



PRESS RELEASE

MicroNourish System Announces U.S. Launch, Supporting Brain-Gut Balance with Powerful Nutrients

System of Micronutrients & Digestive Formulas Promotes Inner Balance, Mental Clarity, and Balanced Relationship With Food

NEW YORK, NY—(17 March, 2015)— MicroNourish, a premier system of nutritional formulas designed to target brain and gut balance, today announced its launch in the United States. The advanced micronutrient formula and supporting digestive formulas work together to catalyze deep nutrient absorption and strengthen the brain-gut connection; supporting improved focus, stable moods, and a calmer relationship with food.

A growing body of research indicates that micronutrients are important for maintaining mood stability and focus, and that healthy brain-gut balance is pivotal in maintaining mental wellness and a balanced relationship with food. It is also widely recognized that digestive health is key to optimizing nutrient absorption. That is why the MicroNourish System addresses micronutrient absorption, the brain-gut connection, and digestion, together.

The flagship brain-gut balance formula, Core Micronutrients, is a blend of 36 powerful nutrients, including macro- and micro-minerals, vitamins, amino acids, and plants nutrients, designed to promote inner balance*; it also provides a good source of the antioxidants vitamins C, E, and A. The broad-spectrum of micronutrients provides a robust foundation for those seeking to boost their brain and gut function for inner balance and mind-body harmony. Since *You Are What You Absorb*®, the nutrients are blended for maximum absorption and assimilation by the brain and body.

The supporting formulas, Digestive Plant Enzymes and Superfood Probiotics and Prebiotics, further aid healthy digestion and brain-gut balance by increasing healthy gut flora, maximizing nutrient absorption, and helping minimize occasional digestive discomfort*.

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“I always said if I found the ‘missing link’ to feeling more focused, balanced, and calmer around food, I would share it with the world,” said Nadia Tarazi, Founder of MicroNourish. “MicroNourish is that vision brought to life. I’m proud to be working with a range of holistic experts to provide high-quality solutions that I wish I’d known about many years ago.”

About MicroNourish

MicroNourish was developed by Nadia Tarazi, a Media Producer turned Executive and Health Coach who dramatically improved her own focus and relationship with food through micronutrition. Nadia has an MBA from Columbia University, an MA from the University of London, and coach training from prestigious institutes including The Coaches Training Institute, and Institute of Integrative Nutrition, among others.

The three part MicroNourish System consists of the flagship product, Core Micronutrients, a powerhouse formula of 36 ingredients to feed the brain and nourish the gut*; Digestive Plant Enzymes, a blend of the seven key active enzymes needed to break down major food groups and avoid occasional digestive discomfort*; and Superfood Probiotics & Prebiotics, a formula of over 800 million probiotics and superfood prebiotics, blended to support the digestive tract and nurture healthy gut bacteria*.

The MicroNourish System also provides tracking sheets to help people monitor progress and improve lifestyle choices, and is planning to host an online magazine, called *You Are What You Absorb*®, to provide educational support on achieving inner balance, clarity, and a calmer relationship with food.

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

For more information about MicroNourish, please visit www.MicroNourish.com.

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