

# Biomunity™ and Immune Health FAQs

## Biomunity™ FAQs

### Biomunity and Immune Health:

Biomunity is a 2-part product: a [Prebiotic](#) and a [Probiotic](#), each contributing to your immune support and building your immune health.

### Probiotics

#### What are the probiotic strains?

Thanks for asking! We're very proud of our bacterial strains:

- Lactobacillus acidophilus (KB27)
- Lactobacillus reuteri (KB80)
- Lactobacillus plantarum (KB71)
- Lactobacillus rhamnosus (KB79)
- Bifidobacterium lactis (KB63)

#### How does the Probiotic work?

Biomunity™ Probiotic works in 3 steps to deliver meaningful immune system support:

- 1st, The “good” microbes inside each Kibow Biomunity™ Probiotic capsule produce Short Chain Fatty Acids (SCFAs) after consuming fibers delivered by Kibow Biomunity™ Prebiotic. These SCFAs maintain the cells

that make up the gut barrier and trigger your body's natural immune response functions.

- 2nd, SCFAs also help activate your body's T-cells, another essential immune response.
- 3rd, By taking the capsules regularly, the beneficial bacteria (or, probiotics) grow to outnumber harmful bacterial strains, which—in turn—restricts their growth.

## What can I expect from a new probiotic?

Since everyone's gut is different, some people may experience mild flatulence or a temporary feeling of bloating as the new probiotics replace existing bacteria. This is a natural effect of changes in the gut and any discomfort (if it occurs) usually disappears within 2-3 weeks of continuous use.

If you experience mild flatulence, or bloating, after two days of use, we suggest taking Biomunity™ (both the probiotic capsule and the contents of the prebiotic sachet) every OTHER day for the first week, as your gut becomes accustomed to the new probiotics and prebiotic fibers. After a week we suggest returning to the once-daily dose.

## What is an acid-resistant capsule?

Acid-resistant capsules protect microbes from digestive acids in the stomach. This allows "good" bacteria to reach the intestines where they can flourish and provide their benefits.

# Prebiotics

## How does the Prebiotic work?

Biomunity™ Prebiotic works in 3 ways in the intestines to deliver meaningful immune system support:

- 1st, the prebiotic ingredients are consumed by the probiotic bacteria species, Lactobacteria and Bifidobacteria, which supports their growth.
- 2nd, Once consumed, Short Chain Fatty Acids (SCFAs), like *acetic*, *propionic*, and *butyrate*, are created as a by-product. Part of these SCFAs are used to maintain the cells that make up the gut barrier.
- 3rd, By taking up space and resources in the gut, these beneficial bacteria (also known as probiotics) restrict the growth of harmful strains of bacteria.

## What can I expect from a new Prebiotic?

Since everyone's gut is different, some people may experience mild flatulence or a temporary feeling of bloating as the gut becomes accustomed to the new prebiotic. This is a natural effect of changes in the gut and any discomfort (if it occurs) usually disappears within 2–3 weeks of continuous use.

If you experience mild flatulence, or bloating, after 2 days of use, we suggest taking Biomunity™ Prebiotic every OTHER day for the first week, as your gut becomes accustomed to the new prebiotic fibers.

You'll want to skip the probiotic, too, while you're skipping the prebiotic. This way, when you restart, you'll have the same number of prebiotic sachets as probiotic capsules. The reason you want to do this is to ensure that you have plenty of prebiotic on hand to support the probiotics. Without enough functional fiber prebiotic to support them, the probiotic bacteria can become starved.

Remember: Probiotic bacteria need to eat different things than you may like. Sending them to your gut to work for you requires feeding them what they need to perform in support of your healthy immune system.

After a week we suggest returning to the once-daily dose.

Taking the prebiotic in combination with the probiotic, as indicated on the box, delivers the maximum benefit of Kibow Biomunity™ to your daily quality of life.

## **Is Biomunity Prebiotic all natural?**

Yes! Kibow Biomunity™ Prebiotic formulation is vegetarian, GMO-free, Gluten-Free, and Sugar-Free. Our products have been clinically tested and contain only validated ingredients, that deliver a balanced blend of fibers known to be essential for health.

## **Ingredients**

### **What is Arabinogalactan?**

Arabinogalactan is a prebiotic that supports the body's natural immune response, inhibits both pathogens and harmful bacteria, and—*bonus*—has been shown to help lower cholesterol.

### **What is AppleActiv DAPP™?**

AppleActiv DAPP is a prebiotic that provides clinically supported joint health benefits. What's more, it contains high levels of potent antioxidants that inhibit free radicals.

### **What is $\beta(1,3/1,6)$ Glucan?**

This is a mixture of two different prebiotics. Studies have shown that these particular Beta Glucans, from mushrooms and yeast, are useful mitochondrial antioxidants known to inhibit free radicals. We selected these Beta Glucans because they support a healthy immune system.

## What is CoQ10?

CoQ10 is an enzyme that your body produces, but for some people who aren't making as much as they age, it has become well known for its anti-inflammatory properties.

## What is Inulin?

Inulin is a natural prebiotic, known as a functional fiber, that supports the growth of lactobacteria and bifidobacteria, two *probiotics* that play a role in maintaining the body's immune response by inhibiting pathogens and harmful bacteria.

## What is Vitamin C?

Vitamin C supports the immune system, wound healing, and antioxidant activity.

## What is Vitamin D3?

Vitamin D3 facilitates normal immune system function and improves disease resistance.

## What is Zinc?

Zinc is an important trace mineral that helps your body to fight infection and helps balance the body's natural immune response.

## What is Lactobacillus acidophilus (KB27)?

In the gut, this probiotic strain has been linked to increased serum IgG antibody levels. Serum IgG is crucial in immunological memory.

## **What is Lactobacillus reuteri (KB80)?**

In the gut, this probiotic strain has been linked to the reduction of pro-inflammatory cytokines.

## **What is Lactobacillus plantarum (KB71)?**

In the gut, L. plantarum has an exceptional ability to bind to intestinal mucosa (the innermost layer of the gastrointestinal tract) greatly increasing your gut's population of beneficial bacteria.

## **What is Lactobacillus rhamnosus (KB79)?**

In the gut, this probiotic strain helps control inflammation response and limit the growth of harmful bacteria.

## **What is Bifidobacterium lactis (KB63)?**

In the gut, this probiotic strain helps enhance the activity of cells designed to eliminate pathogens.

## **Why is Cinnamon in Biomunity?**

Cinnamon offers several benefits: it has antioxidant and anti-inflammatory properties. While we await data on other clinical benefits from researchers, one thing we know for sure is that it tastes good.

## **What is Thaumatin?**

Thaumatococcus is a sweetener made from Katemfe fruit, which originated in West Africa. Completely natural, this low-calorie protein is very sweet, so we need only a little bit. Fun fact: it's listed in the 2008 edition of Guinness World

Records as the world's sweetest substance.

## **Does Biomunity have any genetically modified ingredients?**

No, there are no genetically modified ingredients in Biomunity. This is a GMO-free nutritional supplement.

## **Dietary Considerations – Restrictions**

### **Is Biomunity Vegan?**

Yes. All ingredients, as well as the material used to make the capsules, have been derived from plant and non-animal sources.

### **Is there any sugar in Biomunity?**

No, Biomunity is completely sugar-free. The sweetener we use is Thaumatin, and it is derived from the Katemfe fruit, which originated in West Africa. Completely natural, this low-calorie protein is very sweet, so we need only a little bit. Fun fact: it's listed in the 2008 edition of Guinness World Records as the world's sweetest substance.

### **Is there any salt in Biomunity?**

No. There is no salt used in the formula and none of the ingredients have any naturally occurring salt, so this is a salt-free product.

## **Is there any gluten in Biomunity?**

No, there is no gluten in Biomunity. This is a 100% gluten-free product.

## **Is Biomunity a natural product?**

Biomunity is 100% natural. There's nothing artificial about any of the ingredients in this product—and, since you asked, there are no genetically modified ingredients either.

## **Dietary Considerations – Religious**

### **Is Biomunity Kosher?**

Biomunity is pareve. Although we have not received a Hechsher, there are no animal products (or animal-derived products), used in the manufacturing of this product. We maintain certification from the capsules' manufacturer that they, themselves, are kosher. Biomunity is a vegan product.

### **Is Biomunity Halal?**

Since microbial enzymes are permissible under the laws of Halal, and all our other ingredients are vegan, we believe that Biomunity may be considered halal. We maintain certification from the capsules' manufacturer that they, themselves, are halal.

## **Safety**



## **Can I give this to my pet?**

We appreciate your interest in ensuring your friend's good health but, as you know, our animal friends have very different characteristics than we humans do. For example, raisins and chocolate are great for us, but unhealthy for dogs. Please discuss your pet's health with your Veterinarian and take the downloadable documents with you so that you can show them the Biomunity ingredient list.

## **Is Biomunity safe to give my child?**

Good question! Since we didn't test Biomunity on people under 18, I suggest that you print out (or email) the product information sheets (available by clicking on the "What's Inside" tab at the top of this website) and show them to your child's physician. In general, it's always a good idea to check with your doctor before starting any new nutritional supplement no matter how old you are.

## **Is there any medication that is affected by Biomunity?**

We suggest that you print out the product information sheets (available by clicking on the "What's Inside" tab at the top of this website) and show them to the physician that has prescribed medication for you. You can also share the product information sheets with your Pharmacist, because they are familiar with the interaction between ingredients in your medications and nutritional supplements.

## **Can I take this if I have a disease?**

It will depend on the disorder and the medications that have been prescribed for you. We suggest that you print out the

product information sheets (available by clicking on the “What’s Inside” tab at the top of this website) and show them to the physician that has prescribed medication for you. You can also share the product information sheets with your Pharmacist, because they are familiar with the interaction between ingredients in your medications and nutritional supplements.

## **Is there any medicine that will be a problem?**

Yes, you don’t want to take a probiotic when you’re taking an antibiotic. I suggest that you wait until AFTER you finish your *entire* course of antibiotics before starting Biomunity. If you’re wondering about whether your medicine is an antibiotic, or has an antibiotic effect, please ask your doctor or pharmacist. Please let your doctor and pharmacist know about Biomunity if you’re taking any prescribed medication. They need to be aware of the vitamins and nutrients because there is a possibility that Biomunity’s ingredients can interact with your medicines.

## **Is it safe to take with medication?**

Before you start any nutritional supplement it’s always a good idea to ask your doctor or pharmacist. Please let your doctor and pharmacist know about Biomunity if you’re taking any prescribed medication. They need to be aware of the vitamins and nutrients because there is a possibility that Biomunity’s ingredients can interact with your medicines. There’s also a possibility that the medication you’re taking includes an antibiotic, which means that you won’t get the benefit of Biomunity’s probiotic.

## Is this product FDA approved?

The U.S. Food & Drug Administration regulates dietary supplements under a different set of regulations than those covering pharmaceutical products. The probiotic and prebiotic ingredients in our proprietary, patented formulations are considered safe under the FDA's Generally Recognized As Safe ("GRAS") classification.

Biomunity is not approved by the U.S. Food and Drug Administration. As the FDA website explains,

*"Dietary supplements, in general, are not FDA-approved. Under the law (Dietary Supplement Health and Education Act of 1994), dietary supplement firms do not need FDA approval prior to marketing their products. It is the company's responsibility to make sure its products are safe and that any claims are true."*

Kibow Biotech, which makes Biomunity, adheres to the standards of using only ingredients that are GRAS and we manufacture them in a facility that adheres to the highest levels of production quality.

## Have there ever been any adverse events?

No. The company has not received any reports of adverse events and we have not reported any to the agencies that collect such data.

As the FDA explains on its website,

*"The FDA Adverse Event Reporting System (FAERS) is a database that contains adverse event reports, medication error reports and product quality complaints resulting in adverse events"*

*that were submitted to FDA. The database is designed to support the FDA's post-marketing safety surveillance program for drug and therapeutic biologic products."*

Biomunity is a dietary supplement (*not* a therapeutic biologic product) that is formulated with ingredients that are Generally Recognized As Safe ("GRAS") under the U.S. Food and Drug Administration classification.

**If you have sensitivities or are allergic to any of the ingredients please discuss our ingredients with your healthcare provider.**

## **Are there any side-effects?**

No, when used as directed there are no side-effects associated with using Biomunity pre- or probiotics.

Although some people may experience temporary increases in gas or flatulence, these are natural when adding fiber to the diet (especially diets which have been low in fiber) and repopulating the lower gut with new bacteria.

**If you have sensitivities or are allergic to any of the ingredients please discuss our ingredients with your healthcare provider.**

## **Is Biomunity safe?**

Probiotics are Generally Recognized as Safe (GRAS) by the US FDA for consumption. Our product is manufactured in a facility that is certified as using Good Manufacturing Practices (GMPs). Please note that our manufacturing facility also processes products containing peanuts, tree nuts, seeds, grains, eggs, crustacean, and dairy products.

If you're concerned about the safety of any ingredient in

Biomunity, or any other dietary supplement, please consult your healthcare professional prior to taking it.

## Instructions for Use

### Is there a best time of day to take it?

The short answer is: It's up to you. Some people find it most convenient to drink the contents of the sachet in their morning beverage and to take the probiotic capsule at lunch time, but if you prefer a different schedule we encourage you to go with your gut. (Little gut humor there.) But, seriously, we DO recommend that you consume the contents of the sachet (fancy name for a packet) at least an hour before you swallow the capsule with the probiotics.

Here's why: Once the probiotics reach your intestines they may be hungry after their long trip. It's nice to have a meal ready for them, right? Well, we've packed some of their most favorite foods (what we call "functional prebiotic fiber") to nourish them as they set up camp. The more of our friendly bacteria we want to have on our dietary health team, the more we need to feed them. This is why we pack a month's worth of sachets to accompany the month's worth of probiotic capsules.

### Can I take more than one capsule?

You could, but there's really no need. We pack so many probiotic bacteria into each capsule that there's plenty to do the work. Doubling-up on the dosing won't enable the probiotics to work any faster, or to live any longer in your gut. We've done a lot of testing and received feedback from a lot of people.

If you take the one sachet and one capsule each day, you'll get the full benefit. It may take a couple of days to feel

like it but, unless you're also taking an antibiotic, the once-daily dose IS repopulating your gut with the new probiotics. Meanwhile, the vitamins and nutrients in the sachet are delivering their supportive assistance to your immune system. If you ARE taking an antibiotic it is very important to talk with your doctor about the best time to start using Biomunity.

## **Do I have to store this product in the refrigerator?**

Although refrigeration is recommended for optimal outcomes, Biomunity™ can be stored at room temperature for as long as 10 days because extra bacteria (or, Colony Forming Units) have been added to ensure plenty reach your gut, IF you take them within 18 months after receiving them in your home. Refrigeration helps preserve the bacteria for a longer period, up to 2 years.

Biomunity™ Prebiotic, the powder in the sachet, is shelf stable and needs no refrigeration.

## **Can I open the capsule and pour the powder into a drink or food?**

This is not a good idea. The Biomunity capsule is specially designed to protect its probiotic bacteria passengers from the digestive juices in your stomach. The capsule ensures that the good bacteria riding inside reach their destination in your intestines safely and in numbers large enough to make a real difference.

If you remove the probiotic bacteria from the safety of their capsule, they are not as likely to survive the digestive acids in your stomach. If you can, swallow the capsule. If you can't swallow the capsule, Biomunity isn't the product for you.

## Can I sprinkle the content of the capsule in my food?

This is not a good idea. The contents of the capsule are very different than the contents of the sachet. The Biomunity capsule is specially designed to protect its probiotic bacteria passengers from the digestive juices in your stomach. The capsule ensures that the good bacteria riding inside reach their destination in your intestines safely and in numbers large enough to make a real difference. If you remove the probiotic bacteria from the safety of their capsule, they are not as likely to survive the digestive acids in your stomach. If you can, swallow the capsule. If you can't swallow the capsule, Biomunity isn't the product for you.

## Can I take more than one a day?

You could, but there's really no need. We pack so many probiotic bacteria into each capsule that there's plenty to do the work. Doubling-up on the daily dose won't enable the probiotics to work any faster, or to live any longer in your gut. We've done a lot of testing and received feedback from a lot of people. If you take the one sachet and one capsule each day, you'll get the full benefit. It may take a couple of days to feel like it but, unless you're also taking an antibiotic, the once-daily dose IS repopulating your gut with the new probiotics. Meanwhile, the vitamins and nutrients in the sachet are delivering their supportive assistance to your immune system.

## How long do I have to take this?

Biomunity is a nutritional supplement designed to help nourish your natural immune system. As with many nutritional supplements the length of time you choose to continue taking them will be determined by several factors. Here are a few

factors that can help you decide:

- **Stress.** If you are feeling stress, especially unusual levels of stress, so is your immune system. Taking Biomunity will help support your immune system during stressful times. When you feel less stress, and you're confident that your diet and sleep patterns are healthful, you may feel that you can skip taking Biomunity for a week or a month, or even longer.
- **Overall health.** If you're feeling healthy and you're free from any problems with your energy level and bowel irregularity, you can skip taking Biomunity for a week or a month, or even longer.
- **Bowel health.** If your gut is feeling good, and your bowel habits are regular and trouble-free you can skip taking Biomunity for a week or a month, or even longer.
- **Inflammation.** If you're feeling limber and generally pain-free, you can skip taking Biomunity for a week or a month, or even longer.

You can always keep unused probiotic capsules in your refrigerator if you want to save them before restarting. The sachets are shelf stable for at least a year, so feel free to store them until you want the benefits of Biomunity.

Although some people whose immune systems are challenged, as a part of their job or living situation, will want to take Biomunity monthly, others may want to try using it every *other* week, or every other *month*. Once you arrive at a state of wellness that works for you, there are several options for maintaining it with Biomunity.

## [Do I have to take this every day?](#)

While starting Biomunity some people have experienced grumbling or flatulence in the first few days or weeks. For these folks, it makes sense to use Biomunity every other day



until these effects subside.

But, if you're like most people you won't experience these effects as your gut microbiome becomes accustomed to your new bacterial friends, so you'll want to use Biomunity daily for at least the first two weeks.

People whose immune systems are challenged daily, as a part of their job or living situation, will want to take Biomunity daily. Other people, with limited or intermittent stress on their immune system, may want to try using it every *other* week, or every other *month*. Once you arrive at a state of wellness that works for you, there are several options for maintaining it with Biomunity.

## [Can I buy just the pro/prebiotic?](#)

No, Biomunity is like a twin-engine plane so it's not designed to be broken up and sold separately. We designed our Probiotic blend to perfectly nourish our specially selected Probiotic strains. We know how our probiotic strains will perform when they have their favorite functional prebiotic fibers. Since you want the optimal performance and outcomes, we deliver Biomunity as a two-part product. Using one without the other means you won't get the results you want.

## Contact Information

### [Why do you need my email?](#)

We will only use your email to communicate with you about your account and the status of your order. We will not sell your email address to anyone and we will only use it to either:

- advise you about the status of your order, payment, and any shipping issues we might experience, and/or

- update you on new products and programs that we think might interest you.

## Who can I contact if I have questions?

We invite you to email your questions to [Info@KibowBiomunity.com](mailto:Info@KibowBiomunity.com). We will respond as promptly as possible. You can also call us at 888-271-2560 any time from 9:00 a.m. to 5:00 p.m. Eastern Time.

## Shipping/Coverage

### Can I set up a subscription / autodelivery?

Yes, and the good news is that we'll pay the shipping if you do. If you decide that you like Biomunity and want one less thing to worry about each month, we can set up regular delivery with automatic billing to your credit or debit card.

To start your subscription, and get free shipping, just call our office at

**888-271-2560.**

You'll speak with a real live member of our team, as long as you call us during our regular business hours (of 9:00 a.m. to 5:00 p.m. Eastern time), and you can choose the length of your subscription.

You can even give a gift subscription to a friend, colleague, or family member so they can enjoy the increased energy, immune system nourishment, enhanced regularity, and all of the other benefits of Biomunity!

## **Can I give this as a gift?**

Yes! We think that Biomunity makes a terrific gift for a loved one, a friend, a coworker, and even someone who you want to thank for their service. If you'd like to give Biomunity as a gift, just provide the recipient's name and mailing information in the Ship To directions at the time you order. We can include a gift card, if you'd like, with your name at no additional charge. We do insist that you include your name so that the recipient understands that the package is pre-paid.

## **Do you ship internationally?**

Yes, we can (and do) ship overseas. Since there are different regulations and customs and duties, we need to handle this on a country-specific basis. Please place your order online and, if we know of any additional charges that will be required, we will advise you by email.

## **Is this covered by Medicare?**

Not, not under Part A or Part B. But, possibly under Part D if you pay for a supplemental plan.

Medicare does not pay for, or reimburse you for, the cost of vitamins and nutritional supplements unless they are prescribed by a physician. While your doctor can recommend vitamins, nutrients, pre- and probiotics, that are non-prescription, Biomunity is not considered a covered item under the Medicare program.

If you pay for a separate, stand-alone, Prescription Drug Plan through a Medicare-contracted private insurance company, you can call their customer support line to see if you have access to reimbursement for dietary supplements. If you do have access to this benefit under your supplementary plan, you may

be able to receive reimbursement. Please note that Kibow Biotech, the company that makes Biomunity, does not bill third-party insurance companies, benefit trusts, or benefit administrators.

## **Is this covered by Medicaid?**

Possibly! Since Medicaid is funded by individual states, with some federal government support, each program is different. We haven't had the time to review every state's program, or the programs offered by companies states contract to manage their programs. Its confusing, we know, but if you are covered by your state's Medicaid program, you probably have their phone number and can call them for a quick answer on this.

You can also visit your state Medicaid program's website to learn about the benefits available to you for nutritional and dietary supplements. You might be pleasantly surprised by what you find since changes are being made to wellness benefits every year (because keeping you healthy—and out of the hospital—is both good policy AND smart financial management)!

## **Is this covered by my private insurance?**

Possibly! We suggest that you call your insurer, or visit their website.

You might be pleasantly surprised by what you find since changes are being made to wellness benefits every year (because keeping you healthy—and out of the hospital—is both good policy AND smart financial management)!

## **Do I need a prescription to purchase Biomunity?**

No, Biomunity does not need a prescription in order to

purchase! Since it is an all-natural dietary supplement, there is no prescription needed.

## About Biomunity

### How does it work?

Biomunity is a 2-part product. The first part is a sachet, in which you have a powder containing the multifiber *prebiotic* fiber (that nourishes the probiotics in the capsules), vitamins and nutrients proven to support the immune system.

The second part of the product is a capsule containing 5 unique probiotic strains that, once they take up residence in the lower gut, produce material that science has shown supports the human immune system. When these friendly probiotics grow in number, by consuming the functional fibers in the sachets, they literally crowd-out any bad bacteria (which may have been causing problems of their own in the gut).

By continuing to ingest the probiotics—and their prebiotic food—along with the vitamins and nutrients the body gradually achieves a better balance of gut microflora, which offers the benefits of use.

### How does it modulate the gut microbiome?

Biomunity™ supports a healthy native immune system and maintenance of the immune response. The ingredients promote an anti-inflammatory state in the gut and reinforce the intestinal barrier (microbiome). A healthy microbiome has been linked to decreased risk of infections where macrophages and natural killer cells are activated which allows for destruction of invading pathogens.

## What are some other benefits of this product?

Biomunity™ may also help with...

- improving energy,
- bowel regularity,
- relief from symptoms of diarrhea and constipation, and
- replenishing and fostering the balance of gut flora after a course of antibiotic medications.\*

## Where is Biomunity made?

Biomunity is made in the U.S.A. Some ingredients do originate overseas, and we have strict quality controls. And, speaking of strict...we also maintain strict adherence to Good Manufacturing Practices (GMP) in the production of each capsule and sachet.

## Can I buy just the pro/prebiotic?

No, Biomunity is like a twin-engine plane so it's not designed to be broken up and sold in two pieces.