

#1 NEW YORK TIMES BESTSELLER

Feel Incredible,
Avoid Disease,
and Age Well

"A tour de force."
—Mark Hyman, MD

GOOD ENERGY

The Surprising Connection Between
Metabolism and Limitless Health

CASEY MEANS, MD
WITH CALLEY MEANS

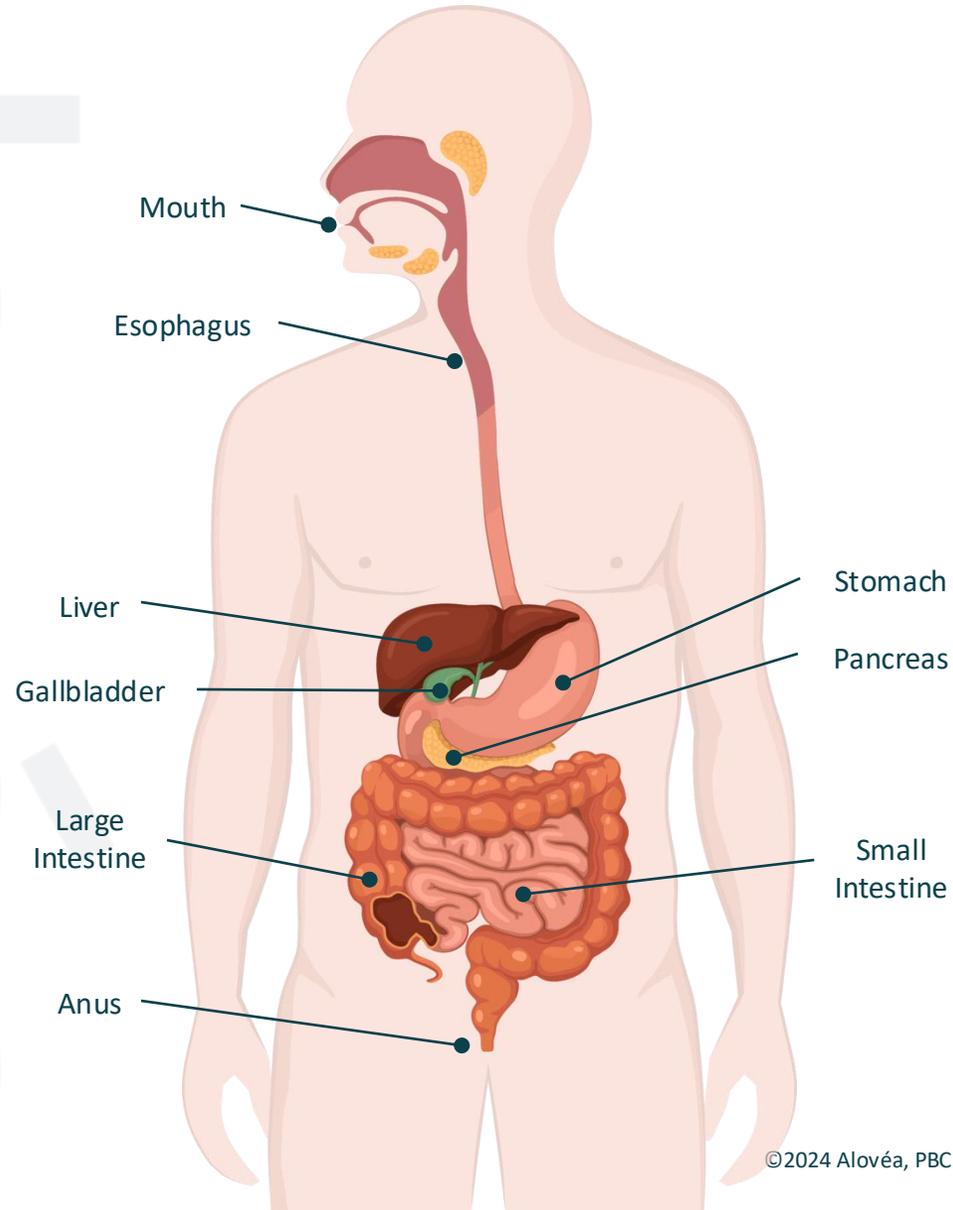
The solutions to our poor health epidemic will not come from government or industry. It will require a health “revolution” that focuses on the root causes of disease.



“All disease begins in the
gut.”

Hippocrates
THE FATHER OF MEDICINE

Digestive System



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Why Gut Health Matters

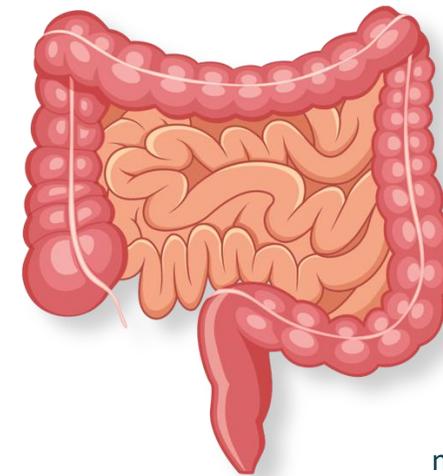
IMMUNITY

Over 70% of our immune system is in the gut. Healthy gut = healthy immune system.

WEIGHT

MANAGEMENT

Gut health can help you maintain a healthy weight.



SKIN

Good gut health can contribute to glowing skin.

ENERGY

A healthy gut can naturally boost energy levels.

MENTAL HEALTH

Mental well-being, brain health, and mood are linked to a healthy gut.

Microbiome

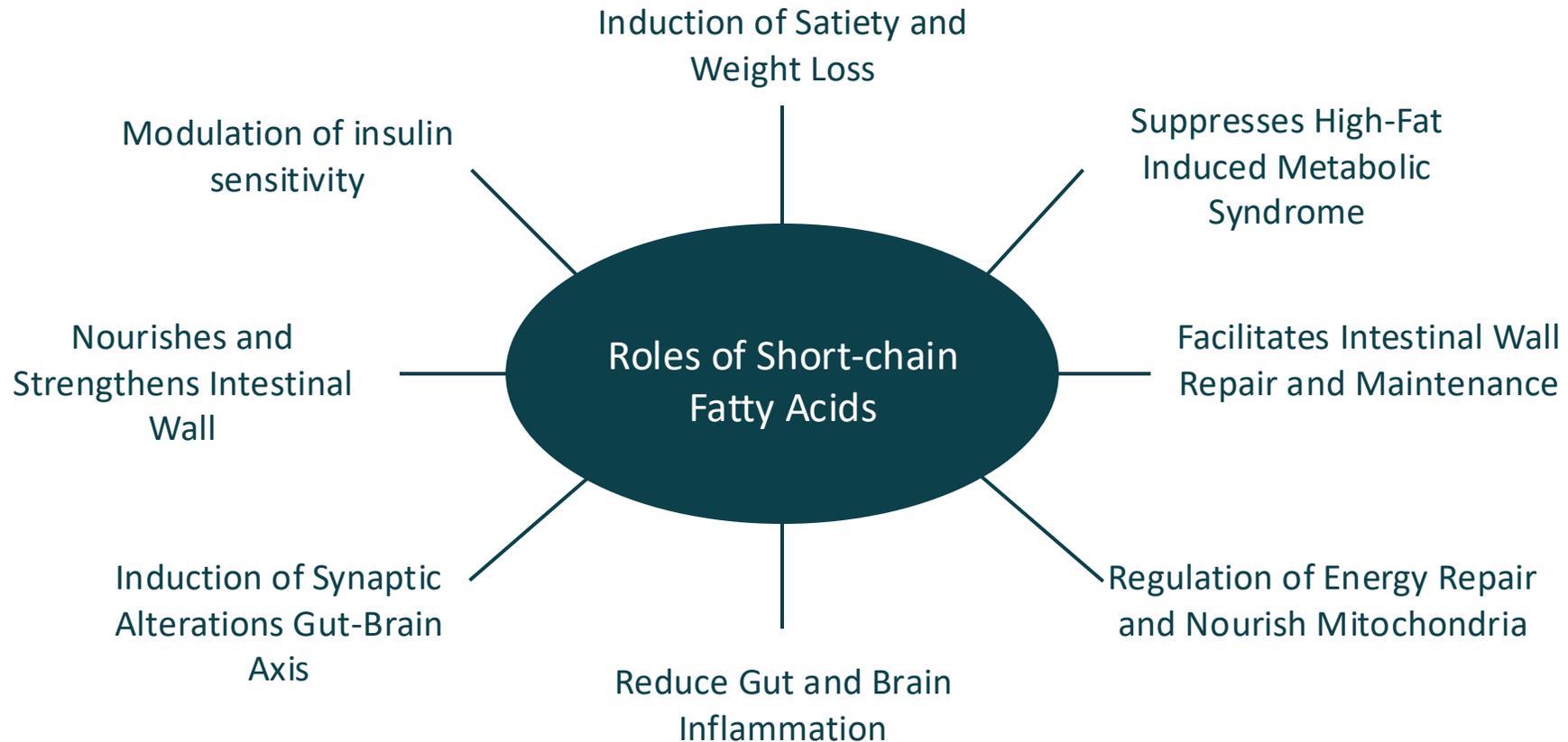
An Ecosystem Within The Body

- 100 trillion micro-organisms
- 1,000 different species of bacteria
- Must maintain proper diversity
- Must maintain proper ratio of good to bad

Good Bacteria Help:

- Produce Vitamins B1, B9, B12, and K in the gut.
- Breakdown foods to extract their essential nutrients.
- Metabolize bile in your intestines (recycled by the liver).
- Train your immune system to tell good bacteria apart from bad bacteria.
- Compete for real estate and nutrients with bad bacteria.
- Produce 90% of your body's serotonin, the happy mood hormone supply.
- Secrete hormones that regulate blood sugar levels, hunger, and satiety in the production of short-chain fatty acids (SCFAs).

SCFA's Butyrate, Acetate, and Propionate



The key biomarker in every gut disease is a deficiency in SCFA's.

Butyrate

“Butyrate is one of the most Important Substances in the Body.”

– PERFORMANCE MEDICINE

- Main source of energy for gut-lining cells.
- Preferred fuel for your brain and your mitochondria.
- Repairs damaged gut cells and tight junctions.
- Protects the brain and the gut-brain axis.

Anti-Inflammatory Mechanisms

- Inhibitions of nuclear KB (NF-KB) activation in colon.
- Regulates T-Regulatory cells (Th-1 and Th-2).

Anti-Microbial

- Inhibits the growth of harmful bacteria.
- Reduces ability of harmful pathogens to attach to host cells.

Anti-Oxidant

- Protects against cellular and mitochondrial oxidative damage.
- Helps repair damaged mitochondria to restore “good energy” production.

Gut Dysbiosis

Gut dysbiosis is defined as gut microbiota imbalance or disequilibrium.

Loss of Beneficial Microbiota

Increased Pathogenic Microbiota

Decreased Microbiota Variety

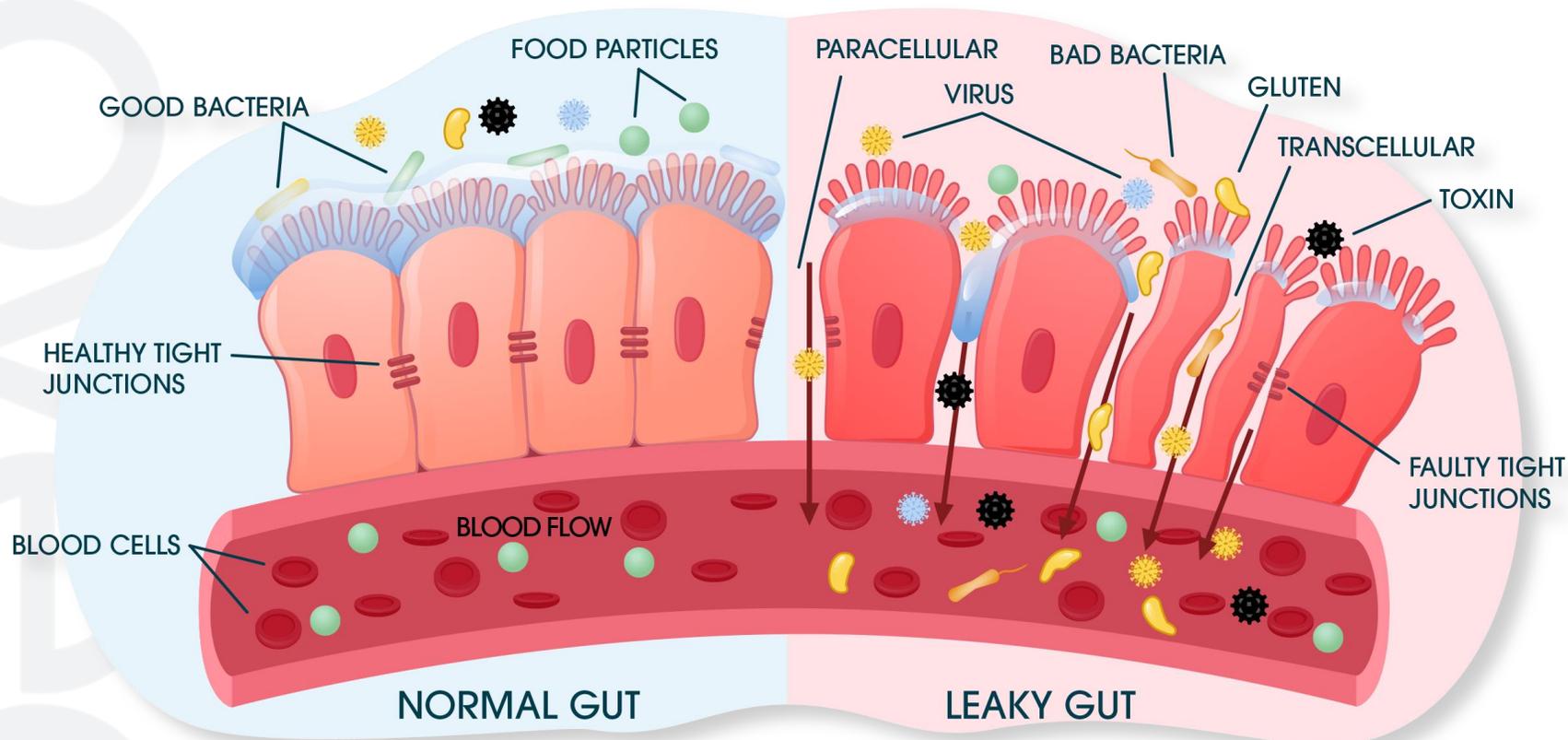
Sugar Feeds Bad Bacteria Growth

- 9 teaspoons max for men
- 6 teaspoons max for women and children
- Average person in U.S. consumes 34 teaspoons per day

Soluble Fiber Feeds Good Bacteria Growth and SCFA production

- Men need 35 grams per day
- Women and children need 25 grams per day
- Average person in U.S. consumes 10-15 grams per day
- 90% of Americans don't eat enough fiber to maintain a healthy gut
- 74% of Americans have gut health problems

Leaky Gut Syndrome



Leaky Gut

- Allows toxins, heavy metals, pathogens, and gluten to leak into the body.
- Inhibits the passage of essential nutrients into the bloodstream.
- Promotes chronic inflammatory biomarkers and mitochondrial disruption throughout the body.

Big 3 Causes and Consequences of Poor Gut Health

POOR DIET

Too many ultra-processed foods (73% of every \$)

Too much sugar

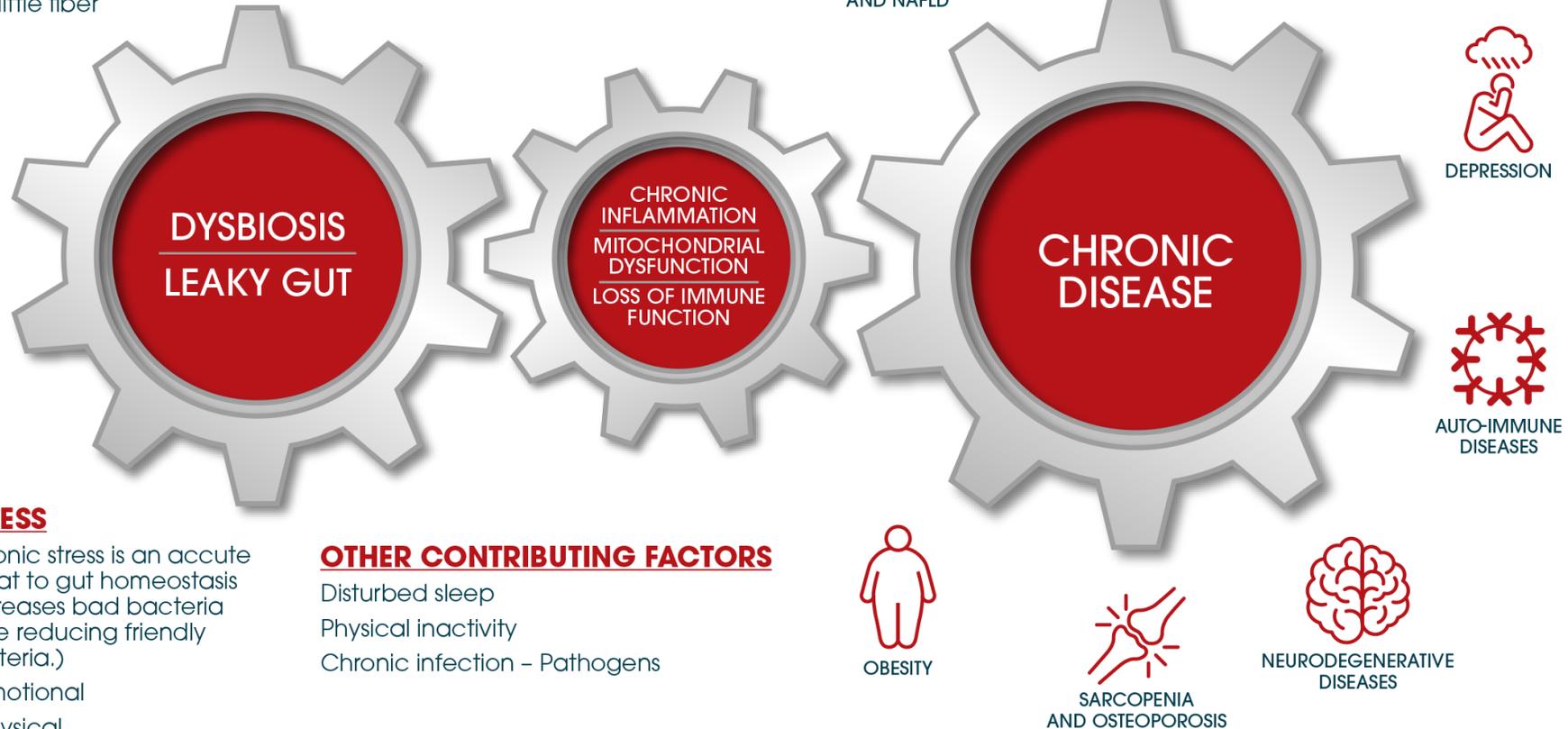
Too few whole foods

Too little fiber

TOXICITY

>80,000 toxic chemicals & heavy metals allowed in our food, water, and air.

Pharmaceutical drugs destroy good bacteria and pokes holes in the gut cell wall.



STRESS

Chronic stress is an acute threat to gut homeostasis (increases bad bacteria while reducing friendly bacteria.)

- Emotional
- Physical
- Environmental

OTHER CONTRIBUTING FACTORS

Disturbed sleep

Physical inactivity

Chronic infection – Pathogens

Gut Health Requires



Intentional Nutritional Targeting of Microbiome



CORE

ADVANCED GUT HEALTH COMPLEX*

- PROPRIETARY CORE DEFENSE & REPAIR BLEND
- GLYCONUTRIENT BASED PREBIOTICS
- BIOACTIVE COLOSTRUM
- BIOACTIVE COLLAGEN PEPTIDES

DIETARY SUPPLEMENT
28 Stick Packs 6.5g (0.23 oz)
Net Weight 182g (6.42 oz)

alovéa

FORMULATED WITH
3 STRATEGIC
NUTRITIONAL BLENDS



Glyco Prebiotic Blend

GLYCONUTRIENTS

The 8 specific monosaccharides (and their precursors) that our cells use to make cellular words (glycoproteins) that facilitate proper cell-to-cell communication.

The fermentation of glyconutrient-based fiber has been shown to produce up to 7 times the amount of friendly bacteria than other sources of soluble fiber, higher production of short-chain fatty acids, and the added benefit of providing the body with glyconutrient monosaccharides.

Three grams of glyconutrient-based prebiotic fibers has been shown to produce the same positive impact on laxation, triglycerides, cholesterol, and blood sugar levels as 10 – 30 grams of other soluble fibers, e.g., inulin.



Not All Fiber is The Same

U.S. Prebiotic Ingredients Market—Summary Review of Recommended Daily Intakes

| | Summary of Scientifically-substantiated Recommendations | Minimum Recommended Intake, grams Per day |
|--------|--|---|
| XOS | 1.4 – 2.8g (Finegold et al, 2014) 0.7g (Tomonatsu H, 1994). Studies have used a range of 0.4 – 10g, but majority are on the lower end. | 1.4* |
| FOS | Up to 10g (Coussement P. 1999): Optimal intake 10g (K.M. Tuohy, et al). Minimal Daily requirement for a increase in gut bifidobacteria is 8g (Menne, et al). | 8 |
| GOS | 5-15g per day. ≤ 12 g/day is usually well tolerated (Leena Niittyán, et al. 2007, Ito M, et al, 1990) | 10 |
| Inulin | 5-8g (Kolida S. et al. 2007) 10-15g for an American adult (Prebiotic Canada) | 5 |

Xylooligosaccharide: A highly-branched polysaccharide made up predominately of the glyconutrient xylose.



Glyco Prebiotic Blend

ARABINOGALACTAN – Larch Extract

Arabinogalactan is a highly-branched, beta-bonded, polysaccharide made up predominately of the glyconutrient, galactose, and the precursor saccharide arabinose.

Arabinogalactan has been shown to enhance the activity of macrophages, natural killer cells, and other immune cells that play a key role in protecting the gut against infections. It also acts as a prebiotic, supports gut lining (epithelial), and supports satiety.

ACACIA GUM

Another rich source for arabinogalactan glyco prebiotic fiber, acacia gum is a rich source of soluble fiber that acts as a prebiotic, feeding beneficial gut bacteria. It has also been shown to help slow the absorption of refined sugars into the bloodstream, as well as cholesterol by binding to bile acids in the gut.



Glyco Prebiotic Blend

BETA GLUCAN

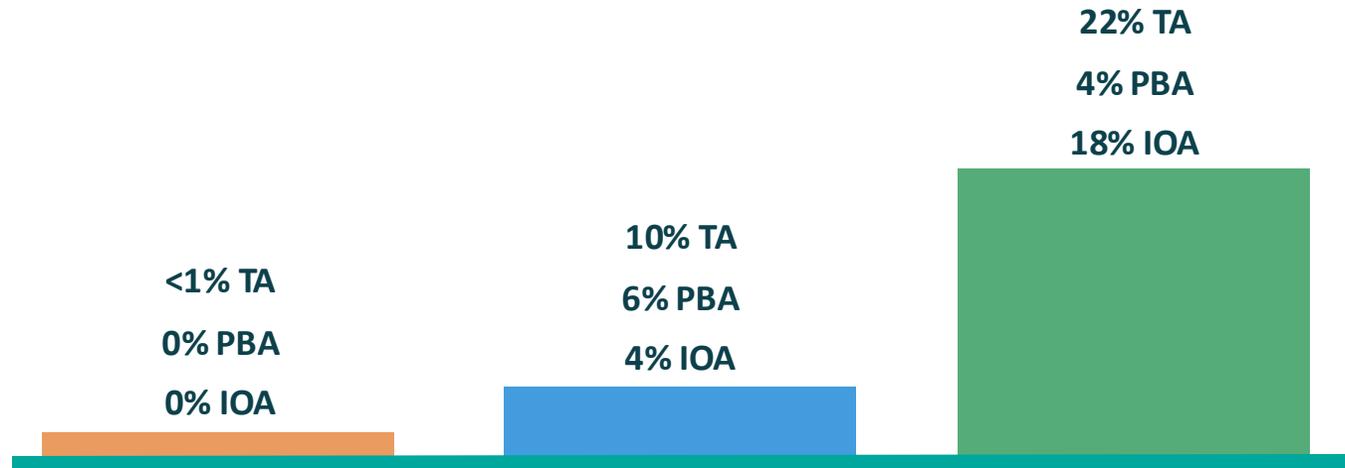
Beta glucans are highly-branched, beta-bonded glucose glyconutrients unlike the longer alpha-bonded glucose polysaccharides in starches and sucrose. Therefore they have different biological activities. Beta glucan is an excellent prebiotic fiber that can also support immune health by stimulating the activity of macrophages, neutrophils, and natural killer cells.



Glyco Prebiotic Blend

ACEMANNAN – Aloe vera Extract

Acemannan is a highly-branched, beta-bonded polysaccharide made up predominately of the glyconutrient mannose (94%).



The majority of all Aloe based products are not stabilized and contain no Acemannan.

Stabilized Aloe products contain an average of 4% immune modulating fractions of Acemannan per gram.

Alovéa AE™ contains an average of 18% immune modulating fractions of Acemannan per gram.



Premium Blend

BIOACTIVE COLLAGEN PEPTIDES

Bioactive Collagen Peptides come from grass-fed cows and have been shown to have long been known to aid the body in the production of healthy skin, nails, hair, and joint tissues. In addition, and most importantly, they have been shown to help restore and maintain healthy junctions between the cells that line the gut. Collagen peptides provide amino acids that support the repair and maintenance of tight junction membranes.

BIOACTIVE COLOSTRUM

Colostrum is the perfect superfood.

Our Bioactive Bovine Colostrum comes from grass-fed cows. This clean, bioactive colostrum is nutritionally rich in proteins, vitamins, minerals, enzymes, immune-supporting immunoglobulins, and lactoferrin. This superfood product has been shown to improve gut health by strengthening the intestinal barrier and its immune supporting ability.

- Immunoglobulins are non-specific antibodies that can identify and neutralize foreign invaders such as bad bacteria, viruses, and fungi.
- Lactoferrin is a unique protein that has been shown to inhibit the growth of disease-causing microbes and the attachment of these microbes gut cells. Lactoferrin has also been shown to lower inflammatory biomarkers and the oxidative effects of stress.



CORE Blend

What truly distinguishes this gut health product is our proprietary blend of best-in-class ingredients for immune system optimization, oxidative and inflammatory biomarker control, and heavy metal detoxification. These mechanisms of defense and repair are essential for combating the constant assault on our gut health from the negative influences of modern life.



CORE Blend

ALOVÉA AE™

This blend starts with Alovéa's proprietary Acemannan extract that help restore and optimize the body's immune functions.

AIR DRIED BEET POWDER & BEET ROOT BETALAINS

Has been shown to reduce biomarkers of inflammation by up to 48%. Additionally, beetroot's natural nitrates improve blood flow, which may enhance nutrient absorption in the digestive tract. Its antioxidants and anti-inflammatory properties can also contribute to a healthier digestive environment.



CORE Blend

NEW ZEALAND PINE BARK EXTRACT

Polyphenols in NZPBE can support the growth of beneficial gut bacteria, promoting a balanced microbiome. The high antioxidant content of pine bark extract also protects gut cells and mitochondria from oxidative stress. Research has shown this extract to be 20% more potent than Vitamin C and 80% from potent that Vitamin E of protecting cellular and mitochondrial DNA from oxidative damage.

LACTOFERRIN

Lactoferrin is so effective in helping to regulate immune system activity by promoting the production of immune cells like neutrophils and enhancing their ability to fight pathogens and infections, that we decided to add an extra amount to our CORE formula (additional to the colostrum in our Premium Blend.)



CORE Blend

MODIFIED CITRUS PECTIN

Detoxification: MCP can bind to heavy metals like lead, mercury, and arsenic, helping to remove them from the body through natural elimination processes. It is often used in detox protocols to support the body in clearing environmental toxins.

Prebiotic Support: As a soluble fiber, MCP can also promote gut health by acting as a prebiotic, feeding and enhancing the production of friendly bacteria.

Fact Sheets Available SOON



CORE

ADVANCED GUT HEALTH COMPLEX*

"ALL DISEASE BEGINS IN THE GUT."
– HIPPOCRATES

Almost 2,500 years later, science has validated this reality. The human body contains an estimated 100 trillion microorganisms (your microbiome) outnumbering human cells by a wide margin. The largest portion of your microbiome, about 80%, is housed in the large intestine and directly influences the functioning of your digestive, immune, nervous, and endocrine systems. A healthy microbiome consists of up to 1,000 different species of friendly bacteria and maintains a good-to-bad bacteria ratio of approximately 85% to 15% respectively. This diversity and ratio can be dramatically altered by the modern lifestyle influences of poor diet, toxicity, and stress.

These negative influences can cause a downward spiral of reactions starting with the erosion of the cells that line your gut. This erosion begins restricting the absorption of vital nutrients while allowing the leakage of toxins and disease – causing microbes to enter the bloodstream. This leakage is a major cause of chronic inflammation, considered the root cause of practically every chronic disease, and the loss of multiple functions within the immune system. This loss of function allows poor health biomarkers and diseased cells to go undetected, which can result in a wide variety of chronic and infectious conditions.



PROPRIETARY CORE DEFENSE & REPAIR BLEND



GLYCONUTRIENT BASED PREBIOTICS



BIOACTIVE COLOSTRUM



BIOACTIVE COLLAGEN PEPTIDES

This is the primary reason why over 60% of all adults and over 50% of all children in the U.S. now suffer from one or more chronic conditions.

So, if all disease begins in the gut, then the restoration and maintenance of optimal gut health should become our number one priority. Alovéa CORE is formulated with the most advanced and complete nutritional blends for achieving those goals.*



www.alovea.com/core

CORE

ADVANCED GUT HEALTH COMPLEX*

Supplement Facts

Serving Size 1 Stick Pack (6.5 g)
Servings Per Container 28

| | Amount per Serving | %Daily Value (DV)** |
|---|--------------------|---------------------|
| Calories | 15 | |
| Total Carbohydrate | 3 g | 1%* |
| Dietary Fiber | 2 g | 8%* |
| Protein | 2 g | |
| Calcium | 31 mg | 2% |
| Sodium | 44 mg | 2% |
| Glyco Prebiotic Blend | | |
| Acacia Gum, Xylooligosaccharides, Arabinogalactin, Soluble Oat Fiber (70% beta glucan) | 3220 mg | † |
| Premium Blend | | |
| Bioactive Collagen Peptides (Bovine), Bioactive Colostrum Powder (Bovine Pre-milk), Alovéa Core Blend | 2650 mg | † |
| Modified Citrus Pectin, Alovéa AE™ (Aloe vera Inner Leaf Gel Extract), Air Dried Beet Powder, New Zealand Pine Bark Extract, Lactoferrin (Bioferm 2000), Beet Root (9.5% Betalains) | 608 mg | † |

**Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Contains: Milk

SUGGESTED USE:
Mix contents of one stick pack each day into any warm or cold drink and blend completely.
Consult with your physician before beginning this or any other health program.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Every Alovéa product purchased helps to nourish children in need through our Buy 1, Nourish 1 giving initiative. For details, visit us online at alovea.com/hopemovement

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Consult with your physician before beginning this or any other health program.
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Consumers Will Ask

WHY NOT PROBIOTICS

- Unstable in heat and moisture.
- Negative impact on diversity – can crowd out beneficial strains.
- Lack of diversity can compromise immune function.
- Taking probiotic to enhance friendly bacteria, bypasses the fermentation process and the production of SCFA's.
- Studies have shown that adequate prebiotic fiber can provide all the probiotic and SCFA production required to repair and maintain a healthy gut.

WHY NOT POSTBIOTICS

- Taking a postbiotic supplement to correct SCFA deficiencies bypasses their natural production in the fermentation of friendly bacteria.
- Let the body control its own production and use of butyrate.
- Most dietary butyrate does not reach the large intestine unless it is enteric-coated.