

PRODUCT PROFILE:

P84



COMPLETE MICROBIOME HEALTH

P84 is the most important part of your daily regimen. It is a masterpiece of microbiome health. It is the One Thing you can do, every day, for lasting fulfillment and longevity. It is upon P84 that the body's Center of Health is built and maintained.

In a world where consumers are bombarded with supplements, quick fixes, conflicting opinions, and phony promises, P84 fulfills the universal need to build, restore, maintain, and sustain true and lasting health. By feeding, strengthening, and detoxifying the gut microbiome, P84 will help improve the daily working condition of every system and function of the body.

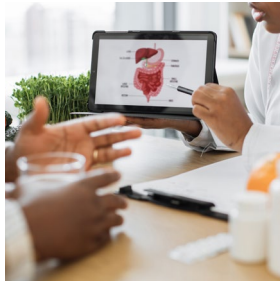
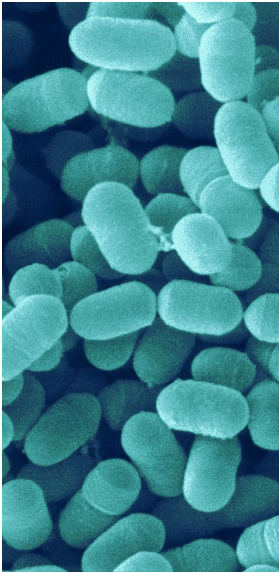
P84 is a celebration of 84 uniquely powerful microbiome ingredients. P84 consists of two products—PhytoPower 1, and PhytoPower 2. Individually, these products are best in class. They represent the finest ingredients, the most innovative thinking, and the cleanest product design in the market today. Together they are the definitive gold standard in microbiome health. P84 has no competition—it is a true masterpiece.



P84 WAS MADE FOR YOU—FOR THE YEARS AHEAD. FOR YOUR LIFE TODAY. FOR YOUR FOREVER HEALTH.

P84 DEVELOPMENT

LoveBiome employed the expertise of leading researchers, manufacturers, and food scientists during the development of P84. One of those experts, Dr. Zach Aanderud, has made the study of the microbiome his life's passion.

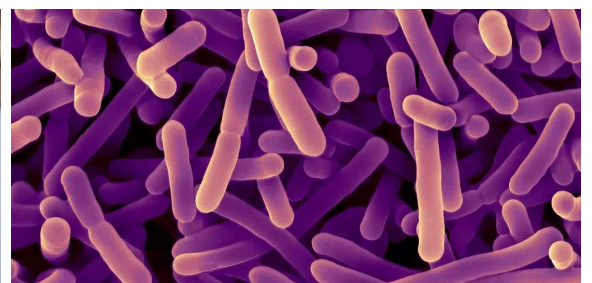


"I am pleased to endorse LoveBiome's P84 daily system, a truly innovative solution in the realm of human health and wellness. Formulated with high-quality, pre-, pro-, and postbiotic ingredients, P84 promotes a balanced and diverse microbiome.

"What stands out about P84 is its unprecedented commitment to quality and transparency, ensuring that every ingredient is backed by scientific research and carefully sourced with the best possible plant and bacterial species available to synergistically support microbiome connectivity within the body.

"I highly recommend P84 as the essential addition to your wellness regimen. Your body will thank you!" -Dr. Zach Aanderud, PhD

"The way you look at health, age, beauty, and performance is changing forever! Whatever you knew before is now old. What you learn now will change your life." Kelly Olsen, Founder and CEO of LoveBiome.



P84 is a master blend of two beautiful formulas—PhytoPower 1 and PhytoPower 2—and 84 total ingredients carefully chosen for their positive impact on microbiome health.

PhytoPower 1:

Feed + Diversify

As a critical part of P84—the world’s finest and most comprehensive gut-health system—PhytoPower 1 contains essential whole foods, beneficial Targeted Probiotics®, and powerful digestive enzymes to feed and diversify the gut microbiome.

PhytoPower 1 features a blend of 40 different phytonutrient-rich whole foods. These fruits and veggies represent every color of the rainbow, and support and feed the body’s microbiome with a vast array of prebiotics and polyphenols.

To diversify the gut microbiome, PhytoPower 1 contains 20 billion colony-forming units (CFUs) of probiotics in 10 unique strains. Probiotic diversity promotes stronger, more resilient gut microbiomes that will positively impact the axes and connections associated with whole-body health.

Finally, PhytoPower 1 boasts an impressive array of postbiotic digestive enzymes to help the body more efficiently break down food into energy, vitamins, and important nutrients.



COMPONENTS





A CLOSER LOOK AT PHYTOPOWER 1 INGREDIENTS

PhytoPower 1 is made up of seven distinct ingredient blends: Four color-based phytonutrient blends, a specialized prebiotic blend, a Targeted Probiotic blend, and a digestive enzyme blend. Here's what you're getting with every serving of PhytoPower 1:



GREEN BLEND

Barley grass, Green apple, Kale, Spinach, Broccoli, Chlorella, Watercress, Kelp, Asparagus, Leek, Garlic



YELLOW/ORANGE BLEND

Carrot, Papaya, Sweet potato, Mango, Goldenberry, Sea buckthorn, Orange, Pumpkin, Marigold, Yellow bell pepper



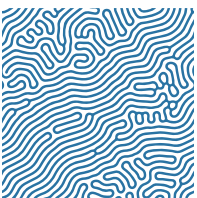
RED BLEND

Pomegranate, Rosehip, Prickly pear cactus, Tomato, Acerola cherry, Red bell pepper, Dulse, Red beet, Cranberry, Raspberry



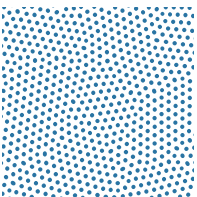
BLUE/PURPLE BLEND

Blueberry, Black currant, Bilberry, Blackberry, Purple coneflower, Eggplant, Grape, Purple cabbage, Ebony carrot



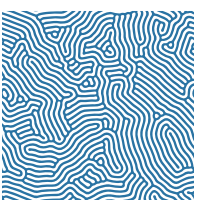
PREBIOTIC BLEND

Jerusalem artichoke inulin, Baobab



PROBIOTIC BLEND

Lactobacillus rhamnosus LRa05, *Lactobacillus reuteri* LR08, *Lactobacillus plantarum* Lp05, *Bifidobacterium longum* BL21, *Lactobacillus acidophilus* LA85, *Lactobacillus helveticus* LH76, *Bifidobacterium breve* BBr60, *Bifidobacterium bifidum* BBi32, *Lactobacillus paracasei* LC86, *Lactobacillus casei* LC89

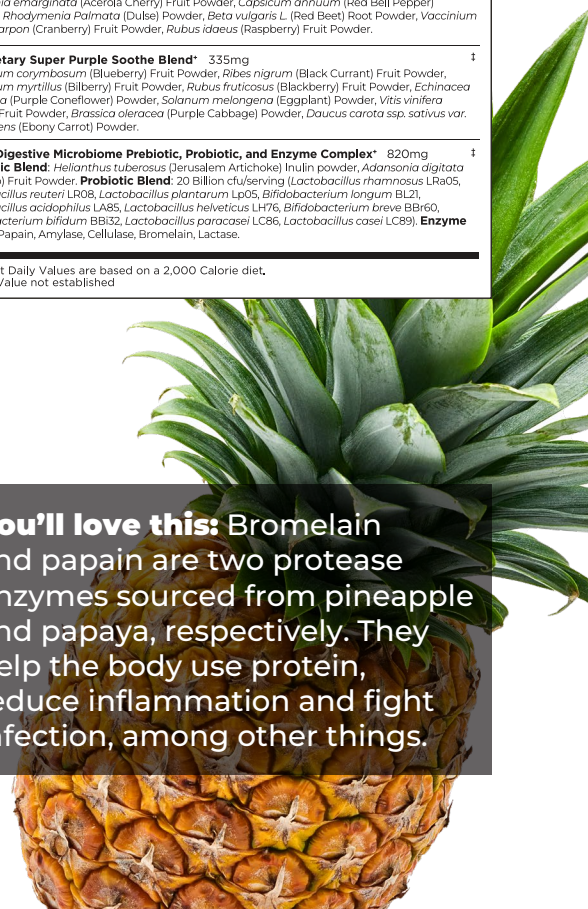


ENZYME BLEND

Papain, Amylase, Cellulase, Bromelain, Lactase

Supplement Facts	
Serving Size 1 packet (6.4g)	
Servings Per Container 30	
Amount per serving	% Daily Value*
Calories 10	
Sodium 10mg	1%
Total Carbohydrates 3g	1%
Total Fiber 1g	4%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 0g	
Vitamin D 0mcg	0%
Iron 0.6mg	4%
Calcium 10mg	0%
Potassium 20mg	<1%
Proprietary Super Green Detox Immune Blend* 3,185mg †	
<i>Hordeum vulgare</i> (Barley) Grass Powder, <i>Malus domestica</i> (Apple) Fruit Powder, <i>Brassica oleracea ocephala</i> (Kale) Leaf Powder, <i>Spinacia oleracea</i> (Spinach) Leaf Powder, <i>Brassica oleracea</i> (Broccoli) Powder, <i>Chlorella vulgaris</i> (Chlorella) Powder, <i>Nasturtium officinale</i> (Watercress) Powder, <i>Ascophyllum nodosum</i> (Kelp) Seaweed Powder, <i>Asparagus officinalis</i> (Asparagus) Aerial Powder, <i>Allium ampeloprasum</i> (Leek) Powder, <i>Allium sativum</i> (Garlic) Powder.	
Proprietary Super Orange Energy Blend* 1,035mg †	
<i>Daucus carota</i> (Carrot) Powder, <i>Carica papaya</i> (Papaya) Fruit Powder, <i>Ipomoea batatas</i> (Sweet Potato) Powder, <i>Mangifera indica</i> (Mango) Fruit Powder, <i>Physalis peruviana</i> (Goldenberry) Fruit Powder, <i>Hippophae rhamnoides</i> (Sea Buckthorn) Powder, <i>Citrus sinensis</i> (Orange) Peel Powder, <i>Cucurbita pepo</i> (Pumpkin) Powder, <i>Calendula officinalis</i> (Marigold) Flower Powder, <i>Capsicum annuum</i> (Yellow Bell Pepper) Powder.	
Proprietary Super Red Circulation Blend* 970mg †	
<i>Punica granatum</i> L. (Pomegranate) Fruit Powder, <i>Rosa canina</i> (Rosehip) Fruit Powder, <i>Opuntia ficus-indica</i> (Prickly Pear Cactus) Nopal Powder, <i>Solanum lycopersicum</i> (Tomato) Fruit Powder, <i>Malpighia emarginata</i> (Acerola Cherry) Fruit Powder, <i>Capsicum annuum</i> (Red Bell Pepper) Powder, <i>Rhodomyenia Palmata</i> (Dulse) Powder, <i>Beta vulgaris</i> L. (Red Beet) Root Powder, <i>Vaccinium macrocarpon</i> (Cranberry) Fruit Powder, <i>Rubus idaeus</i> (Raspberry) Fruit Powder.	
Proprietary Super Purple Soothe Blend* 335mg †	
<i>Vaccinium corymbosum</i> (Blueberry) Fruit Powder, <i>Ribes nigrum</i> (Black Currant) Fruit Powder, <i>Vaccinium myrtillus</i> (Bilberry) Fruit Powder, <i>Rubus fruticosus</i> (Blackberry) Fruit Powder, <i>Echinacea purpurea</i> (Purple Coneflower) Powder, <i>Solanum melongena</i> (Eggplant) Powder, <i>Vitis vinifera</i> (Grape) Fruit Powder, <i>Brassica oleracea</i> (Purple Cabbage) Powder, <i>Daucus carota ssp. sativus</i> var. <i>atrorubens</i> (Ebony Carrot) Powder.	
Super Digestive Microbiome Prebiotic, Probiotic, and Enzyme Complex* 820mg †	
Prebiotic Blend: <i>Helianthus tuberosus</i> (Jerusalem Artichoke) Inulin powder, <i>Adansonia digitata</i> (Baobab) Fruit Powder. Probiotic Blend: 20 Billion cfu/serving (<i>Lactobacillus rhamnosus</i> LRa05, <i>Lactobacillus reuteri</i> LR08, <i>Lactobacillus plantarum</i> Lp05, <i>Bifidobacterium longum</i> BL21, <i>Lactobacillus acidophilus</i> LA85, <i>Lactobacillus helveticus</i> LH76, <i>Bifidobacterium breve</i> BBr60, <i>Bifidobacterium bifidum</i> BBi32, <i>Lactobacillus paracasei</i> LC86, <i>Lactobacillus casei</i> LC89). Enzyme Blend: Papain, Amylase, Cellulase, Bromelain, Lactase.	
*Percent Daily Values are based on a 2,000 Calorie diet.	
† Daily Value not established	

You'll love this: Bromelain and papain are two protease enzymes sourced from pineapple and papaya, respectively. They help the body use protein, reduce inflammation and fight infection, among other things.



A continued examination of the individual components of P84. PhytoPower 1 and PhytoPower 2 represent the perfect synergy for an incomparable approach to whole-body health.

P84

PhytoPower 2:

Detox + Balance

PhytoPower 2 is another vital component of P84. Designed to be used daily with PhytoPower 1, PhytoPower 2 contains specialized blends that were specifically designed to help the body cleanse the microbiome of harmful toxins, and promote a healthy environment for beneficial bacteria to grow and flourish.

PhytoPower 2 features 21 prebiotic and postbiotic superfoods. Prebiotics feed and nourish beneficial probiotic bacteria, while postbiotics sustain cellular health.

PhytoPower 2 also contains five distinct probiotics—different than those found in PhytoPower 1—chosen for their ability to stimulate the body's reactive oxygen species (ROS), spermidine, and short-chain fatty acid (SCFA) production. ROS directly modulates the body's own antioxidant defense function, while SCFAs promote gut barrier integrity and help give the body a balanced microbiome and healthy responses to inflammation.

Finally, PhytoPower 2 contains five blends which include fermented foods and superfoods to help assist detoxing, produce glutathione, and sustain the toxin binding process.



COMPONENTS





A CLOSER LOOK AT PHYTOPOWER 2 INGREDIENTS

PhytoPower 2 is made up of five distinct ingredient blends designed to help the body build and maintain the perfect microbiome environment. Here's what you're getting with every serving of PhytoPower 2:



PHYTONUTRIENT DETOX BLEND

Blueberry, Grape seed, Noni, Acai, Beet root, Cranberry, Pomegranate, Turmeric



GLUTATHIONE PRECURSOR BLEND

Spinach, Moringa leaf, Kale, Kelp, Spirulina, Chlorella



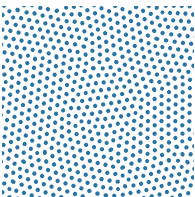
TOXIN BINDING AND INFLAMMATORY REDUCTION BLEND

Blackberry, Raspberry, Black Currant, Purple carrot



FERMENTATIVE ASSISTANCE BLEND

Inulin (chicory root), Prunus domestica (plum) Ferment, Kombucha, Umeboshi



PROBIOTIC ROS/SCFA GUT BARRIER INTEGRITY BLEND

Lactobacillus Sakei LSa79, Bifidobacterium adolescentis BAC30, Saccharomyces boulardii SB01, Weizmannia coagulans BC99, Bifidobacterium lactis BLa80

Supplement Facts

Serving Size 1 packet (5.5g)
Servings Per Container 30

Amount per serving	% Daily Value*
Calories 10	
Sodium 10mg	1%
Total Carbohydrates 3g	1%
Total Fiber 2g	8%
Total Sugars 1g	
Added Sugars 0g	0%
Protein 0g	
Vitamin D 0mcg	0%
Iron 0.6mg	4%
Calcium 10mg	0%
Potassium 20mg	<1%

Phytonutrient Detox Blend* 1,175mg
Vaccinium corymbosum (Blueberry) Fruit Extract Powder, Morinda citrifolia (Noni) Fruit Powder, Vitis vinifera (Grape) Seed Extract Powder, Euterpe oleracea (Acai) Fruit Powder, Beta vulgaris (Beet root) Powder, Vaccinium macrocarpon (Cranberry) Fruit Powder, Punica granatum (Pomegranate) Fruit Extract Powder, Curcuma longa L. (Turmeric) Powder.

Glutathione Precursor Blend* 210mg
Spinacia oleracea (Spinach) Leaf Powder, Moringa oleifera (Moringa) Leaf Powder, Brassica oleracea var. acephala (Kale) Leaf Powder, Ascophyllum nodosum (Kelp) Powder, Arthrospira platensis (Spirulina) Powder, Chlorella vulgaris (Chlorella) Powder.

Toxin Binding and Inflammatory Reduction Blend* 550mg
Rubus fruticosus (Blackberry) Fruit Powder, Rubus idaeus (Raspberry) Fruit Powder, Ribes nigrum (Black currant) Fruit Powder, Daucus carota ssp. sativus var. atrorubens (Ebony Carrot) Powder.

Fermentative Assistance Blend* 2,150mg
Chicory Root Inulin Extract, Prunus domestica (Plum) Fruit Powder, Kombucha, Prunus mume (Umeboshi) Fruit Powder.

Probiotic SCFA Enhancement Blend* 200mg
Probiotic Blend: 20 Billion cfu/serving (Lactobacillus sakei LSa79, Bifidobacterium adolescentis BAC30, Saccharomyces boulardii SB01, Weizmannia coagulans BC99, Bifidobacterium lactis BLa80).

*Percent Daily Values are based on a 2,000 Calorie diet.
† Daily Value not established

You'll love this: Glutathione is a peptide found in plants and animals. It is a powerful antioxidant produced by the liver to protect the body against free radicals, peroxides, and heavy metals.

HOW P84 WORKS

Every day when you consume P84, you are engaging in a multi-step process to build and maintain the health of your microbiome—the body's center of health and wellness. And because the microbiome is connected to every function and system of the body, P84 will give you a greater return, in terms of helping you achieve your overall health goals, than any other supplement or product that you could possibly buy.

STEP 1

Feed + Diversify with PhytoPower 1

PhytoPower 1 delivers a potent blend of phytonutrients, polyphenols, Targeted Probiotics®, prebiotics, and digestive enzymes to your body.

Phytonutrients and polyphenols engage with the body's microbiome environment to reduce inflammation, strengthen the immune system, and prevent cell damage.

Targeted Probiotics diversify the bacterial environment of your microbiome to produce important postbiotic vitamins and nutrients.

Prebiotics feed the beneficial bacteria in your microbiome to improve production and efficiency.

Digestive enzymes help the body break down different materials in foods—like fat, protein, sugar, and dairy—to provide energy and nutrition for the body.

STEP 2

Detox + Balance with PhytoPower 2

PhytoPower 2 helps create the perfect microbiome environment in your body with fermented foods, superfoods, and probiotics. These blends seamlessly build and sustain toxin-binding and glutathione-producing systems in the body.

Fermented foods, such as kombucha, *prunus domestica* (plum), and umeboshi, contain natural probiotics and postbiotics that promote a balanced, thriving gut microbiome.

Superfoods like pomegranate, turmeric, acai, noni, moringa leaf, and blueberry help sustain the antioxidant activity in the body, and they support the body's toxin-binding processes.

And an additional five probiotics stimulate ROS, spermidine, and SCFA production, which helps maintain the health of the intestinal barrier, reduce inflammation, and build the immune system.

P84 IS THE FIRST AND MOST IMPORTANT STEP TO ADDRESSING MICROBIOME HEALTH. IT SHOULD BE A DAILY HABIT, AND A FIXTURE IN EVERY DAILY HEALTH REGIMEN.



P:4 HOW TO USE

DRINK P84 EVERY MORNING. MAKE IT AUTOMATIC. NON-NEGOTIABLE.

P84 is designed to be the center of every person's daily regimen. PhytoPower 1 and PhytoPower 2 are formulated to be taken together. The ingredients mesh seamlessly, synergistically, and perfectly—neither product is complete without the other.

To use, simply mix PhytoPower 1 and PhytoPower 2 together in eight ounces of water, and enjoy. You can also mix PhytoPower 1 and PhytoPower 2 into juice, a smoothie, coconut water, or any other healthy beverage.

If you wish, you can drink PhytoPower 1 and PhytoPower 2 separately. Just mix each product in 8 ounces of water or other liquid.

You may also adjust the liquid amount to suit your taste.

Please note that P84 ingredients dissipate in water; they do not fully dissolve. If left unattended, the ingredients will settle. Simply shake or stir your beverage to redistribute the ingredients.

P84 should be the automatic, non-negotiable part of your daily routine. Drink it every morning. Keep it handy—put PhytoPower 1 and PhytoPower 2 in a place in your kitchen where you will automatically go to it every day.



WHAT YOU CAN EXPECT

The P84 is the One Thing you can do, every day, to care for your microbiome—which is the center of your health and wellness. With daily use, P84 will help support the following systems and functions in your body*:



GUT HEALTH

MENTAL HEALTH



DIGESTION

DETOXIFICATION



ANTIOXIDANT ACTIVITY

IMMUNE SYSTEM



NUTRIENT ABSORPTION

ENERGY PRODUCTION



ENDOCRINE SYSTEM

CIRCULATION AND HEART HEALTH



SKIN, BRAIN, AND BONE HEALTH

INFLAMMATION



SCFA PRODUCTION

SIMPLE, SAFE, AND ACCESSIBLE

All P84 ingredients are harvested and collected sustainably and naturally with no GMOs, herbicides, pesticides, artificial flavors, artificial sweeteners, or artificial colors.

PhytoPower 1 and PhytoPower 2 are low-sugar products with ZERO gluten, dairy, corn, egg, or peanuts.

P84 contains no added sugars, animal byproducts, lactose, sucrose, or dextrose. It's perfect for all lifestyles: vegetarian, vegan, paleo, keto, and more.

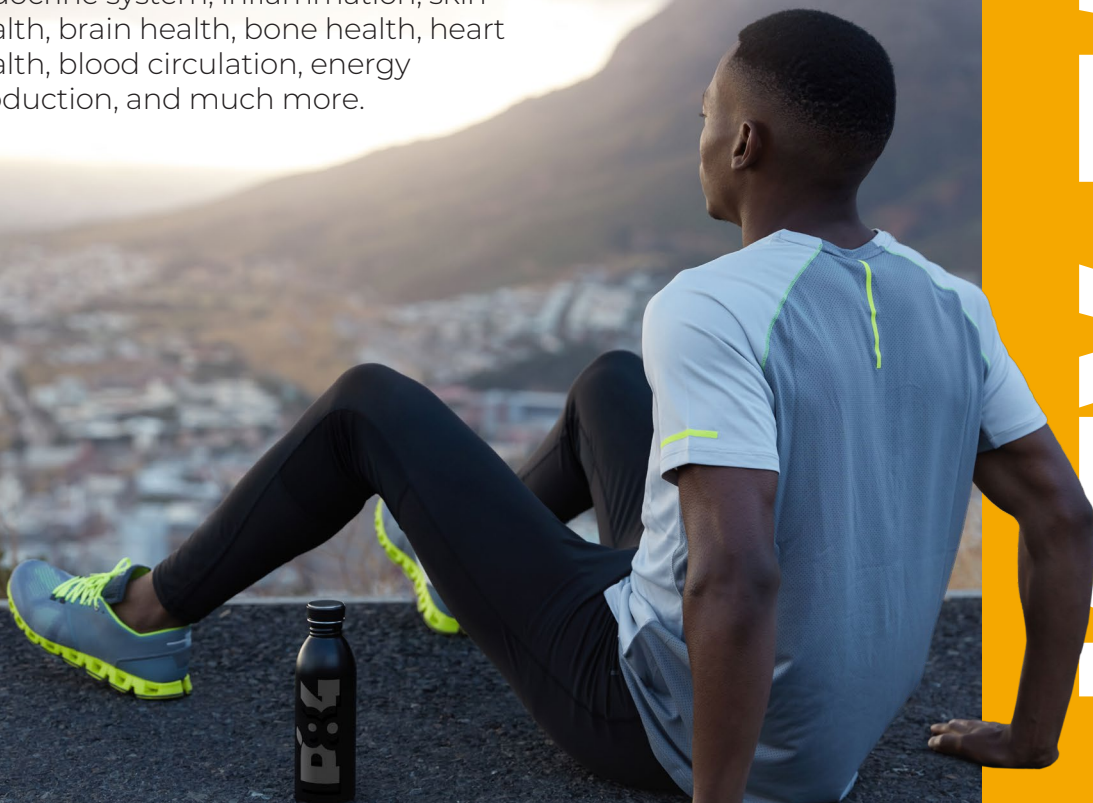
*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease



P84

- 1** The microbiome is the center of health in the human body. Caring for it is the most important thing a person can do for his or her overall health and wellbeing.
- 2** There is no better way to care for the microbiome than with P84. P84 is without a doubt the best and most comprehensive microbiome-care system on the planet.
- 3** P84 is comprised of two products: PhytoPower 1, and PhytoPower 2. PhytoPower 1 is designed to help you feed and diversify your microbiome with phytonutrient blends, Targeted Probiotics®, and digestive enzymes. PhytoPower 2 is designed to help you detoxify and balance your microbiome with fermented foods, superfoods, probiotics, and postbiotics.
- 4** P84 is a carefully chosen blend of 84 microbiome-healthy ingredients that include specialized phytonutrient-rich prebiotics, a diverse array of Targeted Probiotics, and health-promoting postbiotics.
- 5** With daily use, P84 will help support the following systems and functions in your body: Gut health, mental health, digestion, detoxification, antioxidant activity, immune system, endocrine system, inflammation, skin health, brain health, bone health, heart health, blood circulation, energy production, and much more.

KEY TAKEAWAYS



FAQs

Q: What makes P84 different from other probiotic products?

A: There really is no comparison. P84 has no true competitors, because no other product comes close to its comprehensive nature. You simply will not find another product, system, or combination of products with the ingredient profile of P84. P84 has 84 distinct and unique ingredients designed to build and sustain the health of the microbiome. P84 is built on a foundation of whole foods, superfoods, fermented foods, Targeted Probiotics®, specialized prebiotics, and beneficial postbiotics. P84 far exceeds any probiotic or gut-health supplement available in the market today, and it's not even really close.

Q: What does P84 mean?

A: P84 stands for PhytoPower 84. The number 84 is a nod to the 84 unique and powerful microbiome ingredients found in PhytoPower 1 and PhytoPower 2.

Q: What are the 84 microbiome ingredients?

A: Here are all 84 ingredients, listed by product:

PhytoPower 1 (57 ingredients)

Barley, Jerusalem Artichoke, Apple, Carrot, Pomegranate, Papaya, Spinach, Kale, Rosehip, Prickly pear, Chlorella, Broccoli, Sweet potato, Baobab, Blueberry, Mango, Tomato, Goldenberry, Sea buckthorn, Acerola cherry, Black currant, Watercress, Bilberry, Kelp, Blackberry, Asparagus, Red pepper, Dulce, Echinacea, Eggplant, Leek, Papain, Amylase, Cellulase, Bromelain, Lactase, Grape, *Lactobacillus rhamnosus* LRa05, *Lactobacillus reuteri* LR08, *Lactobacillus plantarum* Lp05, *Bifidobacterium longum* BL21, *Lactobacillus acidophilus* LA85, *Lactobacillus helveticus* LH76, *Bifidobacterium breve* BBr60, *Bifidobacterium bifidum* BBi32, *Lactobacillus paracasei* LC86, *Lactobacillus casei* LC89, Red beet, Orange peel, Pumpkin, Garlic, Purple cabbage, Marigold, Cranberry, Raspberry, Yellow bell pepper, Ebony carrot

PhytoPower 2 (27 ingredients)

Chicory root, Blueberry, Raspberry, Blackberry, Noni, Grape, Acai, Beet root, Pomegranate, Cranberry, Black currant, Spinach, Moringa leaf, Ebony carrot, Plum, Kombucha, Umeboshi, *Lactobacillus Sakei* LSa79, *Saccharomyces boulardii* SB01, *Bifidobacterium adolescentis* BAC30, *Weizmannia coagulans* BC99 (*Bacillus coagulans*), *Bifidobacterium lactis* BLa80, Turmeric, Kale, Kelp, Spirulina, Chlorella

Q: Why are some ingredients counted twice?

A: Ingredients like blueberry, cranberry, kale, and kelp are counted twice because they have dual benefit, and are found in different concentrations. These ingredients express different benefits when meshed with different formulas, thus behaving like unique and distinct ingredients. By including these ingredients in both PhytoPower 1 and PhytoPower 2, we unlock the full nutritional benefits of each product and deliver whole-spectrum microbiome care to the body.

Q: How many probiotics are in each serving of P84?

A: Every serving of P84 contains 40 billion CFUs of probiotics in 15 unique strains.

FAQs

Q: Why is microbiome diversity important?

A: Bacterial diversity supports stability in the human gut microbiome. Generally speaking, people with greater microbiome diversity (higher richness of species that are flourishing) resilience toward disturbances, functional redundancy, and resistance to pathogens or harmful opportunistic microbes. Microbiome diversity is common in healthy individuals with low inflammation, stable digestion and robust immunity.

Q: What are the specific probiotic strains in P84?

A: *Lactoacillus rhamnosus* LRa05, *Lactobacillus reuteri* LR08, *Lactobacillus plantarum* Lp05, *Bifidobacterium longum* BL21, *Lactobacillus acidophilus* LA85, *Lactobacillus helveticus* LH76, *Bifidobacterium breve* BBr60, *Bifidobacterium bifidum* BBi32, *Lactobacillus paracasei* LC86, *Lactobacillus casei* LC89, *Lactobacillus Sakei* LSa79, *Saccharomyces boulardii* SB01, *Bifidobacterium adolescentis* BAC30, *Weizmannia coagulans* BC99 (*Bacillus coagulans*), *Bifidobacterium lactis* BLa80.

Q: Are specific, targeted probiotic strains important?

A: Yes. P84 populates the microbiome with healthy, well-researched, and compatible bacteria strains. With P84, we were motivated by creating a healthy community, not simply introducing random strains. The bacteria strains in P84 were researched, curated, sourced and blended by a co-operative effort led by Dr. Zach Aanderud.

Q: Where do the probiotics in P84 come from?

A: The probiotics in P84 are both naturally and commercially manufactured. Highest quality probiotics found in supplements and fortified foods are produced through controlled fermentation in commercial facilities, a process that mimics natural culturing, but optimizes purity, scalability and strain stability.

Q: What is the significance of the different color blends in PhytoPower 1?

A: Nature is powerful. Plant life gives life, and the colors of plants (especially fruits and vegetables) offer different health and phytonutrient benefits. PhytoPower 1 was designed to take advantage of all of the colors of health in nature, so it contains a green blend, a red blend, a blue/purple blend, and a yellow/orange blend.

Q: What do green foods do for my body?

A: Green foods (ie. broccoli, spinach, kale, asparagus, etc.) offer specific antioxidant, anti-aging and anti-diabetic protection. They also promote breast health and neurological health and protect the immune system.

Q: What do red foods do for my body?

A: Red foods (ie. Cranberries, beets, pomegranates, raspberries, acerola cherries, etc.) have been known to promote heart and lung health, bladder and colon health, and neurological health. They are also known to boost cellular vitality, pulmonary health (circulation), and pancreatic health.

Q: What do blue and purple foods do for my body?

A: Blue and purple foods (i.e. Black currants, eggplants, grapes, blueberries, purple cabbage, etc.) are known for their anti-inflammatory and antioxidant properties. They also play an important part in neurological health, breast health, and skin protection.

Q: What do orange and yellow foods do for my body?

A: Orange and yellow foods (i.e. pumpkin, papaya, mango, goldenberry, etc.) are known to promote eye and skin health, cardiovascular function, and are an excellent source of vitamin A.

FAQs

Q: What are some of the benefits of fermented foods?

A: Fermented botanicals, such as those found in PhytoPower 2, are rich in their own sources of friendly bacteria, and they are terrific sources of beneficial postbiotics. Fermented foods also provide high-grade prebiotic fuel for the microbiome-friendly population in your gut.

Q: What is glutathione?

A: Glutathione is a peptide found in plants and animals. It is a powerful antioxidant produced by the liver to protect the body against free radicals, peroxides, and heavy metals. Glutathione also eliminates poisons such as drugs and pollutants from our bodies. Supplying your body with glutathione precursors augments the body's natural ability to produce glutathione and helps, generally, to improve the aging process.

Q: What are polyphenols?

A: Polyphenols are super antioxidants that protect the body's cells from oxidation and inflammation. Undigested polyphenols become the perfect "super food" for friendly bacteria. Polyphenol-rich ingredients, like those found in P84, serve a wide range of physiological functions, but also feed friendly bacteria creating a more healthy and robust bacterial environment.

Q: What are phytonutrients?

A: Phytonutrients are substances produced by plants for their own immune defense systems, and when they are consumed by humans they provide similar benefits. The human body cannot produce phytonutrients, so they must be consumed. There are over 10,000 kinds of phytonutrients, many of which are critical to human health.

Q: What is ROS?

A: One of P84's functions is to stimulate ROS, or reactive oxygen species. ROS are molecules in the body that directly or indirectly modulate the body's own antioxidant defense mechanisms.

Q: What is spermidine?

A: One of P84's functions is to stimulate the production of spermidine. Spermidine is an anti-aging or chemical precursor that ameliorates aging-associated metabolic decline, promotes longevity, and reduces inflammation.

Q: What is barrier integrity?

A: P84 excels at promoting barrier integrity, which helps the gut lining keep harmful substances out of the body. Gut barrier integrity protects the body from toxins, food antigens, and harmful microbes.

Q: When/how should I take P84?

A: Drink it every morning. Make it an automatic part of your daily routine.

Q: Why do I need to consume P84 every day?

A: The human microbiome is under stress every day, and it needs daily support. P84 is meant to be a daily health habit with a comprehensive program of prebiotics, probiotics, postbiotics, phytonutrients, fermented ingredients, and unique organic blends. The 84 microbiome-friendly ingredients in P84 were chosen for specific functions, and were designed to protect the microbiome from daily threats. There simply isn't another product that can deliver each day what P84 does.

FAQs

Q: Why is P84 divided into two products?

A: P84 was designed with various blends of specific microbiome-friendly ingredients in meticulously calibrated amounts. In order to accommodate our ingredient needs, unlock each ingredient's distinct microbiome function, and properly address the importance of a diverse and balanced microbiome, we deemed it necessary to create two distinct formulas. Additionally, two separate packs are more convenient, flexible, and stable.

Q: Why are PhytoPower 1 and PhytoPower 2 in powder form?

A: We believe powder is the best form for P84 for many reasons. Powders have a longer shelf life, are less susceptible to degradation, provide higher levels of macro- and micro-nutrients, provide a more shelf-stable environment for probiotics, open up more probiotic ingredient combination possibilities, and allow us to utilize more important phytochemicals and phytonutrients.

Q: What is the advantage of individual stick packets?

A: Individual stick packets are not only more convenient, but also provide for the perfect daily serving size for optimal use. Individual stick packets protect the integrity of each ingredient, and ensure your microbiome is getting the very best every single time.

Q: Is P84 highly processed?

A: No, the ingredients in P84 are not highly processed or ultra processed foods. The definition of highly processed foods is manufactured products that are designed to have a long shelf-life through the addition of preservatives, coloring, additives, emulsifiers, flavorings, processed fats and oils, low-cost chemicals, and refined carbohydrates. None of these items apply to P84. The ingredients in P84 are fruits, vegetables, enzymes, and probiotics. The fruit and vegetable powders are heat treated to control microorganisms, dried in the process, and then ground into a powder. They are not highly processed based on the definition above.

Q: Does P84 contain sugar?

A: PhytoPower 1 contains no sugar, and PhytoPower 2 contains 1 gram of naturally-occurring sugar.

Q: Are LoveBiome products soy and estrogen free?

A: Yes

Q: Is P84 truly gluten free and ok for people with Celiacs disease?

A: Yes, P84 is gluten free.

Q: P84 contains barley as one of its ingredients. Does that mean P84 is not truly gluten free?

A: P84 is gluten free. Barley grass is a gluten-free ingredient.

Q: Is there any limit to who can drink P84?

A: P84 is safe for people of all ages, including children. Additionally P84 is safe (and even encouraged) for pregnant and breastfeeding women. P84 is for everyone of all ages, but if you have any questions about your specific condition or health, please don't hesitate to reach out to a healthcare professional.

Q: Can I mix P84 with hot liquids or food?

A: P84 contains active probiotics. Mixing P84 with fruit juices and carbonated beverages will not effect the efficacy of the ingredients. However, mixing P84 with hot drinks over 38°C (100°F) will kill the probiotics. The probiotics, enzymes, and phytonutrients in P84 are in a stable and dormant form. They become active when there is sufficient water available for them to thrive and grow again. That is why usage instructions recommend mixing the P84 powder into a liquid beverage prior to consuming.