

Slim Biome

NOURISH. SUPPORT. THRIVE.

Feed friendly bacteria for a balanced and energetic life.

Authentic Health

The microbiome is a community of microorganisms studied for its role in maintaining overall wellness and balance. Our microbes help us by creating essential vitamins like B12, Folate, and by creating an environment where beneficial microbes like *Akkermansia* can thrive. Unfortunately, your microbiome's balance can be disrupted by any number of factors—poor diet, high stress levels, artificial sweeteners, soda, processed foods, lack of exercise, or poor sleep habits (just to name a few). This imbalance can cause problems that affect your daily life.

A Vibrant, Daily Routine Starts from Within

Slim Biome is formulated with a unique prebiotic fiber, Xylooligosaccharides (XOS), to nourish beneficial bacteria and support a light, active, and balanced lifestyle. Clinically studied and featuring a U.S. patented† formula, Slim Biome is a simple addition to your daily diet that helps you stay in rhythm.

How Slim Biome Works

Your body is home to trillions of microorganisms, many of which play an essential role in maintaining your overall well-being. A balanced internal environment contributes to a healthy and energetic daily life. However, modern diets and lifestyle choices can disrupt this balance, making it important to nourish and support beneficial bacteria. Slim Biome works by providing prebiotic nourishment—acting as food for beneficial bacteria, which helps them flourish. The result? A daily rhythm that feels light, refreshed, and energetic.

Science-Backed Formula

A human gut simulator (in vitro) study of Slim Biome reported an increase of:

- Up to 365-fold in lactic acid bacteria*
- Up to 290-fold in *Bifidobacteria**
- Up to 250-fold in *Akkermansia* bacteria*
- Up to 58% in butyric acid esters and up to 29% in propionic acid esters*
- A double-blind human clinical study using Slim Biome twice daily showed statistically significant results supporting a light and active daily routine.

†Patent No. US-11730749-B2

*Further research, including human studies, is necessary to confirm these preliminary findings.



KEY BENEFITS

- **Supports a refreshed and vibrant daily routine**—A well-balanced diet and lifestyle help maintain a light and active feeling throughout the day. Slim Biome complements this by providing nourishment to beneficial bacteria to support a rhythmic daily “bathroom” routine.
- **Nourishes beneficial bacteria**—Prebiotics like Xylooligosaccharides serve as food for beneficial bacteria. A well-fed microbiome helps maintain balance as part of a healthy diet.
- **Supports a healthy and energetic daily life**—A diet rich in beneficial nutrients and prebiotics helps support overall well-being. Slim Biome provides a blend of ingredients studied for their ability to contribute to a balanced and active lifestyle.
- **Supports hydration**—Proper hydration is essential for daily wellness. Slim Biome is designed to be mixed with water, making it easy to stay hydrated as part of a healthy routine.

Key Features

- Supports a healthy and energetic daily life
- Green coffee bean extract supports a light and active daily routine
- Serves as food for beneficial bacteria (Xylooligosaccharides, or XOS)
- Supports a refreshed and vibrant daily routine
- Supports greater hydration

Who Should Use This Product?

Slim Biome supports a healthy and energetic daily life and is for any adult looking to be healthier and happier.

Slim Biome Advantage

- Clinical trials have reported that Slim Biome supports a light and active daily routine
- Only 10 kcal per serving
- 30 single serve packets
- Delicious raspberry, lemon, watermelon flavor

How to Enjoy Slim Biome

Simply mix Slim Biome with water, and drink up to twice daily as part of your daily routine. For best results, incorporate it into a balanced diet and an active lifestyle.

What to Expect

When consumed daily, Slim Biome supports a balanced and rhythmic daily routine. If daily intake is stopped, your natural rhythm may return to its original state within about a week.

A Smarter Way to Support Your Daily Rhythm

With its carefully selected ingredients and prebiotic nourishment, Slim Biome helps you take small, consistent steps toward a balanced and thriving daily life.

Slim Biome is a key component of TriPlex, a 3-product system:



Frequently Asked Questions

When is the best time to drink Slim Biome?

Adults drink 1 serving up to twice daily. Simply tear the Slim packet and pour into your 350–600 mL bottle of water and shake immediately.

How many Slim Biomes can I drink per day?

You can enjoy Slim Biome up to twice a day.

Should Slim Biome be added to hot or cold water?

Slim Biome is meant to be refreshing, and is best added to cold water. We don't recommend adding Slim Biome to hot water, as hot water could affect the integrity of the product.

Can you tell me about the study that was done on Slim Biome?

In a highly advanced, in vitro study created to mimic the human gastrointestinal system, Slim Biome's formula was tested, which produced astounding results:

- Increase of up to 250-fold in *Akkermansia* bacteria
- Increase of up to 365-fold in lactic acid bacteria
- Increase of up to 290-fold in *Bifidobacteria*
- Increase of up to 58% in butyric acid esters
- Increase of up to 29% in propionic acid esters

Further research, including human studies, is necessary to confirm these preliminary findings.

What is a prebiotic? How does it work?

Your body is full of microbes. Some of them are beneficial; some of them are unwanted. Prebiotics are non-digestible compounds that feed beneficial microbes to grow and flourish. Prebiotics include non-absorbable carbohydrates like fructo-, xylo- and oligo-saccharides, and inulin, which can be found naturally occurring in whole grains, chicory root, onions, leeks, fruits, and legumes. Prebiotics act as a fertilizer, selectively feeding beneficial microbes and assisting in their growth. This leads to benefits for your overall well-being and health. Nearly everyone needs to supplement their prebiotic intake to experience optimal health, since so few people get enough prebiotics from their diet.

What is the prebiotic in Slim Biome and how is it beneficial to me?

Xylooligosaccharides (XOS), is Slim Biome's incredible prebiotic, which friendly microbes love to eat. XOS has been clinically studied. In a double-blind, randomized, placebo-controlled study conducted by researchers at the University of California Los Angeles (UCLA), subjects who consumed a relatively small serving of XOS daily saw improvements in balance and growth of beneficial microbes.

What is *Akkermansia*?

Akkermansia is a beneficial bacterium. Slim Biome's formula is made with XOS. In a human gut simulator (in vitro) study of Slim Biome's formula with XOS, *Akkermansia* bacteria increased up to 250-fold. Further research, including human studies, is necessary to confirm these preliminary findings.

Can you tell me more about the quality process when making Slim Biome?

The ingredients in Slim Biome were specifically qualified by our in-house Quality Assurance department using world-class quality standards. Each material is rigorously tested for purity and potency by Plexus Worldwide™ before being selected for use. The difference in this hands-on approach and dedication to ingredient quality ensures that you can feel confident in the purity and potency of Slim Biome's ingredients.

Do I need to keep taking Slim Biome to keep the benefits?

The prebiotic nutrients that support the growth of the beneficial microbes will diminish over time, and the increased population of beneficial microbes will eventually return to their baseline levels if they aren't continually fed with the nutrients they need to thrive. So it's best to take Slim Biome every day.

Will I experience any side effects when I start drinking Slim Biome?

In certain people, supplementing with prebiotics could cause temporary gas and bloating. One way to avoid this is to ease into Slim Biome. We recommend starting with 1/2 stick per day for the first week, 1 stick for the second week and up to 2 sticks per day after the second week. Of course, you can do more or less depending on how your body reacts. Your body should adapt to prebiotic supplementation over time, which will help relieve any discomfort.

What flavor is Slim Biome?

Slim Biome is a delicious raspberry, lemon, watermelon flavor.

Is Slim Biome Gluten Free, Vegan, and Non-GMO?

Yes.

Can I take Slim Biome with other Plexus™ products?

Absolutely! Slim Biome is the perfect complement to other Plexus products. We recommend taking Slim Biome with VitalBiome™ and Bio Cleanse. Together, these three products make up the TriPlex system.

Is Chromium safe?

Many human studies have demonstrated the safety of daily intakes of up to 1,000 mcg of Chromium, and each serving of Slim Biome contains 50 mcg.

If I'm allergic to raspberry, lemon, and watermelon, can I still drink Slim Biome?

Plexus uses flavors that are extracted from actual fruit. Typically, the proteins that could cause an allergic reaction would be removed during extraction. The possibility of an allergic reaction is very small; however, we recommend that if you have an allergy to any of these fruits, please consult your physician prior to use.

What is the fruit and vegetable juice used for color in Slim Biome?

- Beetroot Extract (*Beta vulgaris*)
- Sweet Potato Concentrate (*Ipomoea batatas* L.)
- Radish Concentrate (*Raphanus sativus*)
- Cherry Concentrate (*Prunus avium*)
- Apple Concentrate (*Malus domestica*)

Is there a corn derived ingredient in Slim Biome?

XOS is derived from Non-GMO corn. If you're allergic to corn, please consult your physician prior to use.

Can Slim Biome be used by individuals under the age of 18?

Slim Biome is not recommended for use by individuals under 18 because the product was formulated to meet the nutritional needs of adults.

Is it safe to drink Slim Biome while pregnant or breastfeeding?

If pregnant or nursing, consult your physician prior to use.

Does Slim Biome contain any common food allergens (Milk, Eggs, Fish, Crustacean shellfish, Tree nuts, Peanuts, Wheat, and Soybeans)?

No.



Slim Biome

スリム バイオーム

SLIM MICROBIOME ACTIVATING

ラズベリー、レモン、スイカ風味

商品名:スリム バイオーム

名 称:	クロム・キシロオリゴ糖・グリーンコーヒー豆エキスを含有食品
原材料名:	キシロオリゴ糖、グリーンコーヒー豆エキス、クロム含有酵母、ガルシニアカンボジア果実エキス、 α -リボ酸、桑の実果実エキス / クエン酸、香料、甘味料(ステビア)、増粘剤(カルボキシメチルセルロースナトリウム)、野菜色素、アカビート色素、チェリー色素、果実色素、二酸化ケイ素
内 容 量:	97.8g (3.26g x 30本)
賞味期限:	袋の裏面に記載(年月)
保存方法:	直射日光を避け、涼しい所に保管してください。
原産国名:	米国
輸 入 者:	プレクス・ジャパン株式会社東京都港区六本木7-7-7 トライセブン六本木8F

お召し上がり方:成人は、1回分を350~600 mLの水に混ぜて、1日1~2回を目安にお召し上がりください。

栄養成分表示(1本3.26 g当たり)

エネルギー	10 kcal
たんぱく質	0.05 g
脂質	0.02 g
炭水化物	2.00 g
食塩相当量	0.02 g
クロム	50 μ g

キシロオリゴ糖	1 g
グリーンコーヒー豆エキス	500 mg
α -リボ酸	10 mg



グルテンフリー



ビーガン

★パッケージに異常がある場合は、製品を使用しないでください。★食生活は、主食、主菜、副菜を基本に、食事のバランスを。★妊娠中又は授乳中の方や薬を服用中あるいは通院中の方は、医師や薬剤師にご相談の上お召し上がりください。★乳幼児、小児は本品の摂取を避けてください。★お子さまの手の届かない所に保存してください。

配布者: Plexus Worldwide™

9145 E Pima Center Pkwy, Scottsdale, AZ 85258 USA

Alpha Lipoic Acid (ALA)

Alpha Lipoic Acid is a fatty acid, found naturally inside every cell in the body.

Carboxymethyl Cellulose Sodium

Carboxymethyl cellulose sodium comes from natural Cellulose obtained from wood pulp and cotton fibers. A natural, Non-GMO version of Cellulose is modified to form a gum that helps give a well-rounded mouth feel in Slim Biome.

Citric Acid

Citric Acid can be found naturally in citrus fruits such as lemons and oranges. The Citric Acid found in Slim Biome is Non-GMO.

Chromium Enriched Yeast

Chromium is an essential trace mineral.

Garcinia Cambogia (Garacinia Cambogia Desr.)
Fruit Extract

Garcinia Cambogia is a citrus fruit tree that grows in Southeast Asia. Plexus uses a standardized extract from the fruit that contains a phytonutrient called Hydroxycitric Acid (HCA), which is bioactive compound. Slim Biome uses a Non-GMO Garcinia Cambogia Extract.

Green Coffee Bean Extract

Green coffee bean extract is derived from coffee that has not yet been roasted. Green coffee beans have a higher level of chlorogenic acid compared to regular, roasted coffee beans. Slim Biome uses a non-GMO green coffee bean extract standardized to 50% chlorogenic acid.

Mulberry Fruit Extract

Mulberry Fruit has a long history of traditional use in China and Europe, and contains health promoting phytonutrients. Mulberry Fruit Extract is considered superfood.

Silicon Dioxide

Silica is one of the most abundant minerals on earth. In Slim Biome, the form used is a food grade Silica that is ultra-pure and free of contaminants and helps powders mix more easily.

Stevia (Stevia rebaudiana) Leaf Extract

Stevia is a perennial herb native to South America that has been used for centuries as a traditional herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves, and is standardized to 99% Rebaudioside A. The extract is then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar, and has zero calories. Plexus™ uses a pure, Non-GMO Stevia.

Xylooligosaccharides (XOS)

XOS is a prebiotic that feeds beneficial bacteria. XOS is derived from a Non-GMO corn-derived form of oligosaccharide called Xylooligosaccharides. In a double-blind, randomized, placebo-controlled study conducted by researchers at the University of California Los Angeles (UCLA), subjects who consumed a relatively small serving of XOS daily saw improvements in microbiota balance and growth of beneficial microbes.

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