

# Pendulum<sup>®</sup>

## GLP-1 Probiotic

### Craving control?

GLP-1 Probiotic is a multi-strain formula that naturally increases GLP-1\*, an “un-hunger” hormone that sends a message to your brain that you’re full. Your body already makes this hormone, but now you’ve got the power to boost it\* to help curb your cravings and appetite.



Enhances natural  
GLP-1 production\*



Helps maintain a  
healthy weight

\*Based on preclinical studies

\*\*Based on a consumer survey of 274 people

### Follow these 5 tips to nourish your gut microbiome:

- 1 Take GLP-1 Probiotic once a day 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 polyphenols, antioxidants, fermented foods, and prebiotics
- 5 Prioritize movement—research shows that 20 minutes of moderate exercise a day reduces your risk of metabolic disease

### How the GLP-1 hormone works

GLP-1 Probiotic is formulated with bacterial strains that boost this process naturally.\*

- ✓ As you eat, metabolic processes are triggered in your body
- ✓ In the gut microbiome, the beneficial bacteria—such as Akkermansia and Butyricum—convert the fiber in your food into butyrate, and Akkermansia secretes a protein called p9
- ✓ Butyrate and p9 stimulate GLP-1, the hormone that tells your pancreas to produce insulin, slowing down the emptying of your stomach
- ✓ This sends a signal to your brain that you’re full, reducing your appetite, helping to maintain a healthy weight

### It's what's inside that counts

GLP-1 Probiotic is formulated with the beneficial bacterial strains that help you produce more GLP-1.\*

#### *Akkermansia muciniphila*

Secretes the postbiotics propionate and P9 which induce GLP-1 production.

#### *Clostridium butyricum*

Produces the postbiotic butyrate which stimulates GLP-1.

#### *Bifidobacterium infantis*

Produces the postbiotics acetate and lactate which feed bacteria such as Akkermansia and Butyricum, promoting an ecosystem in the gut that supports a healthy gut lining and naturally boosts GLP-1.

