

SYNERGY'S BIOME SHAKE: CORNERSTONE TO HEALTHY WEIGHT AND BODY COMPOSITION



With 20 grams of clean, vegetable-based protein, Synergy's Biome Shake is a purifying meal replacement shake designed to help you achieve your healthy weight and body composition goals while strengthening your gut microbiome. This powerful blend includes antioxidants, vitamins, minerals, amino acids, and beneficial fats from flax seed and borage oil. Gluten free, certified vegan, and vegetarian.

Biome Shake can be used on its own as a meal replacement shake, but the real benefits come from utilizing the Biome Shakes as part of the Elite Health Challenge, a system carefully designed to increase overall health through education on positive lifestyle

changes, nutritionally superior products, and a social support network to help participants stay accountable and involved.

What is the Elite Health Challenge?

The clinically proven Elite Health Challenge gets to the heart of most health problems: metabolic distress and chronic health conditions caused by an unhealthy gut.

For one in three Americans, a diet heavy in simple carbs and lacking in fiber and nutrients severely damages the body's ability to create the chemical processes that sustain life.

More and more evidence points to the fact that the American diet destroys the *microbiome*, the collection of beneficial bacteria and other organisms that effectively extract nutrients from the foods you eat and, in the process, produce other key nutrients that your body uses to govern all the functions of its cells. The American diet destroys the diversity of the microbiome while also destroying the mucus lining of the gut and causing tiny cracks to appear. All of these symptoms add up to big problems in long-term health, including being overweight or obese, sick, tired, and craving sugar.

The Elite Health Challenge program teaches participants to make healthy lifestyle changes that support a healthy microbiome, remove toxins and other pollutants from the body, and reduce metabolic age. Side effects usually include increased energy, better mental clarity, a reduction or elimination of many health issues, and weight loss.

As you progress through the Elite Health Challenge, you will complete three steps:

- **Purify:** get rid of pollutants and toxins that are damaging your body and holding you in a disease pattern
- **Fortify:** begin work on restoring a diverse and healthy microbiome, which will restore balance and healthy metabolic functions and body systems
- **Protect:** continue to make healthy lifestyle choices to keep your gut and body happy and healthy for the long term

How does Biome Shake fit Into the Elite Health Challenge?

Each Elite Health Challenge Kit includes several different products to assist you in quickly purify, fortify, and replenishing your health. One of these is the protein shakes.

THE ELITE HELATH CHALLENGE

Markedly improve your health in 21 days - or your money back!



Biome Shake designed to deliver quality protein, essential vitamins, and minerals in a delicious, filling meal replacement shake. Not only are these shakes tasty, they are incredibly convenient, which makes sticking to your nutritional goals far easier.

Within the Elite Health Challenge system, protein meal replacement shakes are used as a way to ensure that you are able to control the quality of the food you eat as you work to restore a healthy gut balance.

What's So Great about the Biome Shake?

Like all of the products in the Elite Health Challenge, Biome Shakes is created to exacting standards. But Biome Shake offers all of the benefits of the soy protein and whey protein shakes without any soy, dairy, or animal products. This vegan shake allows those who have sensitivities to soy or dairy or who choose not to consume animal products to fully participate in the Elite Health Challenge program.

As a meal replacement, two level scoops of Biome Shake powder is mixed with about nine ounces of water. Shake and drink. It's that simple! Its creamy, slightly sweet taste and smooth texture make it perfect for breakfast or an afternoon snack.

Biome Shake (vanilla), when taken in conjunction with berberine (Biome Balance), a probiotic (Biome Actives), ProArgi9+, Omega 3 oil capsules, and Bergamot Orange extract (Metabolic LDL), and the Purify drink, is a vital part of metabolic health success.

The Power of Pea Protein

Most protein powders and shakes contain either whey or soy protein. Some also use brown rice protein. While these are great ways to get hunger-killing protein that also helps to build muscle mass, pea protein has the added advantage of being one of the most hypoallergenic sources of protein available. With no dairy, gluten, or soy to irritate those who have allergies to those substances, pea protein doesn't cause bloating or stomach upset, which are common negative side effects for those who have allergies to other types of protein powders.



Pea protein is excellent when taken within 30 or so minutes after a workout. The branched chain amino acids in peas reduce the amount of muscle breakdown you suffer from a hard workout while allowing your body to absorb more amino acids more quickly.

Pea protein has been shown to help you feel full for longer while also lowering levels of the hunger hormone, ghrelin, which tells you when you're hungry. Those looking for weight loss benefits will also be happy to know that pea protein increases muscle thickness just as well as dairy-based proteins due to pea protein's high quantities of *L-arginine*. Because muscle tissue burns fat and calories more quickly and efficiently than fat tissue, pea protein is a great addition to your weight loss regimen and weight maintenance lifestyle.

Finally, pea protein helps regulate blood sugar levels. When blood sugar levels remain consistently low, the body is forced to burn fat as fuel rather than relying on glucose. In addition, consistent blood sugar levels reduces cravings and keep your mood on a much more even keel throughout the day.

Take Advantage of Biome Shake today!

Using Biome meal replacements shakes as part of the Elite Health Challenge system, thousands of people have recovered their gut health and decreased their metabolic age, thus setting themselves up for better overall health, more energy, clearer thinking, and loss of excess weight.