

Foundation Formulas

- ✓ Evidence based and clinically proven
- ✓ Blueprint formulas created by leading practitioners
- ✓ 100+ formulas available in Natural Script to use as your own

Foundation Formula Example

A. muciniphila, Pomegranate & Berberine

Available as:

- Powders
- Capsules
- Pessaries
- Herbal Creams
- Herbal Mixtures
- Droppers
- Vaginal Applicators
- Nasal Sprays
- Troches

Combines *Akkermansia muciniphila* (pasteurised strain AKK11™) with Pomegranate powder & berberine to support intestinal barrier integrity, mucin production, and healthy glucose metabolism. Designed for use in clinical presentations involving gut dysbiosis, metabolic dysfunction, and chronic low-grade inflammation, this formula is ideal as a base for broader gut or metabolic treatment strategies.

Each Dose Contains

Akkermansia muciniphila	100mg
Pomegranate Freeze Dried Extract	300mg
Berberine	300mg

Directions: Take 1 dose daily before food.

Research

Akkermansia muciniphila

Akkermansia is a next-generation probiotic with a growing evidence base for its role in gut and metabolic health. It is a mucin-degrading bacterium naturally found in the human intestinal microbiota.

When administered as a heat-treated (pasteurised) form, it has demonstrated superior stability and enhanced metabolic activity compared to the live strain.

- Supports mucosal integrity by stimulating mucin production in goblet cells
- Modulates immune responses, reducing intestinal inflammation via Treg/TH17 balance
- Enhances insulin sensitivity and metabolic parameters in overweight and obese individuals

Clinical research in humans has shown that daily supplementation can reduce markers of endotoxaemia, inflammation and improve glucose homeostasis.

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In a 2019 study by DePommier et. al , pasteurised *A. muciniphila* significantly reduced blood markers of liver dysfunction and systemic inflammation, while having no negative impact on the overall gut microbiome structure. This highlights the ability of *A. muciniphila* to exert targeted immune and metabolic effects without destabilising microbiome diversity, an important safety consideration.

Pomegranate Freeze Dried Extract

Pomegranate polyphenols, primarily ellagitannins and ellagic acid, are metabolised by gut microbiota into bioactive urolithins, which exert anti-inflammatory and metabolic effects. Clinical studies show that pomegranate extract (1000 mg/day for 4 weeks) significantly increases *Akkermansia muciniphila* abundance in individuals capable of urolithin A production, indicating a prebiotic-like synergy that enhances *A. muciniphila* growth.

Berberine Powder

Berberine enhances mucin production (via upregulation of mucin genes such as MUC2 and increased goblet cell activity), creating a favourable mucosal environment that supports *Akkermansia* proliferation. Additionally, berberine contributes complementary metabolic benefits, improving lipid and glucose regulation, making it synergistic with *Akkermansia*'s metabolic and gut barrier effects.

Other Related Foundation Formulas:

Herbal Mixtures

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Powders & Capsules

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Akkermansia muciniphila Capsules

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2

Click Prescribe to Patient

3

You can then

- ✓ Use it as your own
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