TOWARDS GENERATIONAL HEALTH - TOGETHER

REFLECTIONS FROM THE CONNECTED HEALTH & FITNESS SUMMIT

If we are truly to combat the chronic disease crisis society is facing, while addressing health equity to promote wellness for all, there is a clear need to radically reimagine how we think about health & healthcare. It's hard to "get a grip on longevity" when poor nutritional habits and sedentary lifestyles are becoming ubiquitous, leading to growing levels of metabolic disorders, obesity, stress, and chronic fatigue (especially coming out of the pandemic).

Despite enormous challenges, we live in extraordinary times, with both extraordinary opportunity and obligation. We possess the technological means along with community might to create a new structural framework for longevity.

The recent Connected Health & Fitness Summit drove home this sentiment by a collective commitment to use innovation and collaboration towards building three key pillars of such a new framework:

1 *Integrating fitness into healthcare by utilizing exercise and nutrition as preventative medicine*

2 *Ensuring that the latest innovations in fitness tools and modalities are broadly accessible*

3 *Leveraging diverse communities to create fullstack solutions*

HOW IS FITBIOMICS TACKLING GENERATIONAL HEALTH?

FitBiomics as a next-gen health company is committed to upholding these principles by leveraging cutting edge bioscience. We're rapidly translating microbiome data of the most fit people in the world into next-gen probiotics for health and longevity solutions. And as crazy as that sounds, the craziest part is that it's working.

We have accelerated two innovations to market - clinically validated for gut and sleep health, as well as anti-fatigue and endurance. Imagine a

probiotic that naturally eats lactic acid to provide our bodies with a foundation to help reduce fatigue and motivate us to be more active. This is how we're addressing some of the most critical health needs now, while expanding our discovery platform to develop microbes for additional functions downstream (strength, mood, recovery, etc.)

Diversity is a requisite for evolution. Both biologically and societally. We incorporate diversity holistically from the biological data we translate to the communities we collaborate with. That includes fitness enthusiasts, health seekers, and health needers. Our goal is fundamentally to change the way we understand and optimize our bodies. Our aim is to provide our probiotics as health tech solutions to help power the entire wellness operating system.

From fitness apps to wellness clinics, from wearables to personalized nutrition, to exercise as medicine interventions - we want to work with you. We want to empower your communities with fitness solutions to increase retention for healthier outcomes. Both now, and for longevity.

Let's work together to build the future of health.

Jonathan Scheiman, PHD
FitBiomics CEO & Co-Founder

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FITBIOMICS

REVOLUTIONIZING
SLEEP
FROM THE INSIDE OUT

IMPROVED DIGESTION | **BETTER QUALITY SLEEP** | **MORE ENERGY**

Nella is a daily probiotic capsule clinically validated to deliver holistic benefits. FitBiomics' patented strains are different from other probiotics because we go straight to the source of optimal health. We decode the microbiome of the most fit and healthy people thriving in the modern world to make next-gen health accessible to all.

Revolutionizing health & longevity for every *body*.

Nella™
THE PERFORMANCE PROBIOTIC BY FITBIOMICS
DIGESTION · SLEEP · ENERGY
30 CAPSULES · DIETARY SUPPLEMENT

CLINICALLY VALIDATED
MICROBIOME INNOVATION

- **Elite Microbiome Derived**
- **Vegan & Gluten Free**
- **Delayed Release Capsule**
- **Informed Sport Certified**

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NEXT-GEN PROBIOTICS
The Guts to Thrive

LEARN MORE

FITBIOMICS

LET'S MAKE FATIGUE OBSOLETE

Coming Soon!

V·Nella™
(Veillonella)

THE WORLD'S FIRST LACTIC ACID METABOLIZER

WYSS INSTITUTE | nature medicine

GENERATIONAL HEALTH IN A PILL

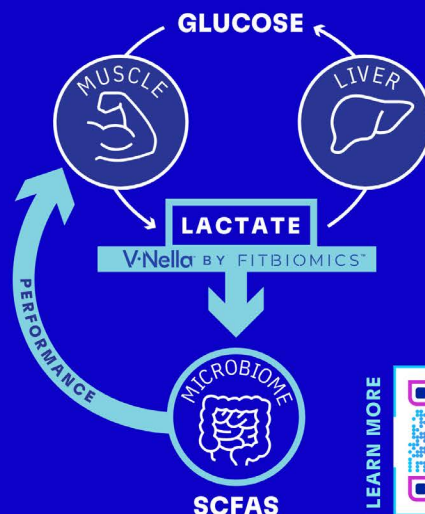Veillonella is a next-gen microbe that naturally devours lactic acid and converts it into fuel for your body.

FATIGUE FIGHTING · *clinically validated* · **ENDURANCE**

Imagine a pill that makes you want to exercise more and push boundaries. Veillonella is uniquely suited to help us stay active and utilize exercise as medicine. Be a part of the movement to fundamentally change how we optimize our bodies.

GLUCOSE

MUSCLE — LIVER

LACTATE
V·Nella BY FITBIOMICS™

PERFORMANCE

MICROBIOME

SCFAS

LEARN MORE