

Pendulum[®] Metabolic Daily

Improve your metabolism*



Helps metabolize
sugars and carbs*



Converts food
into energy more
efficiently*

*Based on in vitro studies



Sustains energy
levels

FUN FACT

This targeted formula
helps your body do more
with the food you eat.



Want to boost the benefits of Metabolic Daily?

- 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 Metabolic Daily?

Refrigerate for optimal quality.

How long should I take Metabolic Daily?

The strains in Metabolic Daily are transient strains, meaning that if they aren't continually introduced into your microbiome, they will eventually disappear. The effects of Metabolic Daily only last while you are taking the product.

Can I take Metabolic Daily with other medications?

While we haven't tested Metabolic Daily 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 Metabolic Daily 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.