

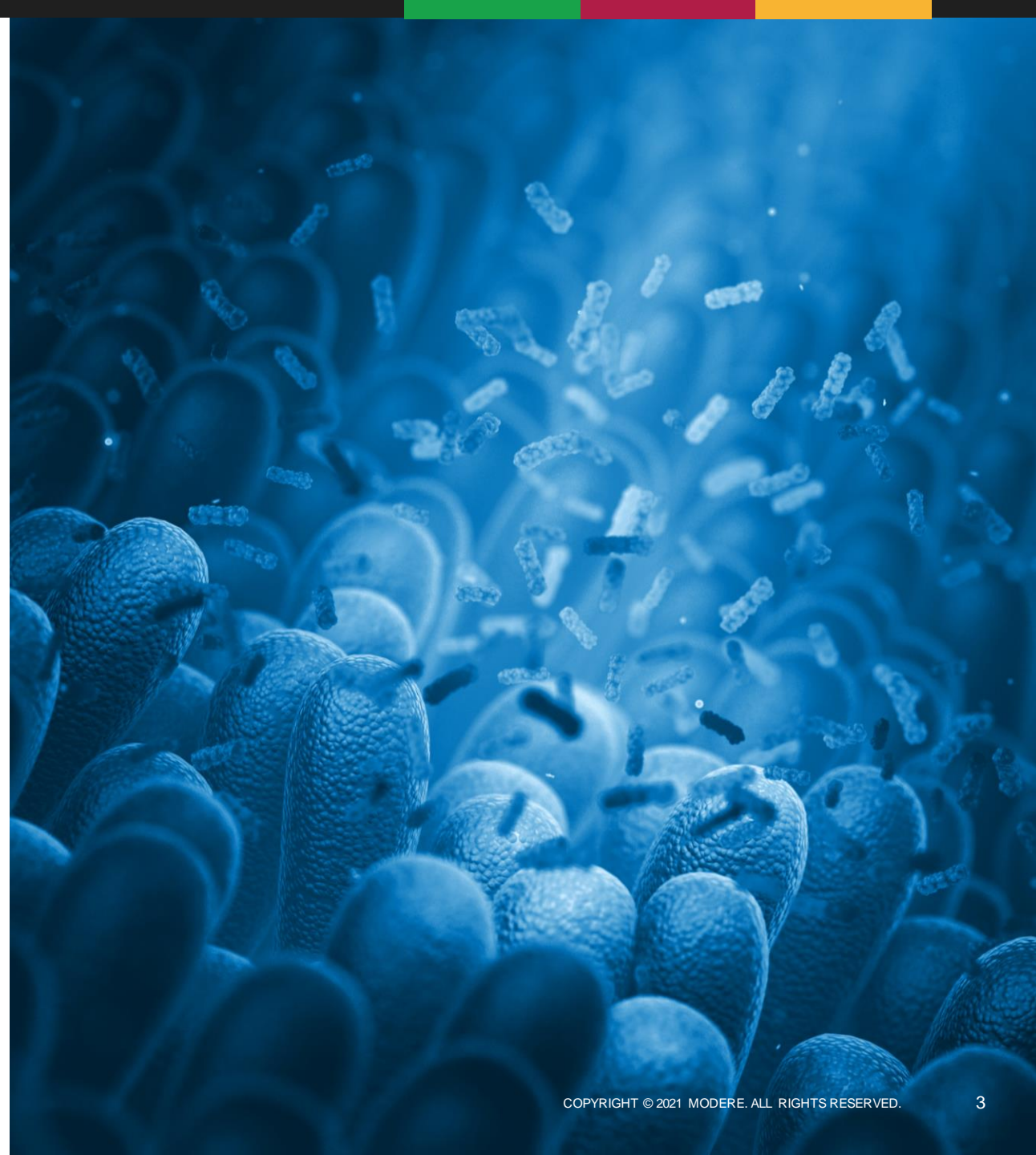
THE MICROBIOME, PHYTONUTRIENTS & OPTIMAL HEALTH

Dr. Lisa DeRosimo, MD, MS

YOUR MICROBIOME

YOUR MICROBIOME

- Directly impacts overall wellbeing
- Functions as an organ



YOUR MICROBIOME

WHEN BALANCED

- Feel healthy
- Have energy
- Have better digestion
- Support micronutrient synthesis

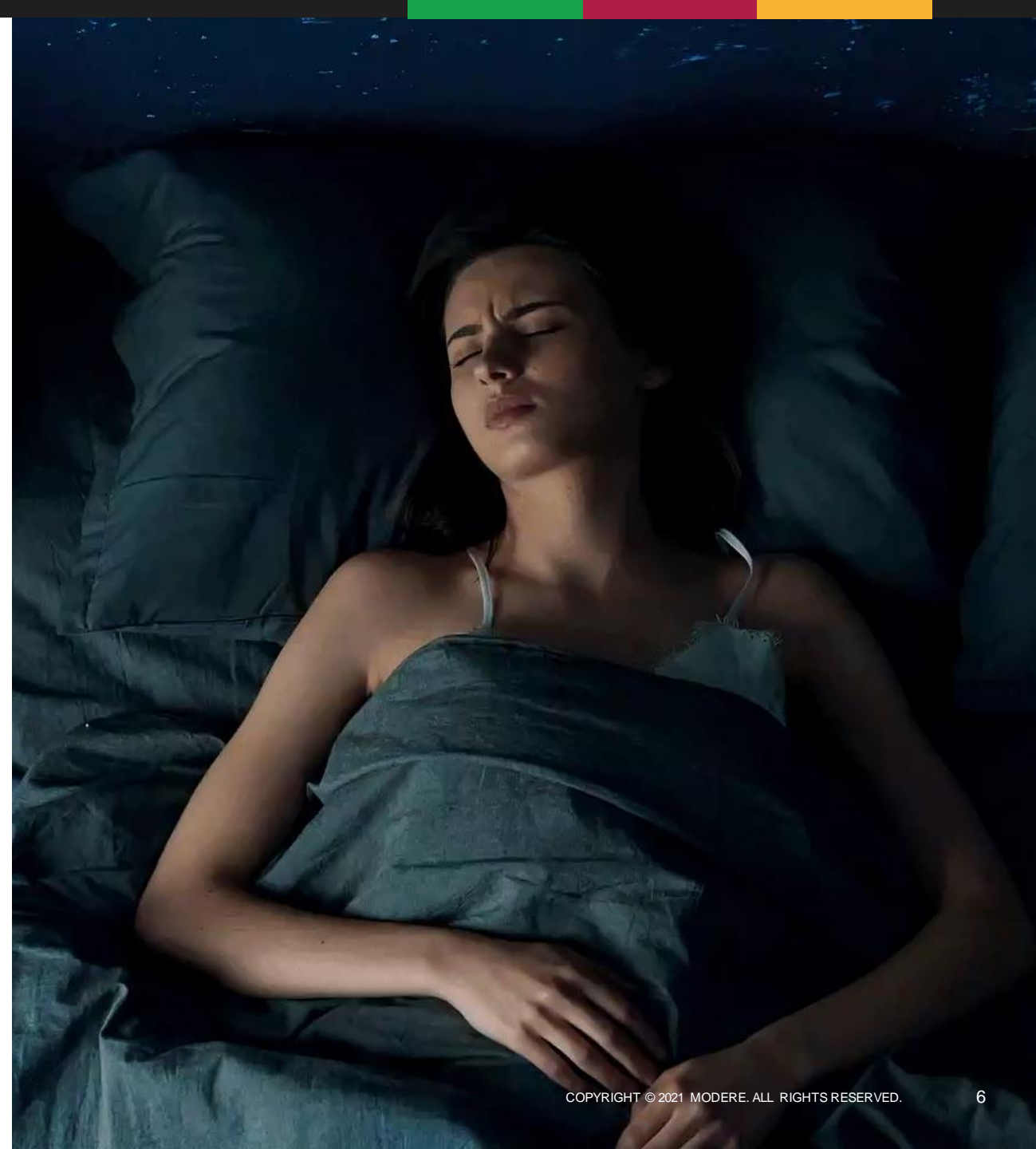


OPTIMAL OVERALL WELLNESS

YOUR MICROBIOME

WHEN IMBALANCED

- Feel sluggish
- Have digestive issues
- Have sleep issues



BODILY PROCESSES IMPAIRED

IMPAIRED MICROBIOMES

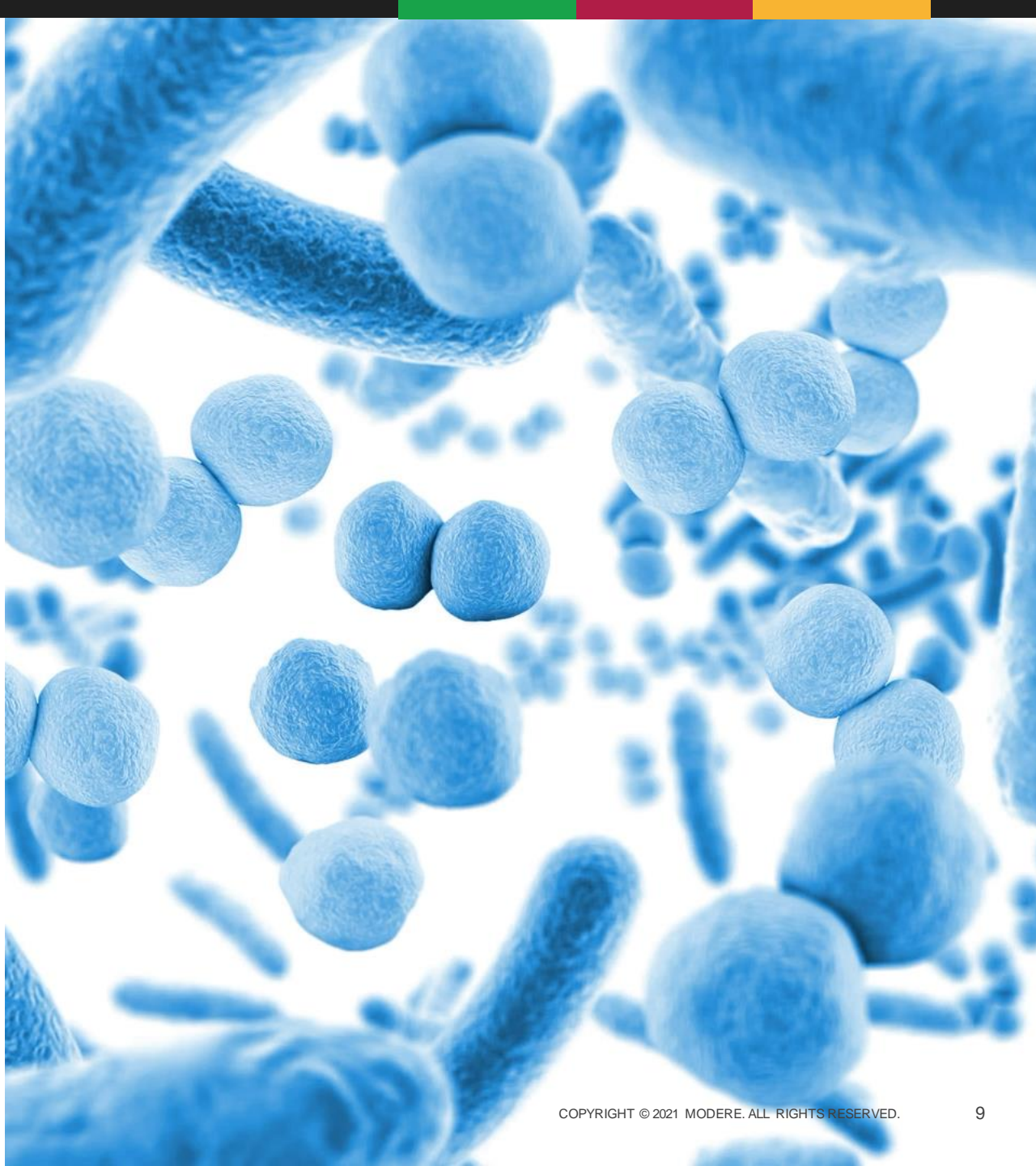
DUE TO LIFESTYLE HABITS

- Poor diet
- High stress



HEALTHY MICROBIOMES

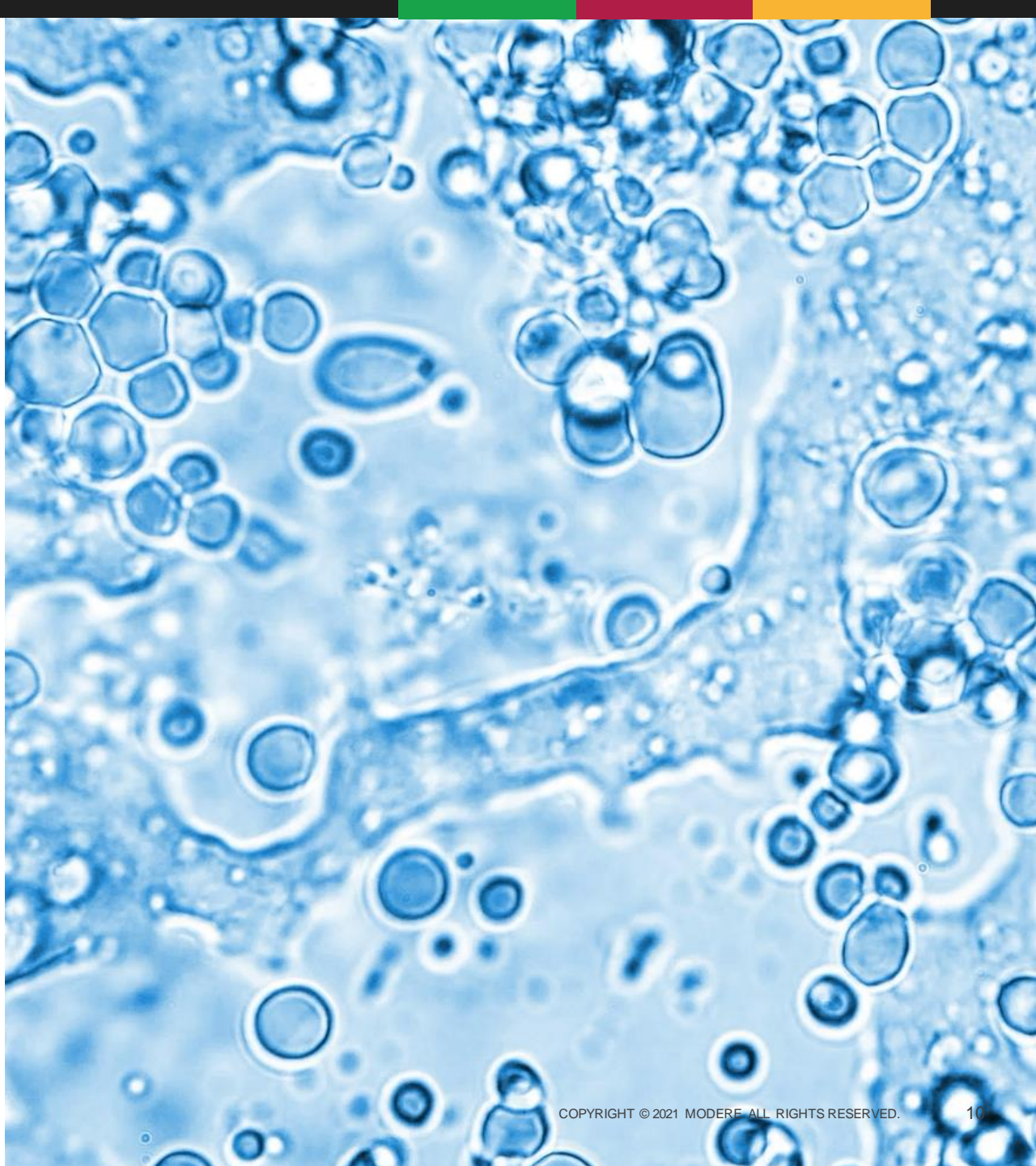
- Diverse microbiota
 - 10,000+ strains
 - Outnumbers human cells 10 to 1
 - More variation than human DNA
- No two alike



AVERAGE GUT BACTERIA REPLICATES EVERY 20 MINUTES!

RAPID MICROBIOME FLUCTUATION

- Able to alter and improve quickly
- Affected by lifestyle habits



THE 4Rs

REMOVE

Reduce or eliminate

- Stress
- Toxins
- Processed foods
- Sugar
- Saturated & trans fats

REPLACE

Supplement the enzymes deficient in your gut

- Over-the-counter digestive enzymes and/or
- Vinegar (acid)

REINTRODUCE

- Good bacteria
- Fermented foods
- Fruits & veggies
- Prebiotic fiber
- High-quality probiotics

REINFORCE

- Whole foods
- Nutrients
 - Healthy fats
 - Glutamine
 - Collagen
 - Amino acids
 - Zinc
 - D & B-complex vitamins

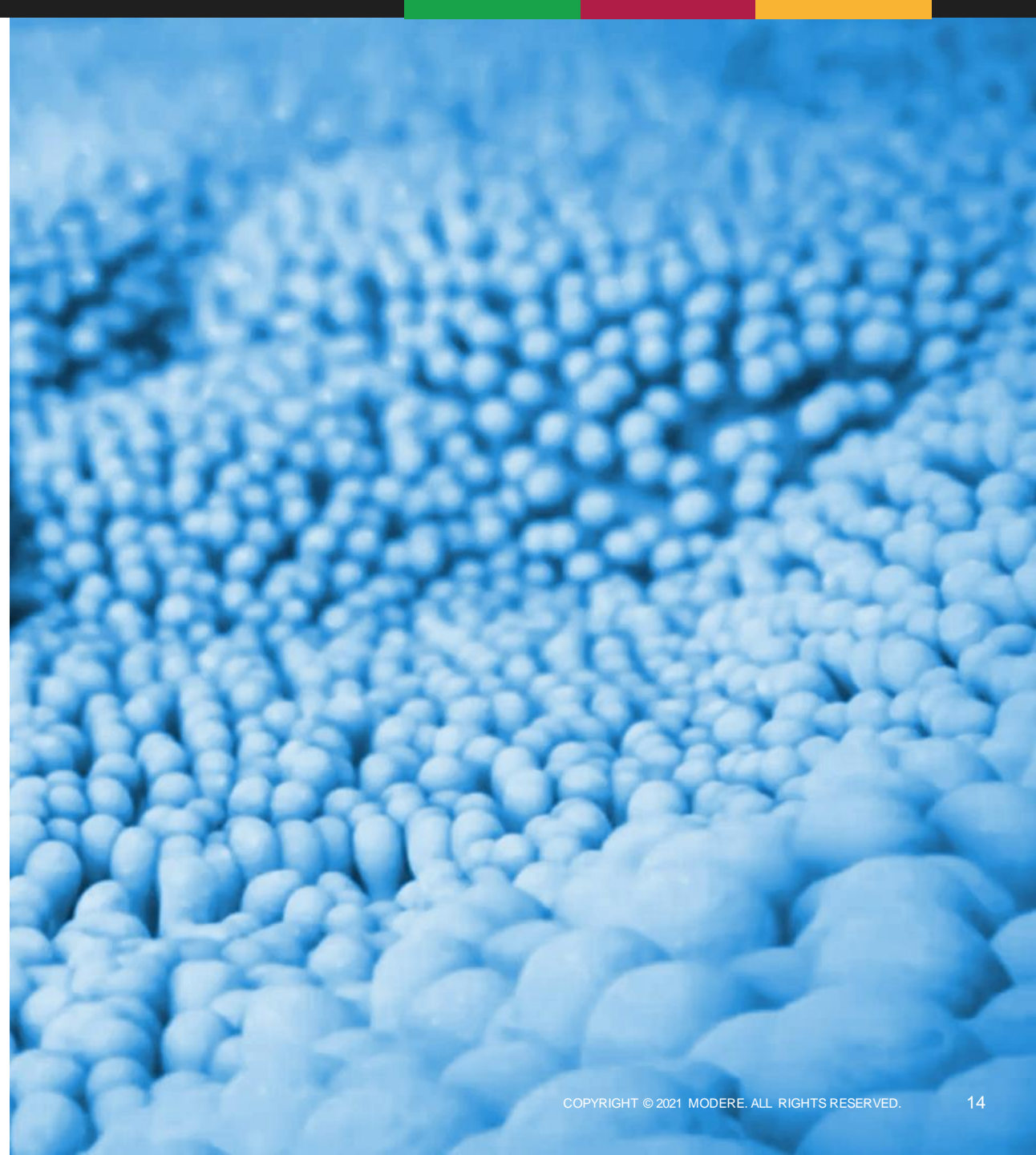
THE 4Rs TAKEAWAY

A PLANT-RICH DIET SUPPORTS
YOUR MICROBIOME AND IMPROVES
GUT HEALTH



A HEALTHY GUT FUNCTIONS EFFECTIVELY

- Strong gut barrier
- Balanced microbiome
- Improved micronutrient synthesis
- Keeps out toxins
- Optimizes overall wellness



YOUR PARENTS WERE RIGHT!



PHYTONUTRIENTS

NATURAL COMPOUNDS

- Help plants stay healthy
- Protect plants against insects, fungi, bacteria, sun



64x

More
antioxidants



FOR THE BEST PHYTONUTRIENT BENEFITS

WHOLE PLANTS + RAW FORM = OPTIMAL NUTRITION



BENEFITS OF A PHYTO-RICH DIET

- ✓ Support immunity
- ✓ Help detox
- ✓ Support healthy DNA
- ✓ Promote heart & joint health
- ✓ Support cognitive function
- ✓ Improve nutrient synthesis
- ✓ Promote healthy aging & longevity



FRUITS & VEGETABLES = SUPERFOODS

EXAMPLES OF PHYTONUTRIENTS

TYPE OF PHYTO

CAROTENOIDS

FLAVONOIDS

GLUCOSINOLATES

BENEFITS

Beneficial For Eye Health
& Immune Health*

Support Cardiovascular
Health & Detox*

Help Eliminate
Toxins*

FOUND IN

Carrots, Kale,
Tomatoes, Yams

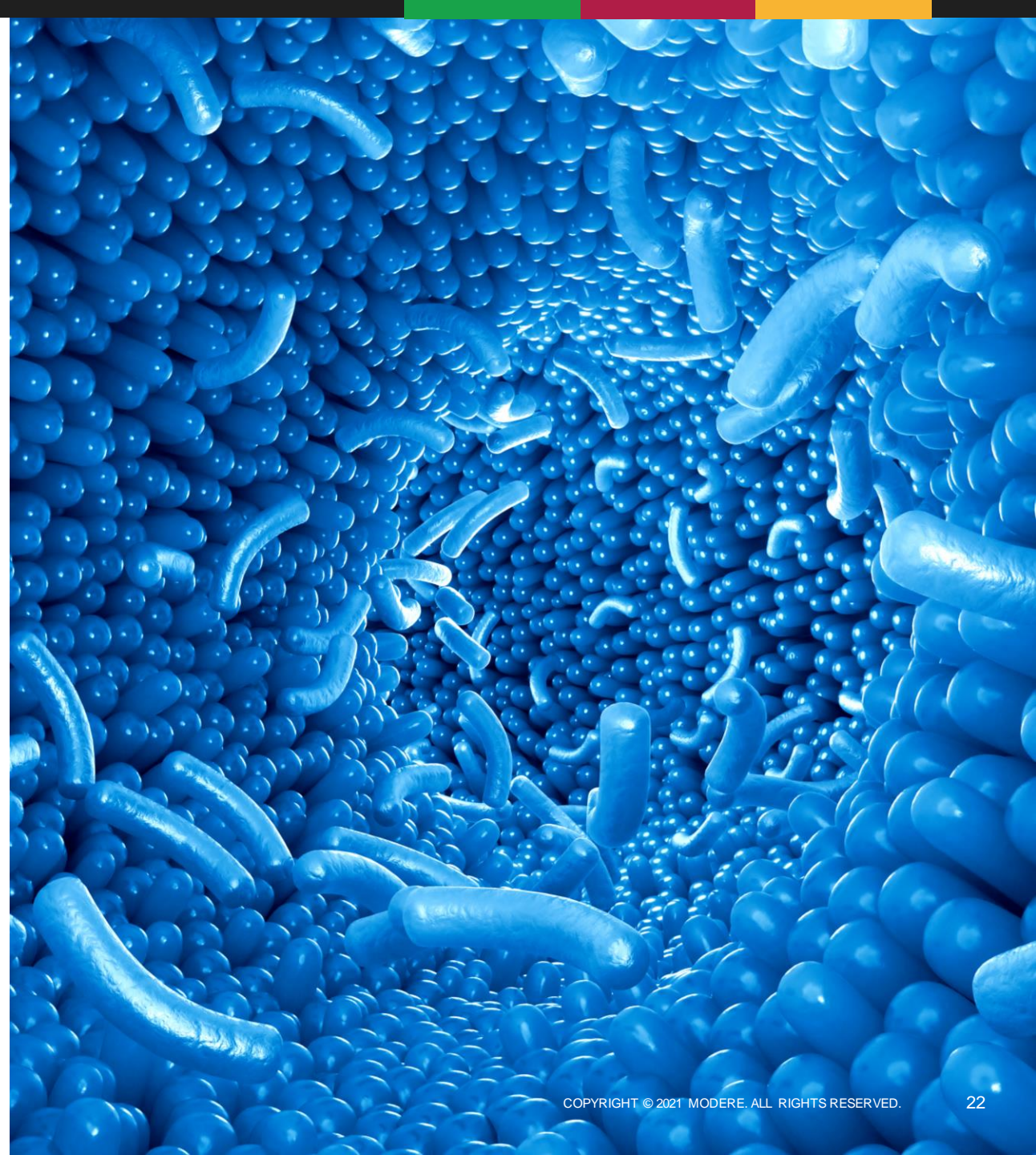
Green Tea, Coffee, Legumes,
Ginger

Broccoli, Cauliflower,
Bok Choy, Cabbage

POLYPHENOLS

UP TO 95% TRAVEL TO GUT

- Digested by microbiome
- Optimize micronutrient absorption
- Promote growth of good bacteria



ONLY 1 IN 10 EATS ENOUGH FRUITS & VEGGIES

90% of population deficient in phytonutrients
for optimal health!



NOT ALL PHYTONUTRIENTS ARE CREATED EQUAL

- Must be bioavailable
- Must have healthy microbiome to metabolize
- May not deliver on stated claims



MODERE AXIS™ PHYTOS

MORE THAN A SUPERFOOD†

- Every ingredient carefully selected
- Science-backed benefits
- Concentrated for maximum bioavailability

† Modere Axis™ Phytos contain more phytonutrients than individual superfoods.



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Bioactive
whole foods
& nutrients

3

Cutting-edge
formulas



MODERE AXIS™ PHYTOS

SYNERGISTICALLY COMPLEMENT
MODERE AXIS™ TREBIOTIC



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AXIS TREBIOTIC +
AXIS PHYTOS
= OPTIMAL WELLNESS



MÖDERE®

LIVE CLEAN. LIVE WELL.