

# WEIGHT

## WEIGHT/WEIGHT LOSS CLINICAL DATA

### CULTIVATING GUT MICROBES TO SHAPE HEALTH AND TREAT DISEASE

“A recent study... compared microbes taken from four sets of human twins. In each set, one twin was lean and the other was overweight. The key difference that they found between the pairs of twins was that their bodies held a vastly different microbial balance. Then, scientists introduced the microbes from each twin into different groups of mice that had been raised in a germ free environment. They found that the overweight microbes from the human resulted in overweight mice, even though both sets of mice were fed identical diets.”

[Read More...](#)

### EFFECT OF LACTOBACILLUS RHAMNOSUS CGMCC1.3724 SUPPLEMENTATION ON WEIGHT LOSS

“A study published in the British Journal of Nutrition found that overweight women who were put on a calorie-restricted diet and given a probiotic supplement for 12 weeks showed significantly greater weight loss than those given a placebo.”

[Read More...](#)

#### ADDITIONAL STUDIES:

[\*The Human Gut Microbiome: A Review of the Effect of Obesity and Surgically Induced Weight Loss\*](#)  
[\*An Evaluation of the Effects of Lactobacillus Ingluviei on Body Weight, the Intestinal Microbiome and Metabolism in Mice\*](#)

## PRODUCTS/INGREDIENTS THAT SUPPORT HEALTHY WEIGHT

### PURIFY KIT



The Purify Kit is the cornerstone of elite health. It starts here! The Purify program is a one-week purification step that is comprised of patented products clinically tested to give your microbiome the overhaul it needs so it can have a clean start and fuel continued good health.

One Purify Kit includes 1 Biome Shake, 1 ProArgi-9+, 1 Body Prime, 1 Biome DT, and 1 Biome Actives.

### LEGACY BIOME PLUS KIT



The Legacy Biome Plus Kit contains products/ingredients that help repair and heal the microbiome for long-term microbiome health. Fortify is a proprietary, clinically-studied program that combines positive lifestyle changes with cutting-edge supplements. By supporting a healthy gut microbiome, the Fortify program offers a path to healthy metabolic function, healthy cardiovascular function, and healthy body composition (weight management) in an all in one organized, proven program.

One Legacy Biome Plus Kit includes: 2 Biome Shakes, 2 Biome DT, 1 Biome Actives, 1 Biome Balance, 1 Body Prime, 1 Metabolic LDL, 1 ProArgi-9+, 1 E9, and one shaker bottle.

#### e9

- Long lasting, healthy energy through a unique, low calorie formulation.
- Combines health benefits of l-arginine to support cardiovascular health.
- Enhances mental and physical energy levels.
- Maintains alertness, improves cognitive capacity, and increases physical performance.
- Stimulates the body’s natural ability to produce energy.
- Great-tasting Tropical Burst flavor.

