ALIMENTUM LABS

Hormone Superfood

Prebiotic for Hormone Balance

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Prebiotic for Hormone Balance

Hormone Superfood promotes intestinal microbial diversity which supports the endocrine-gut axis by providing key oligosaccharides and polyphenolics to hormone-balancing microbiota.

Hormone

Gut

Metabolism

Detox

Health Indications

- Enhance the Growth and Colonization of Hormone µBiomic Probiotics
- Support Urogenital Microbiome Health and Diversity
- Support Gut Microbiome Health and Diversity
- Alleviate Symptoms Related to Hormonal Transitions
- Mitigate Metabolic Changes Related to Hormonal Transitions
- Support Overall Hormone Health
- Fill Nutritional Gaps
- Support Bone Health

Instructions For Use

Mix 1 scoop into 8-16 oz of your choice of liquid daily, or as directed by your health care provider. Hormone Superfood can be taken with or without food.

**Individual needs may vary; please consult your practitioner before altering the prescribed doses or protocols.

Product Description

In a world with increasing exposure to endocrine-disrupting chemicals, taking care of your hormonal health is more critical than ever. These substances can mimic or block natural hormones like estrogen, testosterone, and thyroid hormones, leading to imbalances. When endocrine disruptors enter the body—through food, water, air, or skin contact—they can alter normal hormone signaling, resulting in reproductive issues, developmental problems, and even metabolic disorders. Long-term exposure to these chemicals, found in plastics, pesticides, personal care products, and more, may increase the risk of hormone-related conditions such as infertility, early puberty, and certain cancers, disrupting the delicate balance of the endocrine system.

Natural hormonal transition periods, such as puberty, pregnancy, menopause, and postpartum, can be challenging to manage due to the significant shifts in hormone levels that affect both physical and emotional well-being. These changes often lead to symptoms like mood swings, fatigue, weight fluctuations, and sleep disturbances, making it difficult to maintain balance in daily life. Additionally, hormonal shifts can impact mental health, cognitive function, and even digestive health. Because these transitions affect so many aspects of the body, they deserve thoughtful support through nutrition, lifestyle adjustments, and when necessary, medical care to help ease symptoms and improve overall quality of life during these critical phases.[1,2]

Hormone Superfood provides a proprietary prebiotic blend of various plant fibers that play an important role in supporting hormone balance, gut health, and filling nutrient gaps by promoting the growth of beneficial gut bacteria. These fibers act as fuel for probiotics, the good bacteria in the gut, enhancing their ability to maintain a healthy gut microbiome. A balanced microbiome is essential for proper digestion and nutrient absorption, which helps fill any dietary gaps in vitamins and minerals.

A healthy gut microbiome also supports a healthy urogenital microbiome, which can easily become dysfunctional due to hormonal fluctuations, antibiotic use, and environmental contamination. Hormone Superfood provides the proper nutrients for the symbiotic probiotics in Hormone µBiomic to support the urogenital microbiome. Additionally, the gut is intricately linked to hormone regulation; a healthy gut can support balanced hormone production by reducing inflammation and optimizing the metabolism of hormones like estrogen. This relationship between gut health and hormone balance, powered by prebiotics, supports endocrine health and lifelong wellness.

Key Elements & Features of Hormone Superfood

Complementary Prebiotic to Hormone µBiomic Probiotic

Hormone Superfood was designed to be taken alongside Hormone µBiomic. By nourishing and supporting the colonization of keystone probiotics provided by Hormone µBiomic, this product promotes a thriving and diverse microbiome to ensure optimal hormone function and support.

Provides a Comprehensive Nutrient Profile and Boosts Nutrient Absorption

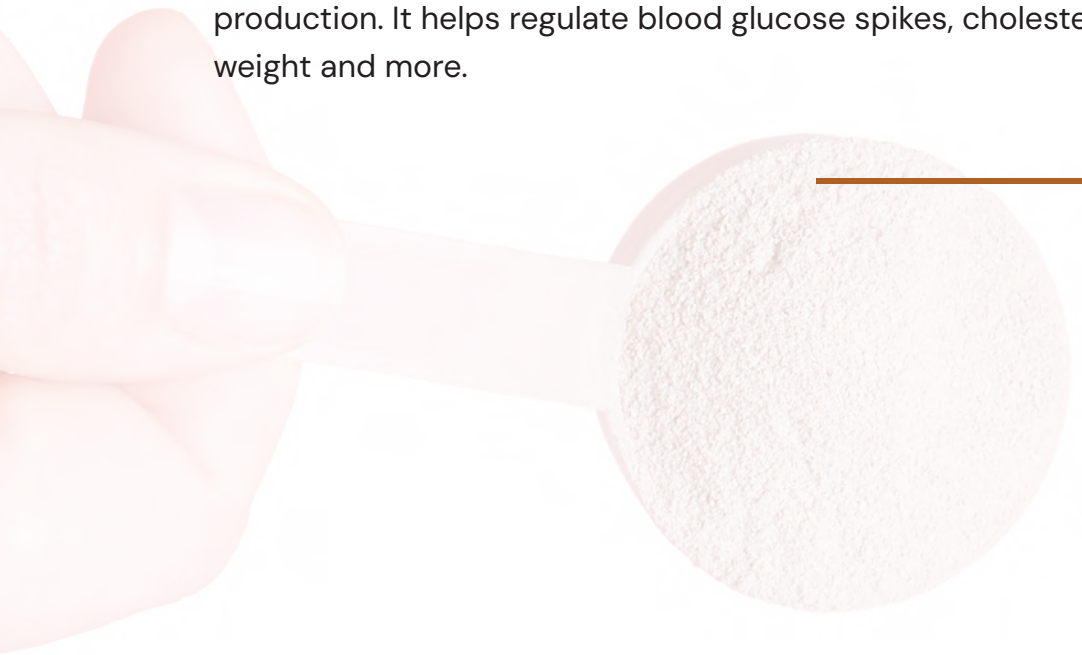
Hormone Superfood offers a comprehensive nutrient profile by promoting a healthy gut, which enhances nutrient absorption and helps fill dietary gaps. These plant fibers nourish beneficial gut bacteria, improving digestion and supporting the production of compounds like short-chain fatty acids that benefit gut and immune health. This boosts the body's ability to maintain balanced nutrition, leading to better overall health.

Enhances Relief Hormonal Transition Periods

Hormone Superfood supports beneficial gut bacteria, helping them thrive and maintain a balanced microbiome. This is especially important during hormonal transition periods, such as menopause, when hormone fluctuations can affect gut health and overall well-being. By promoting a healthy gut environment, prebiotics help probiotics regulate inflammation, improve nutrient absorption, and support the body's ability to manage hormone metabolism, thereby easing the effects of hormonal changes.

Supports Metabolic Health

Metabolic changes can occur during periods of hormonal transition, and these shifts may be distressing and may leave individuals feeling out of control. Hormone Superfood contains specialized, natural ingredients that support metabolic health by targeting factors like GLP-1 production. It helps regulate blood glucose spikes, cholesterol levels, weight and more.



Prebiotic and Superfoods Spotlight

Hormone Prebiotic Blend

Hormone Superfood offers a thoughtful combination of prebiotic ingredients that not only support the probiotics in Hormone µBiomic, but also provide direct support to hormone-related issues. Natural ingredients such as guar gum, bilberry, oats, and inositol promote metabolic health, while brown seaweed and citrus pectin aim to protect against hormone-related cancers. Additionally, mulberry helps protect against osteoporosis. This powerful combination of direct and microbiome-mediated hormone support is how Hormone Superfood fosters a balanced and rejuvenated endocrine system.

How Hormone Superfood Works

Hormone Superfood utilizes a targeted blend of plant fibers and extracts specifically designed to support endocrine function and balance. It modulates the gut microbiome, which not only helps build a robust microbiome, but also helps regulate hormonal fluctuations.

Key Ingredients

Xylo-oligosaccharide (XOS)

XOS is a type of fiber that is found naturally in fruits, vegetables, milk, honey, and more. Although it is not digestible by the human gut, it is critically important as a prebiotic. XOS supplementation supports the healthy restructuring of the microbiome in pre-diabetic individuals. Recent research has shown that the microbiome plays a significant role in the development and progression of metabolic conditions, such as diabetes and metabolic syndrome.[3]

Sunfiber/Partially Hydrolyzed Guar Gum (PHGG)

PHGG is a soluble fiber that comes from the *Cyamopsis tetragonolobus* legume. Long-term consumption of PHGG has been shown to increase populations of *Bifidobacterium*.[4] Research shows that long-term supplementation of PHGG has been effective in reducing glucose spikes after meals and improving insulin resistance. It is hypothesized that these effects are mediated through glucagon-like peptide 1 (GLP-1).[5]

Brown Seaweed (Fucoidan)

Fucoidan is a type of bioactive fiber found in various species of brown seaweed. Due to its specialized structure, this molecule can interact with enzymes in the body, either enhancing or inhibiting their activity. Fucoidan has been shown to decrease the activity of PI3K, AKT, and mTOR, which helps promote the destruction of cancer cells in hormone-related cancers, including prostate, breast, ovarian, uterine, and endometrial cancers.[6] Additionally, fucoidan is proficient at reducing the accumulation of fat tissue and may aid in managing obesity.[7]

Bilberry Extract

Bilberries are a type of berry related to blueberries and cranberries. They have one of the highest concentrations of anthocyanin, a potent phytochemical that gives bilberries their deep blue color and medicinal properties. Bilberries are effective at lowering blood sugar without raising insulin levels, making them a powerful tool for those managing diabetes or other metabolic changes associated with aging and menopause. Additionally, they may help lower lipid levels in the blood.[8,9]

Mulberry

Mulberries are a type of fruit in the fig family. They contain many phytonutrients beneficial to wellness, including anthocyanins, quercetin, rutin, chlorogenic acid, and polysaccharides. Research has shown that mulberries can be particularly helpful for menopause-related symptoms, comorbidities, and risks. In a clinical trial, menopausal women reported improvements in overall quality of life comparable to those using hormone therapy to manage menopausal symptoms.[10] Additionally, mulberries have been shown to protect against osteoporosis, a common complication of menopause, by reducing the activity of osteoclast (bone-dissolving cells).[11]

Mixed Inositol

Inositol is a micronutrient that has gained renewed attention for its supportive role in hormone regulation. Studies show that inositol supplementation can correct sperm abnormalities, alleviate symptoms of polycystic ovarian syndrome (PCOS), and help manage gestational diabetes mellitus. Of particular interest to those with PCOS, inositol has been shown to significantly improve insulin resistance, lower testosterone levels, and increase estrogen levels.[12,13]

Citrus Pectin

Citrus pectin is a soluble dietary fiber that has been linked to a wide variety of health benefits. These benefits include an enhanced protective effect against the progression of breast and prostate cancers when combined with other medical therapies.[14] Pectin has also been shown to support populations of critical beneficial microbes, such as *Bacteroides uniformis*.[15]

Cassava (Root)

Cassava is a plant with potato-like tubers that is cultivated in subtropical regions of the world. The cassava plant has been shown to support the growth of beneficial probiotics, such as *Lactobacillus plantarum*, which contributes to the production of microbiome-balancing postbiotics like lactic acid.[16]

Butterfly Pea Flower

Butterfly pea flower offers several beneficial effects on human health. It provides protection against cell and DNA damage, which helps defend against malignancies.[17] Additionally, it demonstrates an excellent ability to support beneficial *Lactobacillus* species.[18]

Cranberry

Research shows that supplementing with a combination of cranberry and *Lactobacillus* probiotic species provides a powerful protection against recurrent urinary tract infections.[19] Long-term consumption of cranberry has also been shown to improve cholesterol levels and improve the health and function of the cells lining veins and arteries, particularly in a post-menopausal individuals.[20] These benefits help support both cardiometabolic health and genitourinary health.

Uva Ursi

Uva ursi, commonly known as bearberry, is an evergreen shrub with berries native to the northern regions of the Americas, Europe, and Asia. It contains several beneficials compounds, including ursolic acid, tannic acid, and gallic acid. Most importantly it contains the phytochemical arbutin, which is converted to hydroquinone. Hydroquinone can effectively inhibit the growth of urinary tract pathogens and opportunistic microbes. It may also help calm inflammation associated with urinary tract infections. These effects are exerted as it is carried through the urinary tract system and excreted.[21–23]

Oat Fiber

Oats contain a high concentration of beta-glucan, a type of fiber that has been associated with multiple health benefits. Importantly, beta-glucan from oats has been shown to modulate hormones related to weight, hunger, and satiety, such as leptin, PYY, and GLP-1. These critical areas of health often require support during and after menopause, as well as during other periods of hormonal imbalance. Additionally, beta-glucan can modulate the microbiome to support gut and urogenital health, as well as overall health through the gut axis.[24]

Warnings/Contraindications

Hormone Superfood is not recommended for those that are trying to conceive, currently pregnant, or breastfeeding. While uva ursi is particularly beneficial for alleviating chronic urinary tract infections, it may be harmful during pregnancy or breastfeeding.

It is always recommended that you consult your practitioner prior to adding any new supplement to your regimen if you are pregnant, breastfeeding, experiencing renal failure, undergoing an organ transplant(s), managing diabetes with insulin, or are taking medication(s) for any pre-existing conditions.

Safety

All ingredients are tested before use for:

- Pathogenic microbial contaminants
- Heavy metals and/or chemical contaminants
- Purity

Additional Information

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

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