#### Gut Health

Your gut plays a vital role in your overall health, and when it's balanced, you may notice positive effects throughout your body. As you feel the benefits of gut peptide Activation and a stronger, healthier microbiome, you might feel inspired to share P84 with family and friends. It's important to stay compliant with FDA regulations when promoting products like P84, and these Dos and Don'ts provide a simple, helpful guide to ensure you can share your story with confidence, while also protecting your business.

#### Do

# Talk about how your microbiome is made up of trillions of bacteria that help with digestion, immune support, and overall health.

e.g. Once I learned the microbiome supports everything, from digestion to immune health and overall wellness, I started taking P84 to help me stay on track.

## Talk about how P84 supports microbiome health by supporting the growth and diversity of good bacteria.

e.g. Since adding P84 to my routine, I feel like my gut is thriving! I love that I'm taking powerful products that support the growth of good bacteria.

### Talk about how P84 supports natural detoxification processes.

e.g. Since using P84, I've noticed a real difference in how my body feels. P84 activates my body's natural detox processes, helps it clear out what it doesn't need and restore balance from within!

### Talk about how P84 supports proper digestion and a healthy immune system.

e.g. I've noticed a huge difference in how I'm feeling day to day since taking P84. My digestion feels great, and I love knowing my immune system is getting the support it needs.

### Talk about how P84 calms overactive immune responses, especially those triggered by food or gut bacteria.

e.g. Since starting P84, I've noticed a real difference in how my body feels, especially after eating certain foods. I feel more balanced and comfortable after meals.

# Talk about how P84 helps maintain a strong gut barrier, allowing nutrients to pass through while blocking what doesn't belong.

e.g. I started taking P84 because I'm always looking for ways to support my gut health. I love that I can feel confident that my body is absorbing the right nutrients and keeping out the

#### Don't

# Make claims that an unhealthy gut increases the risk of obesity, health conditions, depression, certain cancers, or other diseases, and then link those claims to how P84 supports a healthy microbiome. These are considered implied claims.

e.g. Did you know that an unhealthy gut microbiome is linked to things like obesity, diseases, and certain cancers? That's when I got serious about my gut health and added P84 to my routine to help support a healthy microbiome.

#### Make claims that P84 can prevent illnesses related to the immune system such as colds, flu, COVID, allergies, and autoimmune conditions

e.g. You should start taking P84 especially during the cold and flu season. I feel incredible since adding this to my routine and I haven't gotten sick since I started.

Make claims that P84 helps manage, relieve, or improve any disease, medical condition, or form of cancer. This includes, but is not limited to, digestive issues such as IBS, Crohn's disease, ulcerative colitis, celiac disease, colon cancer, leaky gut, heartburn, or acid reflux.

e.g. I used to struggle with IBS and constant bloating. Once I started taking P84, my symptoms have improved so much.

## Make claims that P84 is a substitute for prescription medications or can replace over-the-counter medicines

e.g. I used to be on a prescription for my heartburn and had to take several over-the-counter chewables daily to manage it. Since taking P84, I no longer use either.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. The claims from the Do list, are approved in the US only. Please refer to each market's Dos and Don'ts for market specific claims. The contents of the Dos and Don'ts are intended to convey general information only and not to provide legal advice or opinions. The contents of the Dos and Don'ts are not a complete list, nor do they contain all non-compliant terms. An attorney should be contacted for advice on specific legal and advertising issues.



