



# Metabolic Superfood

GLP-1 Support Prebiotic



Metabolism



Gut



Immunity



Whole Body

## KEY INDICATIONS

- Impaired glucose metabolism and poor blood sugar control
- Insulin resistance and post-meal glucose spikes
- Metabolic syndrome and central weight gain patterns
- Weight management with appetite dysregulation and cravings
- Gut-driven metabolic dysfunction (low fiber intake, microbiome imbalance)
- Constipation or slow bowel motility impacting metabolic health
- Low GLP-1 activity affecting satiety and insulin sensitivity
- Transition from processed, low-fiber, high-sugar dietary patterns

## HOW IT WORKS

Metabolic Superfood delivers a concentrated blend of prebiotic fibers and bioactive compounds that feed key microbiome species, including those involved in GLP-1 production in L cells. This supports appetite control and how the body handles incoming nutrients while reinforcing the gut lining and mucosal layer. The formula also enhances microbial diversity and short-chain fatty acid production, creating a more stable internal environment for efficient digestion, absorption, and metabolic regulation.

## CLINICAL PEARLS

- Pair with **Metabolic  $\mu$ Biomic** and **GlucoGenic** for synergistic GLP-1 support.
- May cause mild bloating as the microbiome adapts; consider **EnzyGenic** for support.
- Useful during GLP-1 agonist tapering or discontinuation.
- Therapeutic dosing at 1 scoop twice daily during weight loss phases, poor blood sugar control, or low fiber intake.



SYSTEMIC FORMULAS INC



ALIMENTUM LABS

## SUPPLEMENT FACTS

Serving Size: 1 Level Scoop (8 grams) Servings Per Container: 30

	Amount Per Serving	%DV*
Total Calories	7	
Complex Carbohydrates	7 g	3%
Protein	<1 g	<1%
Fat	<1 g	<1%
Fiber	7 g	25%

Prebiotic Blend	7 g	†
Pea Fiber; Sprout Mix** (Quinoa Sprout, Amaranth Sprout, Millet Sprout, Garbanzo Bean Sprout, Buckwheat Sprout, Lentil Sprout, Adzuki Sprout, Flax Sprout, Sunflower Sprout, Pumpkin Sprout, Broccoli Sprout, Alfalfa Sprout); Nutriose* (Corn Fiber); Chia Seed; Fenugreek Fiber; Bael Fiber; Cocoa Powder; N-Acetyl-D-Glucosamine; Chondroitin Sulfate; Mucin; Oligochitosan; Cutch Tree; Camel's Milk; Pullulan; Marshmallow Root; Gum Arabic; Acemannan		

\*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 Chocolate Flavor, Luo Han Guo, and Sea Salt.

Allergy Warning: Contains Dairy.

\*\*Organic

## KEY INGREDIENTS & BENEFITS

**Pea Fiber, Nutriose®, Gum Arabic, Bael Fiber, Fenugreek Fiber:** Provide diverse prebiotic fibers that nourish beneficial bacteria, enhance short-chain fatty acid production, support regularity, and help regulate appetite and blood sugar through microbiome-driven metabolic signaling.

**Sprout Mix:** Delivers naturally occurring enzymes, phytonutrients, and bioavailable cofactors from sprouted foods that enhance digestion, support efficient nutrient breakdown, and promote overall gut and metabolic function.

**Chia Seed, Cocoa Powder:** Promote satiety, reduce cravings, and supply polyphenols and healthy fats that support microbial diversity, metabolic balance, and sustained energy regulation.

**N-Acetyl-D-Glucosamine, Chondroitin Sulfate, Mucin, Acemannan, Marshmallow Root:** Strengthen gut lining integrity, support mucosal repair, and reinforce barrier function to improve comfort, resilience, and nutrient absorption.

**Oligochitosan, Cutch Tree:** Help balance gut microbiota, bind unwanted compounds, and reduce internal digestive and inflammatory stress.

**Camel's Milk, Pullulan:** Support a healthy gut environment while enhancing stability, delivery, and bioavailability of key compounds for improved microbial activity.

## INSTRUCTIONS

Maintenance dose: 1 scoop daily mixed in 8 oz of liquid

Therapeutic dose: 1 scoop twice daily mixed with 8 oz liquid

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

## ALLERGEN & DIETARY INFO

- cGMP Facility
- Non-GMO
- Gluten Free
- No Sugar

## SAFETY & CONTRAINDICATIONS

- Generally well tolerated in pregnancy, nursing, and children due to its food-based composition which supports maternal digestion and nutrient absorption for both mother and developing baby.
- For those with SIBO and upper GI dysbiosis, start with Terra µBiomic & Terra Superfood.
- Contains a variety of plant fibers, legumes, seeds, sprouts, and camel's milk that may trigger sensitivities in some individuals; introduce gradually and monitor for digestive or immune reactions, especially in those with known food allergies or sensitive GI systems.
- All ingredients tested for microbial contamination, heavy metals, and purity.

Updated: 4/27/26



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.

