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Bios Life 2



Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help lessen the impact excess carbohydrates and cholesterol can have on the body. The problem is, the vast majority of the population doesn't consume enough fiber. Processed foods are everywhere and modern food production strips a lot of fiber from food, leading to diets high in refined sugars and low in fiber.

Bios Life 2 provides essential fiber and other nutrients to support your cardiovascular, digestive, and metabolic health. Its unique blend of soluble fibers and essential nutrients is formulated to support normal, healthy glucose and cholesterol levels, as well as to help curb your appetite. **Bios Life 2 contains prebiotic fibers to feed the gut microbiome, creating an overall healthy gut.**

Features

- Sweetened with Stevia
- Contains both water and fat-soluble antioxidants and vitamins (A, C, and E)
- Contains essential vitamins and minerals, including B vitamins, that contribute to overall health
- 4.5 g of fiber per serving
- Gluten free

Benefits



Helps to support healthy glucose and cholesterol levels



Supports cardiovascular, digestive, and metabolic health



Helps curb appetite



Promotes a balanced gut microbiome



No added flavor (so you can mix it with any drink!)



Use

Take 5–10 minutes before your largest meals, up to 3 times daily. Mix 1 rounded scoop with 8–10 oz. of cold water or beverage of your choice. Mix vigorously and drink immediately.

Helpful tip: If your current diet is low in fiber, start with ½ scoop per serving and gradually work your way up to the full amount.

Ideal For

Individuals wanting to maintain healthy cholesterol and glucose levels

Those looking for a healthy way to help curb appetite

Adults wanting to increase their fiber intake

Featured ingredients

Fiber blend:



The fibers included in Bios Life 2 help support healthy cholesterol levels and slow the conversion of high-glycemic carbohydrates into blood glucose. These fibers include oat fiber, gum arabic, guar gum, and locust bean gum. In addition, prebiotic fibers such as apple pectin help feed the healthy bacteria in your gut, promoting a balanced gut microbiome.

Vitamins and minerals:



Bios Life 2 includes a blend of essential vitamins and minerals; it is an excellent source of thiamin, niacin, chromium, and vitamins A, C, and E.

Stevia:



A natural, zero-calorie sugar substitute derived from the stevia plant, an herbal shrub native to South America.

Nutrition Facts

Serving Size 1 Scoop (6 g)
Servings Per Container About 63**

Amount Per Serving		% Daily Value*
Calories 10	Calories from Fat 0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	35 mg	1%
Total Carbohydrate	5 g	2%
Dietary Fiber	4.5 g	18%
Soluble Fiber	4 g	
Insoluble Fiber	0.5 g	
Sugars	0 g	
Protein	0 g	

Amount Per Serving		% Daily Value*
Vitamin A (100% as Beta-Carotene)		20%
Vitamin C	100%	10%
Iron	0%	100%
Thiamin	180%	180%
Niacin	180%	180%
Folic Acid	30%	180%
Biotin	10%	6%
Selenium	6%	45%
Calcium		10%
Vitamin E		100%
Riboflavin		180%
Vitamin B-6		180%
Vitamin B-12		180%
Zinc		6%
Chromium		45%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	85 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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FAQs

Why is this supplement in a powdered form?

You would need to take 7–8 tablets or capsules to get the same amount of material that is in one serving of Bios Life 2. More importantly, dissolving Bios Life 2 in water forms a viscous gel matrix in your stomach, which contributes to metabolic health benefits by helping to slow digestion and absorption of glucose from the carbohydrates in your meal. It can also help you feel fuller faster. A tablet would be very highly condensed and would not form the gel matrix.

Does Bios Life 2 have any side effects?

Adding fiber to any diet that is relatively low in fiber may cause transient gastrointestinal upset such as diarrhea or constipation. If either of these occur, cut the dose in half and gradually work your way back up. Make sure you're drinking plenty of water, as well (at least 64 oz. each day).

Can I consume dietary fiber from foods instead of taking Bios Life 2 to get the fiber I need?

Many people find it difficult or inconvenient to consume the large volume of foods needed to meet the recommended amount of dietary fiber in their diet. Bios Life 2 is an easy way to boost soluble fiber intake in your diet while adding essential vitamins and minerals.

Who can take Bios Life 2?

We recommend Bios Life 2 for adults who want to maintain good health and increase their fiber intake. Pregnant and nursing women should consult their physician before taking Bios Life 2. As with any nutritional supplement, if you have questions, consult your healthcare provider before taking.