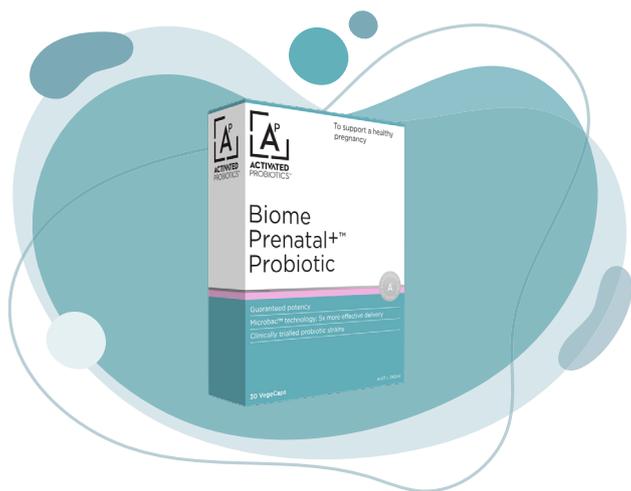




# Biome Prenatal<sup>™</sup> Probiotic

Condition Management Guide  
To support a healthy pregnancy



## INTRODUCTION

Biome Prenatal+ Probiotic contains essential vitamins and minerals to support a healthy pregnancy, including 400mcg folic acid, 400IU vitamin D3, 150mcg iodine and 2.6mcg vitamin B12, with premium probiotic strains to support digestive health and immunity.

Biome Prenatal+ Probiotic is intended for use as a stand-alone prenatal supplement, which can be paired with a low-dose iron supplements if required.

### CONSIDER AS AN ADJUNCT TO:

Medications used to relieve nausea in early pregnancy



### CONSIDER AS A COMPLEMENT TO:

Pregnancy Iron Supplements

CAMs for Nausea





# Biome Prenatal<sup>+</sup><sup>TM</sup> Probiotic

Supporting clinical  
research



PLoS One. 2018 May 21;13(5):e0197771. doi: 10.1371/journal.pone.0197771. eCollection 2018.

## THE EFFECTS OF PROBIOTICS SUPPLEMENTATION ON METABOLIC HEALTH IN PREGNANT WOMEN: AN EVIDENCE BASED META-ANALYSIS.

Zheng J, Feng Q, Zheng S, Xiao X.

The prevalence of maternal obesity and gestational diabetes mellitus (GDM) is increasing rapidly. Probiotics supplementation have been shown to improve metabolic health in humans. In our study, we aimed to evaluate the effects of probiotics supplementation on metabolic health and pregnancy complications in pregnant women. The literature search, data extraction and quality assessment were performed, and data were synthesized in accordance with standardized guidelines. Ten randomized clinical trials with eligible data were included in our meta-analysis. For pregnant women with GDM, we found negative correlations between probiotics supplementation and fasting serum insulin (OR -2.94, 95%CI [-5.69, -0.20],  $p = 0.04$ ) and homoeostasis model assessment for insulin resistance (HOMA-IR) (OR -0.65, 95%CI [-1.18, -0.11],  $p = 0.02$ ). There were no significant correlations between probiotics supplementation and lipid levels in women with GDM, including total cholesterol (OR -2.72, 95%CI [-17.18, 11.74],  $P = 0.71$ ), high density lipoprotein cholesterol (HDL-c) (OR -0.29, 95%CI [-3.60, 3.03],  $P = 0.87$ ), low density lipoprotein cholesterol (LDL-c) (OR -0.38, 95%CI [-18.54, 17.79],  $P = 0.97$ ), or triglycerides (OR -12.83, 95%CI [-36.63, 10.97],  $P = 0.29$ ). **For healthy pregnant women, probiotics supplementation were negatively associated with fasting serum insulin (OR -3.76, 95%CI [-4.29, -3.23],  $P < 0.00001$ ) and HOMA-IR (OR -0.57, 95%CI [-1.08, -0.06],  $p = 0.03$ ).** However, no significant correlations were observed between probiotics supplementation and fasting plasma glucose (FPG) (OR -2.02, 95%CI [-5.56, 1.52],  $p = 0.26$ ). **Thus, our study revealed that probiotics supplementation during pregnancy have beneficial effects on glucose metabolism, rather than lipid metabolism among pregnant women.**