



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 Greens™.

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.

36
SUPERFOODS

29
ANTIOXIDANTS

24
VITAMINS & MINERALS

6
DIGESTIVE ENZYMES

1
BILLION CFUs OF PROBIOTICS

0
TOTAL SUGARS

BIOHM[®]
ESSENTIALS

DIGESTIVE REDS™

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

BEETS + GOJI BERRY + POMEGRANATE
REDS + 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 RED
BERRY FLAVOR

Supplement Facts

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

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	25		Chromium (ChromMate® chromium polynicotinate)	4 mcg	11%
Total Carbohydrate	6 g	2%	Molybdenum (molybdenum yeast)	6 mcg	13%
Dietary Fiber	3 g	11%	Potassium (potassium chloride)	4 mg	<1%
Total Sugars	0 g		Reds and Fiber Blend	6100 mg	**
Vitamin A (palmitate)	60 mcg	7%	Corn fiber, Rice flour, Organic beet juice, Organic sweet potato, Organic inulin (agave), Goji berry, Organic pomegranate juice		
Vitamin C (ascorbic acid)	38 mg	43%	Spectra® Antioxidant Blend	100 mg	**
Vitamin D (cholecalciferol)	1 mcg	5%	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		
Vitamin E (D-alpha tocopheryl acetate)	3 mg	20%	Digestive Blend	90 mg	**
Thiamin (thiamine hydrochloride)	0.2 mg	17%	Bromelain, Cellulase, Lipase, Papain, Protease		
Riboflavin (riboflavin)	0.3 mg	23%	BIOHM FX® Probiotic Blend (1 Billion CFUs)▲	21 mg	**
Niacin (niacinamide)	2 mg	13%	Lactobacillus acidophilus 16axg		
Vitamin B6 (pyridoxine hydrochloride)	0.3 mg	18%	Saccharomyces boulardii 16mxg		
Folate (folic acid)	54 mcg	14%	Lactocaseibacillus rhamnosus 18tx		
Vitamin B12 (cyanocobalamin)	1.4 mcg	60%	Bifidobacterium breve 19bx		
Biotin	24 mcg	80%	Amylase		
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%			

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

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

▲ BIOHM FX® is covered by the following U.S. patent number: US11,304,985 B2.

Distributed By BIOHM Health Inc.
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