Biofilm Balance

Daily support to help the body recognize biofilm buildup and clear it naturally.

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PRODUCT INFORMATION PAGE

WHAT IS A BIOFILM?

A biofilm is a protective layer that microbes naturally create to help themselves survive. It's a sticky, glue-like coating made from proteins, sugars, minerals, and other substances that microbes produce. When microbes group together inside this protective layer, they become harder for the body to notice and clear. The immune system can't "see" them as easily, and the body's normal clean-up processes slow down. If these biofilm layers stay in place, microbes can stick around for a long time, go quiet for a while, and then become active again, even after other approaches have been tried. This helps explain why people often feel like.*

A biofilm is a dense, glue-like layer that microbes build around themselves for protection, making them harder for the body to detect and clear. Examples of microbes that hide under a biofilm are bacteria, viruses, fungi, yeast, and parasites.

DO ALL HUMANS HAVE BIOFILMS?

Yes, all humans have biofilms. Biofilms are a normal and necessary part of human biology, naturally present in areas such as the mouth, gut, skin, sinuses, and along mucosal surfaces throughout the body.

When biofilms are in healthy balance, they play an important role in microbial organization and stability. They help microbes organize, contribute to a balanced microbiome, protect beneficial organisms, and are normally regulated by the immune system as part of healthy internal maintenance. Biofilms themselves are not inherently harmful.

Biofilms can become an issue when this balance is disrupted. Problems may arise when biofilms become too thick or overly layered, protect microbes the body is attempting to clear, interfere with immune recognition, or contribute to recurring or cycling patterns. This is often when people describe feeling better temporarily, only for symptoms to return, or feeling as though they've "tried everything."

In these situations, the concern isn't that biofilms should not exist at all. Rather, it's that the natural balance between biofilm formation and clearance is no longer functioning optimally.*

WHAT'S INSIDE THE BIOFILM BALANCE PACK

FULVIC MINERALS
A concentrated source of trace minerals that supports mineral transport, cellular hydration, and internal balance. Helps improve nutrient absorption and supports a cleaner, more efficient internal terrain for daily wellness.*

L-STIMULATE
A targeted essential oil blend designed to support lymphatic movement and circulation. Applied externally, it helps encourage natural drainage and reduce feelings of stagnation.*

BLACK SEED OIL
A time-honored botanical that supports immune balance and overall resilience. Black Seed Oil helps maintain healthy digestive function and supports the body's natural defense systems.*

BIOFILMS: MYTH VS. TRUTH

MYTH: Biofilms are bad and need to be eliminated.
TRUTH: Biofilms are a normal part of human biology. Problems arise only when buildup becomes excessive or poorly regulated.*

MYTH: Everyone needs an aggressive biofilm cleanse.
TRUTH: Most people do not. Supporting daily balance, immune awareness, and drainage is often enough.*

MYTH: If antimicrobials stop working, microbes are "too strong."
TRUTH: Often it's protection, not strength. Biofilms limit immune visibility and access.*

MYTH: Strong reactions mean a biofilm protocol is working.
TRUTH: Strong reactions are not a goal. Gradual regulation is more sustainable.*

MYTH: Biofilm support is a short-term fix.
TRUTH: Biofilm balance is best supported through steady, daily habits.*

MYTH: The goal is to remove all biofilms.
TRUTH: The goal is balance - not eradication.*

HOW EACH PRODUCT SUPPORTS BIOFILM BALANCE

The Biofilm Balance Pack is not designed to strip biofilms away. It's designed to support the body's ability to manage biofilms appropriately, address buildup when balance has been lost, and restore normal regulation over time. Think maintenance and correction, not destruction.*

Fulvic Minerals - *weakening the biofilm matrix*

Biofilm structures rely on mineral binding, charge interactions, and environmental stability to maintain their protective layers. Fulvic minerals help chelate and mobilize minerals involved in biofilm structure, improve cellular hydration and ion exchange, and reduce the density and stability of excess layers. This support can make biofilm buildup less resistant and more accessible to the body's natural cleanup processes.*

Black Seed Oil - *supporting immune recognition*

Biofilms can allow microbes to avoid immune detection by creating protective barriers. Black Seed Oil helps support immune activation and responsiveness, reduce microbial resilience within protected environments, and encourage appropriate recognition as biofilm layers begin to thin. This support helps shift the body from overlooking protected microbes to responding in a more balanced, effective way.*

L-Stimulate (external use only) - *opening lymphatic drainage*

Addressing biofilm protection is only part of the process. Without proper movement and drainage, released material can stagnate and recirculate within the body. L-Stimulate is designed to support lymphatic flow, encourage circulation and movement, and help reduce stagnation and congestion. Applied externally, it helps support natural drainage so that what the body loosens can move out efficiently.*

HOW THIS WORKS TOGETHER

This pack is designed to work in the same sequence the body naturally uses to address biofilm-related buildup. By first weakening and destabilizing excess biofilm structure, then improving immune recognition, and finally supporting movement and drainage, the body is better able to manage and clear what no longer serves it. When these steps are supported together and used consistently, they help reduce cycling and promote more sustainable internal balance.

Biofilms form gradually, layer by layer, and they are best addressed the same way. Rather than aggressive or disruptive approaches, daily, moderate support helps prevent re-layering, reduce recurring patterns, and support long-term regulation. This approach applies steady support in the right order, focusing on balance and consistency instead of shock-and-burn methods.*

WHO BENEFITS FROM BIOFILM-FOCUSED SUPPORT?

Biofilm support may be especially helpful for individuals who feel stuck or experience recurring patterns despite doing many of the right things. In these cases, the issue is often not an excess of microbes, but too much protection around them.

- Experience chronic or recurring patterns
- Feel "stuck" despite doing the right things
- React strongly to cleanses or antimicrobials
- Notice symptom cycling

The smart approach to biofilm support is balance, not eradication. Biofilms are a normal part of human biology, and attempting to eliminate them entirely can disrupt beneficial microbes, create instability, and push the body into overcorrection. Instead, the goal is to reduce excess or problematic layers, improve immune visibility, support gradual and natural clearance, and help prevent re-layering over time. This is why a daily, balanced approach is more effective and sustainable than aggressive protocols.*

WHAT TO EXPECT WHEN USING THE BIOFILM BALANCE PACK

The Biofilm Balance Pack is designed to support gradual, intelligent change, not sudden or aggressive reactions. Most people notice shifts over time as consistency builds. Everyone's body is different, but the experiences below are commonly reported.*

WEEK 1

Many people notice subtle changes rather than dramatic ones.

You may experience:

- A sense of internal clarity or lightness
- Improved digestion or regularity
- Increased awareness of hydration needs
- Mild changes in energy or sleep patterns

Some people feel nothing noticeable at first, and this is normal.
Biofilm balance is not a stimulant-driven experience.

WEEKS 2–4

As consistency continues, the body often begins to respond more clearly.

You may notice:

- Fewer "up and down" cycles
- Less feeling of stagnation or heaviness
- Improved tolerance to other routines
- More stable energy throughout the day

If you are sensitive, you may notice temporary shifts such as mild fatigue, headaches, or changes in bowel movements. These are usually signs the body is adjusting and clearing, not a signal to push harder.

ONGOING USE (1 MONTH AND BEYOND)

With continued daily support, the body's natural healing systems begin growing stronger.

Many people report:

- Fewer recurring patterns
- Improved resilience
- Better response to other wellness routines
- A general sense of steadiness and balance

This is where the Biofilm Balance Pack works best - as daily maintenance, not a quick fix.

Fulvic Acid Mineral Powder

essential biominerals

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PRODUCT INFORMATION PAGE

Fulvic Acid Mineral Powder is a naturally occurring compound from decomposed plant matter and one of nature's most powerful electrolytes, supporting essential cellular metabolic processes. When bound with minerals through humification, it becomes water-soluble, stable, and known as fulvic minerals (fulvates). Naturally anti-microbial, it enhances nutrient density, can remineralize water, and may help replenish trace minerals missing from modern diets. Research shows fulvic acid can neutralize free radicals, help correct cellular imbalances, and support energy production. Our USA-made, non–coal-derived powder is non-toxic, gluten-free, non-GMO, and fully water-soluble, delivering 70+ trace minerals, electrolytes, antioxidants, amino acids, enzymes, and flavonoids.*

DIRECTIONS

- Start with ¼ to ½ a scoop, and gradually build to a full scoop once per day. Sprinkle lightly in up to 8 ounces of non-chlorinated water in a stainless or glass container. Allow powder to dissolve, stirring if necessary. Best consumed two hours before or after prescription medications.*

Supplement Facts

Servings per container: Approximately 80
Serving Size: 1 scoop (about 350 mg)

	Amount per serving	% DV*
Fulvic Acid (plant derived mineral complex)	350mg	†
Contains naturally occurring trace minerals, electrolytes, amino acids, and flavonoids		

†Daily value not established.

Manufactured by Green Organics, LLC • *Pure Plant Intelligence™*
754 Cincinnati-Batavia Pike • Cincinnati, OH 45245 • HBNaturals.com
Made in the USA with thoughtfully curated global ingredients.
Best If Used By: 12 months from date of purchase.

These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

FUNCTIONAL CONSTITUENTS

- **Fulvates**: Fulvic acid naturally binds with dozens of trace minerals (iron, zinc, magnesium, manganese, selenium, etc.), forming highly bioavailable fulvate complexes that act as powerful electrolytes.*

Clinical studies for Fulvic Minerals:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC6151376/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC7758121/
- https://pubmed.ncbi.nlm.nih.gov/25888188/
- https://pubmed.ncbi.nlm.nih.gov/32995299/
- https://pubmed.ncbi.nlm.nih.gov/21073632/
- https://pubmed.ncbi.nlm.nih.gov/28244332/
- https://pubmed.ncbi.nlm.nih.gov/29580088/
- https://pubmed.ncbi.nlm.nih.gov/15379912/

CAUTIONS

- **Safety Group 2**: Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- Keep out of reach of children.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

Black Seed Oil

mother nature's remedy

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PRODUCT INFORMATION PAGE

Black Seed oil (Nigella sativa), also known as Black Cumin or the "Blessed Seed," is a nutrient-rich oil known for its powerful health benefits. Its key compound, thymoquinone, offers antioxidant, anti-inflammatory, and immune-supporting properties. Used for centuries across many cultures, it supports digestion, respiratory health, balanced blood sugar, and skin wellness. Free of CBD and THC, it remains widely studied for its therapeutic potential.*

DIRECTIONS

- Shake well before each use. Start slowly with a low dose and gradually build up the dosage amount. Take by mouth.*

ADULTS

- Start with up to 10 drops once daily for 2 to 7 days.*
- Increase to 5 to 10 drops twice daily for 2 to 7 days.*
- Gradually build up to 10 to 20 drops twice daily.*

CHILDREN 12 & UP

- Start with 1 to 5 drops once daily for 2 to 7 days.*
- Increase to 2 to 5 drops twice daily for 2 to 7 days.*
- Gradually build up to 5 to 10 drops twice daily.*

CHILDREN 6 & UP

- Start with ½ to 2 drops once daily for 2 to 7 days.*
- Increase to 1 to 3 drops twice daily for 2 to 7 days.*
- Gradually build up to 1 to 3 drops twice daily.*

Nutrition Facts Serving Size: 30 drops/1ml (1 full dropper) Servings per container: 30

Amount per serving **Calories** 12

Ingredients: Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil

	Amount Per Serving	% Daily Value*
Total Fat	1g	1%
Calories From Fat	12	
Linoleic Acid (Omega 6)	505mg	**
Alpha Linoleic Acid (Omega 3)	235mg	**
Oleic Acid (Omega 9)	190mg	**
Total Carbohydrate	0g	0%
Protein	0g	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**Daily Value not established.

Caution: If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.

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MEDICINAL CONSTITUENTS

- **Thymoquinone**: The primary active compound in Black Seed oil (Nigella sativa) is known for its powerful health benefits. It has been extensively studied for its antioxidant, anti-inflammatory, and immune-boosting properties, and shows promise in supporting respiratory health, blood sugar balance, and cellular protection.*

Clinical studies for Black Seed:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/
- https://pubmed.ncbi.nlm.nih.gov/29962349/
- https://pubmed.ncbi.nlm.nih.gov/27364039/
- https://pubmed.ncbi.nlm.nih.gov/37605475/
- https://pubmed.ncbi.nlm.nih.gov/36815641/
- https://pubmed.ncbi.nlm.nih.gov/31143688/
- https://pubmed.ncbi.nlm.nih.gov/25829334/
- https://pubmed.ncbi.nlm.nih.gov/34297870/

CAUTIONS

- **Safety Group 2**: Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- May increase the effect of anticoagulant drugs.
- Keep out of reach of children.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*

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PRODUCT INFORMATION PAGE

L-Stimulate is a masterfully formulated proprietary blend of essential oils selected for their natural affinity for the lymphatic system, designed to support healthy lymph movement, circulation, and detox pathways. The lymphatic system plays a vital role in clearing metabolic waste, excess fluids, and toxins from the body, yet it relies on gentle stimulation to function efficiently. This blend features Bay Laurel to support immune and lymph activity, Pink Grapefruit to encourage detox support, fluid balance, and metabolic activation, and Lemon to promote cleansing, energy, and digestive support. When used consistently with light, upward massage to key areas, L-Stimulate helps encourage a feeling of lightness, clarity, and improved skin appearance while supporting the body's natural daily detox processes as part of an integrated wellness routine.*

DIRECTIONS

- Apply daily, or as needed, to key lymph areas including behind the ears, underarms, under the breasts, inside the elbows, and around the groin to support healthy lymphatic flow. For best results, dry brush before showering, then apply L-Stimulate to clean skin afterward using gentle lymphatic massage or drainage techniques. Use consistently for 21 days each month, as part of a regular lymph support routine.*

FUNCTIONAL CONSTITUENTS

- **Monoterpenes**: The primary functional constituents in L-Stimulate, monoterpenes occur naturally in bay laurel and citrus oils. They support circulation, encourage healthy lymph movement, and assist the body's natural detox pathways, while molecular size allows easy skin absorption and gentle stimulation when used with light massage.*

Clinical studies for L-Stimulate Ingredients:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC6152719/
- https://pubmed.ncbi.nlm.nih.gov/27771586/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC7817776/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC9333421/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC7394596/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC9774566/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC10345702/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC12374809/

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