

Nutritional Modulation of the Microbiome:

Resistant Starch, Fiber, and the Gut-Brain Axis

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- Dedicated focus on enzymes and the digestive system since 2005, natural products since 1998.
- Specialize in education on the intersection of natural health, dietary interventions, and the mind-body connection.
- My work is rooted in a holistic approach—supporting wellness through nutritional strategies, gut microbiome balance, and functional digestive health.
- Emphasis is on natural, integrative practices that align with the body's innate healing capacity.






Exceptional Quality

What's on the label is what's in the bottle — always. For your peace of mind, our products and ingredients are tested by certified third-party laboratories.

- When we say “pure” we mean it.
- We exceed cGMP manufacturing standards.
- **Independently owned**

Our Promise to You

-  Sourced with the best ingredients on the planet
-  Validated using the latest science and research
-  Clean, effective products made without compromise

- Extensive third-party testing.
- Potency guarantee: Label claim through time of expiration.
- Non-GMO, organic, sustainable, Clean Label Project, Kosher

The Thera-blend® Difference

We blend multiple strains of enzymes so our formulas can enhance nutrient absorption and help you have more energy.[^]

- Proven leader in supplemental enzyme formulations.
- Continual scientific rigor.
- **More than just digestion – whole body results.**

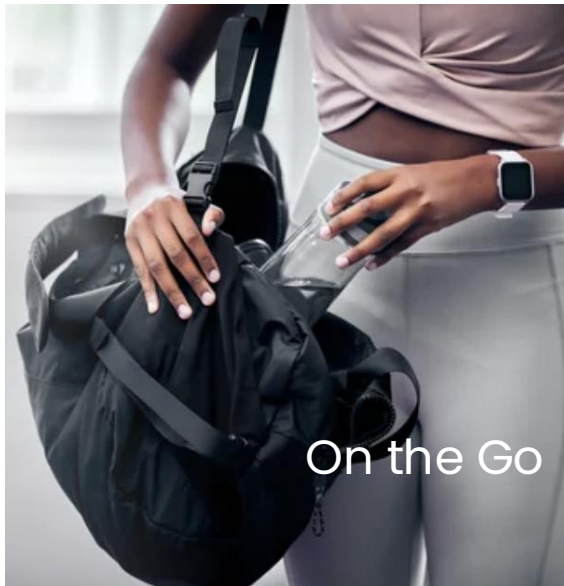
Too Many Pills, Not Enough Compliance

Over **77% of U.S. adults** report taking dietary supplements regularly.

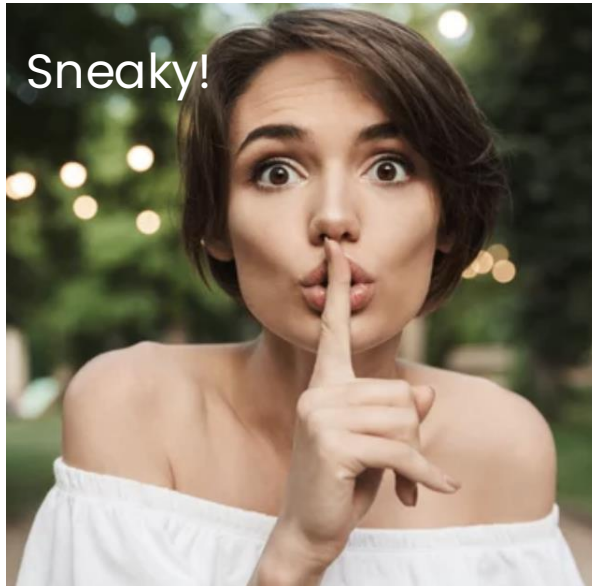
- 40% take 3-5 supplements daily
- 20% take 6 or more pills per day
- Steep compliance drop at the 30-day mark for those taking 5+pills
- Pill fatigue is a silent killer of therapeutic momentum



Savor Self Care



On the Go

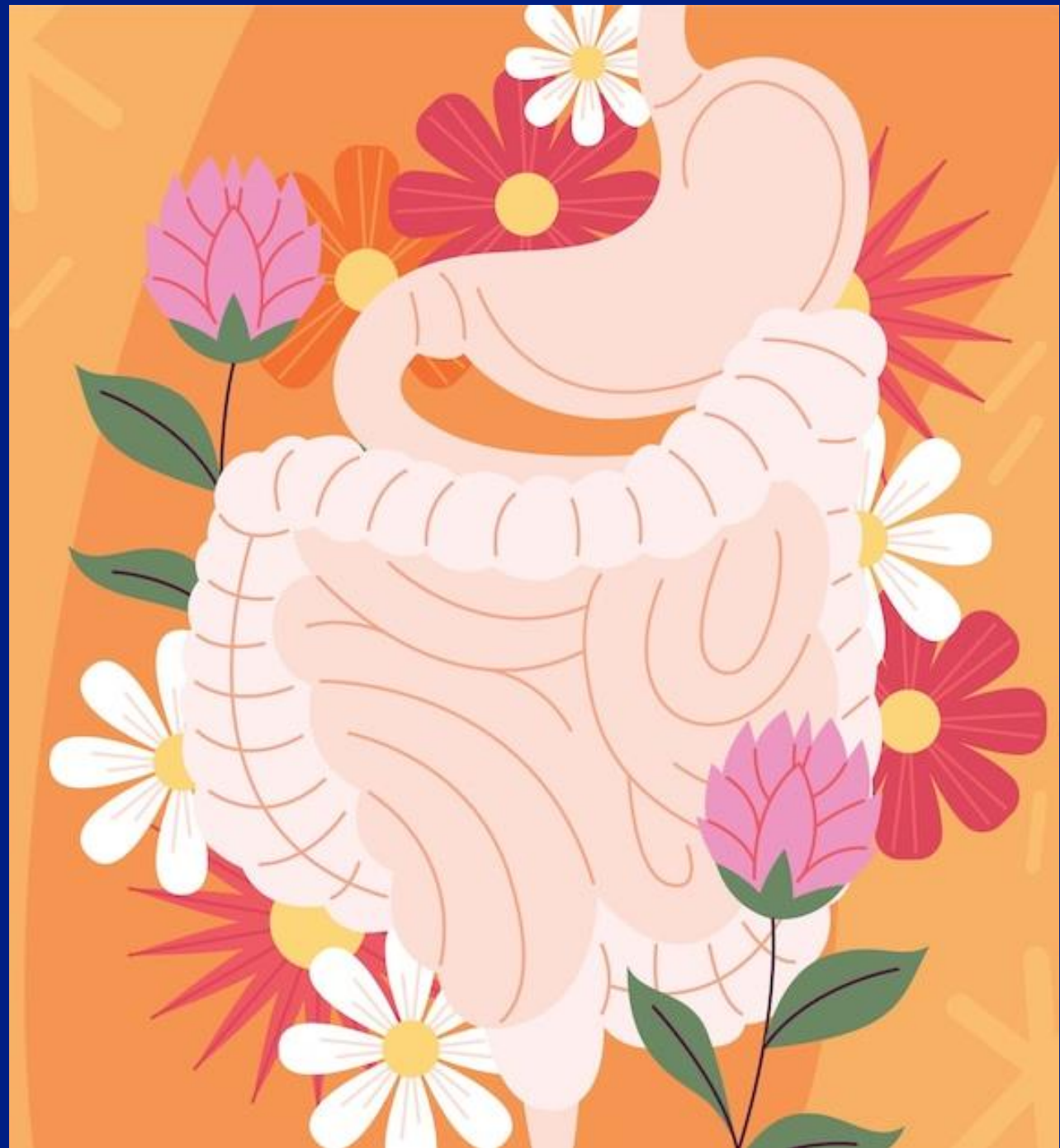


Sneaky!



Functional Hydration

FEED AND PROTECT The New Biotic Era



Resistant Starch

The Next Generation of Clinically Validated Prebiotics

- **Resistant Starch** is a unique type of carbohydrate that “resists” digestion in the small intestine and passes to the colon intact, where it provides numerous health benefits.
- **Why Does RS Matter?**
Once in the colon, resistant starch becomes fuel for beneficial gut bacteria, acting as a fermentable substrate
- **What Is RS2?**
Found in raw bananas, potatoes, legumes and some grains, RS2 is a natural form of resistant starch that retains its structure during digestion.
- **How does RS3 form?** Retrodegradation. Cooking then cooling high starch foods creates resistant starches.



Resistant Starch: Forgotten Prebiotic Fiber

- **Optimal daily range: 25–40 grams**
- 1920's – 1930's: 30–40 grams
- Current (US): 2.5–5 grams

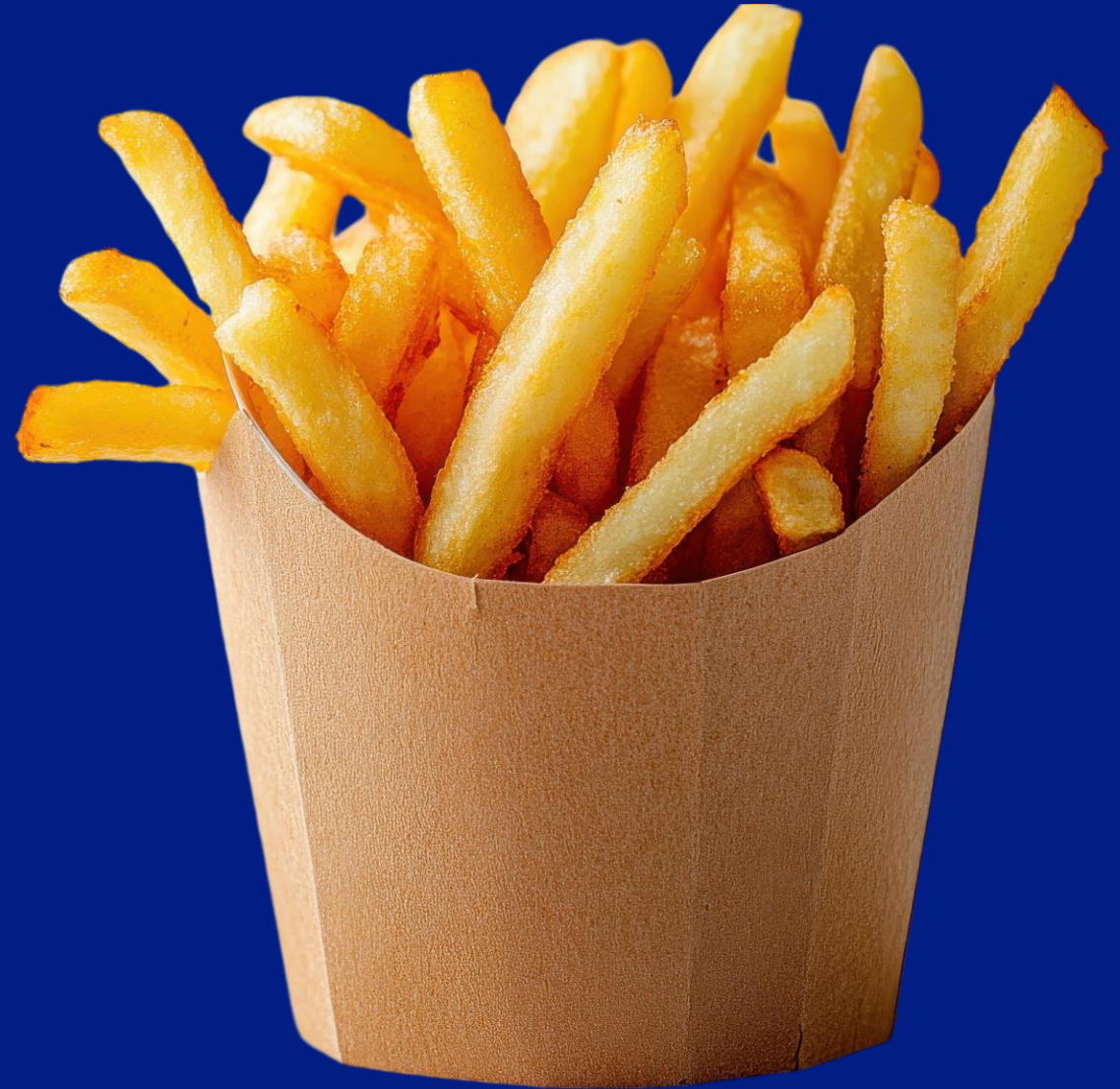
RS2: Potato starch, green bananas, whole intact grains and legumes.

RS3: cooked and cooled potatoes, pasta, rice, bread, oats.

Top Source of Resistant Starch in the US.

1.5 grams RS per large serving of fries

Much of the RS destroyed in high heat



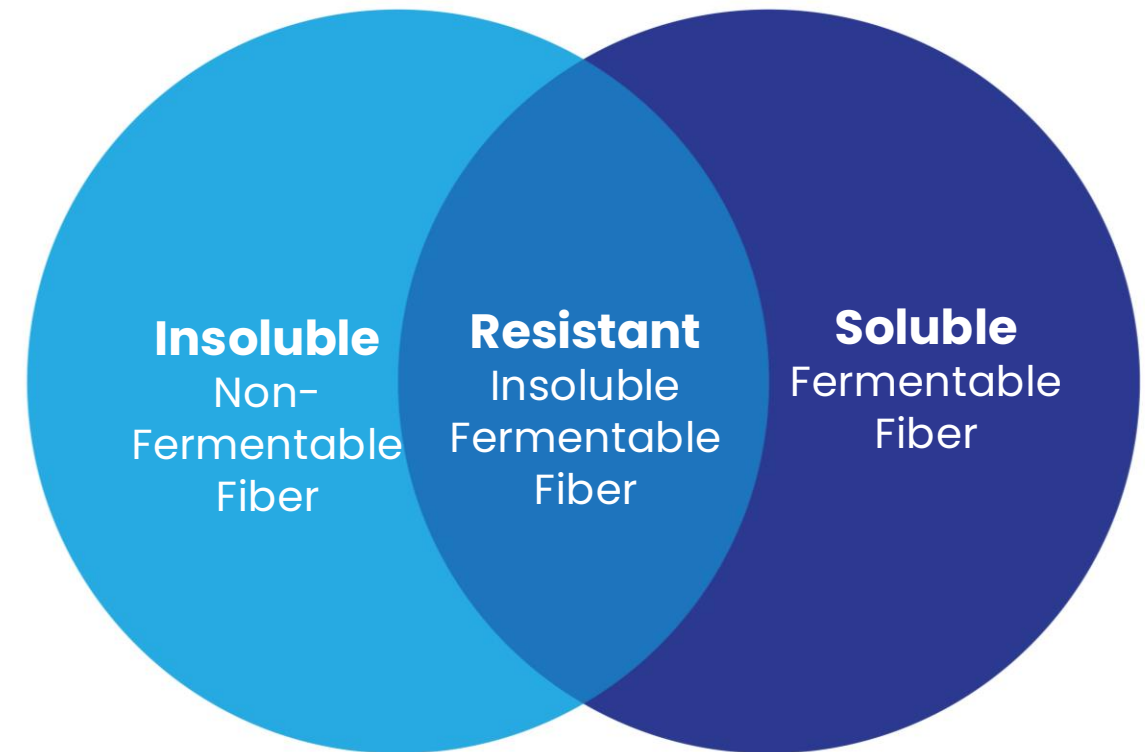
Solnul®



Beginning first in the potato manufacturing industry, the water used to cut potatoes becomes concentrated in starch.

The starch is removed from the water, gently dried and upcycled into Solnul®, preserving all the valuable RS2 that comes from unmodified potato starch granules.

The clean water is returned to the reservoir to continue giving life to surrounding crops, creating an operational loop in perpetuity.



The Science is Solid!

4 studies, 4 weeks, 3.5 grams, human, double blind placebo-controlled studies conclude:

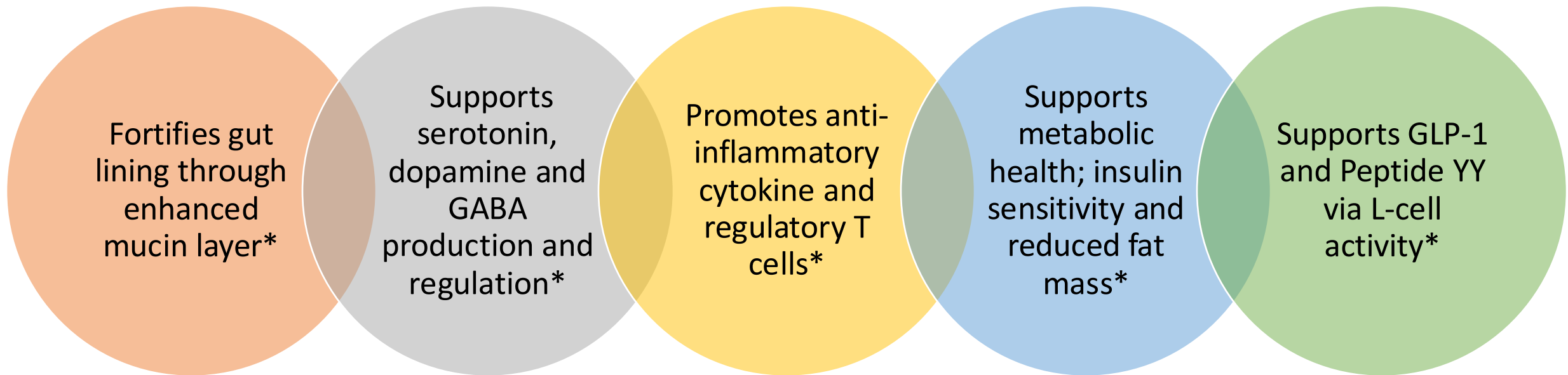
- Increase *Bifidobacterium* over 200%
- Increase in *Akkermansia* levels over 200%
- Increase in short chain fatty acids

Which Means:

- Enhanced bowel health and regularity*
- Supports gut barrier integrity*
 - Immune function
 - Digestive health – including histamine
 - Gut-brain communication
- Supports satiety*
- Healthy blood sugar levels*



Akkermansia muciniphila



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Short Chain Fatty Acids

Butyrate
Propriate
Acetate

Supports the growth and
maintenance of beneficial
gut bacteria*

SCFAs serve as the
primary energy source
for colonocytes*

Neurotransmitter
and
BBB Support*

Promote modulation of
inflammatory cytokines*

inavea™ Pure Acacia

- **Acacia fiber/gum arabic** comes from the sap of **Acacia trees**, primarily the species *Acacia senegal* and *Acacia seyal*, which are grown in the Sahel region of Africa.
- The sap is dried into a powder or gumlike substance, which is rich in soluble fiber.
- Acacia fiber is a well-tolerated, slow-fermenting, prebiotic fiber that is Organic, Non-GMO and FODMAP friendly.



Let's Fo Fiber+

- 5 grams of fiber per serving
- Pre/Pro/Post Biotics
- Resistant Potato Starch
- Acacia Fiber
- Non-GMO Project Verified
- Upcycled and sustainable
- Kosher
- Lightly Flavored: Tropical & Strawberry Kiwi
- 30 Servings

Supplement Facts		
SERVING SIZE: 1 SCOOP (8.7 G) • SERVINGS PER CONTAINER: 30		
AMOUNT PER SERVING		†%DV
Calories	20	
Total Carbohydrate	7 g	2%
Dietary Fiber	5 g	18%
Solnul® Resistant Potato Starch	3.9 g	**
Organic inavea™ Pure Acacia	3.7 g	**
Postbiotic (<i>Bifidobacterium longum</i> HT-ES1)	5 mg	**
(Equivalent to 500 Million CFU)		
<i>Bacillus coagulans</i>	2 Billion CFU	**
†Percent Daily Values (DV) are based on a 2,000 calorie diet		
**Daily Value not established		



The Pro- and Post- Biotics

Bacillus coagulans: 2 Billion CFU

- Spore Former: survives the acidic environment of the stomach and reach the intestines
- Research supports using *B. coagulans* for constipation in doses of 1-2 B CFU
- A randomized controlled trial demonstrated that supplementation with *B. coagulans* improved stool frequency and consistency in individuals with functional constipation.*
- In patients with irritable bowel syndrome (IBS-C, constipation-predominant), *B. coagulans* supplementation helped reduce bloating, discomfort and constipation severity.*

Postbiotic *Bifidobacterium longum* HT-ESI

- Promotes commensal bacteria in the gut
 - (*Faecalibacterium* and *Anaerobutyricum*) SCFA production

Not Your Gramma's Fiber!

People will pick this item up because it's 5 grams of fiber, tastes amazing and beats eating real food.

They will be attracted to the idea that it's a pre-post-probiotic

They will come back because it's so much more than just fiber.

The Fiber Your Booty and Brain Will Love!



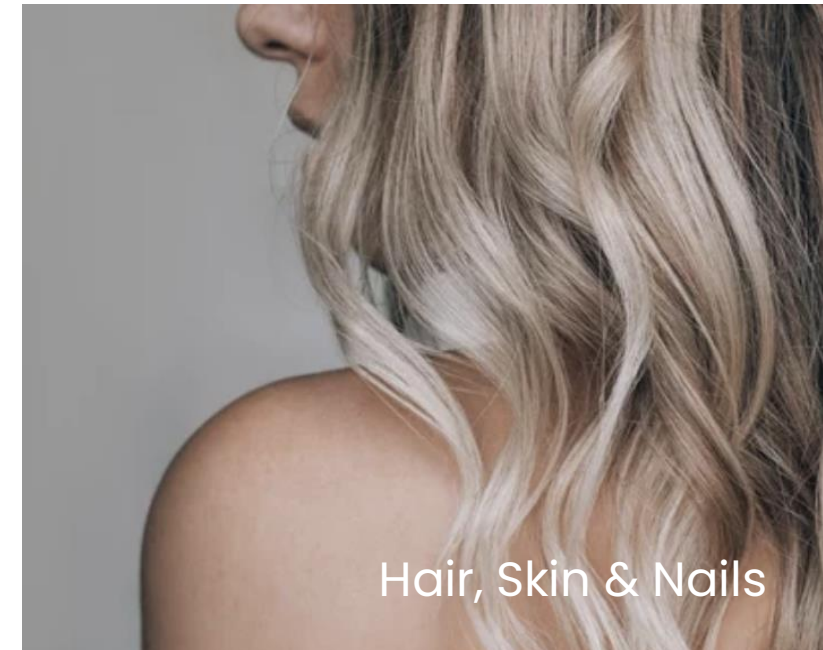
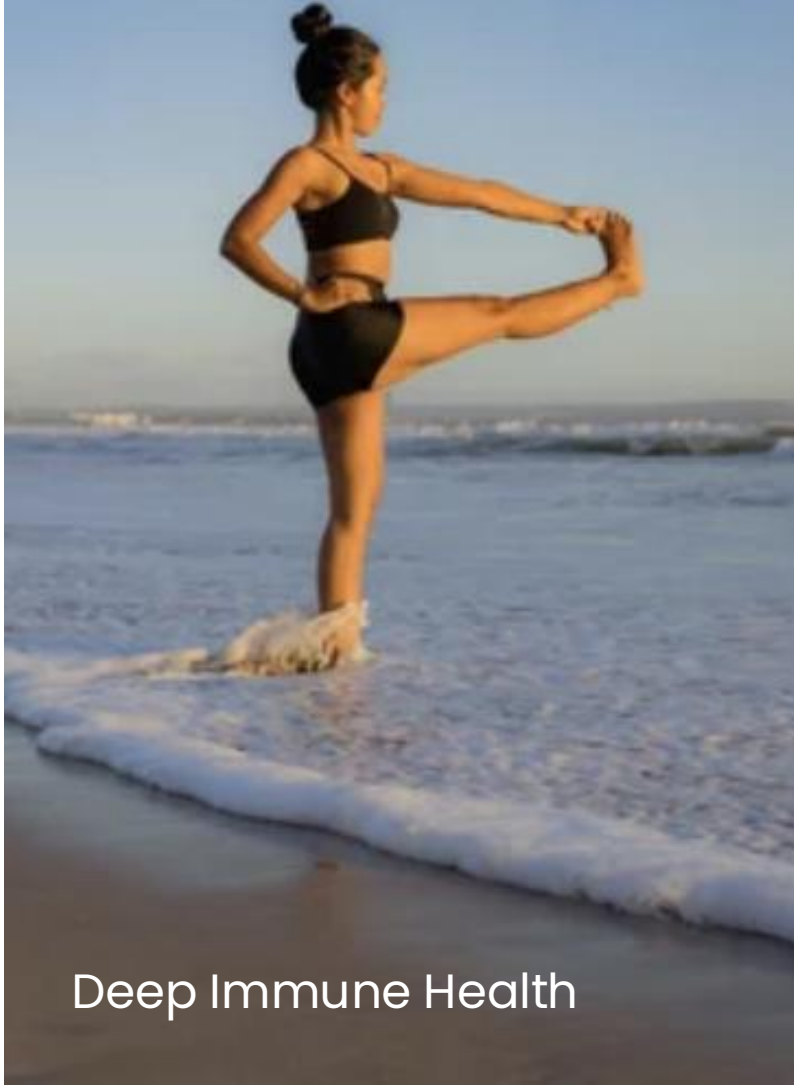
ENZYMEDICA®

Colostrum

**Nature's Digestive
Superfood**



What's the Colostrum Hype About?



Gut Superfood

1. Rich in Growth Factors

- Colostrum contains epidermal growth factor (EGF), which helps regenerate epidermal cells.
- Strengthens tight junctions
- Inflammation modulation

2. IgG - Identify and defend against pathogens

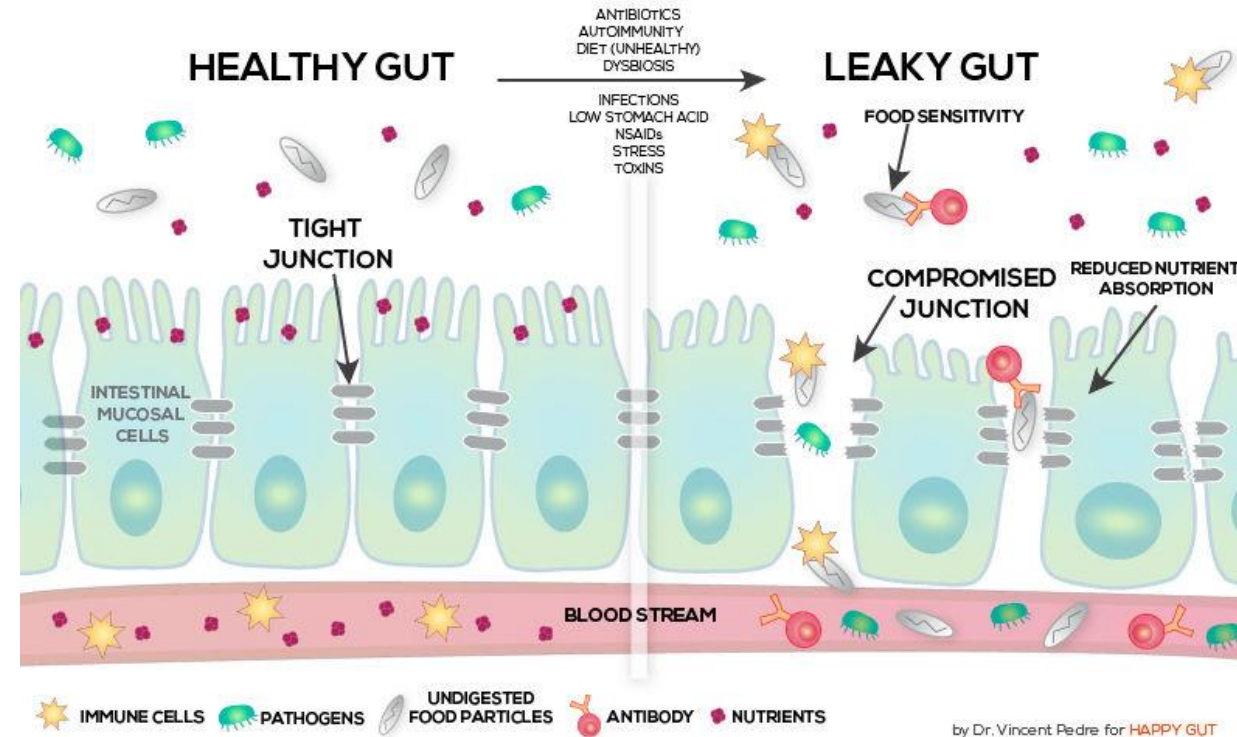
2. Short Chain Fatty Acid Increase

3. Nutrient dense

- Omega-3s, carotenoids, tocopherols and tocotrienols, vitamin D2/3, L-glutamine and L-arginine

HEALTHY GUT VERSUS LEAKY GUT

A healthy gut works like a cheese cloth, allowing only nutrients through, but keeping larger food particles and pathogenic bacteria, yeast and parasites out. In a leaky gut, the tight junctions are loosened so undigested food particles and pathogens can get through and activate the immune system, causing inflammation and food sensitivities.



Supportive Players:

Lactobacillus acidophilus La-14: **10 Billion CFU**

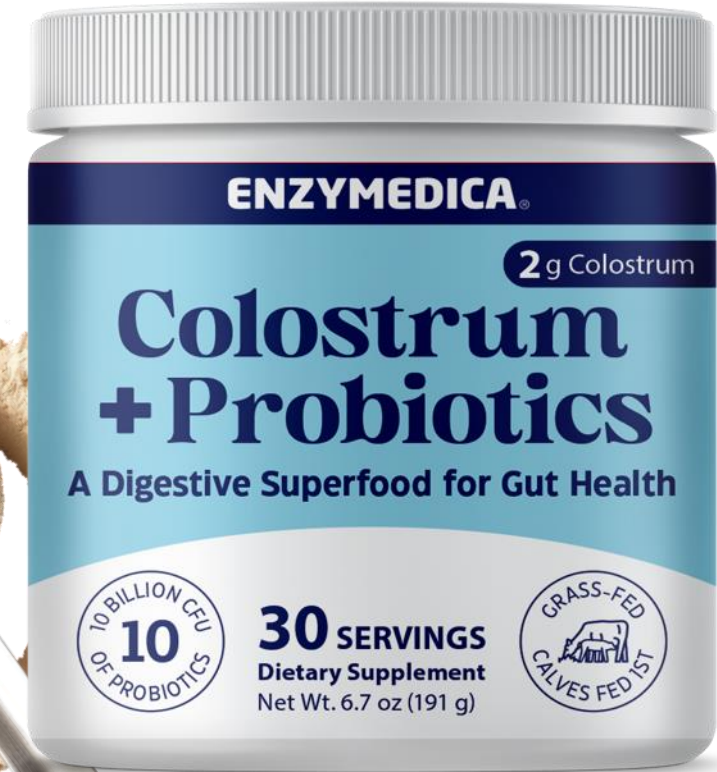
Organic Potato Starch Fiber: 1 gram

Why *This* Bacteria?

- Stable, good adhesion, extensive science
- 115 scientific studies, including more than 35 published clinical trials.
 - Increase in serum IgG
 - Strengthens the intestinal lining
 - Lactic acid producer, which lowers gut pH, creating an unfavorable environment for harmful pathogens
 - Enzyme producer, especially lactase
 - Promotes *Bifidobacteria* growth

The Finest Raw Materials

- Grass Fed
- Antibiotic Free
- Calf First Standard Compliant
- 2g of Colostrum per serving
- 10 Billion CFU *Lactobacillus acidophilus* LA-14
- Add to cool beverages, smoothies, yogurt, etc. (just no heat)
- Unflavored
- Incredible price point



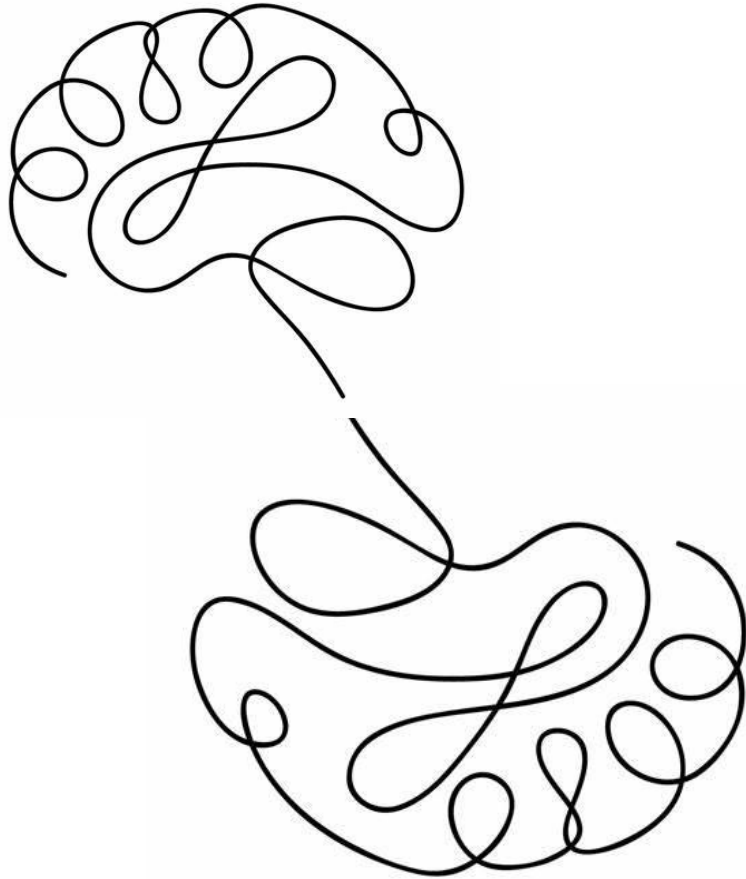
ENZYMEDICA®

It's not just psychological—it's microbial.

Psychobiotics

Gut microbiota play a crucial role in the production and regulation of neurotransmitters

- Supports production of serotonin, GABA, dopamine, acetylcholine.
- Support healthy Gut/Brain signaling via enteric nervous system and vagus nerve
- Calm neuroinflammation



Lactobacillus gasseri CP2305

Heat stabilized postbiotic – human strain

7 human clinical studies at 20 mg. dose

Healthy Stress Response:

- Resistance to stress and decreased anxiety scores*
- Mood support*
- Attenuated stress reduced decline of *Bifidobacterium* spp. and stress induced increase of *Streptococcus* spp.*

Sleep Support:

- Shortened sleep latency and extended duration
- Extended sleep duration*

Women's Health:

- PMS and menopause scores improved*
- Premenstrual acne improved*

Digestive Health:

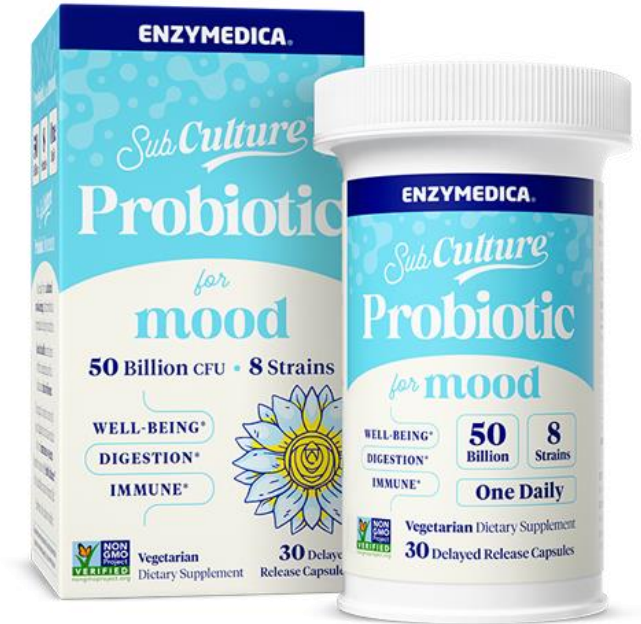
- Constipation and diarrhea scores both improved.*
- **Dramatically enhanced short chain fatty acid production ***



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Probiotic For Mood

- **Probiotic Blend:** 8 strains, 50 billion CFUs per cap. Focus on emotional well-being.*
- Formula may be taken ongoing
- **Key Bacteria - 7 Strain Blend for Mood:**
 - *L. plantarum* positively influences serotonin production in the gut.*
 - *L. rhamnosus* targets anxiety modulation through GABA receptors.*
- **Special “Guest” Nutrient: L –Theanine 100mg. / cap**
 - Promotes relaxed mental clarity, focus and attention.*
 - Supportive for PMS related mood fluctuations.*



Supplement Facts		
SERVING SIZE: 1 CAPSULE • SERVINGS PER CONTAINER: 30		
AMOUNT PER CAPSULE	%DV	
Probiotic Blend (50 Billion CFU)	309 mg	†
<i>Lactobacillus plantarum, Lactobacillus paracasei, Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium bifidum, Lactobacillus rhamnosus, Lactobacillus fermentum</i>		
L-Theanine	100 mg	†
Post-biotic (<i>Lactobacillus gasseri</i> CP2305)	20 mg	†
† Daily Value (DV) not established		

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Vegetarian, Non-GMO Project Verified.
Contains NO: gluten, wheat, soy, egg, tree nuts, sesame, crustaceans, fish, or anything artificial.

Most people associate the microbiome with
“wellness”
but they don’t realize:

“feeling good” or



Controls mood and mental clarity*



Trains your immune system*



Regulates healthy inflammation response*



Impacts sleep quality*



Affects cravings and metabolism*



Aids digestion (yes, still important!)*

You’re not in charge — your microbiome is.

Gut Health Revolution

When you pair the best enzymes out there with:

- Formulations that honor gut intelligence
- Backed by science and traditional wisdom
- Raw materials that are sustainable, upcycled and wholesome
- Products positioned to disrupt categories
- Pricing that beats the rest

That's a **GLOW-UP for Gut Health** in 2025!

SubCulture

let's go
fiber+

ENZYMEDICA

