

# Pre Essentials™

*Supports healthy immunity,  
digestion, and gut microbiome\**



A Precision Prebiotic™ supplement formulated with a proprietary blend of functional fibers that selectively promote the growth of beneficial bacteria and increase microbial diversity.\*\*

Through its precision selectivity, Pre Essentials™ prebiotic fiber maintains healthy, well-fed, friendly gut bacteria while denying support to undesirable ones. Pre Essentials™ supports a strong, dynamic, diverse, and well-nourished gut microbiome while providing an optimal environment for gastrointestinal health.

**Most prebiotics on the market are NOT selective.** Pre Essentials™ was explicitly designed to support the keystone bacterial strains without feeding the nonbeneficial gut microflora. Pre Essentials™ contains oligosaccharides and kiwifruit powder. Oligosaccharides are non-digestible medium-chain carbohydrates that selectively feed bacterial species that produce valuable short-chain fatty acid (SCFA) metabolites, including butyrate. SCFAs support many diverse physiological functions necessary for optimal health and well-being. Pre Essentials™ contains oligosaccharides that support a significant increase in keystone species, including Akkermansia muciniphila, Faecalibacterium prausnitzii, and Bifidobacteria—all of which are vital for supporting healthy metabolism, body composition, immune function, and intestinal barrier function.\*\*

## Clinical Applications

- Supports the gut microbiome's microbial activity and diversity.\*\*
- Optimizes digestion and gut microbiome health.\*\*
- Promotes selective feeding of beneficial keystone bacterial species.\*\*
- Supports optimal immune function.\*\*
- Maintains healthy intestinal barrier function.\*\*

## Mechanism of Action

Prebiotics are non-digestible food ingredients that beneficially influence health by:

- Serving as a fermentable substrate for specific commensal host bacteria, stimulating their growth and metabolic activity.
- Directly acting on specific gut components and various cell types (epithelial and immune cells).
- Inducing commensal gut bacteria to produce short-chain fatty acids (SCFAs), a vital colonocyte energy source. SCFAs are involved in many physiological functions and benefits, including brain, metabolic, immune, and gut health.
- Maintaining an advantageous tolerogenic environment by promoting immune tolerance and preventing a hyperreactive immune response.

## Microbial Changes from Oligosaccharides

- F. prau increase by 100% in 4 weeks
- A. mucin increase by 8,000% in 5 weeks
- Bifido increase by 67% in 1 week
- Bifido increase by 21% in 4 weeks

This unique blend is formulated with clinically tested ingredients in a proprietary blend derived from non-GMO green and gold kiwi fruit (ACTAZIN® and Livaux®), non-GMO corn cob (PreticX®), and rBST-free cow's milk (Bimuno®).

## Suggested Use: Ages 4+

Week 1: 3 capsules per day

Week 2: 6 capsules per day

To contact ADHD Thrive Institute visit us on the web at [www.adhdthriveinstitute.com](http://www.adhdthriveinstitute.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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NOTE: Some patients may want to start with a partial dose (e.g., 1-2 capsules) and gradually titrate up to a full daily dose, as tolerated. Adjusting the dosage by lowering or spacing it out allows the microbiome time to adapt, if needed.

Children under 4 years of age, please consult your healthcare practitioner.

## SUPPLEMENT FACTS

Serving Size: 6 Capsules

Serving Per Container: 30

Amount Per Serving	% Daily Value*	
<b>Calories: 20</b>		
<b>Total Carbohydrate</b>	4g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	<1%
Proprietary Functional Fiber Blend	4g	†
Galactooligosaccharides (Bimuno®)		
Organic Xylooligosaccharides (PreticX®)		
Organic gold and green kiwifruit powder (Livaux® and ACTAZIN®)		

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

† Daily values not established.

**Other Ingredients:** Vegetable capsule (cellulose and water), cellulose, magnesium stearate, silicon dioxide.

Contains milk. One or more ingredients derived from lactose from bovine milk.

### Warnings:

- If you are pregnant or nursing, taking any medication, or have a medical condition, consult with your doctor before using this product.
- Keep out of reach of children.
- Do not use if safety seal is broken.
- Store in a cool, dry place.

### References:

- Proliant Health (2016). EnteraGam: Managing Gastrointestinal Conditions While Not Harming Beneficial Bacteria doi.org/10.1111/hel.12856
- Proliant Health (2023). Mycotoxin Binding to SBI and Bovine Immunoglobulins

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