

bioniq


INSIGNIA



BIGGEST GYM
LOVERS TREND 2021

GQ



BIGGEST FITNESS
TREND 2020

The Telegraph



BIGGEST VEGAN
TREND 2021

 **INDEPENDENT**



BIGGEST SUPPLE-
MENTS TREND 2021

**CELESTIAL
HOUSE**



TOP 20 HEALTH
TRENDS 2020

WomensHealth



HOW bioniq LIFE WORKS



bioniq LIFE TEST

A 50-parameter blood test to analyse your health status in the comfort of your home



Interpret Your Results

Access your results, monitor health metrics, and review your tailor-made formula recipe on the bioniq App



Personalised Supplement Formula

Get 3-month supply of your bespoke formula based on the results of your blood test



Supplement Subscription

Receive a new formula every 3-months with individual dosages adjusted based on your blood test

WHAT MAKES THE bioniq FORMULA UNIQUE?

Unlike standard nutritional supplements, the bioniq granules release their active ingredients over a sustained, 12-hour period. By taking your formula twice a day, this allows for 24-hour ongoing absorption of your vitamins, minerals, and microelements.

bioniq granules are manufactured in Switzerland using proprietary technology, and are certified by SWISSMEDIC (The Swiss Agency for Therapeutic Products). Our production facility in the United Kingdom is FDA registered and FSA approved.

bioniq capsules are 100% natural, made from pullulan: a natural, edible polymer that has no detectable taste.

 **100% Natural**

 **Vegan-friendly**

 **Colourant-free**

 **Diabetic-friendly**

 **Gluten-free**

 **Pharmaceutical Grade**



BIONIQ LIFE TEST

A COMPREHENSIVE 50-PARAMETER ANALYSIS WITH
AT-HOME BLOOD COLLECTION

METABOLISM

Albumin
Amylase
pancreatic
C-Reactive Protein
Globulin
Glucose
Insulin
HDL-cholesterol
Homocysteine
LDL-cholesterol
Non-HDL
cholesterol
Total cholesterol
Total protein
HDL % of total
Total/HDL ratio
Triglycerides
Uric acid

MICROELEMENTS

Calcium
Copper
Ferritin
Magnesium
Potassium
Sodium
Zinc

LIVER FUNCTION

Alanine Transferase
Alkaline Phosphatase
Aspartate Transferase
Gamma-
glutamyltransferase (GGT)
Total Bilirubin

VITAMINS

Vitamin B9 (folate)
Vitamin B12
Vitamin D

HORMONES

Testosterone
TSH
Cortisol
DHEA-S

HAEMATOLOGY

Haemoglobin (g/L)
Basophils
Eosinophils
HCT
Lymphocytes
MCV
MCH
MCHC (g/L)
Monocytes
MPV
Neutrophils
Platelet count
RDW
White cell count
Red cell count



FORMULA COMPONENTS

Each unique formula recipe can contain up to 53 different components depending on the results of the client's blood test. The components include but or not limited to:

VITAMINS

Vitamin A
Beta-carotene
Vitamin B1
Vitamin B2
Vitamin B3
Vitamin B5
Vitamin B6
Biotin
Folic acid
Vitamin B12
Vitamin C
Vitamin D3
Vitamin E
Vitamin K2
PABA

HERBAL ESSENCES AND OTHER COMPONENTS

Lutein
Bioflavonoids
Choline
Coenzyme Q10
Lipoic acid
Methylsulfonylmethane
Glutathione
Creatine monohydrate
Grape seed extract (Vitis
vinifera L. semen)
Silymarin extract
Ginkgo extract
Rhodiola rosea extract
Inositol

MICROELEMENTS

Chromium
Magnesium
Manganese
Molybdenum
Selenium
Zinc
Iodine
Copper
Calcium
Silicon
Iron
Potassium

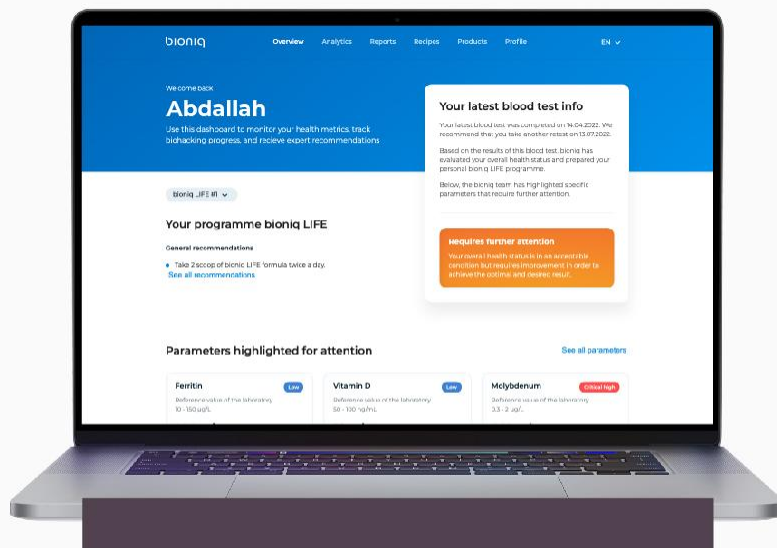
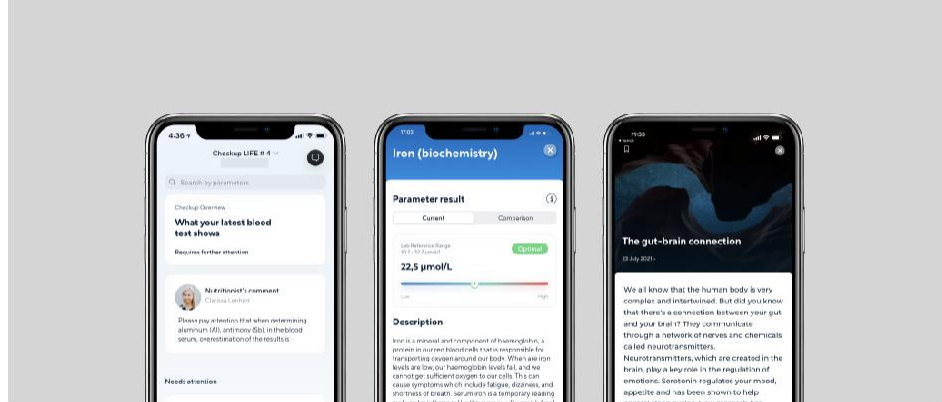
AMINO ACIDS

Methionine
(L-) Cysteine
(L-) Arginine
(L-) Glutamine
(L-) Glycine
Isoleucine (L-)
Lysine HCl (L-)
Taurine
Tryptophan
Tyrosine
Leucine (L-)
Carnitine (L-)



bioniq APP AND DASHBOARD

- Access information about your tests at any time
- Track how your health metrics change using infographics and easy to understand charts
- Expert recommendations
- Personal formula recipe
- Set formula-intake reminders and never forget when it's time for your retest
- Educational content



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HOW DOES IT WORK?



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**CELEBRATIONS
HOUSE**

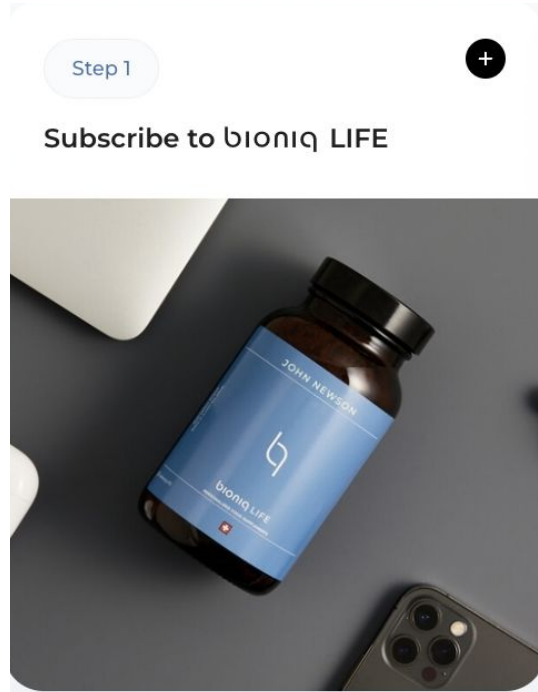


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WomensHealth



HOW DOES IT WORK? - STEP 1



Once a member has purchased their bioniq LIFE 3-month cycle, the **Client Relations** team from bioniq will reach out to begin the onboarding process.

HOW DOES IT WORK? - STEP 2

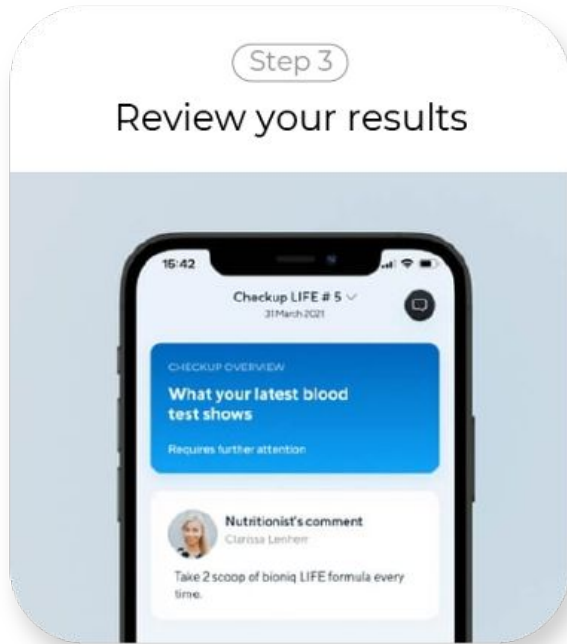
Step 2

Take your blood test



The client will then undergo their blood test at the nearest Health Location or at the comfort of their preferred address (UK extra £60 cost).

THE BIONIQ LIFE PROCESS - STEP 3



Lab results and personal health recommendations can be accessed directly on the bioniq App and the personal dashboard. Results will take up to 10 days to be displayed on the app. The client will be notified by their dedicated Client Relations Manager that their results are ready.

THE BIONIQ LIFE PROCESS - STEP 4

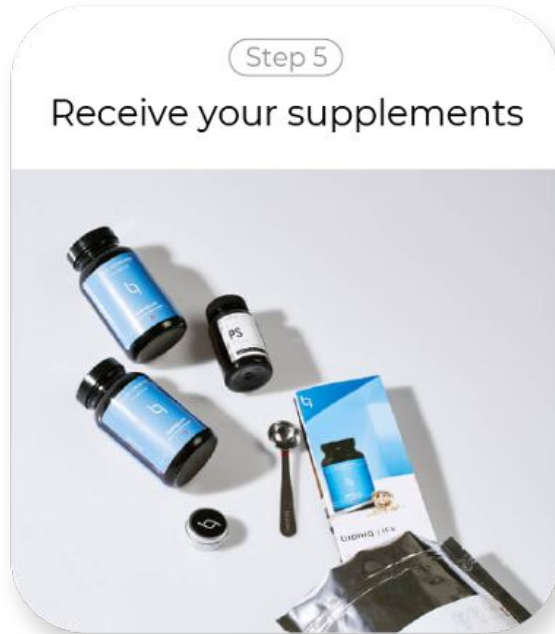
Step 4

Get a lifestyle consultation



Lifestyle consultation with a clinical nutritionist (remote via mobile phone) will be booked to review lab results and to help the client understand the correlation between their lifestyle habits and health status.

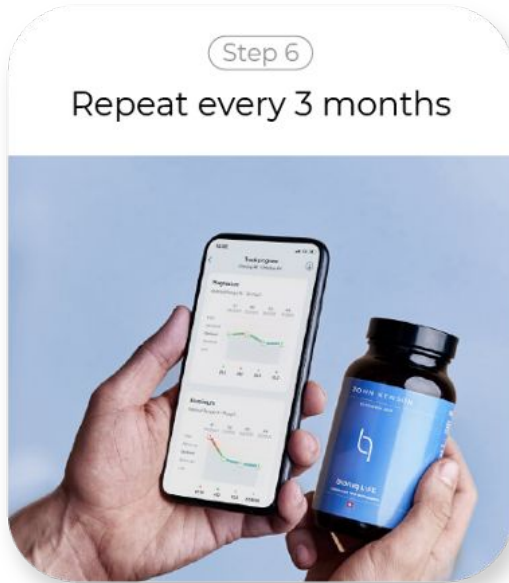
THE BIONIQ LIFE PROCESS - STEP 5



Clients will receive 3-month supply of their personalised bioniq LIFE supplements directly to their doorstep (Free shipping within 3-5 working days).

Production of the bioniq supplements takes place in the UK and is shipped out directly to the client's doorstep. Manufacturing takes place in Switzerland.

THE BIONIQ LIFE PROCESS - STEP 6



Lab results and personal health recommendations can be accessed directly on the bioniq App and the personal dashboard.

Note: The client can also opt to continue for another cycle without retesting and continue with the same formula but must retest within 6-months of their first formula (after completing 2 cycles).

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FREQUENTLY ASKED QUESTIONS



FAQ

Q. What is bioniq LIFE?

bioniq LIFE is a health optimisation system and allows you to analyse your health status, improve lifestyle habits with the support of a clinical dietitian, track health progress with the bioniq App while targeting nutrient deficiencies and maintaining optimal health with personalised supplements made for you based on a blood test.

Q. How does bioniq LIFE work? (This is when explaining to a client/member a summary on how it works):

- Once you have purchased your subscription, you will complete the bioniq health form
- This is followed by booking your blood test.
- The blood analysis will take up to 3-5 working days.
- Once your lab report is ready, this will be uploaded on the bioniq App for you to review along with a personalised formula recipe that has been created for you.
- You will be booked in for an online consultation with a clinical nutritionist to review your results and discuss any concerns you may have or goals you wish to achieve.
- Your 3-month supply of personalised supplements will be delivered to you in the form selected initially in the health form: capsules or granules.
- By the end of your 3 months cycle, your dedicated health concierge will be in touch with you to remind you that it's time to retest. You can choose to continue for another cycle with the original supplement formula or to retest so we can adjust your formula according to your results.

Q: How long does it take to receive the blood test results?

Your blood test report will take up to 3-5 working days. As this is a comprehensive health check-up, some of the parameters (e.g. heavy metals) require a longer turnaround time.

FAQ

Q. Is there a minimum commitment period?

Yes, the bioniq LIFE cycle requires a minimum of 3-month commitment and is purchased upfront in a package.

Q. Do I have to retest after three months?

You can also opt to continue for another cycle without retesting and continue with the same formula but you must retest within 6-months of your first formula (after completing 2 cycles).

Q. How 'personalised' are bioniq supplements and what makes them different than traditional supplements?

bioniq creates bespoke and clinically proven supplement formulas for each client based on the results of a comprehensive blood test. Upon evaluation of your general health status and individual nutrient and micro-element status, a formula recipe is created with individual doses so that you are taking what your body actually needs.

Q. What parameters does the bioniq LIFE blood test cover?

The bioniq LIFE blood test is a 50-parameter blood analysis that helps analyse the general condition of your health. The panel covers metabolism, liver function, hormones, haematology, vitamins and microelements.

Q. How should I prepare for the blood test? Are there any instructions to follow?

The bioniq LIFE TEST is a fasting blood test, therefore you must be fasting for 12 hours prior to your appointment - you can drink water prior to your blood test. If you are taking medication that contains T3, take your test in the hour prior to your dose of medication. Do not take any supplements containing biotin for at least 24 hours

FAQ

Q. Can I add-on additional parameters/biomarkers to my blood test?

If you wish to add-on additional parameters at the time of your appointment, you can let us know. There will be additional charges for each parameter.

Q. Is the bioniq LIFE TEST covered by insurance?

This would need to be checked with your insurance provider.

Q. Where are your supplements manufactured?

bioniq granules are manufactured using Swiss-patented technology in Switzerland. Production of the bioniq supplements take place in the United Kingdom. The bioniq production facility in London is FDA registered and FSA approved.

Q. How many components are there in the formula?

We have up to 53 components in our formula and the number of ingredients in your formula recipe would be determined based on the results of your blood test. Here is a list of our components: <https://bioniq.com/en/components-details>

Q. What are the capsules made from?

bioniq capsules are 100% natural, made from pullulan - a natural, edible polymer that has no detectable taste and sourced from fungi. No toxic chemicals are involved in the harvesting of pullulan, meaning that our capsules are environmentally-friendly and are certified for pharmaceutical use. They provide a highly superior oxygen barrier over other capsule forms.

Q. What is unique about the bioniq LIFE granules?

bioniq granules use a Swiss-patented technology to ensure maximum bioavailability and slow-release of active ingredients. Our granules are colourant-free, preservative free and are suitable for vegans.

FAQ

Q. How do you avoid components from negatively interacting with each other?

At bioniq, we use a Swiss-patented technology to ensure maximum bioavailability and slow-release of active ingredients. The slow release mechanism allows for different elements to not interact with each other which is one of the main advantages of bioniq granules - there is no need to worry about timing and interactions as the absorption pathways are not interacting.

Q. Is bioniq LIFE supplements suitable for kids?

We recommend bioniq supplements from the age of 18 and up, since deficiencies are quite rare in children and we use measurements that are made for adults. If you want your child to take the bioniq formula, please consult with a paediatrician.

Q. Can pregnant women or those lactating use your product?

Yes, bioniq LIFE is suitable for women who are pregnant and lactating. We advise you to confirm approval by your practitioner prior to getting started with bioniq LIFE. This should also be mentioned when completing the bioniq Health Questionnaire.

Q. Does bioniq take into consideration when creating a formula for women that are pregnant/lactating?

It is important to mention in the bioniq health questionnaire whether you are currently pregnant, lactating or preparing for pregnancy. With all of the above cases, we remove vitamin A but we can leave vitamin C and vitamin E. As per our protocols, we do not provide additional dosage increases for those mentioned components.

FAQ

Q. How long does it take until you really start to ‘feel’ the results?

On average, we notice that clients may feel the difference within days of taking it while others may feel it just once or only “feel” the difference in the blood test itself. Clients may report feeling symptoms within a few days or 1-2 weeks from taking it.

Q. Is your formula well digested and suitable for a sensitive stomach?

Yes, our granules release their active ingredients within 12 hours which ensures ongoing absorption. The guar in our capsules ensure good digestion as well – just make sure to take your supplements with food and to drink plenty of water.

Q. What are the possible side effects of bioniq LIFE?

In the first few weeks of intake, you may experience a change in colour in your urine or increased motility. There is also a lesser chance of experiencing digestion, 1% chance discomfort (constipation or diarrhoea) and a heartburn for individuals with sensitive stomachs. Like any other product, you have when having an allergic reaction.

Q: I have a Vitamin D allergy, can you exclude this from my formula?

Yes, as long as you complete the health questionnaire and mention any allergies that we need to be aware of, this would be taken into consideration when we create your bespoke formula.

FAQ

Q: Why take bioniq if you can receive all your nutrition from food?

It is quite difficult to develop a well-balanced diet that would contain all the nutrients one requires on a daily basis. In addition, taking vitamins without understanding the adequate proportions required may be indeed useless, and sometimes even dangerous. Studies show that any vitamin and supplement intake should be considered individually. For this reason, we use blood test results to create a bioniq formula tailored to the individual nutrition needs of each client.

Q. Are your supplements suitable for vegetarians or vegans?

Yes, our components are vegan-friendly.

Q. I have diabetes, can I take your supplements?

Our supplements are diabetes-friendly.

Q. Are your supplements organic?

No, our formula components are not organic.

Q. Are your supplements gluten-free?

Yes, they are gluten-free, in addition, our granules are also colourant-free and preservative free.