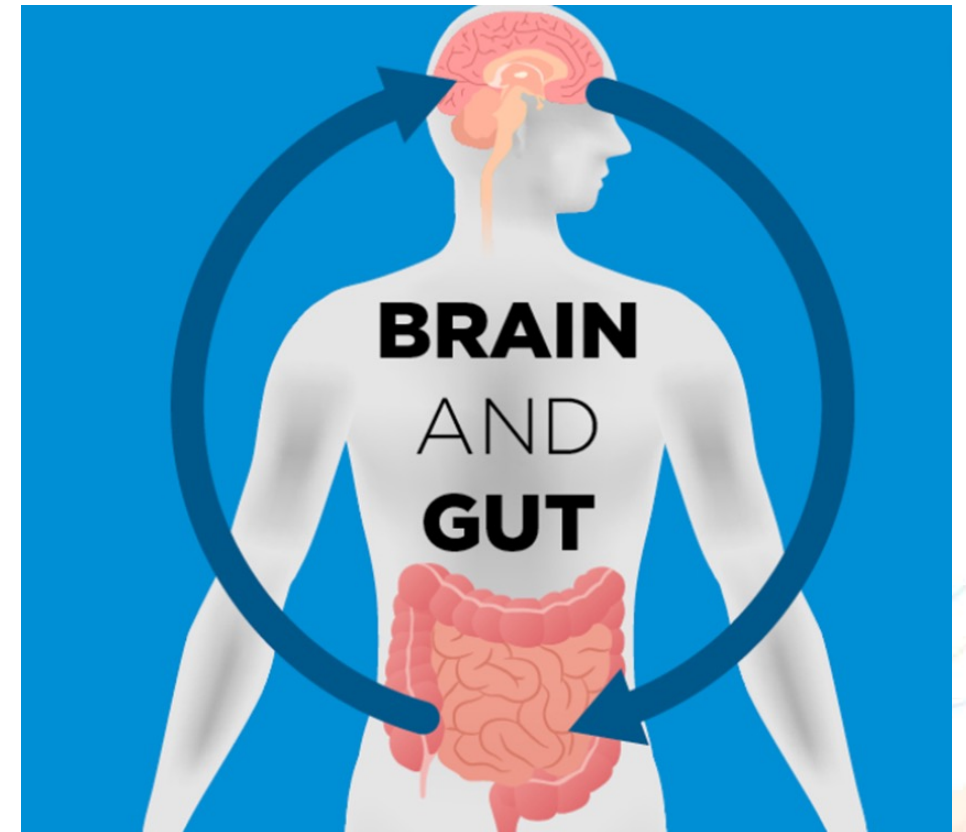
Gut Microbiome Influences

- Maintains intestinal integrity and supports barrier function
- Breaks down food
- Provides essential nutrients and beneficial short chain fatty acids such as butyrate
- Regulates the immune system
- Contributes to mental health
- Plays a key role in regulating metabolism
- Many other factors are still being studied on an ongoing basis

Microbiome & The Mind

The Gut-Brain Axis refers to the communication network that takes place between your brain and your gut.

Links the emotional and cognitive centers of the brain with intestinal functions and mechanisms such as immune activation and intestinal permeability



Your Gut Health and Immunity

Your body's immunity function actually starts at the gut level!

- Your gut wall actually houses 70% of the cells that make up your immune system
- The immune system and the gut microbiota have a mutually beneficial relationship, regulating one another and cooperating to support each other.
- Healthy intestinal barrier function allows certain gut-derived molecules to get into the body, while keeping others out. This supports better immune and brain performance.

Microbiome Support Products

Mannatech has been supporting your microbiome system for more than 25 years, offering scientifically validated Products rich with prebiotic and probiotics.



Microbiome Support Products

GI-Defense™

For Support of The Gut Lining

- Helps strengthen and support gut barrier function and integrity.*
- Supports healthy intestinal permeability and environment.*
- Helps purify the gut and balance beneficial bacteria.*
- Supports the immune system by supporting the antioxidant ability of the gut.*
- Provides sustained energy and optimizes nutrient absorption by providing butyrate production.*



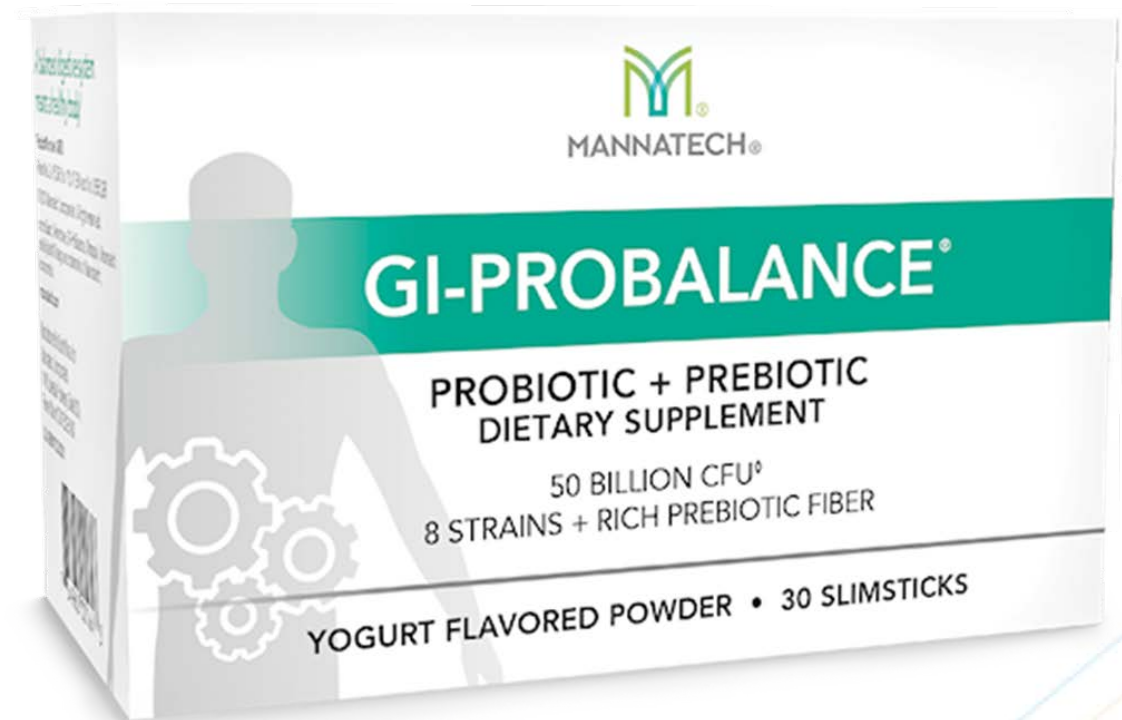
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Microbiome Support Products

GI-ProBalance®

For Probiotic Support

- Supports a healthy microbiome*
- Support a natural balance of good bacteria to maintain healthy digestion.*
- Promotes natural immune function.*
- Features 50 Billion CFU.‡
- Supports a healthy gut-brain axis.*



‡Contains 50 Billion organism (at time of manufacture)

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Microbiome Support Products

Liver Support

For a Well-functioning Liver

- Supports the liver's ability to detoxify.*
- Supports the metabolism of food to energy.*
- Supports healthy nutrients levels.*
- Supports the liver's many functions.*
- Supports digestive health.*
- Supports cellular energy production.*
- Provides choline which may help support healthy methylation.*

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Microbiome Support Products

Ambrotose LIFE®

Contains aloe vera, nature's perfect prebiotic!

- Helps to increase the viability and growth of healthy probiotic bacteria in the gut.*
- Supports digestive health and an overall balanced microbiome.*
- Supports cellular communication.*
- Support immune function.*

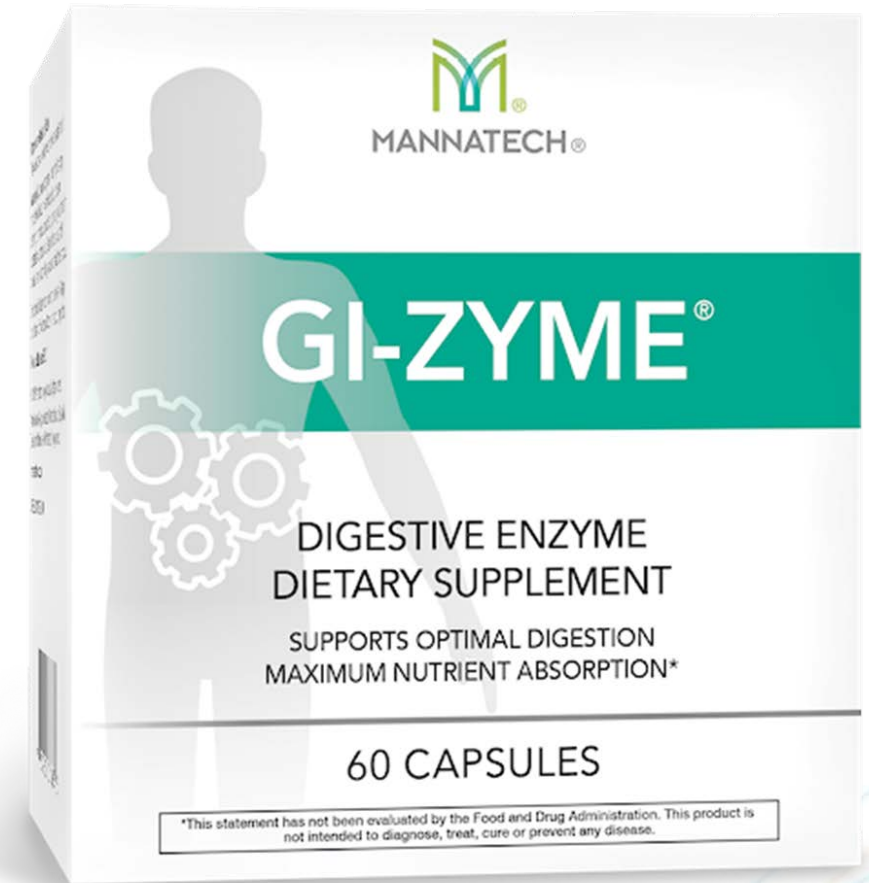


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Microbiome Support Products

For Additional Enzyme Absorption Support

- **Protease 5.0, Protease 6.0:** digests various proteins in the intestines*
- **Lipase:** digests fat*
- **Lactase:** lactose intolerance*
- **Invertase:** converts sugars*
- **Cellulase:** releases nutrients from vegetables and plant fiber*
- **Alpha-galactosidase:** for flatulence*



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Microbiome Support Products

Manapol®

To Soothe The Digestive System

- Features proprietary Aloe, Nature's Perfect Prebiotic!*
- Provides nourishment to the microbiome.*
- Manapol provides all natural immune support.*



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Microbiome Support Products

MannaBOOM®

Revive Your Immunity

- Promotes gastrointestinal health and supports cell-to-cell communication through a blend of Glycans.*
- Boosts your immune system with a hefty serving of Glycans.*
- Provides support with our exclusive Manapol powder and nutrient-rich Asian superfood, Wakame.*



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Microbiome Support Products

Omega-3 with D₃

Provides additional strengthening the gut lining and calcium absorption from Vitamin D.

- Provides a more stable environment for gut flora.*
- Can help provide biodiversity of the gut.*
- Helps maintain a healthy immune system and support a healthy inflammatory response—a key contributor to good health.*

*<https://www.medicalnewstoday.com/articles/319375>

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Ongoing Support For The Microbiome

Additional Support Products For Specific Needs

- Manapol
- Omega-3 with D3
- MannaBOOM

Additional Products Offering A Microbiome Benefit

- Catalyst
- Ambrotose Powders & Capsules
- Nutriverus
- MannaCLEANSE
- TruPLENISH
- MightyBears

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