



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 (1) scoop with 8 oz. of water (cold recommended), yogurt or favorite drink.

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.



°May Help Reduce Occasional Stress

*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.

GUT + BRAIN



By analyzing data from one of the largest microbiome datasets in the world, our scientists identified targeted probiotic strains & powerful functional ingredients that help optimize both brain and gut health.*



BIOHM[®]
ESSENTIALS

GUT-BRAIN CONNECTION

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

FOCUS* • MEMORY* • STRESS*°

30 SERVINGS | NET WT 6.75 OZ. (192 G) DIETARY SUPPLEMENT

MAY HELP
SUPPORT:

MEMORY*

MENTAL FOCUS*

COGNITIVE
FUNCTION*

REDUCED
STRESS*°

DIGESTIVE
HEALTH*

IMMUNE
FUNCTION*

BALANCED
GUT FLORA*

BREAK DOWN
OF GUT BIOFILMS*

CHOCOLATE
FLAVORED WITH OTHER
NATURAL FLAVORS

Supplement Facts

Serving Size: 6.38g (1 Scoop) Servings Per Container: 30

	Amount Per Serving	%DV
Calories	20	
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	11%*
Total Sugars	0 g	
Iron	0.59 mg	3%
Sodium	80 mg	3%
Lion's Mane (<i>Hericium erinaceus</i>) Mushroom (fruiting body)	500 mg	**
Bacopa monnieri (whole herb) Extract (Bacopin®) [Standardized for 20% Total Bacosides]	300 mg	**
Digestive Enzyme Blend Bromelain, Cellulase, Lipase, Papain, Protease	90 mg	**
BIOHM GBA™ Probiotic Blend (2 Billion CFUs) <i>Lactobacillus delbrueckii subsp. bulgaricus</i> BGBX-19, <i>Bifidobacterium bifidum</i> SGBX-17	30 mg	**
BIOHM FX® Probiotic Blend (1 Billion CFUs) ▲ <i>Lactobacillus acidophilus</i> 16axg, <i>Saccharomyces boulardii</i> 16mxg, <i>Lactocaseibacillus rhamnosus</i> 18fx, <i>Bifidobacterium breve</i> 19bx, Amylase	21 mg	**
<i>Lactobacillus plantarum</i> DR7 (1 Billion CFU)	10 mg	**

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

Other ingredients: Inulin, Cocoa, Natural flavors, Salt, Stevia extract (leaf).

Distributed By BIOHM Health Inc. 425 Literary Road, Suite 100, Cleveland, OH 44113 | BIOHMHHEALTH.COM | Support@BIOHMHealth.com

Bacopin® is a registered trademark of Sabinsa Corporation

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

GB-23H15-2