



Gutsi®

Product Catalogue

Updated June 2023



Our Gutsi[®] story

We believe that a happy microbiome is the key to health. Hippocrates postulated that “all disease starts in the gut” nearly 2,500 years ago. Now, more than ever, we know about the gut-brain connection and the power that microbial diversity can have in virtually every body system. The future of gut health is exciting and it’s here.

Our passion for the role of functional medicine in improving digestive health drives us to offer nature-inspired, science-backed formulas that work. Through education and easy-to-digest, evidence-based support, it’s our mission to empower you to be your most healthy self. Trust your gut when it comes to your body and health.

Be Gutsi[®].



About Kiran Krishnan

Gutsi[®] formulator Kiran Krishnan is a Research Microbiologist and has been involved in the dietary supplement and nutrition market for the past 20 years. Most recently, Kiran is the General Manager of Novozymes One Health America, and Co-Founder/ Chief Scientific Officer at Microbiome Labs, a leader in microbiome and probiotic research. He is a frequent lecturer and expert guest on the Human Microbiome at Medical and Nutrition Conferences. He is currently involved in over 18 novel human clinical trials on probiotics and the human microbiome, has published clinical trials in peer-reviewed scientific journals, and has several global patents in his name.

Gutsi[®]

What's inside

Your ultimate Gutsi® guide

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Your ultimate Gutsi[®] guide



SporeBiotic™

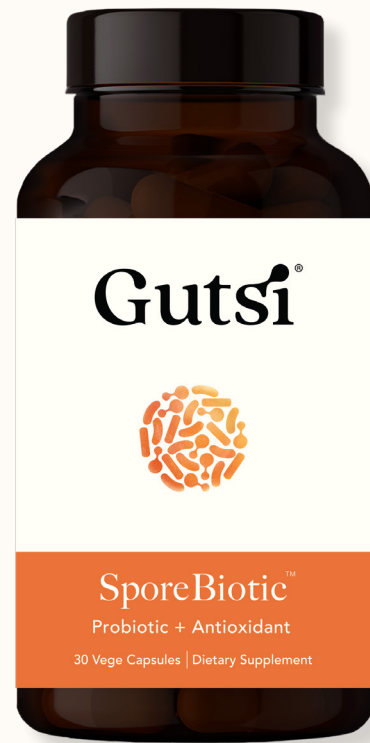
Probiotic + Antioxidant

Gutsi® SporeBiotic™ is a revolutionary and highly effective probiotic designed for everyone. This microbiologist formulated, 100% spore-based, broad-spectrum probiotic formula reconditions the gut by increasing microbial diversity and encouraging the growth of key gut bacteria and antioxidants to support a healthy microbiome. If you have gut challenges or haven't responded to other probiotic formulas, take control of your health and feel the Gutsi® difference.

Bacillus spores

SporeBiotic™ is made with *Bacillus* spores. These spores have been found naturally in the environment for millions of years developing a symbiotic relationship with their human host. They are found in soil, rocks, dust, vegetation and water, as well as in the digestive systems of insects, marine life and mammals. They live in the gut and use the soil to aid transfer from host to host. As a true commensal organism, *Bacillus* spores very effectively colonise the gastrointestinal tract (GIT) of both humans and animals.

- *Bacillus* spores have a bi-phasic life cycle. Depending on their environment, they can change form from dormant to active. When dormant, *Bacillus* surrounds itself with an endospore, a naturally robust outer shell that protects it from light, pressure, heat, acid, oxygen and other environmental factors. Once *Bacillus* spores reach the gut, they can sense that conditions are suitable for survival and resume their active form.
- Amino acids and carbohydrates in food help the spores move from their dormant spore form to an active, vegetative form in the GIT.
- *Bacillus* spores were abundant in our ancestors food supply. However, modern food systems have sterilised food processing, and foods and animals are treated with antimicrobial agents which has eliminated our exposure to these essential bacterial organisms.
- When in hibernation, *Bacillus* spores are highly stable and can survive in conditions ranging from 200°C to -60°C. Their ideal growth temperature is 37°C, the internal temperature of the human body.



Size: 30vc Product code: GUT01

Supplement Facts		
Serving size: 1 capsule		Servings per container: 30
Amount per serving	% Daily value	
Proprietary Probiotic Blend 3 Billion CFU	175 mg	†
<i>Bacillus indicus</i> , HU36™		†
<i>Bacillus clausii</i> (SC-109)		†
<i>Bacillus subtilis</i> , HU58™		†
<i>Bacillus coagulans</i> (SC-208)		†
† Daily values not established		

Other ingredients: Microcrystalline cellulose (hypoallergenic plant fibre), hypromellose (vegetable capsule). *Antioxidants* [lycopene, astaxanthin, zeaxanthin, alpha & beta carotene, lutein] are produced naturally in the digestive tract by this probiotic; they are not added to the capsule.

Does not contain: GMOs, gluten, wheat, dairy, soy, nuts, preservatives, binders, artificial fillers, colours, or flavours.

Cautions: If you are pregnant or nursing, taking medications, or have a medical condition, consult a healthcare practitioner prior to use. Keep out of reach of children. Do not use if safety seal is broken or missing.

Storage: No refrigeration required.



What makes SporeBiotic™ different from other probiotics?

SporeBiotic™ contains four *Bacillus* strains: *Bacillus indicus* HU36™, *Bacillus coagulans* (SC-208), *Bacillus clausii* (SC-109) and *Bacillus subtilis* HU58™ that have been shocked back into their spore form. This unique feature allows SporeBiotic™ to naturally survive the harsh environment of the digestive system.

These specific strains have been clinically shown to support intestinal permeability and found to have a 100x better survival rate than leading probiotics or yoghurt. In addition to promoting a healthy bacterial balance, these strains have many other properties and benefits, some of which are listed below:

- Resistant to antibiotic therapy
- Increases the body's natural production of carotenoids (antioxidants)
- Produces nutrients including vitamin K and all the B vitamins
- Produces up to 12 natural antibiotics
- Produces the enzyme nattokinase
- Neutralises toxins
- Competes with, and eliminates pathogens
- Increases butyrate production
- Stimulates the lymphoid tissue in the gut, an important part of the immune system
- Produces L+ lactic acid, not D-lactate
- 99.99% survivability through the digestive tract
- No refrigeration required

How SporeBiotic™ fits into the Gutsi® Gut Reset protocol

SporeBiotic™ is introduced in week 1 of the 60-day Gut Reset Kit. A healthy microbiome relies on three fundamental aspects of gut health: microbial population, physical structures, and immune function. SporeBiotic™ is foundational to reconditioning the gut and supporting microbial diversity and commensal, keystone gut bacteria for a happy, healthy microbiome.

Allergen information

This product is allergen and vegan friendly. Does not contain GMOs, gluten, wheat, dairy, soy, nuts, preservatives, binders, artificial fillers, colours, or flavours.



Reseeds the gut



Survives digestion



DNA verified



Vegan friendly

Caution

The clinically proven strains in SporeBiotic™ are suitable for people of all ages, including infants. Can be taken during pregnancy and breastfeeding, with medications, and by pets (cats & dogs).

Suggested use

Ages 4+: Take 1 capsule daily or as directed. Best taken with meals, capsules may be opened and mixed with food or drink.

If symptoms persist and for children under 4 years, consult your healthcare practitioner. Always read the label and use as directed.

Titration schedule

In restoring balance to an unhealthy intestinal tract, the chance of experiencing detoxification symptoms* is possible. Therefore, Gutsi® recommends the SporeBiotic™ dosing be titrated up slowly to avoid these symptoms in sensitive individuals or children.

Starting dosage:

- Week 1 – 1 capsule every 2nd day with food.
- Week 2 – If no detoxification symptoms, increase to 1 capsule daily.
- Take with food or right after a meal.

Super sensitive digestive system:

- Start slowly with ¼ or ½ capsule every other day, for at least 1 week.
- If comfortable with no detoxification symptoms, increase dosage to 1 capsule daily.

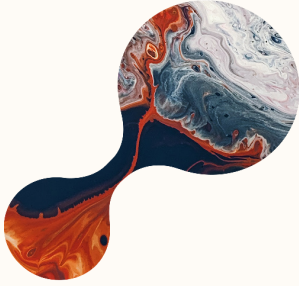
Children under 4:

- Start with ¼ capsule or ½ capsule every other day taken with or after food intake.
- Increase to ½-1 capsule per day with or after food intake.
- Capsule amount can be sprinkled on food such as applesauce, the product does not need to be refrigerated and will not be inactivated by heat or cold.

**Detoxification symptoms may present as bloating, loose stools, changes in bowel habits, and/or digestive discomfort. If these issues arise, it is recommended that you decrease the dosage to prevent this from occurring. You may reduce to ½ capsule every 2nd day and continue until all symptoms have subsided.*

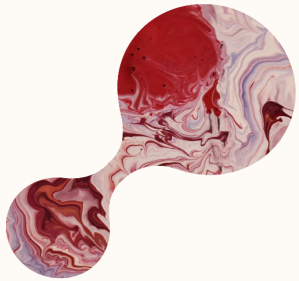


Individual spore information



Bacillus indicus HU36™

B.indicus produces high levels of powerful carotenoids (antioxidants) at the site of absorption. Carotenoids do not survive the gastric system well. *B.indicus* however, has demonstrated the ability to survive past the stomach acid and produce the carotenoids at their site of absorption in the gut. This makes the carotenoids produced by *B.indicus* the most bioavailable supplementary carotenoids in the marketplace. *B.indicus* gives SporeBiotic™ a function that no other probiotic formulations on the market can claim – it provides key nutrients in their most potent form.



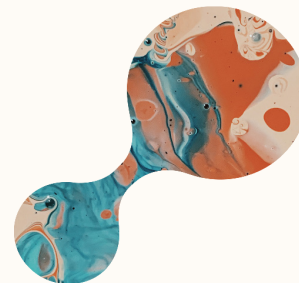
Bacillus coagulans (SC-208)

Identified in the 1930s, *B.coagulans* is a well-studied probiotic that supports inflammatory conditions such as IBS and Crohn's disease, as well as offers potent immune boosting activity. *B.coagulans* produces the L+ optical isomer of lactic acid, which has been shown to have a more profound effect on immune stimulation and gut defence than the other forms of lactic acid produced by conventional probiotics. It is a great coloniser and plays a key role in the digestion of food and absorption of nutrients. *B.coagulans* can digest incoming fat to reduce the uptake of cholesterol. This powerful strain adds another dimension to SporeBiotic™, giving it a potent ability to fight inflammatory conditions, aid in digestion and prevent the growth of harmful bacteria.



Bacillus clausii (SC-109)

This strain is the largest selling strain of prescription probiotics in the world. *B.clausii* is recommended as an adjunct to antibiotic treatment due to its ability to resist damage from a variety of common antibiotics.



Bacillus subtilis HU58™

Has been extensively studied on a genetic and functional level. *B.subtilis* has a unique ability to produce nearly 12 strong antibiotics – potent fighters of opportunistic and harmful bacteria. *B.subtilis* produces the enzyme nattokinase and has been shown to reduce blood pressure, cholesterol and excessive clotting by fibrinolysis. *B.subtilis* also produces a number of other nutrients that have systemic health benefits such as B vitamins and Vitamin K2. *B.subtilis* is an extremely potent immune stimulator. It germinates in the small intestine and provides broad-spectrum immune stimulation.



Immune



Sleep



Mood



Energy



Digestion



Skin



Hormones



Metabolism



The missing link

Did you know that spore-based probiotics are much more effective than conventional probiotics on the market? Why? Because they are designed to survive through the harsh gastric system, colonise and increase microbial diversity in the gut.

In addition, the spores are so multi-functional that they maintain their efficacy for a broad spectrum of conditions. Gutsi® SporeBiotic™ is a unique, multi-spore probiotic available as a dietary supplement. A culmination of published research shows that the spores found in SporeBiotic™ can support healthy function with a variety of health conditions, as detailed below.

Healthy brain

Inhibits LPS from accumulating in the brain, where it can damage neurons and increase inflammation.

Immune health

Supports a healthy immune response to the environment and food. Spores have the ability to interact with and modulate the immune system. *Allergies, asthma, rheumatoid arthritis, colds/flu, sinus infections, ear infections.*

Balanced gut flora

Supports healthy gut flora that are more resistant to unwanted overgrowths. *SIBO and reduction in side effects related to antibiotic use.*

Detoxification of the intestinal tract

Dermatitis, eczema, psoriasis, fatigue, fibromyalgia.

Balanced hormones

Reduces circulating LPS associated with a variety of endocrine imbalances.

Healthy urinary tract

Balances the gut microbiome which controls the bladder microbiome. *Reduction in UTIs.*

Healthy mood

Reduces circulating LPS levels, shown to have a disruptive effect on serotonin and dopamine function. *Anxiety and depression.*

Healthy heart

Supports healthy inflammatory response and healthy triglyceride balance. *CVD, peripheral artery disease, high blood pressure, arrhythmias.*

Leaky gut solution

Seals up the gut in just 30 days!

Healthy digestion

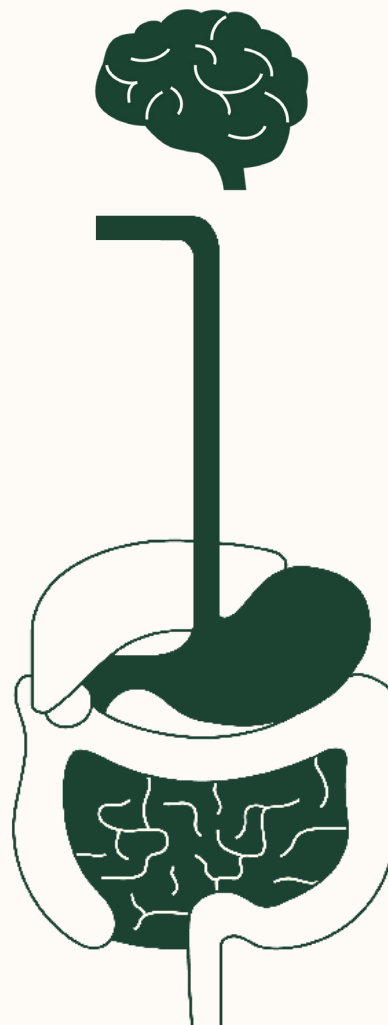
Increases butyrate production, which has been shown to reduce the inflammatory process in the gut. *Crohn's disease, IBD, ulcerative colitis, obesity.*

Healthy skin

Reduces elevated LPS levels to support healthy skin.

Metabolic reconditioning

Weight loss, reduce fat accumulation, increase energy metabolism, thermogenesis, insulin sensitivity.





MoodBiotic™

Probiotic + Botanicals

Gutsi® MoodBiotic™ is a ground-breaking therapeutic approach to the management of stress that harnesses the power of the gut-brain axis. It has been specifically designed to support the body's resilient response to day-to-day, periodic stressors, energy deficits and mood changes. It does this by balancing the two-way connection between the brain and the gut to promote truly holistic mental and physical wellbeing.

Pairing the robustly researched psychobiotic *Bifidobacterium longum* 1714™ (*B.longum* 1714™) with calming neural compounds L-theanine and Passionflower herbal extracts, this novel approach to stress management provides targeted support for occasional feelings of stress and overwhelm.

MoodBiotic™'s unique probiotic-based formula supports:

- The gut-brain axis for truly holistic stress management
- Balanced cortisol levels and neurotransmitter production
- Calm and relaxed nervous system function
- Positive mood and outlook
- Vibrant energy, mental focus and peak cognition
- Healthy, restful, restorative sleep

The gut-brain axis and the psychobiome

The gut-brain axis refers to the two-way communication network that exists between the nervous systems of the brain and the gut (the central and enteric nervous systems), and the vital role the gut's microbial population – the psychobiome – plays in this 'always-on' information exchange. The microbial population that makes up the psychobiome influences thoughts, feelings and behaviours, and is one of the most important regulators of the gut-brain axis. Research demonstrates the critical role the psychobiome plays in cognitive function, digestion and mood, and the need for species diversity for maintaining the health and vigour of the gut-brain axis.



Size: 30vc Product code: GUT02

Supplement Facts		
Serving size: 1 capsule	Servings per container: 30	
Amount per serving	% Daily value	
<i>Bifidobacterium longum</i> 1714™*	20 mg	2B CFU
L-theanine (<i>Camellia sinensis</i>)	150 mg	†
Passionflower extract (<i>Passiflora incarnata</i>)	400 mg	†
† Daily values not established		

Other ingredients: Hydroxypropyl methylcellulose HPMC (vegetable capsule), Nu-FLOW® (rice concentrate), cellulose (hypoallergenic plant fibre prebiotic).

Does not contain: GMO's, gluten, wheat, dairy, soy, nuts, corn, artificial colours or flavours, preservatives, binders or artificial fillers.

*1714™ is a trademark of PrecisionBiotic Ltd.

Cautions: If you are pregnant or nursing, taking medications, or have a medical condition, consult a healthcare practitioner prior to use. Keep out of reach of children. Do not use if safety seal is broken or missing.

Storage: Store below 25°C. No refrigeration required.



Psychobiotics and stress

Psychobiotics are commensal probiotic bacteria that make up the psychobiome and support positive changes in brain function through their regulatory role on the gut-brain axis, and without which, the communication pathway would not properly function. Scientific research has shown these probiotics to support feelings of calm, relaxation and balance during times of stress, low energy, sleep challenges and mild mood changes. Stress impacts the integrity of the psychobiome, reducing species diversity and altering its composition, which has a correspondingly negative impact on the mental and emotional experience of stress.

Introducing 1714™ – a trail blazing psychobiotic

Gutsi®'s solution to supporting the psychobiome against stress uses cutting-edge probiotic technology. 1714™, a unique strain of *Bifidobacterium longum*, is a psychobiotic that can help support the management of occasional stress and its biochemical expression within the human body. This psychobiotic exerts its effect by targeting the HPA axis to support healthy cortisol levels. *B.longum* 1714™ may support mental health, cognitive processes, neurotransmitters, and overall feelings of well-being. In a 4-week human trial, *B.longum* 1714™ reduced perceived stress, improved memory performance, reduced mental fatigue, positively supported brainwave activity, and improved subjects' ability to handle occasional stress.

Allergen information

This product is allergen and vegan friendly. Does not contain GMOs, gluten, wheat, dairy, soy, nuts, corn, artificial colours or flavours, preservatives, binders or artificial fillers.

Caution

This product has not been clinically tested in pregnancy or during breastfeeding. If you have a medical condition or take medications, please consult with your health practitioner prior to use.

Suggested use

Ages 8+: Take 1 capsule daily with or without a meal, or as directed.

If symptoms persist and for children under 8 years, consult your healthcare practitioner. Always read the label and use as directed.

Ingredient information



Bifidobacterium longum 1714™

A high-potency psychobiotic, *B.longum* 1714™ helps support the body's response to occasional stress, and the body's neurocognitive processes. This strain helps support the HPA axis and healthy cortisol levels. In studies, it also helped support memory performance and an improved perception of stress.



L-theanine (*Camellia sinensis*)

A unique amino acid found naturally in green tea, L-theanine works rapidly to support a healthy stress response by supporting neurotransmitter activity in the brain associated with calmness, focus, motivation and mood. It also supports normal alpha brain wave activity promoting a calm, focused and attentive state of mind.



Passionflower extract (*Passiflora incarnata*)

Passionflower is a traditional nervous system tonic known to quiet the mind and promote feelings of calm. It supports the maintenance of healthy levels of the calming neurotransmitter gamma-aminobutyric acid (GABA) in the brain to reduce feelings of tension and mental unease during periods of stress and gently support relaxation for restorative sleep.



Researched
probiotic



Calming
ingredients



Gut-brain
axis support



Vegan
friendly



Gut Food

Prebiotics + Fibre

Gutsi® Gut Food is a game-changing prebiotic, containing a specialised blend of scientifically researched functional fibres that selectively feed only beneficial gut bacteria to support optimal microbial diversity and gut barrier function. This precision prebiotic provides 3 types of functional fibres that aren't digested or absorbed by the human gastrointestinal tract, and are instead delivered to the large intestine as a fuel source for beneficial bacterial species. Like fertiliser to a garden, Gut Food prebiotics encourage healthy bacteria in the digestive tract to grow and thrive, supporting a probiotic-friendly environment in the gut.

100% food-based Gut Food aids:

- Daily bowel regularity and abdominal comfort from excess gas and bloating
- Balanced stool consistency from either a sluggish or loose bowel
- Healthy body composition by aiding appetite satiety and leptin sensitivity
- Balanced blood sugar and cholesterol levels
- The growth and abundance of the most beneficial and supportive gut bacteria

The importance of fibre

Diverse and abundant sources of fibre are essential for great gut function. A prebiotic supplement can fill the gaps of a low fibre dietary intake, however, most traditional prebiotic supplements are not formulated to be selective and may indiscriminately encourage the growth of potentially pathogenic species, which may worsen digestive outcomes. Gut Food has been carefully designed to target and reinforce only the beneficial species of bacteria in the gut, particularly 'keystone' species.

Keystone bacteria are incredibly important foundational organisms that define the entire microbial ecosystem. Despite existing in relatively low levels in the gut themselves, they are vital for supporting the survival and abundance of other beneficial species to create a stable and balanced microbial ecosystem.



Size: 120vc Product code: GUT03

Supplement Facts	
Serving size: 4 capsules	Servings per container: 30
Amount per serving	% Daily value
Proprietary Functional Fibre Blend 2 g	†
Galactooligosaccharides (Bimuno®)	†
Organic Xylooligosaccharides (PreticX™)	†
Organic Kiwifruit powder (ACTAZIN™)	†
† Daily values not established	

Other ingredients: Hypromellose (vegetable capsule), microcrystalline cellulose (hypoallergenic plant fibre), magnesium stearate, silica.

Does not contain: GMOs, gluten, wheat, soy, nuts, preservatives, binders, artificial fillers, colours, or flavours. **Contains milk and corn.** One or more ingredients derived from rBST-free bovine milk lactose and organic non-GMO corn cob.

Cautions: If you are pregnant or nursing, taking medications, or have a medical condition, consult a healthcare practitioner prior to use. Keep out of reach of children. Do not use if safety seal is broken or missing.

Storage: Store below 25°C. No refrigeration required.





Advanced prebiotic support

Gut Food is a Precision Prebiotic™ containing three key oligosaccharides that preferentially target keystone species in the gut. These foundational strains and species, including *Akkermansia muciniphila*, *Faecalibacterium prausnitzii* and *Bifidobacteria*, are vital for supporting healthy metabolic function, body composition and weight, immune function and intestinal barrier function. Gut Food nourishes the gut's beneficial bacteria to drive the production of health-promoting postbiotic substances including vitamins, neurotransmitters and short-chain fatty acids (SCFA) that support intestinal barrier function and increased beneficial microbial diversity.

How Gut Food fits into the Gutsi® Gut Reset protocol

Gut Food is introduced in week 5 of the 60-day Gut Reset Kit. As the perfect companion to SporeBiotic™, Gut Food reinforces the beneficial microbial changes seeded by SporeBiotic™ by feeding a balanced microbiome to support robust intestinal barrier function, plus overall digestive, metabolic and immune function.

Suggested use

Ages 4+: Take 4 capsules daily with or without a meal, or as directed. Capsules may be opened and mixed with food or drink.

If symptoms persist and for children under 4 years, consult your healthcare practitioner. Always read the label and use as directed.

Allergen information

This product is a low allergen formulation and vegetarian friendly. Does not contain GMOs, gluten, wheat, soy, nuts, preservatives, binders, artificial fillers, colours, or flavours. *Contains lactose derived from rBST-free bovine milk.*

Caution

This product has not been clinically tested in pregnancy or during breastfeeding. If you have a medical condition or take medications, please consult with your health practitioner prior to use.

Ingredient information



Galactooligosaccharides (Bimuno®)

Bimuno® is a patented prebiotic composed of galactooligosaccharides (GOS) derived from lactose, or milk sugar, from rBST-free cow's milk. It specifically feeds and stimulates the growth of bifidobacteria, a beneficial bacterial species in the gut associated with a wide range of health benefits, including supporting bowel regularity, reducing bowel urgency, alleviating excess gas, bloating and digestive discomfort.



Organic Xylooligosaccharides (PreticX™)

PreticX® is a patented xylooligosaccharide (XOS) prebiotic derived from non-GMO organic corn that has been clinically validated to selectively increase levels of beneficial bifidobacteria and other keystone species in the gut to aid healthy digestive and metabolic function. It supports balanced blood glucose and lipid levels, and decreases the microbial environment associated with obesity.



Organic Kiwifruit powder (ACTAZIN™)

Actazin™ is a novel fructooligosaccharide (FOS) prebiotic derived from whole organic kiwifruit to support healthy bowel function, relieve mild constipation and promote digestive comfort. Uniquely combining both soluble and insoluble fibres, it offers superior hydration potential compared to other prebiotic fibres (12x more than bran, 6x more than apple pectin, and 1.5x more than psyllium) to support stool bulk and ease of passage.



Targeted prebiotic



Nourishes friendly flora



Bowel regularity



100% food based



Good Guts

Amino acids + Polyphenols

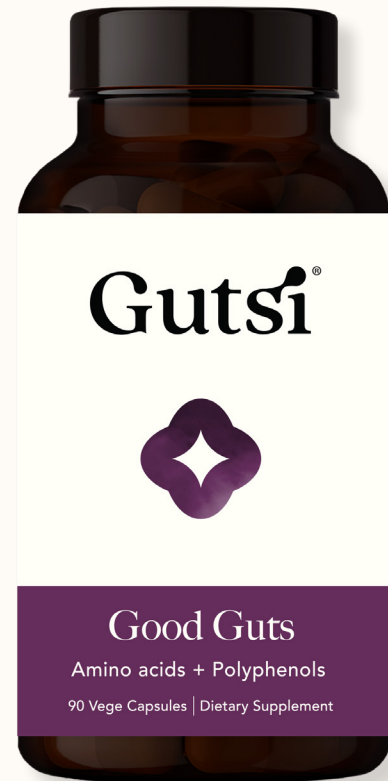
Gutsi® Good Guts is a revolutionary advance in the therapeutic support of a healthy gut mucosal barrier system, a foundational element to any gut health regime. The health and integrity of the critically important gut barrier, comprising a thick, protective mucous layer, a tightly integrated cellular lining and balanced microbiome, is vital for optimal digestive function, immune health and overall wellbeing. By combining key amino acids and potent antioxidant polyphenolic plant extracts that together exert a powerful anti-inflammatory effect, Good Guts delivers the postbiotic-producing nutrition needed for a well-built gut barrier and balanced microbiome as the cornerstones for complete gut health.

Good Guts innovative formula provides:

- Postbiotic and flavobiotic support to fortify the gut mucosal barrier system and promote microbial diversity
- Powerful antioxidant support to neutralise damaging free-radical and cytokine activity
- The optimal gut environment to enhance digestion and nutrient uptake
- Immune support by improving the selective permeability of the intestinal lining and preventing immune-activating agents and toxins crossing into the bloodstream
- Therapeutic support for gut barrier dysfunction addressing a leaky gut and dysbiosis

Postbiotic nutrition

Good Guts contains citrus fruit flavonoids and concentrated polyphenolic Mediterranean plant extracts that drive the production of short-chain fatty acids, including butyrate, an essential fuel for intestinal epithelial cells. When healthy, these cells secrete a thick, protective mucous layer as part of the gut barrier system to shield the body from immune-activating pathogens and toxins, as well as nourishing the gut's microbiome. The 4 principal amino acids – L-proline, L-serine, L-cysteine and L-threonine – play an important role in the production of the mucosal barrier, supporting the manufacture of the mucous layer that naturally repels toxins to prevent immune dysregulation.



Size: 90vc Product code: GUT04


Supplement Facts		
Serving size: 3 capsules	Servings per container: 30	
Amount per serving	% Daily value	
L-Proline	500 mg	†
Citrus sinensis & Citrus paradisi Extracts (MicrobiomeX®)	400 mg	†
Mediterranean Polyphenols Concentrate (Oxynea®) <small>(from rosemary leaf extract, olive leaf extract, grape pomace extract, artichoke leaf extract)</small>	400 mg	†
L-Serine	350 mg	†
L-Threonine	300 mg	†
L-Cysteine (as L-Cysteine HCl)	40 mg	†
† Daily values not established		†

Other ingredients: Hypromellose (vegetable capsule), microcrystalline cellulose (hypoallergenic plant fibre), magnesium stearate, silica.

Does not contain: GMOs, gluten, wheat, dairy, soy, nuts, preservatives, binders, artificial fillers, colours, or flavours.

Cautions: If you are pregnant or nursing, taking medications, or have a medical condition, consult a healthcare practitioner prior to use. Keep out of reach of children. Do not use if safety seal is broken or missing.

Storage: Store below 25°C. No refrigeration required.

 MicrobiomeX® trademark and logo are property of BioActor B.V. Oxynea® is the property of Fytexia



Gut barrier health

A healthy gut is a dynamic environment with three core characteristics; a balanced microbiome, a profuse and substantial mucous layer and a robust cellular intestinal barrier. A host of daily assaults from poor diet, stress and overtraining, to excess alcohol, pesticide residues and toxin exposure, can compromise one or more of these areas. When the gut barrier system is impaired, the protective mucus layer breaks down and pathogenic bacterial species begin to dominate, increasing inflammatory damage that ultimately leads to a leaky gut. Good Gut's unique blend of plant extracts drive the production of health-promoting postbiotic substances including the short-chain fatty acids (SCFA) butyrate, propionate, and acetate that reduce inflammation, reduce pathogenic bacteria and improve gut barrier function.

How Good Guts fits into the Gutsi® Gut Reset protocol

Good Guts is introduced in week 5 of the 60-day Gut Reset Kit. A powerhouse on its own in supporting beneficial gut health, Good Guts delivers cumulative benefits when paired alongside SporeBiotic™ and Gut Food to build a strong, protective gut barrier system and diverse microbiome.

Suggested use

Ages 4+: Take 3 capsules daily with or without a meal, or as directed. Capsules may be opened and mixed with food or drink.

If symptoms persist and for children under 4 years, consult your healthcare practitioner. Always read the label and use as directed.

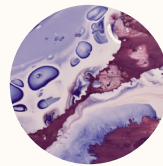
Allergen information

This product is allergen and vegan friendly. Does not contain GMOs, gluten, wheat, dairy, soy, nuts, preservatives, binders, artificial fillers, colours, or flavours.

Caution

This product has not been clinically tested in pregnancy or during breastfeeding. If you have a medical condition or take medications, please consult with your health practitioner prior to use.

Ingredient information



Key amino acids

A healthy gut has a high demand for particular amino acids due to its continuous production and maintenance of the intestinal mucosa. The four amino acids: L-proline, L-serine, L-cysteine and L-threonine, are essential for the production of mucin, the glycoprotein that makes up the protective mucous layer secreted from intestinal epithelial cells. In addition, these amino acids contribute a prebiotic effect to support the growth and happy balance of the gut microbiome.

Polyphenols



Citrus sinensis & Citrus paradisi Extracts (MicrobiomeX®)

MicrobiomeX® is a natural citrus extract containing the citrus polyphenol flavonoids hesperidin and naringin shown to support gut and immune health by increasing microbial diversity and supporting gut barrier function. Known as a 'flavobiotic', MicrobiomeX® citrus extract significantly increases short-chain fatty acid (SCFA) production and provides a profound anti-inflammatory effect in the gut.



Mediterranean Polyphenols Concentrate (Oxxynea®)

Oxxynea® is a whole food concentrate containing 125 polyphenolic compounds derived from rosemary leaf extract, olive leaf extract, grape pomace extract and artichoke leaf extract. Polyphenols demonstrate a beneficial effect on gut microbiome diversity, increasing populations of important butyrate SCFA producing species that promote a healthy gut barrier function.



Fortifies gut barrier



Powers microbial diversity



Boosts postbiotics



Guti-immune axis support



Gut Reset Kit

A happy microbiome starts here.



Each kit includes:

- 2x SporeBiotic™ 30s
- 1x Gut Food 120s
- 1x Good Guts 90s
- Protocol instructions
- Copper tongue scraper
- Tote Bag
- Downloadable Gutsi® Gut Reset Journal

Product code: GUTKIT

For a comprehensive all-in-one regime to support the ultimate gut health transformation, look no further! The Gutsi® Gut Reset Kit is an advanced 60-day protocol that offers complete care for restoring gut health. The kit comprises a trio of supplements that work together to support a healthy gut environment and harmonious microbial ecosystem to promote optimal gut function and whole-body health.

The Gutsi® Gut Reset Kit contains 3 top products that supports gut health from all angles.

SporeBiotic™

A revolutionary and highly effective 100% spore-based, broad-spectrum probiotic formula that seeds the gut with beneficial bacteria. SporeBiotic™ works to recondition the gut environment to support the greatest microbial diversity, encouraging the growth of key antioxidant-producing gut bacteria to nourish a healthy microbiome. The foundational step begins the process of total gut health transformation with unique spore-form probiotics that have 100x better survival than live colony type probiotics or cultured foods.

Gut Food

A game-changing prebiotic containing a specialised blend of 3 types of clinically validated functional fibres that selectively feed only beneficial organisms to support superior bacterial balance and diversity in the gut. Gut Food reinforces the microbial changes seeded by SporeBiotic™, preferentially targeting foundational strains of bacteria that produce the greatest quantities of beneficial postbiotic substances whilst providing additional functional digestive, metabolic and immune support such as bowel regularity, stool consistency, abdominal comfort, weight management and more.

Good Guts

An advanced postbiotic formulation providing unique therapeutic support for a healthy gut mucosal barrier system and ultimate digestive wellbeing. Comprising key amino acids and polyphenolic plant extracts, Good Guts drives the production of short-chain fatty acids needed for the protective mucous layer and tightly integrated cell lining of the gut barrier system whilst enhancing the harmony of the microbiome. Good Guts together with SporeBiotic™ and Gut Food form the cornerstones for complete gut health and a happy, healthy microbiome.



Do you need a Gut Reset?

Every day, the gut and particularly the microbiome – that inner ecosystem of microorganisms that can either support or sabotage our health – is under constant assault. A wide range of factors in daily life has the potential to disrupt the happy harmony of the microbiome, leading to shifts that promote more pathogenic species to dominate that can have a negative impact on health and wellbeing. Gut health disruptors can include too much stress, too little sleep, a poor diet, environmental toxins or pollutants, certain medications, too little water and many more. These factors contribute to the many minor twinges and niggles and the more obvious signs and symptoms that indicate some TLC is needed to bring the gut and microbiome back into balance.

Addressing root causes

The prebiotic, probiotic and postbiotic trio found in the Gut Reset Kit provide a concentrated dose of powerful nutrients validated in clinical trials to support a total gut health transformation. The Gutsi® range of precision supplements address root cause issues by providing the healing nutrients needed to support foundational health principles like optimal nutrient absorption, cellular energy production, metabolism and much more. The Gut Reset Kit offers complete digestive care for optimal gut function whilst supporting immune and metabolic health for full body benefits.

SporeBiotic™



Reseeds the gut



Survives digestion



DNA verified



Vegan friendly

Gut Food



Targeted prebiotic



Nourishes friendly flora



Bowel regularity



100% food based

Good Guts



Fortifies gut barrier



Powers microbial diversity



Boosts postbiotics



Guti-immune axis support

Reset your gut in two easy steps!

1



Balance

Reseed and balance the gut with **probiotics**

In Step 1, balance your microbiome with Gutsi® SporeBiotic™! In a healthy gut, the 'good' and 'bad' bacteria are in balance, which supports microbial diversity and optimum wellness. This microbiologist formulated, 100% spore-based broad-spectrum probiotic competes with unfavourable microbes and supports the growth of key gut bacteria and antioxidants for a healthy microbiome.

Suggested Use: Week 1-4

SporeBiotic™

1 capsule daily

Take with
a meal

2



Bloom

Probiotics, prebiotics and postbiotics for complete gut health

In Step 2, bloom with Gutsi® Gut Food and Good Guts! Targeted prebiotics nourish friendly flora while amino acids and polyphenols support the production of short-chain fatty acids and postbiotic compounds to reinforce beneficial changes created by SporeBiotic™. Together, they provide key nutrients to support a strong gut barrier and healthy immune response for complete microbiome support.

Suggested Use: Week 5-8

SporeBiotic™

Gut Food

Good Guts

1 capsule daily

4 capsules daily

3 capsules daily

Take with
a meal

Take with or
without a meal

Take with or
without a meal