

## Potential Benefits Observed

- **Improved digestive comfort** → lighter training sessions without bloating or cramps
- **Enhanced nutrient absorption** → sustained energy for workouts and faster recovery
- **Better sleep cycles** → deeper rest leading to improved muscle repair
- **Stronger stress resilience** → reduced cortisol spikes for more consistent performance
- **Higher focus & motivation** → sharper training sessions and mental drive
- **Optimized body composition** → better fat metabolism and lean muscle support
- **Faster recovery** → reduced inflammation and soreness after intense workouts
- **Increased endurance capacity** → improved lactate handling and oxygen utilization

Scan the QR code to watch  
how it is done



Clinical evidence shows targeted Gut health optimization can reduce sick days by up to 45%, boost mental clarity by 20%, and significantly cut annual healthcare costs.

**Book your test today!**

### Contact Us.

+91 70127 97567    info@biomend.in

📍 Biomend Life Sciences Pvt. Ltd, Bio360 Life Sciences Park, Thonnakal, Thiruvananthapuram, Kerala, India, 695317

Scan to visit our website



**BIOMEND**  
Lifesciences  
PRIVATE LIMITED

# Fitness Reimagined: Powered by Your Gut & Genes

Personalized fitness guided by your  
Gut Microbiome & Genetics

# About Us

Your gut holds trillions of microbes influencing digestion, nutrient absorption, immunity, mood, and even chronic disease risk.

We decode your microbiome using Advanced Next-Generation Sequencing (NGS) to deliver personalized, actionable health insights.

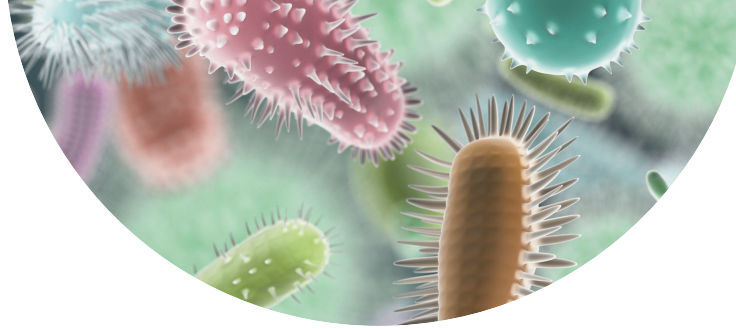
## Our Integrative Approach

We combine Microbiome science, Genetics, and Fitness analytics to empower individuals and trainers with clear, practical strategies for performance, recovery, and long-term wellness.

## Who this is for:

We provide solutions for those who want data-driven training, faster recovery, and smarter nutrition, including:

- Fitness-conscious Individuals
- Athletes
- Runners
- Lifters
- Weekend Warriors
- Coaches



## Why the Gut Microbiome matters for Fitness

Your gut bacteria influence how you extract energy from food, produce short-chain fatty acids (fuel for muscles), modulate inflammation, manage stress response, and even affect sleep and mood—key pillars for training outcomes.

Fitness benefits of a balanced microbiome:

Faster recovery through inflammation control

Better endurance via improved SCFA availability

Improved body composition by supporting metabolic flexibility

Sharper focus & stress resilience that helps you perform better

*We turn these insights into clear recommendations for training, nutrition, and recovery.*

## Add Genetics for the full picture

Layering genetics with microbiome gives you a 360° view of traits relevant to training:

Power & Strength Potential

Endurance Capacity

Recovery & Injury

Reaction & Coordination

## What you get:

### CORE – Microbiome Profiling

- Gut diversity & stability score
- SCFA potential (butyrate/propionate focus)
- Inflammation & gut barrier indicators
- Vitamin Production Potential
- Neurotransmitter Support
- Probiotic & prebiotic food list (fitness-friendly)

### PLUS – Microbiome + Fitness Genetics

*Everything in CORE, plus a compact gene panel tailored to training:*

- Power/Strength, Endurance, Reaction/Agility, Recovery profiles
- Caffeine & stimulant sensitivity guidance
- Tendon/soft-tissue care cues (warm-up, deload, mobility)
- Personalized supplementation pointers