

# Pendulum® Akkermansia

## Replenish *Akkermansia muciniphila*, a keystone strain for gut health



Improves gut health\*



Strengthens gut lining\*

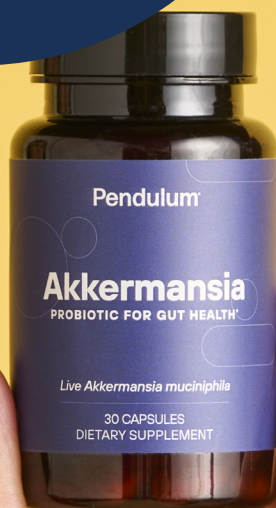


Reduced gut permeability\*

\*Based on in vitro studies

### FUN FACT

Akkermansia thrives on mucin—as the strain consumes mucin, the epithelial cells release a metabolite which promotes mucin layer growth, strengthening your gut lining.



## Want to boost the benefits of Akkermansia?

- 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, prebiotics, and polyphenols (Polyphenol Booster is a good source)
- 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 Akkermansia?

Refrigerate for optimal quality.

### How long should I take Akkermansia?

Akkermansia is a transient strain, meaning that if it isn't continually introduced into your microbiome, it will eventually disappear. The effects of Akkermansia only last while you are taking the product.

### Can I take Akkermansia with other medications?

While we haven't tested Akkermansia 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.

### Is Akkermansia allergen-free?

Pendulum products do not contain any of the 9 major allergens nor does the manufacturing process create allergens; therefore, we are confident that our products are allergen free. Products are produced in a facility that manufactures milk, egg, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soybean-containing products.