

Pendulum® Polyphenol Booster

Maximize the power of your probiotics & increase antioxidants to protect cells



Stimulates cells for healthy aging



Supports heart health



Boosts Akkermansia levels for gut health*

*Based on in vitro studies

FUN FACT

Polyphenols are considered prebiotics because they promote a healthy gut by benefiting the good bacteria in your gut microbiome, such as *Akkermansia muciniphila*

Want to boost the benefits of Polyphenol Booster?

- 1 Take once daily with food
- 2 Increase your intake of fiber-filled foods including whole grains, nuts, seeds, fruits, and vegetables
- 3 Build healthy eating habits by balancing food groups (carbohydrates, proteins, and fats), limiting intake of added sugars, and eating fewer simple carbohydrates such as bread and pasta
- 4 Boost your microbiome with antioxidants, fermented foods, and prebiotics
- 5 Prioritize movement—research shows that 20 minutes of moderate exercise a day reduces your risk of metabolic disease

FREQUENTLY ASKED QUESTIONS

How long until I feel the results?

It usually takes around 90 days to see changes in the microbiome. However, results vary based on your personal microbiome and health history.

How do I store Polyphenol Booster?

Store at room temperature in a cool, dry place. Refrigeration is not needed.

Can I take Polyphenol Booster with other medications?

While we haven't tested Polyphenol Booster with every medication and supplement, there are no contraindications. We recommend seeking the guidance of your healthcare provider.

What if I miss a dose?

Not to worry. Simply take your next dose at your next meal.

What are the ingredients in Polyphenol Booster?

Polyphenol Booster is derived from natural, plant-based ingredients: pomegranate extract (90% ellagic acid), grape seed extract (70% proanthocyanidins), and green tea extract (95% EGCG).

