

Please attribute to
Matt Amicucci, PhD,
Cofounder and Chief Science Officer of **one•bio**

"Around 3/4 of American adults are dealing with one or more chronic illnesses, and many of them are rooted in a system that is starving our health by starving our bodies and our gut microbiome of fiber."

"If Americans ate 50 grams of fiber a day, the country would see a 35% drop in all-cause mortality. To get there, we need to overcome a 5-billion-kilogram annual fiber deficit within a food system stripping fiber from our nutrient supply. That's an unrealistic ocean of apples and mountains of imperfect supplements. **one.bio** makes it easy to seamlessly integrate the most effective fibers into almost everything we eat."

"As much as I would love for every person to fill their fiber gap with whole foods, modern life and the industrial food system make it impractical, verging on impossible."

"Oversimplified nutrition labels are misleading. There is not just one fiber. There are thousands that we are cataloging from thousands of foods in our **GLYCOPEDIA**, and they feed different gut microbes in different ways that unlock different health benefits beyond just regularity."

"Just increasing your fiber intake isn't enough. You need to pick the right fibers that best support the right microbes. **One.bio** is identifying and producing these functional fibers to address the fiber gap without the 'tolerance tax' of digestive discomfort associated with some fiber supplements or fiber-rich foods."

"Even though it would be ideal for everyone to get their fiber entirely from whole foods, it's often unmanageable. **One.bio** is providing a gut-friendly, extremely practical option that works with, not against, the modern lifestyles of people desperate for a solution they can stick to."

"Your gut microbiome is so complex and biologically essential that it's better to think of it as an organ like your heart, lungs, liver, or brain. We truly are holobionts, and if we don't take care of this fiber-hungry symbiotic ecosystem within us, it won't take care of us."

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"We have a health care system focused on treating illness when it strikes, not preventing it or the quality-of-life compromises that precede a collapse in our well-being. A diet that is replete with fiber shifts our health story from reactive to proactive: Smart defense is the key to a longer and richer healthspan."

"Fiber is way more than a broom for your intestines. It's how you unlock the healing superpowers of your gut microbiome."

"Existing fiber supplements are often unappealing and compromised in their efficacy. They turn into viscous gels and are approximate fiber solutions rather than the ones that one.bio knows are the best at nourishing specific microbes associated with specific health outcomes."

"No other company has what we have: a map that shows the relationship between thousands of fiber structures from thousands of fiber sources, different gut microbes' fiber preferences, and the health benefits those well-fed microbes generate. We can identify the most effective functional fibers and produce them at scale using a patented technology."

"Existing fiber supplements aren't good enough. They taste and feel bad. one.bio's 01 fiber is flavorless, scentless, colorless, water-soluble, and gentle on the gut. It's an 'invisible' functional fiber that removes a huge barrier to not just getting more fiber in people's diets, but getting more of the right fiber for the desired health goal."