

Super Gut

Prebiotic Fibre for a
Thriving Microbiome



Feed Your Gut. Feel the Difference.

Did you know? Only about 10% of your cells are human—the rest belong to trillions of microbes that live in your gut. This invisible ecosystem, your microbiome, influences almost everything: digestion, immunity, energy, mood, metabolism, and even skin health. Super Gut™ combines two of nature's most powerful prebiotic fibers—inulin and acacia gum—to nourish your beneficial gut bacteria and help them thrive. Together, they produce postbiotics, the natural compounds that enhance gut barrier strength, reduce inflammation, and support overall wellbeing.

Why Super Gut™?

A synergistic blend for gentle, comprehensive gut support:

- Inulin (from chicory root) – a soluble fibers that selectively feeds good bacteria like *Bifidobacteria* and *Lactobacilli*.
- Acacia Gum (from the sap of the acacia tree) – a well-tolerated, low-FODMAP fiber that promotes microbial diversity and digestive comfort.

Key Benefits

- **Digestive Harmony:** Supports regularity, comfort, and microbiome balance.
- **Gut Barrier Integrity:** Strengthens the intestinal lining to reduce “leaky gut.”
- **Anti-Inflammatory Support:** Encourages beneficial microbes that calm immune overactivity.
- **Safety & Weight Management:** Promotes fullness and helps regulate appetite.
- **Relieves Constipation Naturally:** Gentle and non-irritating.
- **Gut–Skin Axis:** A balanced gut microbiome reflects as clearer, calmer skin—helping reduce issues like dermatitis, rosacea, and psoriasis.

How to Use

Serving Size: 1scoop = 2 g (approx. 5 ml).

Start Slow: Begin with ¼ tsp per day (about half a scoop).

Increase Gradually: Add ¼ tsp each week over 12 weeks, up to 1 Tbsp (≈ 3 tsp / 15 ml = 6 g) daily.

Mix Easily: Mildly sweet and fully water-soluble. Stir into water, coffee, tea, smoothies, or yogurt.

Storage: Keep in a cool, dry place. No refrigeration required.

Good to Know

- Introduce slowly – too much fibers too soon may cause mild bloating or gas. Pause or maintain your dose for 2–3 weeks before increasing.
- Those following a low-FODMAP diet should consult a healthcare professional.
- Always drink plenty of water when increasing fibers intake.