



# Hormone Superfood

Prebiotic for Hormone Balance



Hormone



Gut



Metabolism



Detox

## KEY INDICATIONS

To feed bacterial strains in Hormone  $\mu$ Biomic and support those with issues such as:

- Menopause, perimenopause
- Postpartum
- Mood swings, fatigue, or sleep disturbances
- Imbalances in estrogen, testosterone, or thyroid function
- Bone health, osteoporosis
- Gut or urogenital microbiome disruptions
- Postbiotic support for hormone balance

## HOW IT WORKS

Hormone Superfood provides targeted plant fibers and polyphenolic compounds to support a robust and diverse gut microbiome, which in turn helps regulate hormonal fluctuations. Prebiotics nourish key probiotics that enhance microbial colonization, improving nutrient absorption, supporting metabolic regulation, and reducing inflammation—thereby promoting symptom relief and overall hormone balance.

## CLINICAL PEARLS

- Use with **HormoneGenic** and **Hormone  $\mu$ Biomic** to fuel hormone production, support microbiome metabolism, and protect endocrine pathways for balanced hormone function.
- May cause mild bloating as the microbiome adjusts, pair with **EnzyGenic** for those needing additional digestive support.
- Continued supplementation supports long-term endocrine resilience.

## SUPPLEMENT FACTS

Serving Size: 1 Level Scoop (approx. 8g) Servings Per Container: 30

	Amount Per Serving	% Daily Value <sup>1</sup>
Total Calories	15	
Complex Carbohydrates	7.5g	3%
Protein	<1g	<1%
Fat	0g	0%
Fiber	7.5g	27%

Hormone Prebiotic Blend 7.5g \*

Oat Fiber; Partially Hydrolyzed Guar Gum (PHGG), as Sunfiber®; Xylooligosaccharides (XOS); Bilberry Extract; Mulberry; Citrus Pectin; Cranberry (Fruit); Cassava (Root); Butterfly Pea Flower; Uva Ursi; Mixed Inositol; Brown Seaweed (Fucoïdan);

<sup>1</sup>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

Other Ingredients: Natural Passion Fruit Flavor, Luo Han Guo, Citric Acid, Sea Salt.

Sunfiber® is a registered trademark of Taiyo International, Inc.

## KEY INGREDIENTS & BENEFITS

**Xylo-oligosaccharides (XOS), Sunfiber / PHGG, Cassava, Citrus Pectin:** Promotes growth of beneficial gut bacteria, enhances microbiome diversity, support nutrient absorption, and aids in GLP-1 production for metabolic regulation.

**Bilberry, Mulberry, Oat Fiber (beta-glucan), PHGG:** Improves insulin sensitivity, reduces glucose spikes, supports lipid metabolism, and manages weight fluctuations during hormonal transitions.

**Mulberry, Oat Fiber, Inositol:** Protects bone health (osteoporosis prevention), supports hormonal balance, and promotes satiety & appetite regulation.

**Brown Seaweed (Fucoïdan), Citrus Pectin:** Provides protective effects against hormone-related cancers, reduces fat accumulation, and supports hormone metabolism.

**Uva Ursi, Cranberry, Butterfly Pea Flower:** Supports urinary tract health, reduces pathogen overgrowth, protects urogenital microbiome, and modulates inflammation.

## INSTRUCTIONS

Maintenance: Mix 1 scoop into 8 oz of liquid.

Therapeutic Dose: Titrate up to ¾ scoop twice daily with 8 oz liquid.

Timing: Within 2 hours of Hormone µBiomic.

For sensitive individuals, start with ½ scoop daily and build to a full serving over 5–7 days.

## ALLERGEN & DIETARY INFO

- cGMP Facility
- Vegan
- Dairy Free
- No Egg
- Gluten Free
- No Sugar
- Non-GMO

## SAFETY & CONTRAINDICATIONS

- Not recommended during pregnancy or breastfeeding (particularly due to uva ursi).
- For those with SIBO and upper GI dysbiosis, start with Terra µBiomic & Terra Superfood.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

