

MetabolicBiome™ Fuel

“MetabolicBiome Fuel is a nutrient-dense ‘superfood’ formula that contains concentrated phytonutrient and antioxidant fiber sources.”

One of the questions I hear the most is, “How can I upgrade or increase my metabolism?” The internet paints a very skewed picture of metabolism as they promote miracle potions and exercise as the answer. People are not lazy because they are overweight or experience fatigue. What regulates our metabolism is so much more than hype and guilt. Yes, our metabolism is affected by what we eat and how we move, but it is also affected by sleep, our age, gender, genetics, level of inflammation, oxidative stress, sex hormones and how they dock in receptor sites. And there is no doubt our environment, stress levels, and the toxins we consume affect it.

But one area that we rarely associate with metabolism is our microbiome. Sure, we know about the Gut - Brain Axis. Because among other things, 90% of serotonin and over 50% of dopamine are made in the gut. But most of us are not aware that research shows a strong connection between the:



Gut - Liver Axis,
Gut - Lung Axis,
Gut - Thyroid Axis,
Gut - Heart Axis,
Gut - Joint Axis,
Gut - Testis Axis,
Gut - Kidney Axis,
Gut - Immune Axis,
Gut - Retina Axis,
Gut - Bone Axis,
and the
Gut - Organ Axis.

We all know about the power of the gut, but we need to communicate this updated message to our patients. The problem is patients don't always make food choices that support the microbiome. They want to, but there is often a recycling of a healthy

gut to dysbiosis. For example, in earlier discussions we shared that 50% of people successfully treated for SIBO relapse 12 months later. You may remember that once patients experienced the benefits of the 15-day NutriClear Cleanse program, every one of them said, “What's the next step?” They wanted direction to maintain the benefits they felt.

After several years of clinical feedback, Biotics Research has combined a product that feeds the microbiome beyond probiotics and supports metabolism on multiple fronts. It's called MetabolicBiome Fuel. MetabolicBiome Fuel

supports overall metabolism by providing 20 grams of protein from either hydrolyzed collagen or organic pea, 9 grams of diverse sources of fiber, 9 grams of healthy fats from coconut and avocado, chlorophyll rich NitroGreens, and a polyphenol blend that supports a keto-friendly, sugar-free food plan.

One of my most profound understandings of health occurred when I understood, “we are not what we eat, but we are what our trillions of microbes eat and the metabolites that they release.” Let me give you an example. Dietary fiber is not digested by human digestive enzymes. It is acted upon by gut microbes, and metabolites, like short chain fatty acid, are produced. Short chain fatty acids may be absorbed into circulation, used as fuel for the colonocytes, or as a substrate to feed other microbes. Short chain fatty acids have shown anti-inflammatory effects, support for appetite control, as well as healthy glucose and lipid metabolism. Some studies even show support for blood pressure regulation. Secondary metabolites like short chain fatty acids are called postbiotics. When you think about it, postbiotics may be more important than probiotics. The sources of fiber in MetabolicBiome Fuel come from plants that have research supported positive metabolic support, not just acting as a stool volumizer. They include grain free plant-based fiber including non-genetically modified sugar beet fiber, inulin, apple fiber, fenugreek fiber, bamboo fiber, organic flax seed, apple pectin, and chia seed.

Fiber is important as fuel for the microbiome. However, polyphenols enhance their effectiveness. Most of your patients know fruits, vegetables, coffee, tea, and dark chocolate have positive benefits. What they don't know is that most of the benefits come from the polyphenols that they contain. Polyphenols are plant metabolites that exert prebiotic activity. When metabolized by the microbiota, polyphenols produce sugars called glycans, which are foundational

nutrition for gut bacteria. One class of bacteria called bacteroidetes have more glycan-degrading enzymes to ferment polyphenols to phenolic compounds. These phenolic compounds exert a natural weight lowering effect.

Can you see the amazing chain reaction as food is supplied to the microbiota and then converted into other metabolites that support overall metabolism? The sources of polyphenols include acai berry extract, blueberry, natural cocoa, organic broccoli sprouts, organic kale sprouts, carrot, and organic cauliflower sprouts.

MetabolicBiome Fuel is designed to optimize microbiome benefits. This means supporting bowel motility, healthy inflammatory pathways, modulating glucose homeostasis, neurotransmitter production, immune system regulation, and detoxification.

And let's not forget a healthy microbiome produces key micronutrients like Vitamin K, B vitamins, as well as a host of antioxidants. Also, the microbiota create healthy fatty acids like conjugated linolenic acid (CLA) and the short chain fatty acids, acetate, propionate, and butyrate. Speaking of healthy fatty acids, MetabolicBiome Fuel supplies 9 grams of healthy fats in addition to 9 grams of fiber, which provide an added sense of satiety for a mere 210 calories. The additional 20 grams of protein supports appetite control as well.

MetabolicBiome Fuel is a nutrient-dense “superfood” formula that contains a concentrated phytonutrient and antioxidant fiber source. But even though we can call it “comprehensive microbiome fortification” to support our overall metabolism, we can also call it breakfast. It's fast, easy, and tastes great.

Thanks for taking the time to be with me today. I look forward to being with you again next Tuesday.