



BIOHM was co-founded by Dr. Ghannoum, one of the world's foremost gut health scientists.

47+

47+ YEARS OF RESEARCH

500+

500+ PUBLISHED SCIENCE PAPERS

30K+

30,000+ SCIENTIFIC CITATIONS

"Dr. Mahmoud Ghannoum, the scientist who is now known as the leading microbiome researcher in the world."

- The Washington Post

DIRECTIONS

Mix one scoop with 8 oz. of water (cold recommended), protein powder, yogurt or a favorite drink. Can combine with BIOHM Digestive Reds™.

WARNINGS

Consult your healthcare provider if pregnant or nursing, taking medication, or have a medical condition.

KEEP OUT OF REACH OF CHILDREN.

Do not use if any part of this package is torn, open, or damaged. Store at room temperature. No refrigeration necessary.

Non-GMO

Gluten-Free

No Added Sugar

Made Without Soy

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

39
SUPERFOODS

29
ANTIOXIDANTS

24
VITAMINS & MINERALS

6
DIGESTIVE ENZYMES

1
BILLION CFUs OF PROBIOTICS

0
TOTAL SUGARS

BIOHM[®]
ESSENTIALS

DIGESTIVE GREENS™

★ FROM THE WORLD'S ★
LEADING MICROBIOME SCIENTIST¹
(MEET DR. GHANNOUM ON SIDE PANEL)

ASHWAGANDHA + SPIRULINA + CHLORELLA
GREENS + PROBIOTICS + FIBER + ENZYMES

30 SERVINGS | 7.4 OZ. (210 G) DIETARY SUPPLEMENT

7-IN-1 DAILY
GUT SUPPORT:

REDUCE BLOATING*

HEALTHY DIGESTION*

GUT WALL INTEGRITY*

IMMUNE FUNCTION*

INHIBITING FREE RADICALS*

BREAKS DOWN GUT BIOFILMS*

GOOD SOURCE OF FIBER*

TASTY MIXED
BERRY FLAVOR

Supplement Facts

Serving Size: 7 g (1 Scoop) Servings Per Container: 30

	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	6 g	2%
Dietary Fiber	3 g	11%
Total Sugars	0 g	
Vitamin A (palmitate)	60 mcg	7%
Vitamin C (ascorbic acid)	38 mg	43%
Vitamin D (cholecalciferol)	1 mcg	5%
Vitamin E (D-alpha tocopheryl acetate)	3 mg	20%
Thiamin (thiamine hydrochloride)	0.2 mg	17%
Riboflavin (riboflavin)	0.3 mg	23%
Niacin (niacinamide)	2 mg	13%
Vitamin B6 (pyridoxine hydrochloride)	0.3 mg	18%
Folate (folic acid)	54 mcg	14%
Vitamin B12 (cyanocobalamin)	1.4 mcg	60%
Biotin	24 mcg	80%
Pantothenic Acid (D-calcium pantothenate)	2 mg	32%
Calcium (calcium carbonate)	24 mg	2%
Iron (ferrous fumarate)	1 mg	6%
Phosphorus (dimagnesium phosphate)	19 mg	2%
Iodine (potassium iodide)	12 mcg	8%
Magnesium (dimagnesium phosphate)	16 mg	4%
Zinc (OptiZinc® zinc monomethionine)	1 mg	12%
Selenium (L-selenomethionine)	4 mcg	7%
Copper (copper gluconate)	0.2 mg	22%
Manganese (manganese sulfate)	0.2 mg	9%

Chromium (ChromMate® chromium polynicotinate)

4 mcg

11%

Molybdenum (molybdenum yeast)

6 mcg

13%

Potassium (potassium chloride)

4 mg

<1%

Greens and Fiber Blend

6200 mg

**

Corn fiber, Rice flour, Barley grass, Organic parsley (leaf), Ashwagandha (root), Organic wheat grass, Spirulina, Peppermint extract (leaf), Ginger root, Chlorella

Spectra® Antioxidant Blend

100 mg

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Coffea arabica extract, Green tea extract, Broccoli sprout, Onion extract, Apple extract, Quercetin, Tomato, Broccoli, Camu camu, Acerola extract, Acai, Turmeric, Garlic, Basil, Oregano, Cinnamon, Carrot, Elderberry, Mangosteen, Blackcurrant extract, Blueberry extract, Sweet cherry, Raspberry, Spinach, Chokeberry, Kale, Blackberry, Bilberry extract, Brussels sprout

Digestive Blend

90 mg

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Bromelain, Cellulase, Lipase, Papain, Protease

BIOHM FX® Probiotic Blend (1 Billion CFUs) ▲

21 mg

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Lactobacillus acidophilus 16axg
Saccharomyces boulardii 16mxcg
Lactocaseibacillus rhamnosus 18fx
Bifidobacterium breve 19bx
Amylase

Percent Daily Values are based on a 2,000 calorie diet. **Daily Value (DV) not established.

Other Ingredients: Natural flavors, Maltodextrin, Stevia extract (leaf), Silicon dioxide, Sunflower lecithin.

▲ BIOHM FX® is covered by the following U.S. patent number: US 11,304,985 B2.

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