

OLIPOP

RAISE A GLASS TO GUT HEALTH

Meet the new player on the scene that's helping people take care of their gut health: OLIPOP



Images by OLIPOP

Meet your Gut Flora

Take a journey into the microbial world that lives inside of you and discover the secrets to a healthy gut.

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The Tale of the 'soda savior'

For one college student a new secret weapon has emerged in the fight for a healthy diet: OLIPOP

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MEET YOUR GUT FLORA

The collection of microorganisms that call your digestive system home. These tiny organisms play an important role in a range of bodily functions, from digestion and nutrient absorption to immune system regulation and mental health. In a [Vogue article](#), Dr. Sammie Gill says “The gut is a hub of activity – it contains trillions of microbes which produce thousands of molecules, that can affect other organs in the body, including the brain and skin,”

But what happens when your flora is out of whack? You’ll end up dealing with a laundry list of issues like bloating, weight gain, acne, and dreaded mood shifts. Extreme unbalance can even cause immune system dysfunction, nutrient deficiency, and increased risk of disease.

Luckily, you can take some simple steps to keep your gut flora happy and healthy. The answer lies in what you eat. A diet rich in fiber promotes the growth of good bacteria in your gut.

“Gut health is wealth, on all fronts,” said an article published by [POOSH](#)

The Secret Ingredient

Enter Olipop

The game-changing bubbly beverage that is packed with gut-friendly ingredients that promote healthy gut flora. Olipop’s unique blend of prebiotics, plant fiber, and botanicals work together to nourish and soothe your gut.

Image by OLIPOP



Image By Camilles Styles

Hunting & Gathering...
but make it 21st Century
with OLIPOP

Scientists have found a correlation between digestive health and a hunter-gatherer diet. A diet that is packed with nutrition, abundant in fruits and vegetables, and rich in fiber. The founders of OLIPOP became our modern hunter-gatherers and crafted a drink to bring you the ingredients and gut microbiome supporting benefits of the ancient diet.

THE CONNECTION BETWEEN GUT HEALTH AND MENTAL HEALTH



Image by POOSH

BALANCE &
HAPPINESS



WHAT IS THE GUT - BRAIN CONNECTION?

You've heard of 'getting a gut feeling' or 'feeling butterflies in your stomach'. Well, there's always a scientific reason behind the expression. As a matter of fact, the brain has a direct effect on the stomach and digestive tract, and new research shows that it actually goes vice versa.

Your gut and your brain are actually like best friends, but they can cause a scene when they're not getting along. "A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut," said Harvard Health Publishing. The connection is a complex network of nerve cells, chemicals, and microbes.

The Gut Flora could be the most fascinating part of these new discoveries. The mix of trillions of microorganisms living in your tract plays a role in influencing your mental health. Turns out the tiny microbes produce chemicals that communicate with your brain, influencing your mood and behavior. When the balance of microbes gets thrown off, signals will be sent.

Olipop is designed to support gut health in order to prevent your flora from sending angry signals. The mix of prebiotics and plant-based fibers feeds beneficial bacteria to the gut and will keep you and your gut happy and healthy.



WHERE MIXOLOGY MEETS HEALTH



Image by Freepik

Farewell to sugary mixers and artificial flavors, there's a new player in town, and it's here to revolutionize the cocktail game

Olipop isn't just for sipping on its own- it's also perfect for creating delicious and healthy cocktails that will be sure to impress. Whether you're looking for a new twist on an old favorite or a completely original creation, we've got you covered.



Olipop Aperol Squeeze

Combine 2 oz of Aperol and 2 oz of Prosecco in a glass filled with ice. Top with Olipop Orange Squeeze and garnish with an orange slice.

Blueberry Mint Spritz

In a shaker, muddle a few fresh mint leaves with 1 oz of blueberry puree. Add 2 oz of vodka and a squeeze of lemon juice. Top with Olipop's Ginger Lemon Sparkling Tonic and garnish with a sprig of fresh mint.

Cherry Vanilla Vodka Soda

Fill a glass with ice, and add 2 oz of vodka, and ½ oz of fresh lime juice. Pour 1 can of Olipop Cherry Vanilla, and garnish with cherry and lime wedge.

THE TALE OF THE 'SODA SAVIOR'

An interview with Johnnie Formica

A typical female college student struggling to maintain a healthy diet. Between classes, social events, and an endless stream of assignments, Johnnie's busy schedule leads her to make quick and unhealthy food choices. Her initial idea of a balanced meal was a cheeseburger, a side of fries, and ice-cold soda.

"I've been drinking soda for years now and honestly nothing is better than a fountain drink. I know it's unhealthy but it's inexpensive and it has always been my go-to drink," said Johnnie.

Johnnie has recognized that her eating habits are not sustainable in the long run, as she has struggled with digestive issues and decreased energy levels. However, implementing a healthy diet in her daily life has been an obstacle. It's easy to feel like eating healthy is out of reach when you put college expenses in the equation.

Until she discovered OLIPOP

A tasty and convenient way to support her gut health

"At first, I was skeptical. I mean I'm not usually one to try new things, especially healthy things, but I decided to give the Vintage Cola flavor a try," said Johnnie

"I have to say I loved it. I was surprised by how much it actually tasted like coke. It was just the right amount of sweetness and didn't taste artificial,"



"Olipop allows me to
indulge in my cravings
and still feel guilt-free"
- Johnnie Formica

But the best part? OLIPOP actually made her feel good. She had always struggled with digestion issues, but after implementing OLIPOP, her gut health had dramatically improved. She felt less bloated and more comfortable after meals.

"I've also been able to notice my skin look clearer and my energy levels being a lot more consistent," said Johnnie since drinking Olipop

Olipop has become a staple part of her healthy routine. It's the perfect drink for someone who wants to make healthier choices but doesn't know where to start and wants to avoid breaking the bank. A drink designed to deliver you the most functional ingredients in the palm of your hand.



Image by OLIPOP

THE SWEET DEBATE

Olipop vs traditional sodas

The Sweetener:

High-fructose corn syrup is commonly found in traditional sodas which are linked to obesity, diabetes, and other health issues. Olipop uses natural sweeteners like Stevia leaf and Cassava Root syrup.

The Fiber:

One of the key ingredients in Olipop is plant-based fibers. These fibers which are derived from sources like Chicory Root, Nopal Cactus, and Cassava, promote digestion health. Meanwhile, traditional sodas contain little to no fiber.

The Flavor:

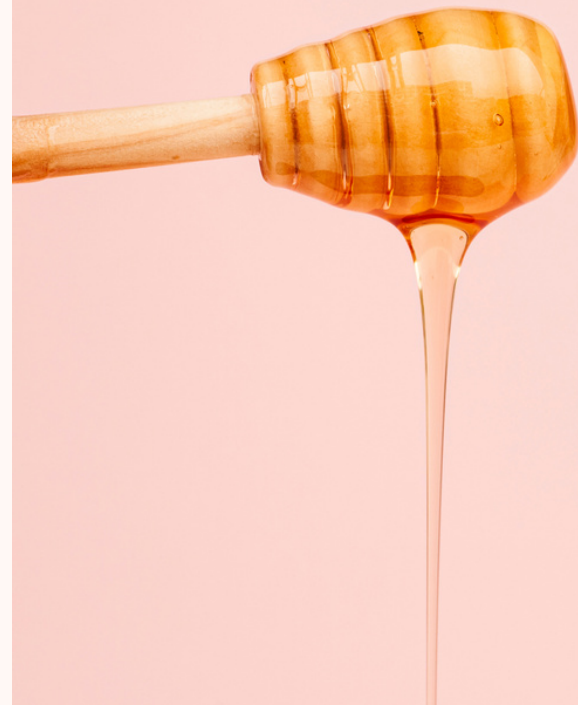
Sodas are often flavored with artificial flavors very harmful to health. Olipop uses natural fruit juices and flavors in order to create delicious flavors in every can.

The Nutrition:

Traditional sodas provide little to no nutritional value. They're high in calories, sugar, and sodium. Whereas Olipop is packed with vitamins, botanicals, prebiotics, and minerals.



Images by FreePik





Upcoming March Events

Experience the Fizz



Image by OLIPOP

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**OLIPOP INTRODUCES
NEW LEMON LIME
FLAVOR**

out now

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PODCAST EPISODE

March 20, with Co-founder,
David Lester

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**OLIPOP X GRAND
CENTRAL MARKET,
DTLA DUO**

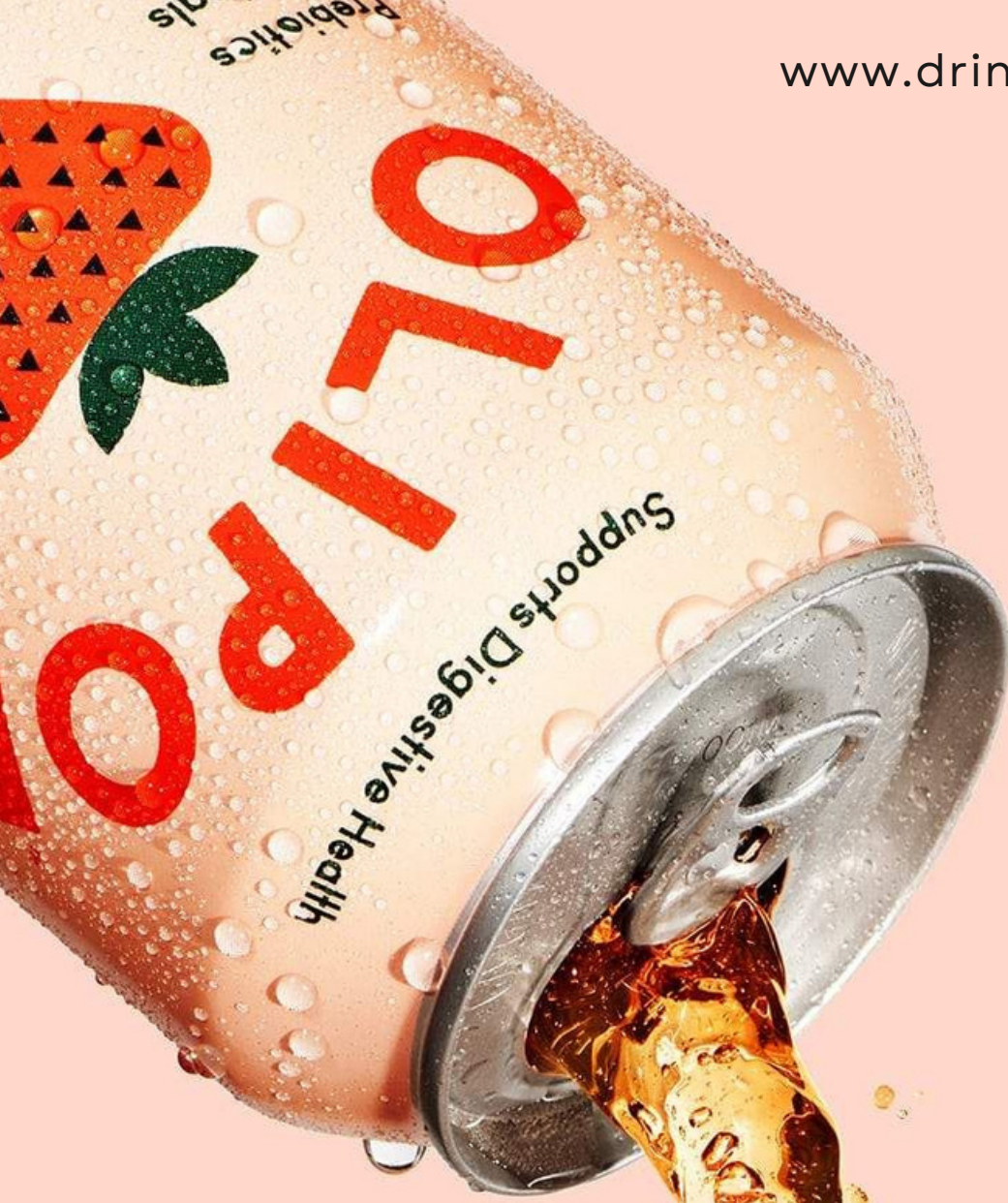
March 22

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