



one.bio Soundbites

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Cofounder and Chief Science Officer of one.bio

1. "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."
2. "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."
3. "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."
4. "Telling someone to 'eat more fiber' is like telling them to 'take more medicine' without specifying which one. There are dozens of distinct fiber structures, and they act on entirely different microbes in entirely different ways. The reason one.bio can make specific clinical claims about specific health outcomes is because we know exactly which fiber structure does what – and we can produce it at scale."
5. "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. And in our published clinical study, we didn't just avoid the tolerance tax – participants at lower doses actually saw



significant improvement in constipation and overall digestive symptoms."

6. "Most people expect fiber to help with constipation eventually, at high enough doses. What surprised us in our published study was that meaningful improvement showed up at 5 and 10 grams a day – amounts you can actually integrate into a drink or a meal without anyone noticing the fiber is there."
7. "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."
8. "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."
9. "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."
10. "Fiber is way more than a broom for your intestines. It's how you unlock the healing superpowers of your gut microbiome."
11. "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."
12. "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."



13. "Peer review is the scientific community saying: we checked your work, and it holds up. Most ingredient companies never get there. We did – and the microbiome chapter of this story isn't even published yet."
14. "The human study confirmed the fiber works. Just as important, it validated the platform behind it. We had predicted in the lab which fiber structure would feed which microbes, and what those microbes would do for the body, and those predictions held up once the fiber was in real people. That's what makes this repeatable: screen a fiber, prove it in a study, bring it to market, then do it again. We have dozens of fibers lined up behind this one."
15. "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."