SYSTEMIC FORMULAS INC | ALIMENTUM LABS

Holobiome Roadmap Practitioner Guidebook

Empowering today's practitioners to heal from the root up—optimizing the microbiome, detoxification, immunity, and neurological health through personalized, precision-focused strategies for lasting wellness.



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The Holobiome Roadmap: An Introduction

"The Holobiome is the hidden key to unlocking true health. Our microbiomes are out of balance—and until we restore them, real control over our health will remain just out of reach."



Welcome to the **Holobiome Roadmap**—a practitioner-centered guide designed to help you navigate the complexity of modern health through a systems-based, microbiome-centered lens.

The **holobiome** refers to the complete ecosystem of the human body, encompassing not only our organs and tissues but also the trillions of microorganisms—bacteria, fungi, viruses, and other microbes—that live in and on us. These microbial partners are not passive residents; they actively influence digestion, immunity, hormonal balance, neurological signaling, and even detoxification processes. In essence, the holobiome is the integrated network of human and microbial systems working together to maintain health and resilience.

Rooted in this science, the Holobiome Roadmap offers a clear, adaptable framework for assessing, supporting, and restoring balance across all 11 body systems. Whether your focus is digestive, hormonal, metabolic, immune, or neurological, this roadmap equips you with clinically actionable tools, evidence-informed protocols, and educational insights to personalize care and optimize patient outcomes. Together, we're redefining root-cause medicine—one system, one connection, one patient at a time.

The Holobiome Roadmap is built on the principle that optimal health arises from coordinated support of the microbiome, detox pathways, immune function, and neurological health. Research continues to reveal how the gut microbiota communicates with multiple organ systems—impacting digestion, systemic immunity, endocrine balance, and neurological function. When dysbiosis occurs—an imbalance in gut microbes—it can trigger chronic inflammation, impair nutrient absorption, and drive oxidative stress and metabolic dysfunction, making microbial balance essential for true health optimization.

Recognizing these challenges is what sparked the vision for a new approach. The Holobiome Roadmap was created to address the root causes of imbalance and to guide practitioners and patients through a strategic, phased path toward lasting wellness.

The Holobiome Roadmap:

A Phased Approach to Wellness

Why It Matters

Optimal health emerges from the coordinated function of the microbiome, genetics, detox pathways, immune system, and neurological networks. Imbalances in gut microbes—dysbiosis—can contribute to chronic inflammation, poor nutrient absorption, oxidative stress, and metabolic dysfunction, highlighting the importance of restoring microbial balance as a foundation for wellness.

The Science

The microbiome communicates with multiple organ systems through gut-organ axes, including gut-brain, gut-liver, and gut-skin pathways. Genetic and epigenetic factors influence how individuals respond to diet, lifestyle, and environmental exposures, providing actionable insights for personalized health strategies.



A Phased Approach

Built on this foundation, the Roadmap guides practitioners through a phased, structured approach to restore balance across the body's interconnected systems. Each phase prepares, purifies, and promotes system function, ensuring interventions are effective, sustainable, and well-tolerated.

The Holobiome Roadmap:

A Fit for Every Patient & Practice

The Holobiome Roadmap provides a structured, system-by-system framework that guides patients from foundational balance to whole-body wellness. At the same time, it equips functional and integrative physicians, dietitians, nutritionists, wellness coaches, and holistic practitioners with the tools and confidence to implement diet, lifestyle, and supplement strategies effectively.

By supporting all 11 body systems—digestive, metabolic, hormonal, immune, cardiovascular, cognitive, musculoskeletal, integumentary, reproductive, and stress-resilience—the Holobiome Roadmap ensures a comprehensive, whole-body approach.

Practitioners receive a complete suite of implementation resources: visual system maps, patient handouts, ready-to-use scripts, and educational guides that turn complex science into actionable strategies. Patients also gain access to a supportive online community that reinforces engagement, adherence, and lasting results.

With its phased design, the Holobiome Roadmap adapts to meet each patient's needs, whether they are building foundational wellness or managing complex, multi-system conditions.

Program Benefits You Can Count On:

- Restores microbial and digestive balance sequentially
- Supports detoxification and metabolic pathways
- Balances hormones and endocrine function
- Strengthens immune, cardiovascular, and respiratory systems
- Enhances cognition, mood, and stress resilience
- Promotes musculoskeletal, integumentary, and reproductive health



"This program allows me to offer my patients a simple, easy and straightforward way to fix and detoxify their microbiome and kickstart their journey to a healthier lifestyle. I especially love how manageable and efficient the protocol is for each individual to stay on track and not get overwhelmed!"

The Holobiome Roadmap: In Detail

The Holobiome Roadmap follows a sequential, phase-based approach, with each stage building on the physiological foundation of the previous one. This structure allows practitioners to customize interventions according to each patient's clinical presentation, needs, and tolerance.

Implementation Overview:

- **Patient Assessment**
  Evaluate baseline digestive, microbial, immune, and cognitive function, along with toxin burden. Use labs (stool, metabolic, DNA) when available to refine personalization, though tolerance is generally excellent.



- **Initiate Testing (Months 1–2)***
  Initiate **MY DNA** and microbiome testing during the **Prepare** and **Purify** phases to establish a baseline for progress tracking while foundational support begins.

- **Holobiome Roadmap Sequencing**
  Prepare → Purify → Promote → Protect → Preserve
  Follow the Holobiome Roadmap sequence in order to ensure optimal results. Skipping steps may reduce efficacy.

- **Review Results & Personalize (Months 4–5)**
  Use DNA and microbiome insights to fine-tune protocols for the **Preserve** phase or future targeted programs.

- **Monitoring & Adjustment**
  Track progress via patient feedback, labs, and holobiome assessments. Adjust dosing, duration, or combinations as needed for tolerance or toxin load.

*DNA and microbiome testing is encouraged, but is not required.

Step 1

Prepare: Drainage & Energy

Prepare establishes the foundational support needed for all subsequent interventions. By optimizing cellular energy, supporting liver detoxification, promoting lymphatic clearance, and strengthening gut barrier integrity, practitioners prepare the body to safely tolerate more aggressive cleansing, microbial modulation, or immune-targeted therapies.

Key components—**EnerGenic** and **MethylGenic**—provide cofactors for mitochondrial function and methylation, essential for phase I and II liver detoxification. **LymphGenic** enhances lymphatic flow, while **ImmuneGenic** and **MucosaGenic** support mucosal barrier integrity and modulate gut-associated immune responses.

By addressing these pathways first, patients experience improved energy, enhanced toxin mobilization, and a fortified intestinal barrier, reducing the risk of fatigue, digestive upset, or other adverse reactions during later phases.

Patient Guidance:

During the Prepare phase of the Holobiome Roadmap, expected patient benefits include increased energy and alertness, improved digestion and reduced bloating, and better tolerance for upcoming detox phases. Mild detox-related fatigue may occur initially.

- Emphasize hydration, nutrient-rich meals, and gentle lifestyle support
- Track energy levels, digestive comfort, and bowel regularity
- Note that mild detox-related fatigue may occur initially



Prepare: Drainage & Energy

Dosing & Purpose

Dosing:

1 Morning Packet, 1 Evening Packet







Morning Packets Include:

EnerGenic - Mitochondrial function and energy metabolism
MethylGenic - Methylation processes and phase II liver detoxification
ImmuneGenic - Gut-immune axis support
**Recommend on an empty stomach for improved absorption. May be taken with food for those who are sensitive.*

Evening Packets Include:

LymphGenic - Lymphatic drainage
MucosaGenic - Strengthens the intestinal lining
**Recommend on an empty stomach for improved absorption. May be taken with food for those who are sensitive.*

Prepare: Drainage & Energy

Label

PREPARE

ImmuneGenic AM *



Serving Size: 2 capsules

	Amount Per Serving	%DV
Vit A (Retinyl Acetate)	300 mcg RAE	33%
Vit C (Ascorbic Acid)	175 mg	194%
Vit D3	160 mcg	800%
Vit E	100 mg	667%
Vit K2 MK-7	100 mcg	83%
Zinc (Chelate)	20 mg	182%
Selenium (L-Selenomethione)	200 mcg	364%
Copper (Chelate)	2 mg	222%
Immune Support	900 mg	*
Taurine; Propionyl L-Carnitine; Inositol; Bilberry (Ext); Resveratrol; Curcumin; Green Tea (Ext)(EGCG); Maqui Berry; Lutein; Lycopene; Rosmarinic Acid; Astaxanthin; Zeaxanthin		

*Daily value not established.

Other Ingredients: Cellulose, Silica, Leucine, and Vegetable Stearate.

MethylGenic AM *



Serving Size: 2 capsules

	Amount Per Serving	%DV
Riboflavin-5-Phosphate (Vit B2)	3.5 mg	269%
Niacinamide (Vit B3)	20 mg NE	125%
Vit B6 (Pyridoxine AKG)	2.5 mg	147%
Ca Folinate/5-MTHF	1500 mcg DFE	375%
Vit B12 (Methylcobalamin)	1 mg	41667%
D-Biotin	2.5 mg	8333%
Zinc (Lipoate)	3 mg	27%
Selenium (L-Selenomethionine)	6.5 mcg	12%
Molybdenum (Chelate)	15 mcg	33%
Proprietary Blend	900 mg	*
Centella Asiatica (Ext); Betaine HCl; Choline L-Bitartrate; L-Serine; L-Carnosine; *Rhodiola Rosea* (Ext); Ascorbyl Palmitate; L-Theanine; RNA; SAMe; Boron Glycinate		

*Daily value not established.

Other Ingredients: Cellulose, Vegetable Stearate, Silica, and Leucine.

EnerGenic AM *



Serving Size: 2 capsules

	Amount Per Serving	%DV
Vit A (Retinyl Acetate)	3000 mcg RAE	333%
Thiamin (Vit B1)	3.1 mg	258%
Magnesium (Ascorbate)	6 mg	1%
Potassium (Dipotassium PO4)	35 mg	1%
Nicotinamide Mononucleotide/ Nicotinamide Adenine Dinucleotide	100 mg	*
Energy Boost	600 mg	*
N-Acetyl L-Carnitine; Ribose; Calcium Pyruvate; Kudzu Extract (Daidzin); Coenzyme Q10; Glucono Delta Lactone; L-Tryptophan; Alpha Ketoglutaric Acid; L-Valine; L-Alanine; Aspartic Acid; Pantethine; ATP; Luteolin; PQQ		

*Daily value not established.

Other Ingredients: Cellulose, Leucine, Vegetable Stearate, and Silica.

LymphGenic PM *



Serving Size: 2 capsules

	Amount Per Serving	%DV
Vit B6 (Pyridoxal 5'-Phosphate)	10mg	588%
Resveratrol	25mg	*
Proprietary Blend	750mg	*
Ginger Root (Ext)		
Alpha Lipoic Acid		
Dandelion Root (Ext)		
Astragalus (Ext)		
Reishi Mushroom		

*Daily Value not established.

Other Ingredients: Cellulose and Leucine.

MucosaGenic PM *



Serving Size: 2 capsules

	Amount Per Serving	%DV
Zinc (L-Carnosine)	12 mg	109%
Proprietary Blend	800 mg	*
L-Alanyl-L-Glutamine; Acetic Acid (Apple Cider Vinegar); Spearmint (Lf); Licorice (Rt); Aloe Vera (Ext); Berberine; Calcium Butyrate; Arachidonic Acid; Grape Seed (Ext); IgY Max™; Genistein; TUDCA (Tauroursodeoxycholic Acid)		

*Daily value not established.

Other Ingredients: Cellulose, Leucine, and Silica.
Allergy Warning: Contains Egg

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G/25E *Not actual size.

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Step 2

Purify: Detox & Gut Health

Purify focuses on clearing microbial imbalances, supporting digestive efficiency, and enhancing systemic detoxification. Building on the foundational support established in the Prepare phase, the body is now prepared to safely mobilize and eliminate toxins while restoring microbial balance.

Targeted botanical and nutrient blends—**Clear 1 µBiomic**, **Clear 2 µBiomic**, and **DetoxiGenic**—provide antimicrobial activity against bacteria, fungi, parasites, and viral overgrowths. **BindGenic** and **Terra µBiomic** aid in sequestering and eliminating toxins while nourishing beneficial gut microbes. **Terra Superfood** nourishes beneficial microbes and supports digestive function. This phase also supports bile secretion and liver function, critical for fat digestion and systemic detoxification.

By reducing pathogen load, restoring microbial diversity, and enhancing gut barrier integrity, patients experience improved nutrient absorption, normalized digestion, and increased resilience to environmental and dietary stressors. Purify sets the stage for subsequent immune modulation and microbiome-targeted interventions, ensuring safe and effective progression through the Holobiome Roadmap.

Patient Guidance:

During the Purify phase of the Holobiome Roadmap, patient responses may include digestive changes, mild bloating, or transient fatigue (also known as the "Herxheimer effect").

- Encourage consistent hydration to support detoxification and bowel regularity
- Monitor digestive comfort, bloating, or mild detox symptoms
- Emphasize a nutrient-rich diet to support liver function and microbial recovery
- Track bowel regularity, energy, and overall digestive efficiency with BLU POO
- Educate patients that mild fatigue or transient digestive changes may occur as toxins and microbial byproducts are cleared
- For patients who find superfoods or powdered formulas difficult to enjoy on their own, blending them into a smoothie with fruits, vegetables, or a preferred milk/plant-based beverage can improve taste and texture while maintaining their nutritional benefits.



Purify: Detox & Gut Health

Dosing & Purpose

Dosing:

1 scoop Terra Superfood, 1 Morning Packet, 1 Evening Packet, 1 Bedtime Packet





Terra Superfood – Feeds healthy microbes & restores terrain
**Best to consume in the morning to observe GI tolerance. Can be consumed at lunch or dinner if desired.*







Morning Packets Include:

Clear 1 µBiomic & Clear 2 µBiomic – Anitmicrobials for bacteria, fungi, parasites
**Best to take on an empty stomach unless GI side effects or other detox symptoms occur. In this case, may be taken with food.*

Evening Packets Include:

Terra µBiomic – Promotes beneficial microbial diversity
DetoxiGenic – Supports detoxification pathways
**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Bedtime Packets Include:

BindGenic – Sequesters and eliminates toxins
**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Purify: Detox & Gut Health

Label

PURIFY

Clear 1 µBiomic

AM 

Serving Size: 1 capsule

	Amount Per Serving	%DV
Gut Cleanse Herbal Complex	450 mg	*
Yarrow (Flowers); Artichoke (Ext); Black Walnut (Leaves); Bibhitaki (Fruit); Quebracho Bark (Ext); Horse Chestnut (Seed); Barberry (Ext); Quassia (Bark); Stemona Root (Ext); Artemisinin; Butea Root (Ext); Coptis Rhizome (Huang Lian); Brucea Fruit (Ext); Galangal Root (Ext); Acacia Catechu (Cutch Tree); Jujube (Ext); Prickly Ash (Bark); Pulsatilla (Herb); Teasel Dipsacus		

*Daily Value not established.

Other Ingredients: Cellulose, Leucine, and Silica.

Clear 2 µBiomic

AM 

Serving Size: 1 softgel

	Amount Per Serving	%DV
Gut Cleanse Oil Complex	1250mg	*
Avocado Oil**; Glycerol Monolaurate; Undecylenic Acid; Ginger Powder**; Basil Oil**; Oregano Oil**; Thyme Oil (White); Magnesium Caprylate; Ginger Oil**; Eucalyptus Oil**; Coriander Seed**; Pine Oil**; Bee Propolis; Dill Seed Oil**; Tarragon Oil; Lemon Balm (Leaf); Chamomile**; Peppermint Oil**; Sage Oil**; Forest Flame Tree Flower; Olive Leaf (Ext); Palmarosa Oil**; Nettle**; Hedyotis Diffusa (Ext)		

*Daily Value not established
**Organic

Other Ingredients: Beeswax and Lecithin (Sunflower). Shell: Gelatin (Bovine), Glycerine, Purified Water, and Caramel Powder.

DetoxiGenic

PM 

Serving Size: 2 capsules

	Amount Per Serving	%DV
Vitamin C (Mag Ascorbate)	500 mg	556%
Thiamin HCl/Benfotiamine (Vit B1)	30 mg	2500%
Riboflavin-5-Phosphate (Vit B2)	35 mg	2692%
Vitamin B6 (Pyridoxine 5-PO4)	35 mg	2059%
Folate/5-MTHF	350 mcg DFE	88%
Vit B12 (Methylcobalamin/ Hydroxycobalamin/Adenosylcobalamin)	500 mcg	20833%
Pantothenic Acid (Vit B5)	15 mg	300%
Magnesium (Ascorbate, Chelate)	50 mg	12%
Selenium (L-Selenomethionine)	50 mcg	91%
Manganese (Chelate)	2 mg	87%
Chromium (Picolinate)	100 mcg	286%
Cellular Detox Blend	550 mg	*
L-Glutathione (Reduced); N-Acetyl L-Cysteine; Milk Thistle (Seed); L-Taurine; L-Glutamine; Cardamom (Seed); R-Alpha Lipoic Acid; Theobromine; PABA; S-Acetyl L-Glutathione		

*Daily Value not established.

Other Ingredients: Cellulose, Leucine, Vegetable Stearate, and Silica.

Terra µBiomic

PM 

Serving Size: 2 capsules

	Amount Per Serving	%DV
Soil-Based Spore Probiotic Blend	4.5 billion CFU**	*
Bacillus amyloliquefaciens		
Bacillus pumilus		
Paenibacillus mucilaginosus		
Alkalihalobacillus clausii		
Brevibacillus laterosporus		
Paenibacillus polymyxa		
Priestia megaterium		
Kefir (freeze dried)		
Kombucha SCOBY (freeze dried)		
Bacillus subtilis		
Weizmannia coagulans (B. coagulans)		
Next-Generation Probiotics (NGPs)		
Bacillus indicus MS09		
Bacillus licheniformis MS12		
Biome Protect Activated Carbon, Silica	35 mg	*

*Daily value not established.
**At time of manufacture.

Other Ingredients: Acacia Gum, Cellulose, and Leucine.

Terra Superfood

AM 

Serving Size: 1 level scoop (approximately 8 grams)

	Amount Per Serving	%DV***
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	*
Pineapple**, Mangosteen, Acerola Cherry (4:1 Ext), Grape (Juice), Apricot, Noni**, Red Pitaya**, Tomato, Camu Camu, Haritaki, Green Banana**		
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
*** Percent Daily Values are based on a 2000 calorie diet.

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

BindGenic

Bedtime 

Serving Size: 2 capsules

	Amount Per Serving	%DV
Magnesium (Oxide/Hydroxide)	140 mg	33%
Toxin Binding Matrix	700 mg	*
Activated Carbon; Baobab (Fruit); Apple Fiber; Fulvic Acid; Cascara Sagrada (Bark); Pelargonium; Black Cumin (Seed); Humic Acid		

*Daily value not established.

Other Ingredients: Cellulose and Leucine.

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G/25 *Not actual size.

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See Appendix for information on Managing Herxheimer Reactions and how to use the BLU POO test.

Step 3

Promote: Immunity & Microbiome

Promote focuses on strengthening the gut-immune axis and sustaining microbiome diversity. After foundational support and detoxification in the Prepare and Purify phases, the body is ready for targeted interventions that repopulate beneficial microbes, reinforce gut barrier function, and optimize immune signaling.

Key components—**Immune µBiomic**, **ImmuneGenic**, **Immune Superfood**, **MucosaGenic**, and **CellGenic**—provide prebiotic and immunomodulatory support, facilitate the proliferation of beneficial bacteria, regulate inflammatory signaling, and support cellular repair and regeneration. By enhancing immune surveillance, reducing systemic inflammation, and supporting metabolic and hormonal balance, this phase creates a resilient environment for long-term wellness.

Patient Guidance:

During the Promote phase of the Holobiome Roadmap, common patient responses include improved immune resilience and reduced gastrointestinal discomfort. Patients may also experience mild gastrointestinal adjustments as new microbial populations establish.

- Encourage adherence to targeted probiotic and prebiotic regimens
- Monitor digestive comfort, bloating, or mild detox symptoms & reduce Immune Superfood to ½ scoop to allow for adaptation if digestive symptoms occur
- Track and monitor digestive function, immune responsiveness, and energy
- Reinforce supportive lifestyle behaviors (diet, stress management, sleep) to enhance microbiome stability
- Educate patients that consistent supplementation and monitoring optimize long-term benefits
- For patients who find superfoods or powdered formulas difficult to enjoy on their own, blending them into a smoothie with fruits, vegetables, or a preferred milk/plant-based beverage can improve taste and texture while maintaining their nutritional benefits.



Promote: Immunity & Microbiome

Dosing & Purpose

Dosing:

1 scoop Immune Superfood, 1 Morning Packet, 1 Evening Packet





Immune Superfood - Prebiotic and immunomodulatory support

**Best to consume in the morning to observe GI tolerance but can be taken in the evening if desired.*





Morning Packets Include:

Immune µBiomic - Supports a healthy immune response and the gut-immune axis

ImmuneGenic - Regulation of immune system-related gene expression

**Recommend on an empty stomach for improved absorption. May be taken with food for those who are sensitive.*

Evening Packets Include:

MucosaGenic - Reinforces intestinal barrier

CellGenic - Supports cellular repair and regeneration

**Recommend on an empty stomach for improved absorption. May be taken with food for those who are sensitive.*

Promote: Immunity & Microbiome

Label

PROMOTE

Immune µBiomic AM *



Serving Size: 2 capsules

	Amount Per Serving	%DV
Immune Probiotic Blend	30 billion CFU**	*
Lactiplantibacillus plantarum, Pediococcus pentosaceus, Lacticaseibacillus rhamnosus GG, *Limosilactobacillus reuteri, Bifidobacterium bifidum* SL BB47, *Bifidobacterium lactis* HN019, *Streptococcus thermophilus* St-21, *Lactobacillus helveticus* L10, *Bifidobacterium infantis* SL BI211, *Bifidobacterium longum, Lactobacillus pentosus* LPS01, *Saccharomyces boulardii, Lacticaseibacillus paracasei* Lpc-37, *Limosilactobacillus fermentum* SBS-1 Next-Generation Probiotics (NGPs) *Bacteroides ovatus* MS02, *Bacteroides uniformis* MS03, *Clostridium symbiosum* MS04, *Roseburia hominis* MS06, *Collinsella aerofaciens* MS05, *Anaerostipes caccae* MS01		
Biome Protect Activated Carbon, Silica	30 mg	*

*Daily value not established.
**At time of manufacture.

Other Ingredients: Acacia Gum, Cellulose, Potato Starch, and Leucine.

ImmuneGenic AM *



Serving Size: 2 capsules

	Amount Per Serving	%DV
Vit A (Retinyl Acetate)	300 mcg RAE	33%
Vit C (Ascorbic Acid)	175 mg	194%
Vit D3	160 mcg	800%
Vit E	100 mg	667%
Vit K2 MK-7	100 mcg	83%
Zinc (Chelate)	20 mg	182%
Selenium (L-Selenomethione)	200 mcg	364%
Copper (Chelate)	2 mg	222%
Immune Support	900 mg	*
Taurine; Propionyl L-Carnitine; Inositol; Bilberry (Ext); Resveratrol; Curcumin; Green Tea (Ext)(EGCG); Maqui Berry; Lutein; Lycopene; Rosmarinic Acid; Astaxanthin; Zeaxanthin		

*Daily value not established.

Other Ingredients: Cellulose, Silica, Leucine, and Vegetable Stearate.

CellGenic PM *



Serving Size: 2 softgels

	Amount Per Serving	%DV
Vitamin E (Sunflower)	11 mg	73%
Potassium (Phosphate)	10 mg	<1%
Beta-Sitosterol	25 mg	*
Inositol	25 mg	*
Octacosanol	7.5 mg	*
Mediator® (Phosphatidic Acid)	25 mg	*
Cell Protection	725 mg	*
Lecithin Oil (Sunflower) Black Currant Oil (Stearidonic Acid) Alpha-GPC (Glycerylphosphorylcholine) Extra Virgin Olive Oil Candelilla Wax Coconut Oil (Tree Nut) Beetroot Juice Powder Pentadecanoic Acid Sea Buckthorn Rosemary Extract		

*Daily Value not established.

Other Ingredients: Hydroxypropyl Starch, Glycerin, Carrageenan, Sorbitol and Carob Powder.

Immune Superfood AM *



Serving Size: 1 Level Scoop (8 grams)

	Amount Per Serving	%DV*
Total Calories	15	
Complex Carbohydrates	7.75 g	3%
Protein	<1 g	<1%
Fat	0 g	0%
Fiber	7.75 g	28%
Superfood Blend	7.75 g	†
Galacto-oligosaccharides (GOS); Resistant Starch (Potato); Blueberry (Polyphenolics); Dragon Fruit (Oligophenolics); Indian Kino Tree; Turmeric (Curcuminoids); Glucomannan Oligosaccharide (Konjac); Baobab Polysaccharides; Arabinogalactan (Larch Ext); Beta 1-3/1-6 Glucans; Poria Cocos Polyglycans; Tinospora Alpha-Glucans; Xanthan Gum (Gluco/Mann/Glucuronic/Oligo); Bioflavonoids (Hesperidin); Resveratrol; Polymethoxylated Flavones		

*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: Citric Acid, Monk Fruit, and Natural Strawberry Lemon Flavors.
Allergy Warning: Contains Dairy

MucosaGenic PM *



Serving Size: 2 capsules

	Amount Per Serving	%DV
Zinc (L-Carnosine)	12 mg	109%
Proprietary Blend	800 mg	*
L-Alanyl-L-Glutamine; Acetic Acid (Apple Cider Vinegar); Spearmint (Lf); Licorice (Rt); Aloe Vera (Ext); Berberine; Calcium Butyrate; Arachidonic Acid; Grape Seed (Ext); IgY Max™; Genistein; TUDCA (Tauroursodeoxycholic Acid)		

*Daily value not established.

Other Ingredients: Cellulose, Leucine, and Silica.
Allergy Warning: Contains Egg

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G/25B *Not actual size.

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Step 4

Protect: Neurological Health

Protect recognizes the integral connection between gut health and the nervous system, focusing on cognitive function, neurological resilience, and systemic integration. Building on the foundational support, detoxification, and microbiome restoration achieved in the Prepare, Purify, and Promote phases, the Protect phase targets the gut-brain axis to enhance mental clarity, emotional stability, and overall physiological balance.

Key components—**Neuro µBiomic**, **NeuroGenic**, **Neuro Superfood**, **CalmGenic**, and **EpiGenic**—provide nutrients and cofactors that support neurotransmitter synthesis, neuroplasticity, and acetylcholine metabolism. CalmGenic modulates the hypothalamic-pituitary-adrenal (HPA) axis to reduce stress response, while EpiGenic influences epigenetic regulation of brain and metabolic pathways. By strengthening gut-brain communication and systemic integration, Protect mitigates cognitive decline, enhances emotional resilience, and supports long-term neurological and metabolic health.

Patient Guidance:

During the Protect phase of the Holobiome Roadmap, common patient responses include improved focus, memory, and mood, reduced anxiety or stress response, and better overall cognitive clarity.

- Encourage consistent supplementation with neuro-supportive and microbiome-targeted products
- Track cognitive function, mood, stress response, and overall vitality
- Reinforce lifestyle practices that support brain health, including quality sleep, stress management, and physical activity
- Educate patients on the importance of the gut-brain connection and its systemic impact
- For patients who find superfoods or powdered formulas difficult to enjoy on their own, blending them into a smoothie with fruits, vegetables, or a preferred milk/plant-based beverage can improve taste and texture while maintaining their nutritional benefits.



Protect: Neurological Health

Dosing & Purpose

Dosing:

1 scoop Neuro Superfood, 1 Morning Packet, 1 Evening Packet





Neuro Superfood – Supports neurotransmitter synthesis, neuroplasticity, and acetylcholine metabolism

**Best to consume in the morning to observe GI tolerance but can be taken in the evening if desired.*





Morning Packets Include:

Neuro µBiomic – Supports microbes that influence cognitive function

NeuroGenic – For mood, focus, cognitive enhancement

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Evening Packets Include:

CalmGenic – Modulates HPA axis to reduce stress response

EpiGenic – Influences epigenetic regulation of brain and metabolic pathways

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Protect: Neurological Health

Label

PROTECT

Neuro µBiomic AM *

Serving Size: 2 capsules

	Amount Per Serving	%DV
Neuro Probiotic Blend	30 billion CFU**	*
Enterococcus faecium SD5843; *Lactiplantibacillus plantarum; Ligilactobacillus salivarius* 5851; *Bifidobacterium adolescentis; Propionibacterium shermanii* PF-G68; *Bifidobacterium breve* 5206; *Lactobacillus acidophilus* SD-5212; *Lactobacillus gasseri* 5585; *Lactobacillus delbrueckii* (ssp *bulgaricus* LDB01); *Lacticaseibacillus casei* 5842; *Bifidobacterium bifidum; Lactobacillus helveticus* Rosell-52***; *Bifidobacterium longum* Rosell-175*** Next-Generation Probiotics (NGPs) *Faecalibacterium prausnitzii* MS07; *Lactobacillus farciminis* MS10; *Parabacteroides distasonis* MS16 *Agathobaculum butyriciproducens* MS11; *Mycobacterium vaccae* MS17		
Biome Protect Activated Carbon, Silica	35 mg	*

*Daily Value not established.
At time of manufacture. * From Cerebiome®

Other Ingredients: Acacia Gum and Cellulose.

NeuroGenic AM *

Serving Size: 2 capsules

	Amount Per Serving	%DV
Vit B1 (Sulbutiamine)	40 mg	3333%
Manganese (Chelate)	0.2 mg	9%
Neuro Nutrition	1250 mg	*
N-Acetyl-L-Tyrosine; Alpha GPC; *Magnolia officinalis* (Ext); Phosphatidylserine; *Bacopa monnieri* (Ext); Skullcap (Ext); *Centella asiatica* (Ext); *Ginkgo biloba* (Ext); Alpha-Ketoglutaric Acid; *Polygala tenuifolia* (Ext); DMAE Bitartrate; *Phellodendron amurense* (Ext); *Gastrodia elata* (Ext); Vinpocetine; Huperzine A; Noopept; Uridine monophosphate		

*Daily Value not established.

Other Ingredients: Cellulose, Vegetable Searate, Silica, and Leucine.

CalmGenic PM *

Serving Size: 2 capsules

	Amount Per Serving	%DV
Vit B1 (Sulbutiamine)	12.5mg	1042%
Vit B6 (Pyridoxal 5'-phosphate)	2mg	118%
Nutrigenomic Mood Support	950mg	*
Beta-Alanyl-L-Histidine; *Ocimum sanctum;* SAMe (S-Adenosyl-L-Methionine Tosylate); *Griffonia simplicifolia* (5-HTP); L-Taurine; *Melissa officinalis* (Ext); Ashwagandha (Ext); *Rhodiola rosea* (Rosavin, Salidroside); *Ziziphus spinosa* (Ext); *Camellia sinensis* (L-Theanine); *Cordyceps militaris;* GABA; *Mucuna pruriens* (L-DOPA); L-Tryptophan; *Sceletium tortuosum* (Zembrin®); DHEA; *Hypericum perforatum* (Hb)		

*Daily Value not established.

Other Ingredients: Cellulose, Leucine, and Vegetable Stearate.

Neuro Superfood AM *

Serving Size: 1 Level Scoop (approx. 8g)

	Amount Per Serving	% Daily Value†
Total Calories	15	
Complex Carbohydrates	7.5g	3%
Protein	<1g	<1%
Fat	0g	0%
Fiber	7.5g	27%
Prebiotic Oligosaccharide Blend	7.5g	*
Sorghum**; Galacto-oligosaccharides; Isomalto-oligosaccharides; Pectin (Apple); Blueberry; Blackcurrant (Fruit); Fructo-oligosaccharides (FOS); DPM-Deoxynojirimycin polysaccharides (from *Morus alba*); Karaya Gum; Guggul Ext. (Guggulipids); Lion's Mane Mushroom (*Hericium erinaceus*); *Cordyceps militaris*; Pomegranate Ext. (Ellagitannin); Raspberry Pwd. (Gallic & Ellagic Acid)**; Gold Kiwi (Livaux®); Green Kiwi (Actazin®); *Phyllanthus niruri* (Geraniin & Furosin)		
Neuro Balance Blend	100 mg	*
Immunoglobulin Y (IgY); Lactoferrin		

*Daily Value not established. **Organic

Other Ingredients: Natural Strawberry Kiwi Flavor & Monk Fruit (Ext).
†Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
Allergy Warning: Contains Dairy

EpiGenic PM *

Serving Size: 2 capsules

	Amount Per Serving	%DV
Forskolin	25 mg	*
Quercetin	200 mg	*
ButyraGen® (Tributyrin Complex)	200 mg	*
Uridine 5'-monophosphate	100 mg	*
Fisetin	30 mg	*
Ergothioneine	10 mg	*
Spermidine	3.5 mg	*
Epigenetic Support Blend	350 mg	*
Alpha-ketoglutarate (AKG); Chamomile Extract (Apigenin)		

*Daily value not established.

Other Ingredients: Cellulose, Leucine, Potato Starch, Rice Extract, Rice Hulls, Gum Arabic, and Sunflower Oil.
ButyraGen® is a registered trademark of NutriScience Innovations, LLC.

G/25 *Not actual size.

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

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Labels may be updated to reflect improvements or refinements in our formulas. The most current information is always available online at: systemicformulas.com/product/protect.

Step 5

Preserve: Maintenance

Preserve consolidates the gains achieved in previous phases and provides long-term support for cellular, organ, and microbiome health. This maintenance phase emphasizes sustaining microbial diversity, reinforcing organ function, and supporting overall systemic resilience. Key components—**Terra µBiomic**, **Terra Superfood**, **CellGenic**, **VitaGenic**, and **OrganGenic**—deliver prebiotic fibers, phytonutrients, essential vitamins, minerals, and organ-specific support to preserve functional improvements and ensure ongoing physiological balance.

By continuing to nourish the microbiome, maintain hormonal balance, and support cellular and organ systems, Preserve helps patients sustain the health gains achieved in earlier phases and promotes long-term wellness.

Patient Guidance:

During the Preserve phase of the Holobiome Roadmap, expected patient benefits include sustained energy and digestive health, continued immune support, and long-term maintenance of microbiome and systemic balance.

- Encourage adherence to maintenance supplementation and a nutrient-dense diet to sustain benefits post-program
- For patients who find superfoods or powdered formulas difficult to enjoy on their own, blending them into a smoothie with fruits, vegetables, or a preferred milk/plant-based beverage can improve taste and texture while maintaining their nutritional benefits.



Preserve: Maintenance

Dosing & Purpose

Dosing:

1 scoop Terra Superfood, 1 Morning Packet, 1 Evening Packet





Terra Superfood - Prebiotic to maintain microbiome diversity

**Best to consume in the morning to observe GI tolerance but can be taken in the evening if desired.*





Morning Packets Include:

Terra µBiomic - To maintain balanced gut microbiome, enhance digestion & support immune health

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Evening Packets Include:

VitaGenic - Full-spectrum vitamins and mineral product for optimal cellular support

CellGenic - To maintain cellular integrity and longevity

OrganGenic - Essential nutrients that support healthy gene expression and proper enzyme function, ensuring optimal cellular processes

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Preserve: Maintenance

Label

PRESERVE

Terra µBiomic



AM *

Serving Size: 2 capsules	Amount Per Serving	%DV
Soil-Based Spore Probiotic Blend	4.5 billion CFU**	*
Bacillus amyloliquefaciens		
Bacillus pumilus		
Paenibacillus mucilaginosus		
Alkalihalobacillus clausii		
Brevibacillus laterosporus		
Paenibacillus polymyxa		
Priestia megaterium		
Kefir (freeze dried)		
Kombucha SCOBY (freeze dried)		
Bacillus subtilis		
Weizmannia coagulans (B. coagulans)		
Next-Generation Probiotics (NGPs)		
Bacillus indicus MS09		
Bacillus licheniformis MS12		
Biome Protect Activated Carbon, Silica	35 mg	*

*Daily value not established.
**At time of manufacture.

Other Ingredients: Acacia Gum, Cellulose, and Leucine.

VitaGenic



PM *

Serving Size: 2 capsules	Amount Per Serving	%DV
Vitamin C (Ascorbate)	100 mg	111%
Vitamin D3 (Cholecalciferol)	250 mcg	1250%
Vitamin E (Mixed Tocopherols)	66 mg	440%
Vitamin K2 (MK7)	200 mcg	167%
Thiamin (Vitamin B1)	25 mg	2083%
Riboflavin (Vitamin B2)	25 mg	1923%
Niacin (Vitamin B3)	35 mg NE	219%
Vitamin B6 (Pyridoxine)	50 mg	2941%
Folate (Vitamin B9)	400 mcg DFE	100%
Vitamin B12 (Methylcobalamin)	12 mcg	500%
Biotin	100 mcg	333%
Pantothenic Acid (Vitamin B5)	60 mg	1200%
Calcium	20 mg	2%
Magnesium	2 mg	<1%
Zinc	7.5 mg	68%
Selenium	70 mcg	127%
Copper	1.5 mcg	<1%
Manganese	2 mg	87%
Chromium	120 mcg	343%
Potassium	20 mg	<1%
Mixed Carotenoids	300 mcg	*
Black Pepper Ext	20 mg	*

*Daily Value not established.

Other Ingredients: Organic Blend of Sesbania, Guava, Amla, Holy Basil, Annatto, & Lemon Ext.; Cellulose; Leucine.

CellGenic



PM *

Serving Size: 2 softgels	Amount Per Serving	%DV
Vitamin E (Sunflower)	11 mg	73%
Potassium (Phosphate)	10 mg	<1%
Beta-Sitosterol	25 mg	*
Inositol	25 mg	*
Octacosanol	7.5 mg	*
Mediator® (Phosphatidic Acid)	25 mg	*
Cell Protection	725 mg	*
Lecithin Oil (Sunflower)		
Black Currant Oil (Stearidonic Acid)		
Alpha-GPC (Glycerylphosphorylcholine)		
Extra Virgin Olive Oil		
Candelilla Wax		
Coconut Oil (Tree Nut)		
Beetroot Juice Powder		
Pentadecanoic Acid		
Sea Buckthorn		
Rosemary Extract		

*Daily Value not established.

Other Ingredients: Hydroxypropyl Starch, Glycerin, Carrageenan, Sorbitol and Carob Powder.

Terra Superfood



AM *

Serving Size: 1 level scoop (approximately 8 grams)	Amount Per Serving	%DV***
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	*
Pineapple**, Mangosteen, Acerola Cherry (4:1 Ext), Grape (Juice), Apricot, Noni**, Red Pitaya**, Tomato, Camu Camu, Haritaki, Green Banana**		
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
*** Percent Daily Values are based on a 2000 calorie diet.

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

OrganGenic



PM *

Serving Size: 2 capsules	Amount Per Serving	%DV
Beef Broth (Bovine)	200 mg	*
Liver (Bovine)	200 mg	*
Thymus (Bovine)	200 mg	*
Adrenal (Bovine)	100 mg	*
Kidney (Bovine)	100 mg	*
Heart (Bovine)	50 mg	*
Pancreas (Bovine)	50 mg	*
Spleen (Bovine)	50 mg	*
Thyroid (Bovine)	50 mg	*

*Daily value not established.

Other Ingredients: Gelatin and Leucine.

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*Not actual size.

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**Labels may be updated to reflect improvements or refinements in our formulas. The most current information is always available online at: systemicformulas.com.*

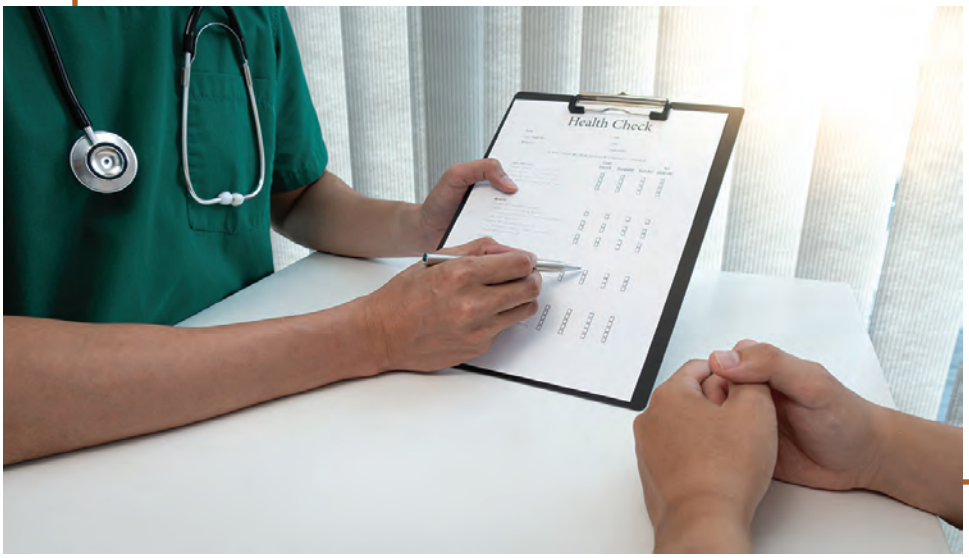
Implementing in Your Practice:

Identifying Candidates

The "*Do I Need A Reset?*" questionnaire is an excellent engagement and screening tool that helps identify key symptoms indicating when the Holobiome Roadmap may be the right fit. Encourage your staff to use it during patient calls or display it in your office to naturally spark interest and promote the program. The questionnaire will screen for the following:

- **Gastrointestinal Distress:** Abdominal pain, gas, bloating, cramps, diarrhea, or constipation.
- **Immune System Imbalances:** Frequent infections, respiratory conditions, or allergies.
- **Dermatological Manifestations:** Skin issues such as eczema, psoriasis, or rashes.
- **Musculoskeletal and Neurological Symptoms:** Muscle/joint pain, or headaches/migraines.
- **Weight Management Challenges:** Difficulty losing or gaining weight.
- **Energy Dysregulation:** Fatigue or low energy.
- **Endocrine Disruptions:** Hormone imbalances.

See Appendix for the *Do I Need A Reset?* questionnaire.



Implementing in Your Practice:

Initial Assessment

Goal: Identify patient concerns, explain the roadmap, and set the stage for sequential, inside-out healing.

Step 1: Welcome & Orientation

- Briefly explain the purpose of the Holobiome Roadmap: *"We'll work together to strengthen your gut roots first, so your whole body can thrive from the inside out."*
- Provide an overview of the process and timeline.
- Set expectations: this is a roadmap, not a quick fix.

Step 2: Comprehensive Assessment

Following the short *Do I Need A Reset?* screening, have patients complete the *Comprehensive Assessment* at their initial visit. This step helps you move beyond surface-level symptoms to identify root-cause drivers and personalize the Holobiome Roadmap for more targeted outcomes. (see Appendix for *Comprehensive Assessment* questionnaire.)
Have the patient fill out the *Comprehensive Assessment*.

- Highlight and note the top concerns across the following categories:
  1. Digestion / Gut Health
  2. Energy / Metabolism
  3. Hormones / Endocrine Function
  4. Immunity
  5. Mood / Cognitive Function

Step 3: Introduce the Tree Analogy

- Explain that the gut is the root system of the body.
- Script example: *"Think of your body like a tree. The roots are your gut and microbiome. If the roots are weak, the tree struggles. By nourishing the roots first, we allow every part of your body to flourish."*
- Emphasize that following the roadmap sequentially mirrors the natural growth of the tree—from roots to branches.

Step 4: Discuss the Patient's Current Symptoms

- Ask open-ended questions to connect their concerns to the roadmap phases:
  - *"Which areas like energy, digestion, or mood—are most affected?"*
  - *"Do you notice patterns related to stress, diet, or lifestyle that impact these areas?"*

Step 5: Map Symptoms to the Holobiome Roadmap

- Use a visual chart to show:
  1. Gut & Digestion → foundational support
  2. Detox & Metabolism → clearing obstacles
  3. Microbiome & Immunity → reinforcing resilience
  4. Hormones & Metabolism → balancing energy systems
  5. Mind & Body → enhancing cognitive/emotional health
- Explain why the sequence matters: *"Starting with the roots ensures that every subsequent step is more effective."*

Step 6: Introduce Targeted Support (Products / Interventions)

- Recommend products and lifestyle interventions specific to the patient's top concerns and Holobiome Roadmap step.
- Keep it simple: focus on one step at a time, not the whole protocol at once.
- Reinforce the Tree Analogy: each intervention strengthens the roots first, enabling branches and leaves to flourish.

Step 7: Patient Education & Resources

- Provide handouts, diagrams, or links:
  - Holobiome Roadmap overview
  - Tree analogy
  - Educational resources from alimentumlabs.com
  - Holobiome Roadmap Hub Facebook group
  - Encourage the patient to track symptoms over time to see improvements as the roadmap progresses.
  - Food/symptom diary and meal plans

Step 8: Wrap-Up & Next Steps

- Summarize the patient's key concerns and the initial phase of the roadmap.
- Set expectations for follow-up sessions (e.g., review progress, adjust products, and move to the next phase).
- Encourage questions and ensure patient understanding.

Implementing in Your Practice:

Helping Patients Make the Connection

For many patients, it can be difficult to see how gut health or the microbiome might influence issues like eczema or hormone imbalances. Using scripts,like the one below, are great ways for practitioners to help make this connection throughout the roadmap.

Step 1: Review Comprehensive Assessment

Use this as an opportunity to explain how their symptoms may be interconnected through the microbiome and diet.

> *"So many health challenges, no matter where they show up in the body, often begin with imbalances in the gut and poor dietary patterns. To get to the root of your symptoms, we focus on rebuilding a healthy microbiome and nourishing the body with the right foods. This more detailed assessment helps us uncover what's driving your symptoms at a deeper level. By examining patterns across digestion, immunity, and overall energy, we can design a personalized plan that addresses the root causes and supports long-term health and wellness."*

Step 2: Introduce the Holobiome Roadmap

> *"The Holobiome Roadmap is designed to restore root-level health by focusing on four key areas. It addresses the gut microbiome, which plays a central role in digestion, immunity, and neurological function, and supports detoxification pathways that are crucial for nutrient processing and waste elimination. The program also strengthens immune and neurological systems, recognizing the gut's direct influence on both. By supporting these systems in a deliberate, sequential manner, the roadmap helps the body regain its natural rhythm—enhancing clarity, resilience, and overall well-being."*

Step 3: Explain the Tree Analogy

> *"Think of your body like a tree. The roots represent your gut and the trillions of microbes that live there, absorbing nutrients and water—the fuel your body needs to thrive. If the roots are weak or unhealthy, the branches and leaves—your energy, hormones, digestion, and immunity—cannot flourish. By supporting the roots with proper nutrition, microbial balance, and targeted supplementation, we help the whole tree grow strong and resilient."*

Step 4: Connect to the Patient

> *"Do you see how your current symptoms might relate to your root health? Which areas—like energy, digestion, or mood—feel most affected right now?"*

Implementing in Your Practice:

Explaining The Holobiome Roadmap

Step 1 : Prepare – Drainage & Energy

"Prepare is like preparing garden soil and focuses on readying your body. Proper drainage is crucial; without it, deeper cleansing is ineffective. This step ensures your body's natural waste removal systems function optimally for more effective and comfortable subsequent steps."

Practitioner Notes: Expected Biological Functions

- Enhance mitochondrial function and systemic energy
- Support phase II liver detox pathways
- Promote lymphatic flow and immune-gut balance
- Strengthen intestinal lining for barrier integrity

Step 2: Purify – Detox & Gut Health

"Purify focuses on a deep cleanse, eliminating unwanted microbes like bacteria, fungi, or parasites while enhancing digestive function. This reduction of 'bad guys' and gut strengthening can improve nutrient absorption, digestion, and stress response. Temporary discomfort is possible during the Purify step due to it signaling the body's rebalancing. Most symptoms are manageable, and adjustments can be made for comfort." (See Appendix for Managing Herxheimer Reactions.)

Practitioner Notes: Expected Biological Responses

- Clear microbial imbalances (bacteria, fungi, parasites, viral overgrowth)
- Support liver detoxification and bile flow
- Promote toxin binding and elimination
- Restore gut barrier integrity and microbial diversity

Step 3: Promote – Immunity & Microbiome

"With a cleaner and more balanced gut from the Purify step of the Holobiome Roadmap, Promote is all about strengthening your immune system and building up a diverse community of healthy gut microbes. Promote is designed to introduce beneficial bacteria and provide support to help your gut lining become even stronger. This step helps reduce inflammation throughout your body and creates a resilient environment, so your immune system is better equipped to protect you."

Practitioner Notes: Expected Biological Functions

- Replenish beneficial microbial populations
- Strengthen gut barrier and gut-associated immune function
- Reduce systemic inflammation and support immune resilience
- Improve communication along the gut-organ axes

Step 4: Protect - Neurological Health

"Protect focuses on the gut-brain connection to improve mental clarity, emotional balance, and brain function. This step uses nutrients to support brain communication, manage stress, and influence gene expression for better brain and metabolic health, ultimately enhancing focus, mood, and stress resilience."

Practitioner Notes: Expected Biological Functions

- Support neurotransmitter synthesis and neuroplasticity
- Strengthen gut-brain communication and systemic signaling
- Modulate stress response via HPA axis support
- Optimize epigenetic regulation of brain and metabolic pathways
- Enhance cognitive function, mood stability, and systemic resilience

Step 5: Preserve - Maintenance

"Preserve focuses on long-term maintenance and the preservation of the microbiome. This maintenance program will support your gut microbes and all organ systems with specific nutrients to sustain energy, digestion, and overall wellness, ensuring lasting health benefits."

Practitioner Notes: Expected Biological Functions

- Maintain microbial diversity and gut health
- Support cellular function, organ-specific health, and metabolic resilience
- Reinforce hormonal and immune balance
- Provide ongoing nutrient support for sustainable systemic wellness

Closing Line:

"By addressing these interdependent systems in a strategic order, we can guide you toward comprehensive wellness in a structured, measurable way, moving beyond quick fixes to address the root causes of dysfunction and optimize your unique health potential."

"Do you see how your current symptoms might relate to your root health? Which areas—like energy, digestion, or mood—feel most affected right now?"

Implementing in Your Practice:

Follow-Up Plan Overview

Consistent follow-up is where progress is measured and transformation is sustained. The Holobiome Roadmap Follow-Up Plan provides a structured yet flexible framework to reassess patient outcomes, review testing data, and refine protocols as patients move through each phase. These check-ins help you track objective improvements—such as shifts in digestion, inflammation, or energy—while maintaining patient motivation and accountability. By combining clinical insight with compassionate guidance, practitioners can ensure lasting results and strengthen the practitioner–patient partnership that drives true wellness.

1. Initial Follow-Up (Week 1–2)

- Assess tolerance to supplements and dietary changes.
- Identify early Herx reactions or side effects.
- Provide support, reassurance, and adjustments as needed.

2. Early Progress Check (Week 3)

- Evaluate early improvements in digestion, energy, and symptom patterns.
- Ensure adherence and address any barriers.
- Adjust the plan as needed to prepare for the next phase.

3. Step Transition Visit (Every 4 Weeks)

- Determine readiness to progress to the next phase of the roadmap.
- Ensure that gut balance and tolerance are adequate.
- Comprehensive review of symptoms, labs, and lifestyle changes.
- Make adjustments to supplements or dietary plans to support transition.

4. Ongoing Monitoring (Every 6-8 weeks)

- Monitor continued improvement, prevent relapse, and fine-tune protocols.
- Support long-term adherence and patient engagement.
- Track symptom resolution or recurrence.
- Adjust interventions as needed (supplements, diet, lifestyle).
- Provide continued education, motivation, and accountability.

Key Considerations

- **Flexibility:** Some patients may require more frequent visits early on (weekly check-ins via telehealth or phone) if they experience strong Herx reactions.
- **Documentation:** Encourage symptom tracking to make each progression through the Holobiome Roadmap data-driven.
- **Patient Empowerment:** Use follow-ups as teaching moments to reinforce self-care and the principles of the Holobiome Roadmap.

Practitioner FAQs

Q: How should I determine where to start a patient?

Typically, patients begin with Prepare, which establishes foundational support for energy, liver, lymph, and gut integrity. Exceptions may include patients who have recently completed similar interventions or those with urgent gut or immune issues, in which case dosing and sequencing may be customized.

Q: How do I adjust dosing for sensitive or complex patients?

Start at the lower end of recommended dosing for patients who are sensitive to supplements or have multiple comorbidities. Gradually increase to full therapeutic doses as tolerated. Monitor for mild detox reactions (fatigue, transient GI upset, changes in bowel habits) and adjust dosing accordingly.

Q: How long should each step last?

Prepare, Purify, Promote and Protect are designed to last 4 weeks each. Preserve is intended as an ongoing maintenance program to sustain results.

Q: What are common patient responses?

During the Prepare step, patients often experience increased energy, though mild detox-related fatigue may occur. In the Purify step of the program, digestive changes, mild bloating, or transient fatigue—sometimes referred to as a "Herxheimer effect"—can be expected. Promote typically brings improvements in immune resilience and reductions in gastrointestinal discomfort. During Protect, patients often notice enhanced mood, focus, and stress tolerance. Finally, the Preserve step of the program helps maintain these benefits, supporting stable energy levels and ongoing gut and immune health.

Q: Can steps be skipped or combined?

Sequential progression is recommended to optimize physiological synergy. Skipping steps may reduce efficacy; combining phases can be done cautiously in tolerant patients, but clinical monitoring is required.

Q: Is the Holobiome Roadmap safe to take with pharmaceutical medications?

Most supplements within the Holobiome Roadmap are generally well-tolerated alongside common medications. However, each patient's medication list should be reviewed carefully to identify potential interactions, with special caution for those taking immunosuppressants or medications that are strongly metabolized by the liver.

Q: Can patients take other supplements or medications while on the Holobiome Roadmap?

While on the Holobiome Roadmap, patients may already be receiving targeted nutrients, herbs, and prebiotics. Additional supplementation is discouraged and should be done cautiously as certain combinations could alter absorption, metabolism, or the intended effects of the roadmap. Practitioners should review all current medications and supplements to ensure safety and optimize outcomes.

Q: How do I handle patients who cannot swallow capsules?

For assistance with this scenario, please contact us.

Q: Can I use the Holobiome Roadmap with pregnant/nursing women or with children?

The Holobiome Roadmap contains a blend of herbs, botanicals, and bioactive compounds that have not been fully studied for safety in children under the age of 12 or during pregnancy or lactation. For this reason, the program is not recommended for children under the age of 12 or pregnant/nursing individuals, as certain ingredients could affect maternal or fetal health. Practitioners should evaluate alternative protocols specifically designed for these populations.

Q: What happens after I complete the Holobiome Roadmap and still need targeted support?

Once you've completed the Holobiome Roadmap, the foundational work is in place, and patients can transition to our targeted protocols designed for specific conditions. Explore these protocols at alimentumlabs.com.

Q: How can this program be adapted for long-term maintenance?

For ongoing wellness, patients are encouraged to remain active in our Holobiome Roadmap Hub Facebook group and continue using Preserve combined with a healthy diet and lifestyle to support microbiome balance and systemic health.

Do I Need A Reset?

Patient Name: _____ **Date:** _____

Check all symptoms that currently apply:

- ☐ Difficulty losing weight
- ☐ Fatigue or low energy
- ☐ Headaches or migranes
- ☐ Respiratory issues or allergies
- ☐ Abdominal discomfort, gas, bloating cramps, diarrhea, or constipation
- ☐ Unexplained muscle or joint pain
- ☐ Hormone imbalances
- ☐ Mood swings, depression, anxiety
- ☐ Skin issues, eczema, rashes, or acne
- ☐ Frequent infections, low immune system
- ☐ Difficulty going to sleep, staying asleep, waking up

Boxes Checked:	Interpretation:	Recommendation:
1	Mild Imbalance	Terra µBiomic & Terra Superfood
2-3	Moderate Imbalance	Terra µBiomic, Terra Superfood, & ImmuneGenic
4+	Significant Imbalance	Holobiome Roadmap recommended to restore balance across all 11 body systems

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Do I Need A Reset?

Patient Name: _____ **Date:** _____

Check all symptoms that currently apply:

- ☐ Difficulty losing weight
- ☐ Fatigue or low energy
- ☐ Headaches or migranes
- ☐ Respiratory issues or allergies
- ☐ Abdominal discomfort, gas, bloating cramps, diarrhea, or constipation
- ☐ Unexplained muscle or joint pain
- ☐ Hormone imbalances
- ☐ Mood swings, depression, anxiety
- ☐ Skin issues, eczema, rashes, or acne
- ☐ Frequent infections, low immune system
- ☐ Difficulty going to sleep, staying asleep, waking up

Boxes Checked:	Interpretation:	Recommendation:
1	Mild Imbalance	Terra µBiomic & Terra Superfood
2-3	Moderate Imbalance	Terra µBiomic, Terra Superfood, & ImmuneGenic
4+	Significant Imbalance	Holobiome Roadmap recommended to restore balance across all 11 body systems

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Comprehensive Assessment Questionnaire

Name: _____ **Date:** _____ **Age:** ___ **Sex:** ___ **Height:** _____ **Weight:** _____

PART I - Health Priorities

Please list your 5 major health concerns in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____

PART II - Symptom Survey

Please mark the appropriate box on all questions below based on your health in the past year.

	Never	Sometimes	Always
Feeling that bowels do not empty completely	☐	☐	☐
Lower abdominal pain or discomfort following meals	☐	☐	☐
Sense of fullness during and after meals	☐	☐	☐
Diarrhea, urgent, loose, watery stools	☐	☐	☐
More than 3 bowel movements daily	☐	☐	☐
Constipation, dry, hard, infrequent stools	☐	☐	☐
Use of laxatives	☐	☐	☐
Stools are foul smelling	☐	☐	☐
Stools are mucous-like, greasy, or poorly formed	☐	☐	☐
Undigested foods found in stools	☐	☐	☐
Pass large amount of foul-smelling gas	☐	☐	☐
Excessive belching, burping, or bloating	☐	☐	☐
Heartburn	☐	☐	☐
Stomach pain, burning or aching 1-4 hours after eating	☐	☐	☐
Use of antacids	☐	☐	☐
Pain, tenderness, soreness on left side under rib cage	☐	☐	☐
Greasy or high fat foods cause nausea or discomfort	☐	☐	☐
Nausea and/or vomiting	☐	☐	☐
Certain foods cause sinus congestion, headaches	☐	☐	☐
Offensive breath	☐	☐	☐
Bitter metallic taste in mouth, especially in morning	☐	☐	☐
Asthma or difficulty breathing	☐	☐	☐
Frequent colds or recurrent infections	☐	☐	☐
Frequent urination	☐	☐	☐
Urinary tract infection	☐	☐	☐
Increased thirst and appetite	☐	☐	☐
Unexplained itchy skin	☐	☐	☐

	Never	Sometimes	Always
Eczema, psoriasis, recurrent rashes	☐	☐	☐
Dry or flaky skin and/or hair	☐	☐	☐
Thinning of hair on scalp, face, or genitals	☐	☐	☐
Weak nails	☐	☐	☐
Outer third of eyebrow thins	☐	☐	☐
Gallbladder attacks or stones	☐	☐	☐
Have you had your gallbladder removed?	Yes	No	
Crave sweets during the day	☐	☐	☐
Eating sweets does not relieve cravings for sugar	☐	☐	☐
Must have sweets after meals	☐	☐	☐
If meals are missed feel irritable, lightheaded or shaky	☐	☐	☐
Slow starter in the morning	☐	☐	☐
Depend on coffee to keep yourself going or started	☐	☐	☐
Poor memory, forgetful, mental sluggishness	☐	☐	☐
Cannot fall asleep, insomnia	☐	☐	☐
Cannot stay asleep	☐	☐	☐
Wake up tired even after 6 or more hours of sleep	☐	☐	☐
Require excessive amounts of sleep to function properly	☐	☐	☐
Crave salt	☐	☐	☐
Dizziness when standing up quickly	☐	☐	☐
Headaches	☐	☐	☐
Migraines	☐	☐	☐
Excessive perspiration or with little or no activity	☐	☐	☐
General fatigue, tired, sluggish most of day	☐	☐	☐
Fatigue after meals	☐	☐	☐
Afternoon fatigue	☐	☐	☐
Feel cold - hands, feel, all over	☐	☐	☐
Depression, lack of motivation	☐	☐	☐
Heart palpations, increased pulse at rest	☐	☐	☐
Nervousness or anxious	☐	☐	☐
Night sweats	☐	☐	☐
Difficulty gaining weight	☐	☐	☐
Difficulty losing weight	☐	☐	☐
Diminished sex drive	☐	☐	☐
Increased sex drive	☐	☐	☐

	Never	Sometimes	Always
Urination difficulty or dribbling	☐	☐	☐
Pain inside of legs or heels	☐	☐	☐
Leg nervousness at night, restless leg	☐	☐	☐
Inability to concentrate or stay focused	☐	☐	☐
Muscle soreness, stiffness, achy joints	☐	☐	☐
Decrease in physical stamina	☐	☐	☐
Increase in fat distribution around abdomen and hips	☐	☐	☐
<u>For Women:</u>			
Menstrual disorders or lack of menstruation	☐	☐	☐
Are you experiencing menopause	Yes	No	
Extended menstrual cycle (greater than 32 days)	Yes	No	
Shortened menses (less than every 24 days)	Yes	No	
Pain and cramping during periods	☐	☐	☐
Scanty blood flow	☐	☐	☐
Heavy blood flow	☐	☐	☐
Breast pain and swelling during menses	☐	☐	☐
Irritable and depressed during menses	☐	☐	☐
Acne breakouts	☐	☐	☐
Facial hair growth	☐	☐	☐
How many years have you been post-menopausal?	_____		
Do you ever have uterine bleeding since menopause?	Yes	No	
Hot flashes	☐	☐	☐
Mood swings	☐	☐	☐
Painful intercourse	☐	☐	☐
Increased vaginal, pain, dryness, or itching	☐	☐	☐
<u>For Men:</u>			
Decrease in spontaneous morning erections	☐	☐	☐
Decrease in fullness of erections	☐	☐	☐
<u>Other:</u>			
Please list any conditions or symptoms not listed above: _____			

List the three worst foods you eat during the average week:

1. _____
2. _____
3. _____

List the three healthiest foods you eat during the average week:

1. _____
2. _____
3. _____

Do you smoke? _____ If yes, how many times a day _____

Rate your stress levels on a scale of 1-10 during the average week (1 as the least stress to 10 as the most stress) _____

Please list any medications you currently take and the conditions you take them for: _____

Please list any natural supplements you currently take and the conditions you take them for: _____

How many times a day do you eat? _____

What do you usually eat for: _____

Breakfast? _____

Lunch? _____

Dinner? _____

Snacks? _____

PART III - Lifestyle

How many alcoholic beverages do you consume per week? _____

How many caffeinated beverages do you consume per day? _____

How many times do you eat out per week? _____

Do you exercise? ____ If yes, how often and what type(s)? _____

Patient Follow-Up Questionnaire

Name: _____ Date: _____

What day in your journal are you on? Day _____

Are you more or less comfortable in your gut during the day and/or at bedtime? _____

Have your bowel movements increased, decreased or stayed the same? Explain. _____

Has your sleep pattern changed? Sleeping more or less? _____

How is your energy throughout the day? _____

Are you having difficulty with the diet? Any challenges? _____

Are you having difficulty with the protocol? _____

Overall, what changes in your health are you experiencing? _____

Managing Herxheimer Reactions

A Herxheimer reaction ("herx") can occur when the body is detoxifying or when pathogenic microbes are being cleared from the gut. Symptoms may include headaches, fatigue, digestive discomfort, mild flu-like symptoms, or skin breakouts. These reactions are generally temporary and a sign that the body is responding to treatment, but still need careful management.



Educate Patients Before Starting

- Explain that mild detox reactions can occur as their body adjusts.
- Emphasize that the program is not harming them, only clearing imbalances.
- Encourage patients to track symptoms in a journal to identify patterns and triggers.

Sample wording:
"Some people experience mild symptoms like headaches, fatigue, or digestive changes as their body adjusts. These reactions usually resolve within a few days and are a sign your body is responding to the program."

Monitor and Adjust

- Introduce supplements and dietary changes gradually to minimize "herx".
- Encourage patients to record the type, intensity, and duration of any reactions.
- If reactions are severe, temporarily reduce supplement doses or slow dietary transitions.

Support Detoxification

Encourage supportive strategies to help the body manage and reduce discomfort:

- Hydration: Adequate water intake to support kidney and liver detox pathways.
- Rest: Encourage extra sleep or light activity; avoid overexertion.
- Gentle diet: Emphasize nutrient-dense, easy-to-digest foods.
- Digestive support: Consider enzymes,to ease gut stress (as appropriate).
- Temperature therapies: Warm baths or gentle saunas can support circulation and detox.

Red-Flag Symptoms

Instruct patients to contact the practitioner if they experience:

- Severe or persistent vomiting or diarrhea
- High fever
- Rapid heart rate or dizziness
- Intense pain that doesn't resolve

Communication and Reassurance

- Reassure patients that reactions are usually short-term and part of the healing process.
- Maintain regular check-ins during the first few weeks.
- Normalize reactions as feedback, not failure.
- If not resolved after a few weeks, contact clinical support at amy@systemicformulas.com

Explaining the Holobiome Roadmap Tree Analogy



Symptoms & Organ Systems

↑

Communication Pathways

↑

Gut & Core Systems

↑

Lifestyle Foundations

The Soil – Lifestyle Foundations:
Before we even look at the tree itself, think about the soil it grows in. The soil represents your lifestyle choices—sleep, stress management, diet, exercise, and environment. Healthy soil is essential because it nourishes the roots and provides the nutrients the tree needs to thrive.

The Roots – Gut & Core Systems:
The roots symbolize your gut microbiome, digestion, and nutrient absorption. A strong root system ensures that the tree can take up nutrients from the soil and support all other systems in your body.

The Trunk – Communication Pathways:
The trunk represents the gut-organ axes, which connect your gut with the brain, liver, skin, immune system, and more. A strong trunk ensures that these signals and nutrients flow efficiently throughout your body.

The Branches – Symptoms & Organ Systems:
The branches illustrate specific organs, symptoms, or health concerns. When the roots and trunk are supported, the branches can flourish, and symptoms may improve naturally.

Why the Diagram Matters:
This tree model shows patients that health starts at the foundation—both the soil (lifestyle) and roots (gut and core systems). Supporting these foundational systems helps the rest of the body function optimally.

How to Use This with Patients:
- Encourage patients to see their health holistically, not just symptom by symptom.
- Emphasize that nourishing the soil through lifestyle choices is critical to supporting root health.
- Use the tree diagram as a visual tool to show how lifestyle, gut health, and targeted interventions work together to promote overall wellness.



BLU POO

Gut Transit Time Tracker

Gut | Detox | Whole Body | Immunity

KEY INDICATIONS

- Determine precise gut transit time
- Monitor gastrointestinal function and stool consistency
- Detect early red flags for digestive disorders
- Support personalized gut health protocols

HOW IT WORKS

BLU POO provides a non-invasive, cost-effective method for observing gut transit. The natural pigments pass through the digestive tract, coloring stool without affecting gut function. By combining transit time with stool consistency and gastrointestinal symptoms, practitioners can create personalized interventions to improve microbiome diversity, digestive efficiency, and overall gut health.

KEY INGREDIENTS & BENEFITS

Blue Spirulina (*Spirulina platensis*): Provides the antioxidant phycocyanin for natural stool coloring.

Indigotine (*Indigofera tinctoria*): Natural indigo pigment used as a safe, plant-based dye.

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INSTRUCTIONS

1. Take 2 capsules with a meal to log a start time.
2. Monitor stool for 9–30+ hours until blue (or greenish-blue) coloration appears.
3. Log endpoint time and stool type using the Bristol Stool Chart.
4. Repeat weekly or as directed by a healthcare provider.

ALLERGEN & DIETARY INFO

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

CLINCAL PEARLS

- Early Detection of Digestive Issues: Identify potential gastrointestinal problems before they worsen.
- Personalized Wellness Protocols: Track transit time over weeks to inform diet, supplements, and lifestyle adjustments.
- Precise Digestive Health Monitoring: Natural dyes allow accurate, visual tracking of gut transit.
- Microbiome Insights: Correlates transit times with microbial composition—slower times may indicate overgrowth of harmful microbes; faster times may reflect low microbial diversity.
- Optimizes Digestive Health: Data informs actionable changes to improve stool consistency, nutrient absorption, and overall gut function.

SAFETY & CONTRAINDICATIONS

- Made with naturally derived Blue Spirulina and Indigotine, this product is safe for pregnant women and children and provides vibrant color without synthetic additives.

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.

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MY DNA

Personalized Nutrigenomic Health Report

A personalized health report derived from your DNA, highlighting your genetic strengths and vulnerabilities. This report provides personalized nutritional advice to optimize your well-being and help you achieve your wellness goals.

1500+ Mutations Analyzed

MY DNA analyzes over 1500 mutations from the entire genome, using whole genome sequencing, to give you the most comprehensive genetic test.

12 Comprehensive Panels

- Cardiometabolic
- Cellular Health
- Detox
- Energy/Performance
- General Health
- Hologenomics
- Hormone Management
- Immune
- Inflammation
- Neurocognitive
- Nutritional Regulation
- Weight Optimization

Core Benefits

- **Uncover Your Genetic Weaknesses:** Genetic testing reveals predisposition to illnesses, enabling personalized care plans with lifestyle adjustments and monitoring to proactively improve health and prevent disease.
- **Personalized Nutrition Recommendations:** Genetic testing reveals variations that affect how individuals respond to nutrients like carbohydrates, fats, vitamins, and minerals. Tailoring nutrition to genetic makeup optimizes health and lowers the risk of developing certain conditions.
- **Discover Your Targeted Medication Regimen:** Genetic testing identifies gene variations that affect toxin metabolism. This helps health care providers understand toxin exposure and the importance of nutrition in reducing risks and improving treatment outcomes.
- **Achieve Your Health and Wellness Goals:** Genetic testing empowers you to make informed nutritional decisions, efficiently tackle current health concerns and maximize a lifetime of wellness.

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.

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800.445.4647

Dig in deeper: