

Terra Superfood

SBO Prebiotic & Superfood for Improved Digestion

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Soil-based organism (SBO) supporting prebiotic superfood powder with a precise blend of unique, powerful digestive enzymes and health-promoting fruits, vegetables, mushrooms, roots, and herbs, designed to enhance digestion, boost health, and maintain a diverse microbiome.



Gut



Detox



Immunity



Whole Body

Health Indications

- Nourish Beneficial SBOs and Commensal Bacteria
- Enhance Microbiome Diversity
- Boost Overall Health and Vitality
- Support the Body's Vital Functions
- Fight Diseases and Strengthen the Immune System
- Promote a Healthy, Active Lifestyle
- Maintain Ideal Weight and Body Composition
- Support Cardiovascular and Digestive Health
- Boost Brain and Cognitive Health
- Enhance Physical, Mental Health, and Long-Term Wellness

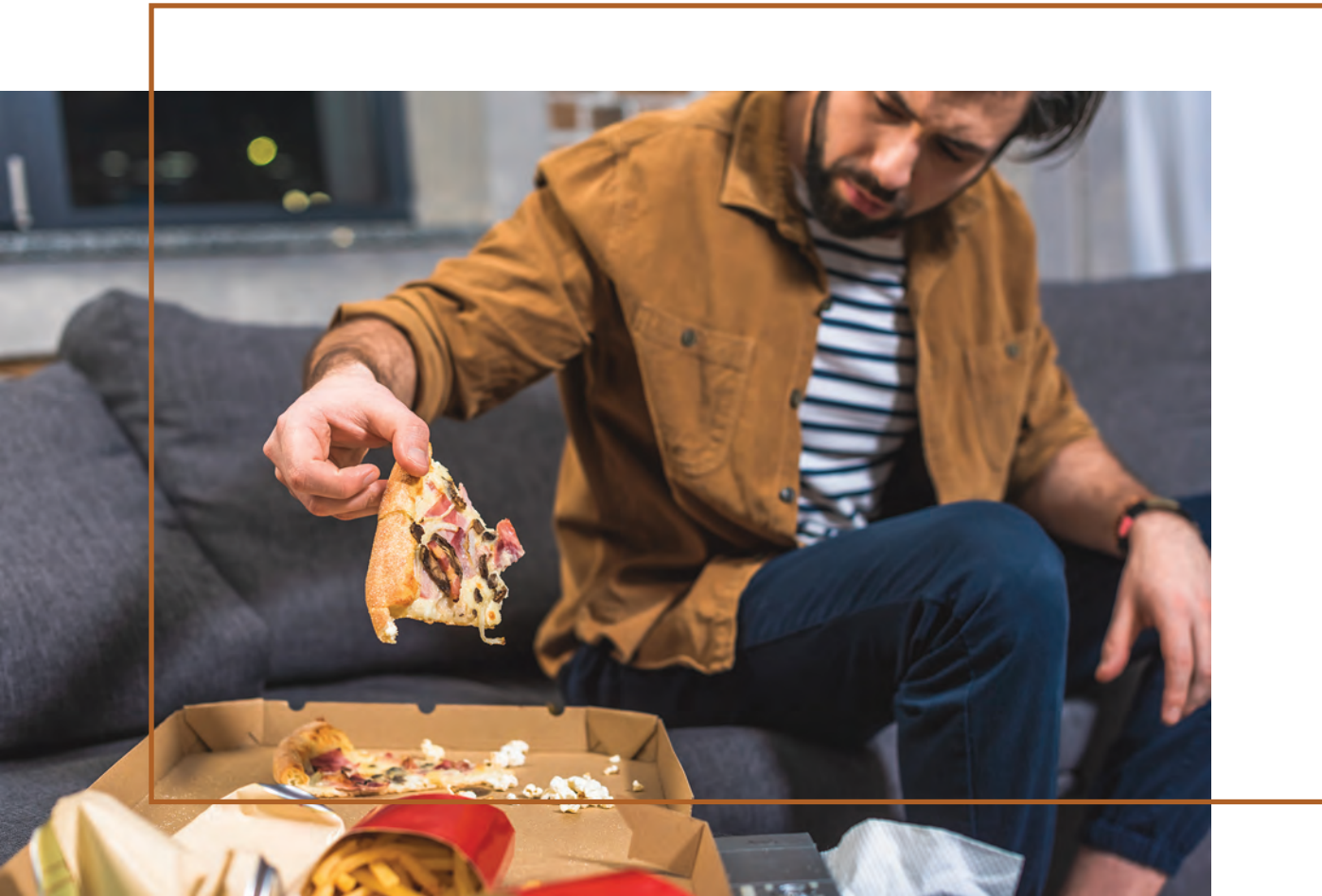
Instructions For Use

Mix 1 scoop with 8-16oz of your desired liquid and consume daily, or as directed by your healthcare provider. Terra Superfood can be taken with or without food. We highly recommend Terra Superfood be paired with its synergistic probiotic formula, Terra μ Biomic.

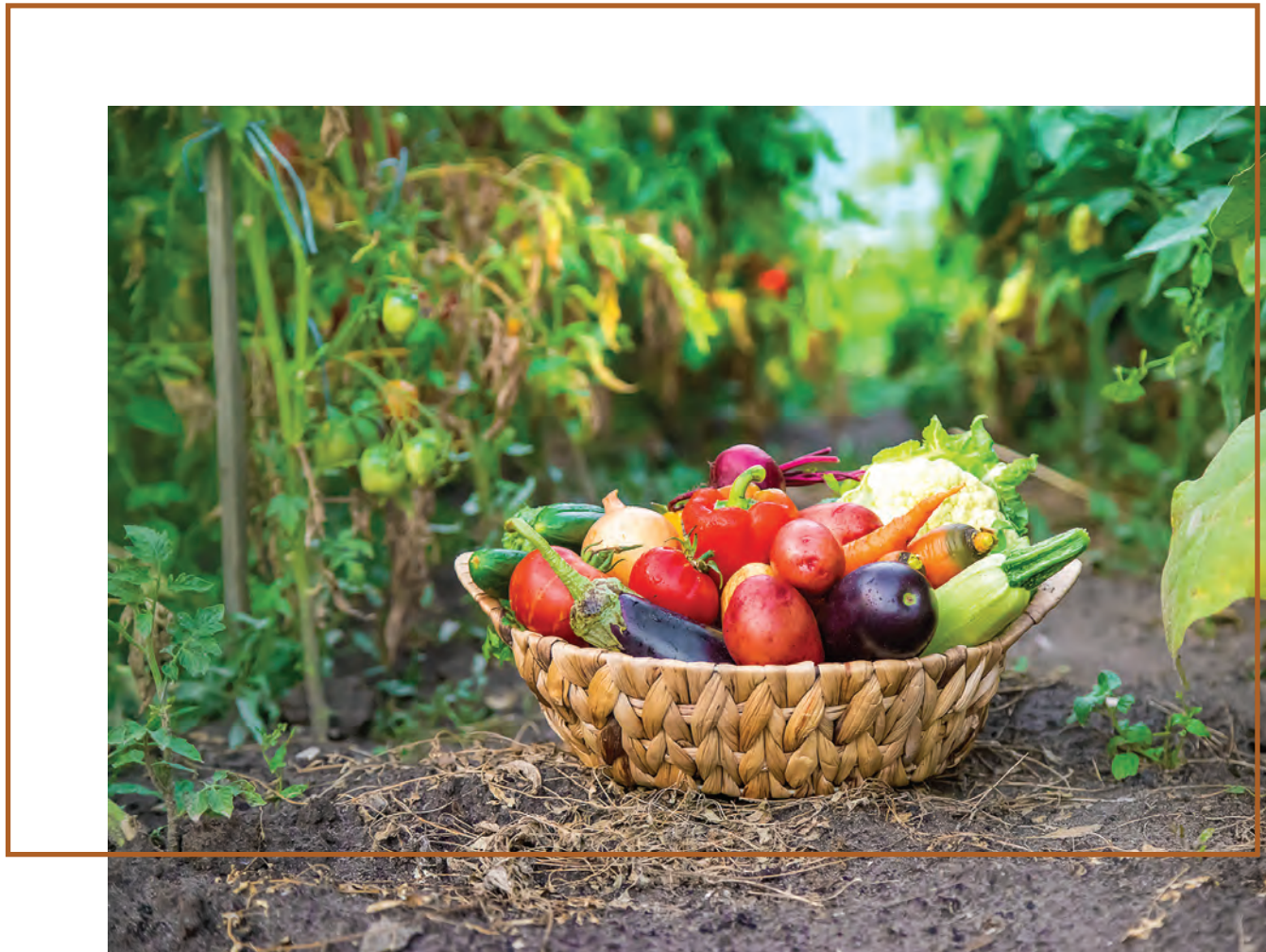
**Individual needs may vary; please consult your practitioner before altering the prescribed doses or protocols.

Product Description

A multitude of factors converge and contribute to chronic digestive issues and health problems. The modern diet is filled with processed foods high in sugar and unhealthy fats, while lacking essential fruits and vegetables. This dietary imbalance disrupts the harmony of gut bacteria and physiology, giving rise to various health problems. The fast-paced, high-stress American lifestyle exacerbates this issue, activating the "fight or flight" response and disrupting normal digestive and bodily processes. Sedentary habits compound these problems, as physical activity is crucial for maintaining a healthy physiology. The overuse of antibiotics, a common practice in the U.S. and other first-world countries, adds to the predicament by disturbing the gut microbiome and leading to long-term complications such as diarrhea, irritable bowel syndrome (IBS), neurological issues, and immune problems.



Terra Superfood was formulated to address these issues by supporting key facets of health. It is designed to nourish soil-based organisms (SBOs) and enhance the benefits derived from these bacteria in the microbiome. Additionally, Terra Superfood contains a variety of fruits, vegetables, herbs, health-promoting plant compounds, and essential nutrients that collectively support digestion, colon health, detoxification, brain health, kidney health, heart health, immunity, skin health, and hormonal balance. All these benefits are packed into a single serving that can be easily incorporated into your favorite beverage. Terra Superfood is versatile and can be used as a daily wellness drink or added to various protocols, particularly detox and digestive health regimens. We never use artificial sweeteners, added sugar, or hidden ingredients, ensuring the versatility, safety, and effectiveness of Terra Superfood, making it one of our most sought-after products for daily wellness.



Key Elements & Features of Terra Superfood

Complementary Prebiotic to Terra μ Biomic Probiotic

Terra Superfood was designed to be taken alongside Terra μ Biomic. By nourishing and helping to colonize the SBO probiotics in Terra μ Biomic, this product promotes a thriving microbiome, ensuring optimal gut health, and efficient elimination of pathogenic bacteria.

Supports Immune Health, Detox, and Drainage

Terra Superfood is ideal for supporting optimal immune functions while also promoting the drainage of heavy metals, toxins, waste, and pathogenic microorganisms.

Enhances Colon and Digestive Health

The precise blend of digestive enzymes, prebiotic ingredients, and healing phytochemicals in this superfood powder works synergistically to enhance colon health, improve the gut barrier, reduce digestive plaque and unwanted biofilms, and promote digestive functions. This can help alleviate gas, bloating, indigestion, diarrhea and other digestive concerns.

Contains Fruits, Vegetables, Herbs, and Essential Nutrients for Overall Health

ImmuneGenic contains nature's most powerful array of antioxidants and phytochemicals, enhancing the body's most vital cellular activities and providing a powerful inflammation-reducing process. ImmuneGenic also provides impressive full-body neuroprotective effects, protecting the brain from neurodegeneration and neuroinflammation.

Ideal for Daily Wellness as a Superfood Complex Green Drink

Terra Superfood is commonly included in detox, gut reset, pathogen purging, immune, and digestive health regimens. It can be used as a fruit and vegetable greens drink to boost health, as this selection of fruits, vegetables and herbs supports all aspects of well-being. Its versatility makes it one of our most widely utilized options for addressing a wide variety of health concerns.



Prebiotic and Superfoods Spotlight

Prebiotic Fruit Blend

While containing no added sugar, this prebiotic fruit blend provides essential polyphenolic compounds, bioflavonoids, and fruit oligosaccharides to nourish SBO probiotics, fostering greater diversity and numerous health benefits in the intestinal tract. Each fruit was carefully selected to support the microbiota, focusing on those fruits that naturally form a symbiotic relationship with SBOs. This diverse array of fruits aids in the repair of digestive problems and promotes the optimization of normal intestinal terrain.

Prebiotic Vegetable Blend

Rich in phytonutrients, this blend provides essential fibers, oligosaccharides, carotenoids, minerals, vitamins, and plant diversity. A cornerstone of a diverse microbiome is a varied plant-centric diet. Like the fruits, these plants were specifically chosen for their microbiological and intestinal benefits, as well as their associations with natural plant symbionts. Furthermore, this assortment of vegetables provides a broad spectrum of antioxidants essential for maintaining a healthy intestinal system.

Prebiotic Enzyme Blend

Enzymes play a crucial role in assisting the body's ability to absorb nutrients from foods, with specialized enzymes unlocking the phytonutrients stored within plant cells. Given our lack of the necessary enzymes to extract nutrients from plant tissues, we rely on our microbiome. If our microbiome lacks adequate diversity or is in a state of dysbiosis, many benefits are lost. Therefore, by incorporating these powerful enzymes to support metabolism, we can harness the benefits while simultaneously promoting microbial diversity and addressing dysbiosis.

Prebiotic Herbal Blend

Both herbs and mushrooms contain important medicinal components. The herbs found in this formula possess powerful medicinal properties and are rich in essential nutrients and potent antioxidants. Recent research indicates that they are not only significant for our health but also for the health of our microbiota. These roots and herbs were meticulously selected based on their natural symbiotic relationship with SBOs.



How Terra Superfood Works

Soil-based organism (SBO) bacteria thrive on the diverse array of plant compounds and phytochemicals present in Terra Superfood. These compounds serve as a nourishing source for beneficial bacteria. Phytochemicals, such as polyphenols and flavonoids commonly found in a variety of whole foods such as fruits, vegetables, seeds, and tea, play a pivotal role in promoting the growth of beneficial bacteria. Many of these polyphenols and flavonoids, including resveratrol, lignans, glucosinolates, anthocyanins, and tannins, favor SBO probiotics and offer significant benefits to multiple organ systems. With Terra Superfood, you are not only supporting a healthy and diverse gut microbiome, but also enhancing overall well-being.



Key Ingredients

Prebiotic Fruit Blend

Noni

Noni (*Morinda citrifolia L.*) is a tropical fruit known for its impressive antibacterial and antioxidant effects.¹ Noni has been shown to improve colon microflora, promote probiotic growth and exert anti-inflammatory activities.² Additionally, noni has a symbiotic relationship with several *Bacillus* species, where these *Bacillus* species protect the plant from harmful bacteria and provide antioxidant benefits as the fruit grows.¹

Mangosteen

Mangosteen has been used in various health modalities including as anticancer, antimicrobial, and antidiabetes treatments. Mangosteen extract may benefit all body systems to boost health even in people without specific disease states.³ Furthermore, mangosteen has also been shown to enhance the growth of probiotics.⁴

Red Pitaya

Red pitaya, also known as dragon fruit, contains oligosaccharides that encourage the growth of health-promoting probiotics like Lactobacilli and Bifidobacteria.⁵ Red pitaya also exhibits strong antimicrobial activity against harmful strains of bacteria and fungi.⁶

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Camu Camu

This fruit, native to the Amazon, provides a vast range of health benefits due to its phenolic and biofunctional compounds. Research has shown that the compounds in camu camu possess antiallergic, neuroprotective, anti-inflammatory, anti-obesity, and tremendous antioxidant potential.⁷

Green Banana

Green bananas offer a variety of health benefits, including enhanced gastrointestinal health, glycemic and insulin regulation, weight management, and mitigation of diabetes-related complications, primarily through green banana's unique content of resistant starches. They are also full of needed vitamins and minerals.⁸ Due to their high fiber and starch content, they contribute to supporting a healthy microbiome.

Prebiotic Vegetable Blend

Brassica Vegetables (Broccoli, Turnip, Brussels Sprouts, Cabbage, Cauliflower, Kale, and Black Radish)

The Brassica vegetables are more commonly known as cruciferous vegetables. These contain many powerful health-promoting compounds like glutathione, quercetin, kaempferol, lutein, zeaxanthin, vitamins, and minerals. They also contain a class of compounds that are unique to the Brassica class of vegetables called glucosinolates. Glucosinolates and their metabolites in cruciferous vegetables have been shown to improve cardiometabolic disorders, glycemic control, blood pressure, and lipid profiles. Additionally, these compounds, especially sulforaphane, show promise in addressing neurological conditions, psychiatric conditions, and musculoskeletal disorders, as well as fighting against *Helicobacter pylori* infection and obesity.⁹ These same compounds help to sustain SBO probiotics, making them valuable prebiotics to feed these bacteria.¹⁰

Spirulina

Spirulina, a blue-green algae, is rich in complete protein (55–70%), beta-carotene, trace minerals, vitamins, and pro- and pseudo-vitamins. It boasts a favorable safety profile and notable anti-inflammatory, antioxidant, anticarcinogenic, and antiviral properties.¹¹ Moreover, there is scientific evidence of strong neuroprotective effects attributed to its very own unique phytochemical called C-phycoerythrin.¹²

Beet

Beetroot contains betaine, betanin, and nitrate, along with a plethora of other vitamins, minerals, and phytochemicals. Beet intake has been shown to have cytoprotective effects, regulating glucose and lipid metabolism, managing insulin resistance, and controlling lipid peroxidation, consequently, protecting the cardiovascular system, liver, and kidneys from damage. Beetroot can promote the growth of good bacteria by inhibiting pathogenic bacteria.¹³ Furthermore, it is often used before workouts to improve athletic endurance performance.¹⁴

Artichoke

Artichokes offer a unique combination of health benefits that set them apart from other vegetables. They are renowned for their potential to support liver health through compounds like cynarin, which stimulates bile production and promotes digestive health.¹⁵ This gives artichokes a unique and beneficial ability to support SBO bacteria and the microbiome as a whole.¹⁶ Additionally, artichokes are associated with blood sugar control and antioxidant effects, making them a versatile and nutritious addition to a healthy diet.¹⁵

Prebiotic Enzyme Blend

Serratiopeptidase

Serratiopeptidase is a unique enzyme that has been shown to have a multitude of benefits for the body. Research indicates that it eases inflammation, destroys biofilms, and may prevent pain without thinning the blood. Additionally, it has been shown to help prevent plaque buildup in the arteries.¹⁷ There have been over 40 clinical studies on serratiopeptidase, which have identified tremendous health benefits. In one clinical study with 193 patients, it was found that serratiopeptidase was able to reduce inflammation in the ears, nose, and throat, and reduced overall chronic pain in just eight days.¹⁸

Beta-Glucanase

Beta-glucanase is an enzyme that specifically targets beta-glucans, a type of complex carbohydrate found in various foods. Beta-glucans are typically found in the cell walls of grains, yeast, and fungi, like the mushrooms provided in Terra Superfood. Known for their potential health benefits, beta-glucans can be better digested and absorbed with the help of beta-glucanase enzymes. This enzymatic action dramatically increases and enhances the potential of prebiotic herbal blends.¹⁹

Alpha-Galactosidase

This enzyme was included in Terra Superfood to support individuals trying to adopt microbiome-friendly dietary changes without the discomfort that comes with sudden dietary changes. It can also help individuals with sensitive digestive systems or conditions like IBS. Supplementing with alpha-galactosidase can promote digestive comfort by reducing the likelihood bloating and gas.²⁰

Phytase

Phytase degrades phytic acid in food. Phytic acid (phytate) is a known anti-nutrient, particularly found in grains, legumes, nuts, and seeds. While phytic acid is not harmful in moderate amounts, excessive consumption can interfere with the absorption of essential minerals like calcium, iron, and zinc in the digestive system. Phytase breaks down phytic acid into inositol and soluble phosphate, releasing the bound phosphorus and minerals, and reducing the inhibitory effect of phytic acid on mineral absorption. This enzymatic action makes the minerals bound to phytic acid more available for absorption, improving overall nutrient bioavailability from plant-based sources.²¹

Pectinase

Pectinase refers to a group of enzymes that break down pectin and pectin-like molecules. Pectin is a soluble fiber commonly found in fruits, particularly apples, pears, oranges, and other citrus fruits. It is used in the making of jams and jellies to thicken them. Supplementing with pectinase can ensure proper digestion of plant fibers to avoid gastrointestinal distress, boost the availability of prebiotics to the microbiome, and stimulate the immune system.²²

Invertase

Invertase is an enzyme that breaks down the sugar sucrose into the two sugars that make up sucrose, glucose and fructose, which aids in the digestion and absorption of sugars in humans.²³ When carbohydrates can't be digested effectively, it can lead to gastrointestinal distress and malabsorption of nutrients.²⁴ Maintaining optimal levels of invertase in the body helps prevent ulcer development and gastrointestinal distress. It may also help reduce the severity of gastrointestinal disorders.²³

Prebiotic Herbal Blend

Rhizome Herbs (Astragalus, Turmeric, Ginger, Horseradish)

Rhizomes have a unique affinity for supporting SBO bacteria in nature and in the microbiome. Astragalus provides immune support and exhibits anti-inflammatory properties.²⁵ Turmeric, with its active compound curcumin,²⁶ offers anti-inflammatory and antioxidant benefits, aiding in managing conditions like arthritis while promoting digestive and brain health.²⁷ Ginger is known for its digestive relief, anti-inflammatory, pain relief, and immune-supportive properties.²⁸ Horseradish strengthens the immune system, benefits respiratory health, and exhibits antimicrobial properties.²⁹

Mushrooms (Reishi, Enokitake, Turkey Tail)

Mushrooms and bacteria have coexisted for millennia. Certain compounds in mushrooms are great supporters of SBOs. Some types of mushrooms like the ones in Terra Superfood—specifically enokitake, turkey tail, and reishi—are full of beta-glucans. These fibers are considered prebiotics, serving as a food source for beneficial gut bacteria, including SBOs. By providing nourishment to these microbes, mushrooms support their growth and activity in the gut.³⁰

Calcium-D-Glucarate

Calcium-D-glucarate offers a range of health advantages. It facilitates detoxification by inhibiting the activity of an enzyme called beta-glucuronidase, thereby amplifying the body's detoxification capabilities. This ingredient also contributes to a healthy hormonal balance, potentially boosting breast and prostate health by improving the body's natural ability to remove excess estrogen. Furthermore, it supports liver function which is essential for efficient detox processes, and exhibits potential anti-inflammatory properties, making it a valuable asset in the managing conditions associated with chronic inflammation.³¹⁻³³

Warnings/Contraindications

When used as directed there are no known contraindications for Terra Superfood.

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
- Correct genus and species of probiotic microbes
- Purity

Additional Information

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



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