▼ INGREDIENTS

Supplement Facts

Serving size: 1 Level Scoop (approx 9 grams)
Servings per container: 30

Amount Per Serving	% Daily Value*
Total Calories 24	
Complex Carbohydrates ..... 4.5 g	2%
Protein ..... 1.5 g	3%
Fat ..... 0 g	0%
Fiber ..... 1.5 g	6%
Proprietary Prebiotic Fruit Blend ..... 2100 mg	†
Acerola Cherry (4:1 Ext), Turmeric**, Pineapple**, Grape (Juice), Apricot, Noni**, Red Pitaya**, Mangosteen, Green Banana**	
Proprietary Prebiotic Vegetable Blend ..... 4750 mg	†
Spirulina**, Carrot (Rt)**, Wheat Grass Fiber**, Broccoli**, Beet (Rt)**, Nopal Cactus, Tomato**, Brussels Sprouts, Cabbage (Lf), Celery (Lf)**, Kale (Lf)**, Asparagus, Curcubita, Artichoke, Cauliflower, Black Radish (Rt), Bamboo (Grass), Turnip (Rt), Spinach (Lf)**	
Proprietary Prebiotic Enzyme Blend ..... 500 mg	†
Cellulase (500 CU), Beta-Glucanase, Xylanase, Pectinase & Phytase (200 HCU), Bacterial Amylase (1800 BAU), Amylase (100 DU), Alpha-Galactosidase (200 AGSU), Beta-Glucanase (200 BGU), Lactase (1500 ALU), Invertase (400 SU), Maltase/Diastase (200 DP), Serratiopeptidase (2500 U), Peptidase (25000 HUT), Acid Stable Protease (50 SAPU), Bacterial Protease (50 SAPU), Lipase (1500 FIPU)	
Proprietary Prebiotic Herbal Blend ..... 1700 mg	†
Ginger (Rt)**, Camu Camu**, Terminalia (Ft), Matcha Green Tea, Dandelion (Rt/4:1 Ext), Sodium Copper Chlorophyll, Enokitake Mushroom**, Turkey Tail Mushroom, Reishi Mushroom, Panax Ginseng, Milk Thistle (Sd), Astragalus (4:1 Ext), Horseradish (Ext), Calcium D-Glucarate	

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
† Daily Value not established.
** Organic.

▼ DOSAGE

- Mix 1 scoop in 6-12 oz of your choice of liquid, or as directed.

▼ PACKAGING

- 270 grams/eco-bottle.

▼ PERSPECTIVE

One of the most effective ways to deliver an abudance of phytonutrients is through superfoods. The complex vegetable, fruit, herbal, mushroom and enzyme blends provide essential prebiotics to our terrain organisms as well as to our intestinal terrain. We are recreating the optimal conditions to naturally promote gut wellness. Prebiotics and probiotics both support the body in building and maintaining a healthy microbiome, which supports the gut and aids in digestion. Prebiotics are essential to help promote beneficial bacteria by providing food and creating an environment where the probiotics can flourish.

▼ LIFESTYLE

vegan · no gluten · no gmo · no dairy · no sugar · no egg

#388 Terra Superfood (Soil-Based Terrain Health Prebiotic)

Terra Superfood is the ideal complementary prebiotic to the clinically studied probiotic, Terra Byome - Soil Based Organisms (SBO). This diverse vegetable and fruit complex provides the ideal nutrients and polysaccharides, along with the enzymes to unlock them, to support the healthy colonization of SBO's in the gut. This remarkable combination of superfoods and SBO's, when used in a prescribed rotation has many proven benefits for gastrointestinal health, microbiome diversity and immune response.

▼ INDICATIONS

- Normal intestinal microbial balance
- Probiotic digestive system support
- Intestinal terrain optimization
- Healthy balance between microbes and the body

▼ KEY COMPONENTS

- **Prebiotic Fruit Blend** - Provides important polyphenolic, bioflavonoids and fruit oligosaccharides feeding probiotics to create more diversity and numerous health benefits throughout the intestinal tract. Every fruit was chosen specifically to nourish the microbiota. Particular care was taken to include those fruits which when found in nature already have a symbiotic relationship with SBO's. Moreover, our research provides evidence that they support all the probiotics found in the MyByome family. This variety of fruits clinically aids in digestive issues, as well as promoting normal intestinal terrain optimization. Each serving provides 2100 mg of the following: Acerola Cherry (4:1 Ext), Turmeric, Pineapple, Grape (Juice), Apricot, Noni, Red Pitaya, Mangosteen and Green Banana.
- **Prebiotic Vegetable Blend** - Rich in phytonutrients this blend provides essential fibers, oligosaccharides, carotenoids, minerals, vitamins and plant diversity. A cornerstone to a diverse microbiota is a diverse plant-based diet. Like the fruits, these plants were collected specifically for their microbiological and intestinal benefits and their associations with natural endophytes. Further, this variety of vegetables supplies a wide range of antioxidants essential for maintaining a healthy intestinal system. The broad spectrum fibers and oligosaccharides support all MyByome probiotics, although, we focused on the functionality of the Terra Byome's impact on our intestinal terrain. It's hard to grow a healthy garden of bugs unless the terrain is ready. Each serving provides 4750 mg of the following: Spirulina, Carrot (Rt), Wheat Grass Fiber, Broccoli, Beet (Rt), Nopal Cactus, Tomato, Brussels Sprouts, Cabbage (Lf), Celery (Lf), Kale (Lf), Asparagus, Curcubita, Artichoke, Cauliflower, Black Radish (Rt), Bamboo (Grass), Turnip (Rt) and Spinach (Lf).
- **Prebiotic Enzyme Blend** - Enzymes assist the body in absorbing nutrients from foods. Special enzymes unlock the phytonutrients stored in plant cells. We lack the necessary enzymes to extract nutrients from plant tissues, so we rely on our microbiome. If our microbiome is not sufficiently diverse or in dysbiosis, many benefits are lost. Therefore, by including these powerful enzymes to assist in the metabolism, the benefits are realized while also building the microbial diversity and overcoming dysbiosis. Terra Superfood contains 500 mg of the following enzymes: Cellulase (500 CU), Beta-Glucanase, Xylanase, Pectinase & Phytase (200 HCU), Bacterial Amylase (1800 BAU), Amylase (100 DU), Alpha-Galactosidase (100 AGSU), Beta-Glucanase (200 BGU), Lactase (1500 ALU), Invertase (400 SU), Maltase/Diastase (200 DP), Serratiopeptidase (2500 U), Peptidase (25000 HUT), Acid Stable Protease (50 SAPU), Bacterial Protease (50 SAPU) and Lipase (1500 FIPU).
- **Prebiotic Herbal Blend** - Both herbs and mushrooms contain important medicinal components. These herbs have powerful medicinal properties and are rich in nutrients and powerful antioxidants. Recent research shows that they are not just important to our health but to the health of the microbiota. Each serving provides 1700 mg of the following: Ginger (Rt), Camu Camu, Terminalia (Ft), Matcha Green Tea, Dandelion (Rt/4:1 Ext), Sodium Copper Chlorophyll, Enokitake Mushroom, Turkey Tail Mushroom, Reishi Mushroom, Panax Ginseng, Milk Thistle (Sd), Astragalus (4:1 Ext), Horseradish (Ext) and Calcium D-Glucarate.

▼ CONTRAINDICATIONS

None when used as directed.

▼ CLINICIAN CONSENSUS

- **Terra Byome Support**
  #388 Terra Superfood - Soil-Based Terrain Health Prebiotic

▼ BACKGROUND

Developed by Dr. Shayne Morris as part of his on-going laboratory experiments regarding the viability of soil-based microbes.

▼ SYNERGISTIC CONSIDERATIONS

- **#387** Terra Byome - Soil-Based Terrain Health Probiotic

▼ INFORMATION RESOURCES

- www.mybyome.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

MYBYOME™
801-866-9951

8/2021