

**DANNA PRATTE**Founder/CEO



### Gut Health: the Foundation of Optimal Wellness

How Supplements Can Help

#### **Danna Pratte**







Danna Pratte is the CEO of NBPure, a global health and wellness supplement company that she founded more than 25 years ago with a flagship gut cleanse, MagO7.

She founded NBPure—which stands for Natural.Better.Pure—on the belief that nutritional supplements should be made with the purest, highest-quality ingredients for optimal wellness.

Danna is passionate about how daily healthy living habits, and particularly healthy gut strategies, play a transformative role in optimal health and wellness.

She is a graduate of the Thunderbird School of Management at the University of Arizona and a mother of three sons, who—along with her husband—inspire her in new ways to live healthier every day.

A healthy, balanced gut is connected to better health in so many ways.

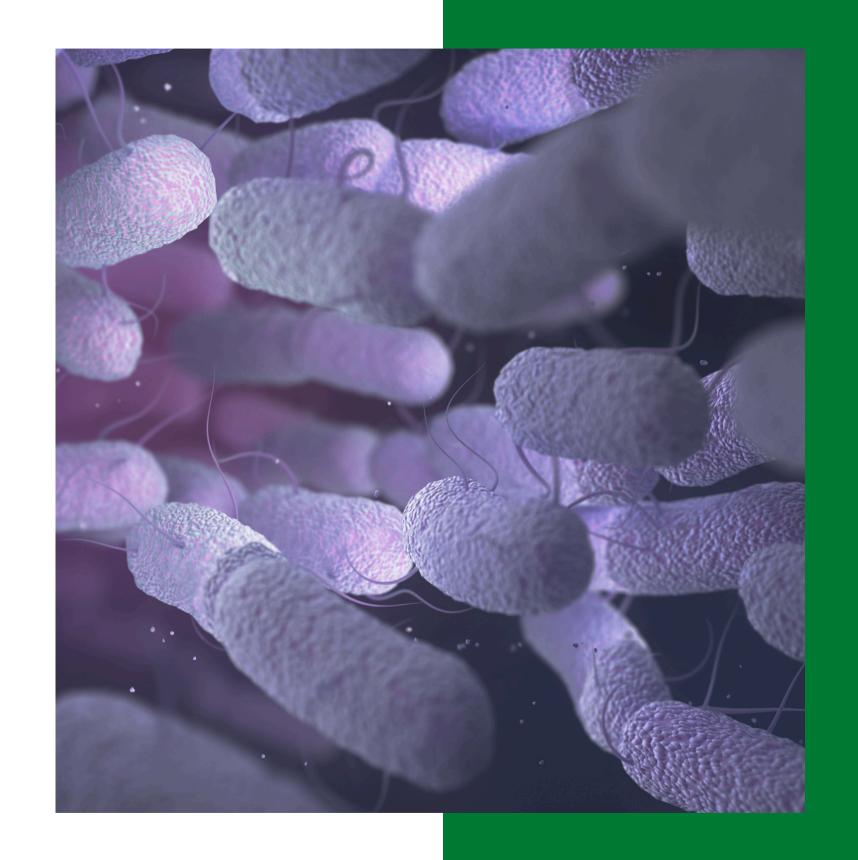


### The gut is linked to:

- digestion
- **immunity**
- \* weight management
- hormonal regulation
- \* cholesterol levels
- blood sugar
- \* mood



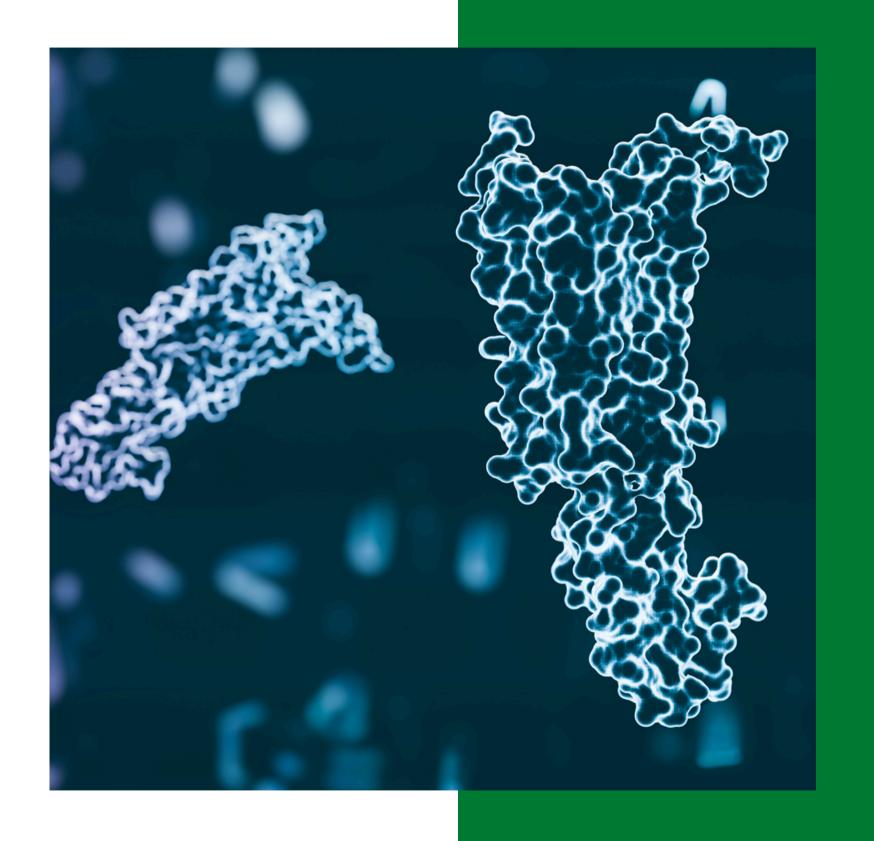
70% ofimmune cells are found in the gut.



90 to 95% of feel-good serotonin is produced in the gut.



The GLP-1 hormone—that regulates appetite and blood sugar—is produced in the gut.



### Signs of gut imbalance:

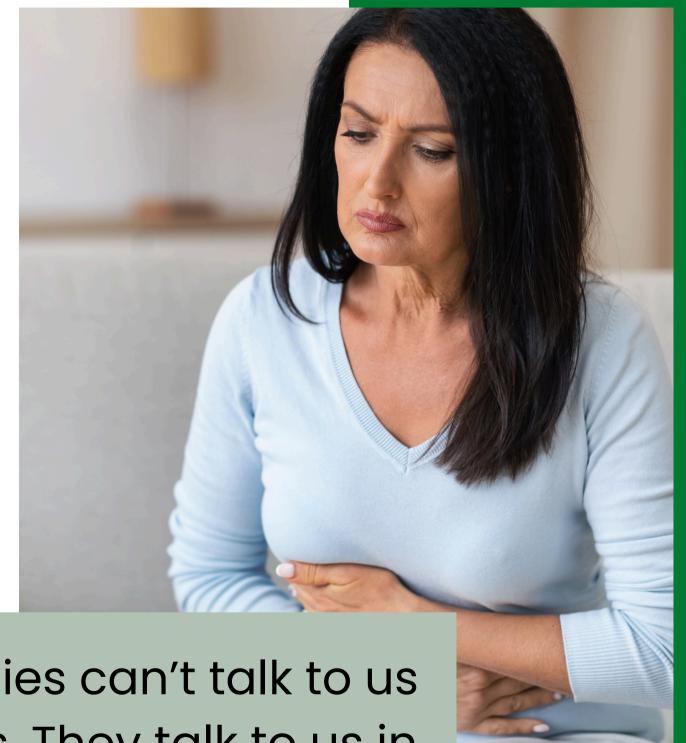






dcid reflux





Our bodies can't talk to us in words. They talk to us in symptoms.



By fixing an imbalanced gut, you can help support the body in optimal wellness.



### How to balance the gut:

- regular exercise
- healthy balanced diet
- getting enough fiber
- probiotics
- drinking enough water
- managing stress



### How Supplements Can Help



Nutritional supplements are meant to supplement a healthy diet.



You should get most of the vitamins, minerals & nutrients you need from the food you eat.

But many people don't get enough.

Supplements can help fill the gap.





# At NBPure, we help fill the gap with the purest, quality tested supplements.

We **never** use any artificial ingredients, fillers, dyes, or sweeteners.



### **Uncompromising Quality Assurance**

We source the purest ingredients, subjected to 3rd party testing at an accredited lab to ensure identity and optimal potency.



### Stringent Pathogen Screening

Every ingredient and product blend undergoes meticulous testing to detect pathogens and ensure purity.

### Rigorous Final Product Verification

Final products are subjected to 3rd party testing ensuring the highest standards of safety and efficacy.

When in balance, a healthy gut absorbs essential nutrients through the gut walls.

This is just another reason **a healthy gut** is so important.





At NBPure, we've summed up gut health in 3 simple steps:

Cleanse. Digest. Replenish.

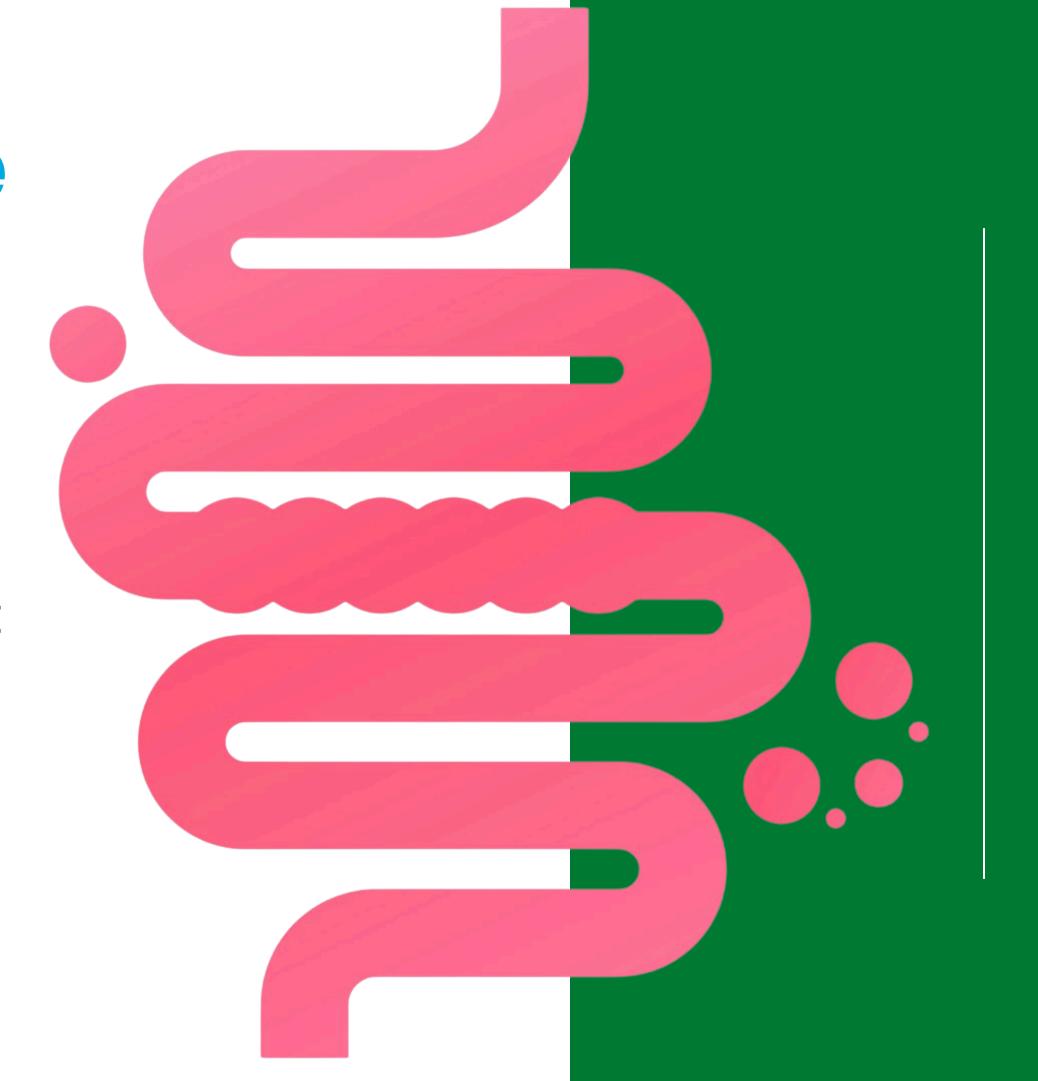


### Step 1: Cleanse

Restore flow to the gut.

The body eliminates waste & toxins through poop. When this is backed up, the gut can't function optimally. The body's flow system has shut off.

Being backed-up, over time, can lead to a sense of unwell.



# More than 4 million people are constipated.

We're seeing increased constipation from unhealthy diets and as a side effect from GLP-1 medications.



## We recommend Mag07 \*\*

### Restores flow to the gut

MagO7 is made with a unique blend of proprietary Ozonated Magnesium Oxide compounds.

The combination of oxygen + water helps draw water into the intestines to break up hardened waste and gently push it out.



Mag07 is GLP-1 friendly.

### Step 2: Digest

You can digest better by eating a **fiber-rich diet**. Fruits, veggies & whole grains are important sources of fiber.

Drinking enough water is also important.



# 90% of Americans aren't getting enough fiber.

Processed foods, on-the-go eating, unhealthy lifestyles, and lack of awareness contribute.



## We recommend Daily Multi-Fiber \*\*

### Makes getting fiber simple

Daily Multi-Fiber contains soluble & insoluble fiber, plus pre- and probiotics.

One scoop contains 4 grams of fiber. Take up to 3X daily.



Naturally stimulates GLP-1 hormone in the gut.

You need both soluble and insoluble fiber for better health & regularity.



### Soluble fiber supports:

- healthy cholesterol levels
- balanced blood sugar
- \* weight management

Soluble fiber also acts as a **prebiotic**, or food for healthy gut bacteria or **probiotics**.



Found in fruits, veggies, oats & beans.

Insoluble fiber bulks up the stool, supporting regularity & helping to prevent constipation.

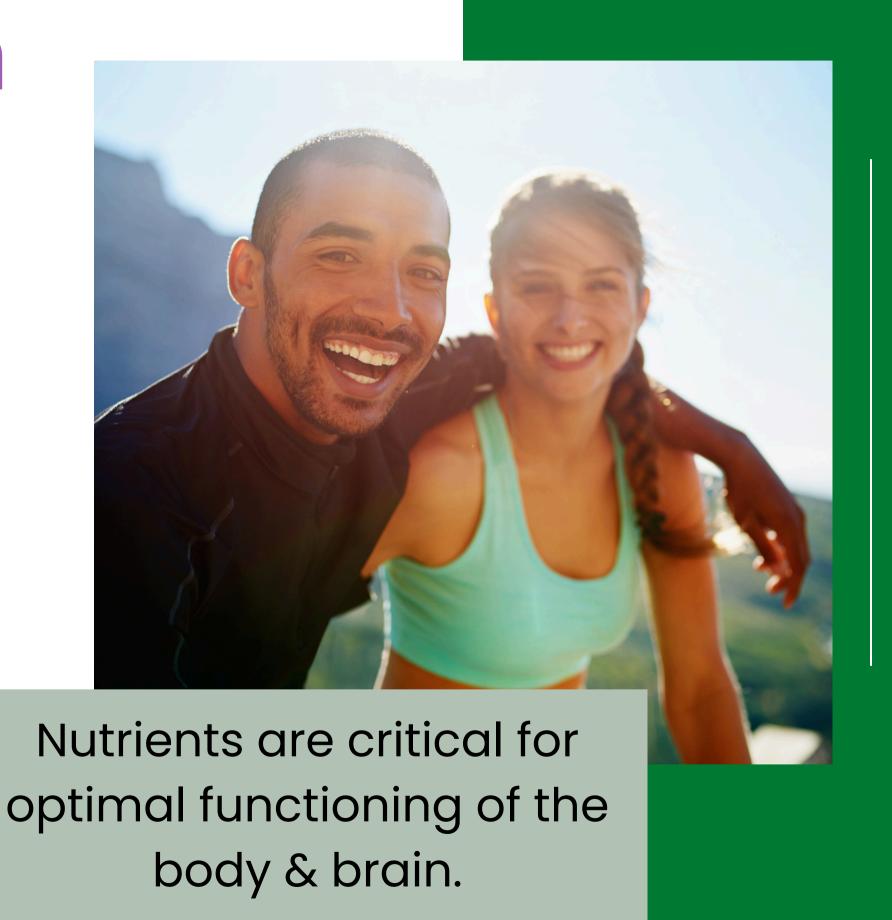


Found in whole grains, veggies, nuts, oats & beans.

## Step 3: Replenish key nutrients.

When the gut is out of balance, it's unable to work optimally, absorbing key nutrients through its walls.

Once healthy flow is restored, nutrients can now effectively be absorbed & reach cells in the body.



### Protein is an essential macronutrient.

It's responsible for:



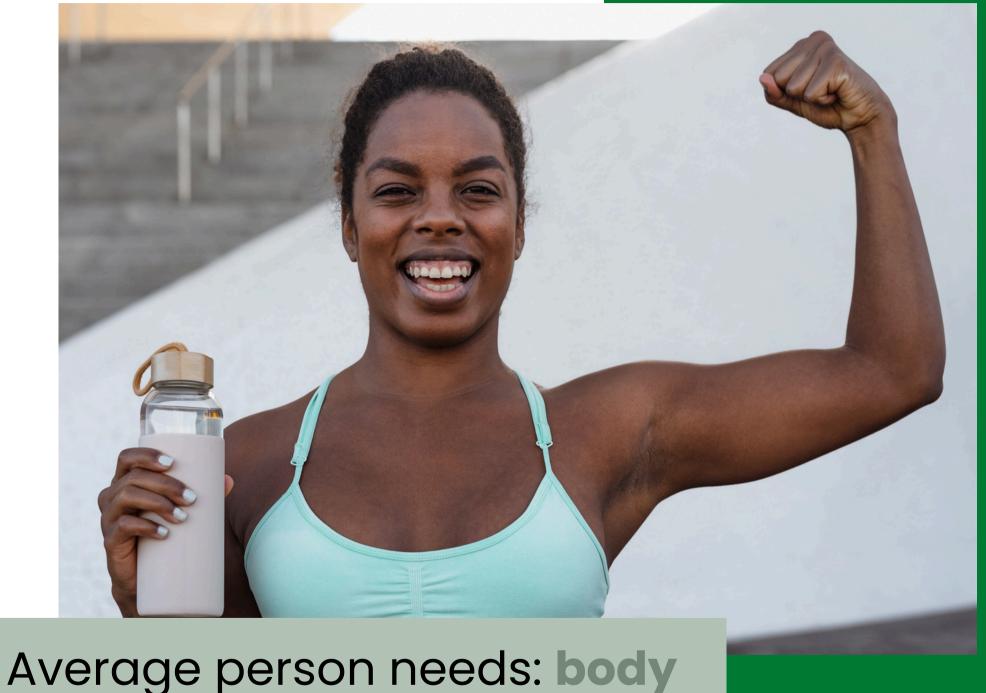




weight management



bone health



Average person needs: **body**weight X 0.36 = grams of
protein per day

### We recommend Plant Protein+

### Delicious source of protein

Plant Protein+ contains complete vegan plant protein from North American yellow peas. It has just five simple ingredients including chia seeds and flaxseeds.

It contains 25 grams of protein per scoop.

Clinicians' Choice



Naturally stimulates GLP-1 hormone in the gut.



### The Gut Health Journey™

3 Steps to a Healthier Gut



#### **CLEANSE** •

Get rid of backed-up waste with

Mag07

#### DIGEST •

Restore flow with complete fiber: Daily Multi-Fiber

#### **REPLENISH** •

Replenish key nutrients. Start with Plant Protein+



# A healthier gut is a happier, healthier you."

~ Danna Pratte, NBPure