



Terra Superfood

SBO Prebiotic & Superfood
for Improved Digestion



Gut



Detox



Immunity



Whole Body

KEY INDICATIONS

- SIBO / Dysbiosis
- *Candida*
- Allergies or histamine-related reactions
- Malnutrition/Poor nutrient intake
- Post-antibiotic microbiome disruption
- Pathogen-related gut imbalance
- Viral or upper respiratory immune stress
- Microbiome restoration and gut lining support

HOW IT WORKS

Terra Superfood replenishes plant compounds and enzymes lacking in modern diets to support digestion and reinforce the gut mucosal barrier. Its blend of fruits, greens, and mushrooms provides polyphenols and phytonutrients that support microbial diversity and immune function. The formula combines prebiotic fibers and broad-spectrum enzymes to break down fibers, proteins, and fats while helping clear digestive buildup. It supports liver and drainage pathways and improves nutrient absorption, supporting steady energy and a more resilient internal environment.

CLINICAL PEARLS

- Pair with **Terra μ Biomic** for enhanced mucosal repair and microbial rebalance.
- May cause mild bloating as the microbiome adapts; consider **EnzyGenic** for additional digestive support.
- Excellent adjunct during transition off restrictive diets or antibiotics.
- Therapeutic dosing recommended during periods of poor dietary intake for micronutrient repletion and enhanced digestive function.

SUPPLEMENT FACTS

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

	Amount Per Serving	% Daily Value***
Total Calories	22	
Complex Carbohydrates	4.0 g	1%
Protein	1.3 g	3%
Fat	0 g	0%
Fiber	1.3 g	5%

Prebiotic Fruit Blend 2280 mg *
Green Banana**, Pineapple**, Mangosteen, Acerola Cherry (4:1 Ext), Grape (Juice), Apricot, Noni**, Red Pitaya*, Tomato, Camu Camu, Haritaki

Prebiotic Vegetable Blend 3185 mg *
Spirulina**, Carrot (Rt)**, Wheat Grass Fiber**, Broccoli**, Beet (Rt)**, Nopal Cactus, Brussels Sprouts, Cabbage (Lf), Celery (Lf)**, Kale (Lf)**, Asparagus, Cucurbita, Artichoke, Cauliflower, Black Radish (Rt), Turnip (Rt), Spinach (Lf)**

Prebiotic Enzyme Blend 165 mg *
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), Lipase (1500 FIPU)

Prebiotic Herbal Blend 1240 mg *
Ginger (Rt)**, Turmeric (Rt), Bamboo (Lf), Matcha Green Tea, Dandelion (Rt/4:1 Ext), Enokitake Mushroom**, Turkey Tail Mushroom, Reishi Mushroom, Milk Thistle (Sd), Astragalus (4:1 Ext), Horseradish (Ext), Calcium D-Glucarate, Sodium Copper Chlorophyll

*Daily Value not established **Organic ***% Daily Values are based on a 2000 calorie diet

Other Ingredients: Natural Flavors (Pineapple, Peach Mango), Luo Han Guo, Citric Acid.

KEY INGREDIENTS & BENEFITS

Prebiotic Fruit Blend: Includes key fruits like Pineapple, Mangosteen, Acerola Cherry, and Camu Camu, along with other supportive prebiotic fruits to support keystone gut species, enhance microbiome diversity, strengthen gut barrier integrity, and help regulate inflammatory balance.

Prebiotic Vegetable Blend: Includes Spirulina, Broccoli, Kale, and Beet, plus other nutrient-dense vegetables and fibers to feed short-chain-fatty-acid-producing microbes, support detoxification, and promote metabolic vitality.

Phytonutrient & Botanical Blend: Includes Ginger, Turmeric, Reishi, and Milk Thistle, along with other botanicals and phytonutrients to provide antioxidant and anti-inflammatory support, modulate immune activity, and support liver detox pathways.

Enzyme Blend: Includes Cellulase, Protease, Lipase, and Amylase, among other digestive enzymes to enhance breakdown of fibers, proteins, fats, and carbohydrates, improving nutrient absorption and microbial fermentation efficiency.

ALLERGEN & DIETARY INFO

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

INSTRUCTIONS

Maintenance dose: 1 scoop daily mixed with water, smoothie, or juice, ideally on an empty stomach or between meals

Therapeutic dose: 1 scoop twice daily mixed with water, smoothie, or juice, ideally on an empty stomach or between meals

SAFETY & CONTRAINDICATIONS

- Generally well tolerated during pregnancy and lactation as it supports digestion, nutrient intake, and microbiome balance.
- Appropriate for pediatric use; no specific dosing adjustments required given the food-based nature and low concentration of botanicals.
- Introduce gradually in individuals with sensitive digestion, as increased fiber and enzyme activity may temporarily alter stool patterns or cause mild bloating.
- Use caution in individuals with known food sensitivities, allergies, or histamine intolerance, as the diverse plant-based ingredients and fermentation-related compounds may trigger reactions in sensitive individuals.

Updated: 5/6/26



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.

