WHAT IS CLAIMED IS:

1. A solid composition for reducing fasting blood glucose, total cholesterol, LDL cholesterol, VLDL cholesterol, cholesterol:HDL ratio, triglycerides, and increasing a healthy microbiome in a human subject consisting essentially of:

100-1,500 milligrams of a fiber blend that consisting essentially of fructooligosaccharides guar gum, gum Arabic, locust beam gum, citrus pectin, and oat fiber,

100-1,500 milligrams of a polyphenol blend consisting essentially of yeast polyphenols, apple extract polyphenols, pomegranate extract polyphenols, and red grape extract polyphenols,

100-1,500 milligrams of a multivitamin supplement consisting essentially of Vitamin A, Vitamin C, Vitamin E, Thiamin, Riboflavin, Niacin, Vitamin B12, Biotin, Calcium, and Zinc; and

wherein the 300-4,500 milligrams of fiber blend, the polyphenol blend, and the multivitamin supplement synergistically lower fasting blood glucose, total cholesterol, LDL cholesterol, VLDL cholesterol, cholesterol:HDL ratio, triglycerides, and synergistically increases the healthy microbiome comprising an increase in *Lactobacillus, Roseburia, Prevotella, Ruminococcus albus, Akkermansia muciniphila, Bifidobacterium, Oxalobacter formingenes, Odoribacter, and Anaerotruncus colihominis,* and a decrease in fasting blood glucose, total cholesterol, LDL cholesterol, VLDL cholesterol, cholesterol:HDL ratio, and triglycerides.

2. The composition of claim 1, further comprising one or more excipients, flavorants, sweeteners, or organoleptic agents.

3. The composition of claim 1, wherein the composition has a synergistic effect on the fasting blood glucose, total cholesterol, LDL cholesterol, VLDL cholesterol, cholesterol:HDL ratio, triglycerides, or improving the healthy microbiome when compared to:

a composition consisting essentially of Guar gum, phytosterols (beta-sitosterol, campestrol, stigmasterol), gum Arabic, locust bean gum, pectin, oat fiber, national orange flavour, calcium carbonate, ascorbic acid, Vitamin A, beta carotene, beta glucan, sucralose, niacinamide, d-alpha tocophenyl acetate, chrysanthemum morifolium extract, cyanobalamin, policosanol, zinc gluconate, pyridoxine, riboflavin, folic acid, biotin, thiamine, and chromium; or

a composition consisting essentially of Guar gum, gum Arabic, locust bean gum, pectin, oat fiber, natural orange flavour, calcium carbonate, ascorbic acid, Vitamin A, beta glucan, Stevia, beta-carotene, niacinamide, d-alpha tocophenyl acetate, maltodextrin, zinc gluoconate, pyridoxine, riboflavin, biotin, thiamine, cyanobalamin, chromium, selenium, and folic acid.

4. The composition of claim 1, wherein the composition is provided in an amount that increases microbiome diversity to reduce the symptoms of Irritable Bowel Syndrome, diarrhea, obesity, Type II Diabetes, Crohn's Disease, ulcerative colitis, kidney stones, Inflammatory Bowel Disease, or constipation.

5. The composition of claim 1, wherein the composition lowers at fasting blood glucose, total cholesterol, LDL cholesterol, VLDL cholesterol, cholesterol:HDL ratio, or triglycerides.

6. The composition of claim 1, wherein the composition consists of a fiber blend, a polyphenol blend, a multivitamin supplement, and one or more inactive excipients.

7. The composition of claim 1, wherein the fiber blend consists of fructooligosaccharides and one or more polysaccharides selected from, guar gum, gum Arabic, locust bean gum, citrus pectin, and oat fiber.

8. The composition of claim 1, wherein the polyphenol blend consists of yeast polyphenols, apple extract, polyphenols pomegranate extract polyphenols, and red grape extract.

9. The composition of claim 1, wherein the composition consists of the fiber blend, the polyphenol blend, and the multivitamin supplement.