



Get in Shape with Probiotic Power!



The root of your weight issues = gut bacteria!

You're following a strict diet, avoiding having too many sweet treats, and exercising regularly—yet when you look in the mirror, the results aren't what you would have hoped for. Meanwhile, you know people who seem to eat whatever they like without putting on the pounds.

The reason for this frustrating imbalance may lie in your gut. Scientific research has identified two key types of bacteria that influence weight: Firmicutes, often called **“fattening bacteria,”** and Bacteroidetes, known as **“figure-flattering bacteria.”** Studies consistently show that people struggling with excess weight tend to have a different gut microbiome compared to those within a healthy weight range.

This suggests that an **imbalance between these bacteria** could be a major factor behind stubborn weight gain. It also explains why so many people diet year after year, only to see the same disappointing results. After shedding a few pounds by cutting down on their favourite treats and hitting the gym, the weight often creeps back on—**the classic yo-yo effect.** And as the number on the scales climbs, so does frustration.

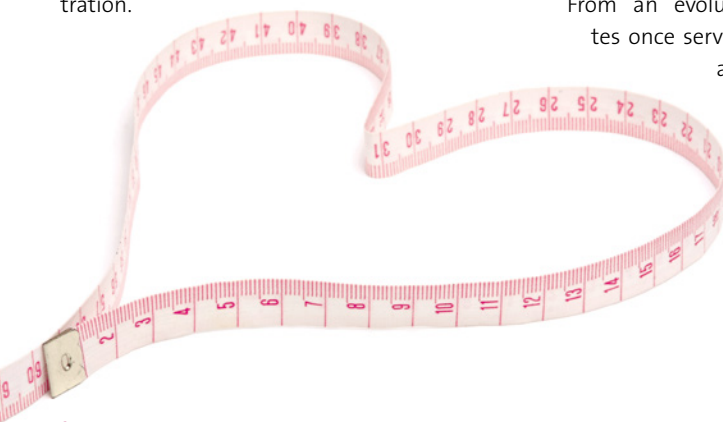
Research has found that overweight individuals typically have an abundance of Firmicutes, sometimes at a staggering ratio of 2,000:1 compared to Bacteroidetes. This imbalance may be making it significantly harder to manage their weight.

Firmicutes: Formidable Foodies

If your gut is overrun with too many of these “fattening” bacteria—specifically aggressive, fibre-splitting Clostridia from the Firmicutes family—it could be working against you. Studies show that these bacteria actively break down and extract energy from otherwise indigestible dietary fibre. As a result, individuals with an imbalance may absorb up to 20% more calories than usual—**that's an extra 200 to 400 calories per day!**

To make matters worse, a diet high in carbohydrates (such as sugary treats and foods made with white flour) provides the perfect environment for Firmicutes to thrive and multiply—creating a vicious cycle.

From an evolutionary perspective, Firmicutes once served an important purpose. Our ancestors relied on them to extract every possible calorie from food, increasing their chances of survival and reproduction in ti-



mes of scarcity. However, in today's world, where food is readily available, **these bacteria are often more of a curse than a blessing.**

That said, not all Firmicutes are bad. Some, such as Lactobacilli, play a beneficial role by regulating the pH levels in our intestines and preventing harmful germs from taking hold. On the other hand, many species of Clostridia—including the particularly aggressive XIVaR Clostridia cluster—can be problematic. An overgrowth of these bacteria is not only linked to **weight gain** but can also lead to digestive issues, often noticeable by a distinctive odour when you visit the bathroom.

Bacteroidetes: Figure-Flattering Friends

Fortunately, there are also bacteria that work in our favour when it comes to achieving the **feel-good figure** we all dream of. These beneficial microbes belong to the Bacteroidetes family. Unlike their “fattening” counterparts, they recognise that the body doesn't need to metabolise every single sugar and carbohydrate when there's already enough energy available.

Instead, these bacteria encapsulate excess sugar, allowing it to pass through the body and be excreted in stool. This effect is clearly demonstrated when comparing the residual energy in the faeces of slim and overweight individuals.

Studies show that lean people's stool contains significantly more calories—**meaning that their bodies are naturally eliminating unnecessary sugars rather than absorbing them.**

However, there's a catch. Bacteroidetes are anaerobic bacteria, meaning they cannot survive in the presence of oxygen. This is why simply taking them in probiotic form isn't an option. Instead, we need to **create the right environment for them to thrive** by feeding them their favourite nutrients—such as dietary fibre like **apple pectin.**

Are your gut bacteria making it harder to lose weight? Find out here!

If you're struggling to get in shape despite maintaining a healthy diet and regular exercise, the answer might lie in your gut. The test below will provide some initial insight into whether your gut bacteria are in balance. Tick each statement that applies to you.

Overall health

- ☐ I often feel tired, sluggish and lack energy.
- ☐ I suffer from mood swings.
- ☐ I have trouble falling asleep and have trouble sleeping through the night several times a month.
- ☐ I often find it hard to concentrate.
- ☐ I suffer from allergies and recurrent infections.

Digestion

- ☐ I often suffer from heartburn.
- ☐ I get bloated almost every day.
- ☐ I have the feeling that my digestive system is not functioning optimally.
- ☐ I frequently have constipation and/or diarrhoea
- ☐ I suffer with abdominal pain that has no explainable cause.

Eating habits

- ☐ I like to eat foods that are high in sugar, like sweets and baked goods.
- ☐ My diet consists mainly of convenience food.
- ☐ White flour-based foods, such as bread and pasta, are a major part of my diet.
- ☐ I do not eat a lot of fruit or vegetables, I only buy them occasionally.
- ☐ Although I haven't changed my eating habits much, I have continuously gained weight in recent years.
- ☐ My attempts to lose weight don't last – I always experience a yo-yo effect.

Important note: Please ensure you see a doctor if you are experiencing any digestive problems.

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Total number of points:

Results

0-2
points

All good!

Congratulations! Your digestive system is working in your favour. It's likely that you follow a balanced diet and stay active. To keep your gut flora thriving, continue eating a fibre-rich diet, limit your intake of sugar and white flour-based foods, and maintain your current level of physical activity.

3-6
points

Give Your Gut a Boost!

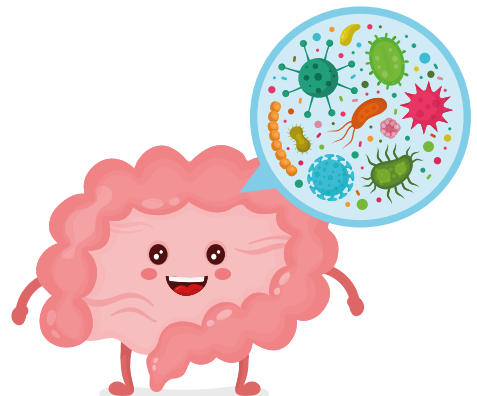
Your gut flora may have shifted, especially if you're dealing with weight issues. There could be an **overgrowth of "fattening bacteria"** in your system, which break down and extract energy from indigestible dietary fibres. As a result, your body absorbs more calories than what's directly available from food. The good news is that you can reduce these excess "fattening bacteria" with the help of strains found in products like **OMNi-BiOTiC® metabolic**.

7-16
points

Gut Flora SOS!

It looks like something's not quite right with your gut flora. If the balance of bacteria in your intestines is off, it could be affecting your figure and well-being. A stool test can help determine if your gut bacteria are out of balance.

To support your journey towards your ideal weight—alongside regular exercise and a balanced diet—a great option is the combination of **OMNi-BiOTiC® metabolic** and **OMNi-LOGiC® Apple Pectin**, paired with the metabolism booster tea, **CHARANTEA® metabolic**. (see page 9).



Sustained weightloss with good gut bacteria!

If you're aiming to see the results you want on the scales or in the mirror soon, it's important to do more than just help your gut by adding probiotic bacteria and fibre to your diet. You also need to consider other factors:

Harmful effects of sugar

Sugar might not only be affecting your figure but it can also harm your overall health. Conditions like **fatty liver disease and diabetes** are well-known consequences, but did you know that excessive sugar consumption is particularly damaging to your intestines? Too many **“empty” carbs** can disrupt the gut environment, causing the pH to spike, which prevents beneficial bacteria from thriving. At the same time, harmful, **sugar-loving pathogens** take hold in your gut.

Even processed foods, which are often seen as convenient, can contain substances that are bad for both your health and your figure. We're not just talking about typical junk foods loaded with unhealthy fats, bad carbs, additives, and preservatives. Even foods like **muesli, fruit yoghurts, and pickled vegetables** can contain **hidden additives**. It's always worth checking the ingredients list!

The impact of stress

Stress is widely recognised for its negative impact on health, including gut health. But did you know stress can also affect your waistline? Stress causes bacteria in your gut to panic,

prompting them to **“store away”** vital substances—fat and sugar—for times of need.

Sleep deprivation, often linked to stress, can also contribute to weight gain, particularly in women, as shown in a study by the National Academy of Sciences.

Nourish your friendly bacteria

To keep the **beneficial bacteria** in your gut thriving, a balanced diet is essential. It should be rich in dietary fibre to nourish the beneficial bacteria that can't survive in oxygen, making them harder to ingest directly. At the same time, limit sugar and unhealthy fats to deprive **“fattening bacteria”** of the fuel they need to grow.

Preparing your own meals not only ensures they taste great but it also means that you know exactly what you're eating!

Get moving!

Exercise is a crucial part of achieving your ideal figure—not just because it helps get your digestive system moving, but also because it positively impacts your gut bacteria. Plus, stubborn fat can be shed easier and quicker with regular movement.

The key is to make time for exercise several times a week—whether it's a **brisk walk, a gym session, or an evening of dancing with friends**. Staying active is an essential part of your well-being.

In our daily lives, there are plenty of opportunities to sneak in some exercise and hit the **recommended 10,000 steps per day**:

Take the stairs instead of the lift and climb a few extra floors on foot.

Rather than calling a colleague at work, walk round to their office for a face-to-face chat.

Park a little further away from wherever you need go to **increase your steps**.

If you're using public transport, walk to the next stop instead of waiting.

For short trips, opt to cycle instead of driving—you'll also skip the hassle of finding a parking spot!

Walk around while chatting on the phone, or even invite a friend for a catch up on a walk.



OMNi-BiOTiC® *metabolic* – Get in Shape with Probiotic Power!

What makes OMNi-BiOTiC® *metabolic* so special?

OMNi-BiOTiC® *metabolic* combines tested strains of bacteria that displace the “fattening bacteria” from the intestines, so that the balance of Firmicutes and Bacteroidetes is restored in the gut.

Like all OMNi-BiOTiC® products, **OMNi-BiOTiC® *metabolic*** exclusively contains scientifically tested strains of bacteria that occur naturally in healthy human intestines too.

OMNi-BiOTiC® *metabolic* contains 7 bacterial strains (3 billion bacteria per sachet):

Lactobacillus salivarius W57

Lactobacillus casei W56

Enterococcus faecium W54

Lactobacillus acidophilus W22

Lactobacillus rhamnosus W71

Lactococcus lactis W58

Lactobacillus plantarum W62

When should I use OMNi-BiOTiC® *metabolic*?

If, despite sticking to a strict diet and getting plenty of exercise, you're not seeing the results you want or if your weight keeps fluctuating, the issue might lie in your gut. In such cases, it's recommended to use scientifically-proven strains of bacteria in a targeted way.

Recommended use:

Once a day, stir one sachet of **OMNi-BiOTiC® *metabolic*** (= 3 g) in approx. 125 mL water; wait at least 1 minute for the product to activate, stir again and then drink. It is advisable to take this product on an empty stomach, if possible. Use over several months has proven to be most effective.



It is recommended to provide the sugar-eliminating bacteria, contained in OMNi-BiOTiC® *metabolic*, with valuable dietary fibre in the form of **OMNi-LOGiC® APPLE PECTIN**.



Our Recommended Product Combination

On the journey to our dream figures, our bodies often require specially selected dietary fibres and an extra boost to truly kickstart our metabolism.

OMNi-LOGiC® APPLE PECTIN

Dietary fibres play a crucial role in feeding the beneficial bacteria in our gut. Just like us, these helpful microbes have their own preferences—different strains thrive on different types of fibre, allowing them to settle, multiply, and support our overall health. The bacteria that aid in sugar excretion and help us achieve our ideal figures particularly love apple pectin. This valuable fibre also has the unique ability to swell in the stomach and intestines, promoting a feeling of fullness.

ON our journey to getting in shape, our bodies often benefit from carefully selected dietary fibre and an extra boost to **kickstart metabolism**.

OMNi-LOGiC® APPLE PECTIN contains high-quality apple pectin, free from additives, and is encased in a plant-based capsule, making it suitable for vegans. Simply take three capsules twice a day with plenty of water or tea to allow the pectin to expand fully. For optimal results, long-term use of **OMNi-LOGiC® APPLE PECTIN** in combination with **OMNi-BiOTiC® metabolic** has proven highly effective.



CHARANTEA® *metabolic*

When making dietary changes, the body often needs time to adjust. Give your metabolism the **kickstart** it needs on your journey to your ideal weight—with plenty of movement and the power of natural plant compounds!

One particularly effective ingredient is bitter melon—also known as bitter gourd, ampalaya, or Momordica charantia. This exotic plant has long been valued as a **natural metabolism booster** and has been a staple in Asian traditional medicine for centuries. Its naturally occurring bitter compounds not only support digestion but can also help curb cravings for sweets.

Rich in beneficial plant compounds, Momordica charantia is the key ingredient in **CHARANTEA® metabolic**. Through a gentle, specialised production process, the fruit is carefully processed to preserve its valuable properties.

Enjoy **CHARANTEA® metabolic** as a refreshing tea, available in delicious flavours like lemon-grass & mint or cinnamon. If you are pregnant or breastfeeding, we recommend consulting your doctor before use.

