

*fertile*   
**GUT**

# Gut-first wellness, for *every stage* of your life.

**Clinically formulated prebiotic blends to optimise your gut  
microbiome for real results - because your health starts in your gut**

Your gut is where it all begins - your hormones, your mood, your metabolism, your energy.  
When your microbiome is thriving, so are you.

At Fertile Gut, we turn *cutting-edge microbiome science* into daily rituals that fit real life. Our *prebiotic-powered formulations* are crafted with clinically backed ingredients that feed your good microbes, strengthen your gut barrier, and calm inflammation, helping your body create the compounds that fuel balanced hormones, steady metabolism, restorative sleep, a resilient immune system, and healthy ageing.

The research is clear: when your gut falls out of balance, your body tells you. But here's the good news - you are your own microbiome modulator. Every meal, every scoop, every sip can shift your microbiome towards better health. We're scientists and educators, but more than that - we're women passionate about helping you connect the dots between your gut and your wellbeing.

Because when you nourish your microbes, you nurture your whole self.  
And when your gut thrives, so do you.

*Dr Cecilia Kitic x*

Founder Dr Cecilia Kitic, PhD

# Gut + Hormone



## Why Choose Gut + Hormone ?

We developed Gut + Hormone with a precise formulation of hormone balancing gut health essentials for you to thrive.

- **Grounded in Science:** Formulated with natural compounds supported by 200+ clinical studies, including prebiotics, probiotics, vitamins, and active folates.
- **Comprehensive Women's Health Support:** Targets key areas including reproductive hormone balance, menstrual health, blood sugar regulation, immune strength, and digestive wellbeing - starting with the microbiome.
- **Synergistic Formula for Real Results:** Each ingredient is carefully selected to work together, amplifying benefits across gut, hormone, and metabolic health.
- **Clinically Studied + Effective Actives:** Includes Unique IS-2® probiotic and Quatrefolic® folate - delivering efficacy that's bioavailable, stable, and proven to work where your body needs it most.
- **Trusted Quality, Australian Made:** Produced in a TGA-certified facility to ensure purity, safety, and potency - bringing cutting-edge research straight to your daily ritual.

Because women deserve supplements that are as smart, evidence-based, and effective as the women who take them.

### TGA Listed Claims, AUST L 444660. Gut + Hormone supports:

- Healthy hormonal balance during the reproductive cycle
- Healthy reproductive hormones
- Digestive system health
- Menstrual cycle regularity
- Healthy blood sugar levels
- Gastrointestinal immune function
- Immune system health
- Healthy blood sugar levels
- Healthy bowel function



Gut + Hormone



# Gut + Hormone AUST L 444660

Cycle support

Cycle regularity

Intestinal health

Digestive health

Immune support

Menstrual health

Metabolic health



## Hormone Harmony

- Supports balanced oestrogen, FSH, and homocysteine levels to ease hormonal fluctuations.
- Clinically shown to reduce hot flashes and vasomotor symptoms during menopause.

## Cycle & Transition Support

- Helps regulate irregular cycles and ease mood and energy swings in perimenopause.
- Promotes smoother hormonal transition with fewer PMS-like symptoms.

## Clear Complexion + Balanced Energy

- Helps lower androgens and improve insulin sensitivity - reducing hormonal acne and midlife weight gain.
- Supports stable energy, metabolism, and mood through improved blood sugar regulation.

## Metabolic & Cardiovascular Health

- Clinically supported to improve blood pressure, insulin resistance, cholesterol, and triglycerides.
- Reduces risk factors for metabolic syndrome common in midlife women.

## Immune + Skin Defence

- Strengthens immune response to support tissue repair, skin renewal, and resilience.
- Reduces inflammation that drives both internal ageing and skin dullness.

## Vitamin D3 Advantage

- Provides 1000 IU of vegan Vitamin D3 - the superior, bioactive form shown to improve insulin sensitivity, lipid balance, and immune function in menopausal women.

## Thyroid + Cellular Function

- Supports healthy thyroid activity and methylation efficiency (via activated folate, Quatrefolic®) for sustained energy and cognitive clarity.

## Genitourinary Support

- Rebalance the vaginal microbiome and reduce disruptions seen in Bacterial Vaginosis

# Gut + Hormone (AUST L 444660)

We developed Gut + Hormone with a precise formulation of hormone balancing gut health essentials for you to thrive.

## Active ingredients per serve:

- Myo-Inositol 2000 mg
- Actazin® Kiwifruit powder (Actinidia deliciosa) 250 mg
- Levomefolate Glucosamine (Quatrefolic®, (6S)-5-methyltetrahydrofolate) 497 mcg
- Colecalciferol (Vitamin D3) 25 mcg (1000 IU)
- Bacillus coagulans MTCC 5260 (UNIQUE IS-2® ) 2 billion CFU

Does not contain: Animal products, gluten, dairy, artificial flavours or colours. Store below 30°C in a dry cool place. TGA Listed and proudly Australian made in a quality assured facility Certified by the Australian Therapeutic Goods Administration. Stability tested and every active independently tested by TGA-registered, ISO/IEC-certified laboratories.

**Warnings:** Vitamin and mineral supplements should not replace a balanced diet. Bacillus coagulans may affect the way some medicines work, including immunosuppressants. Consult your health professional before taking with other medicines. If symptoms persist, talk to your health professional. Contains sugars, sulfites, sugar alcohol (myo-inositol), and soya bean products. Not suitable for children.

**How to use:** Add one sachet to 150 mL of water or your favourite beverage. Stir or shake well until fully dissolved, then enjoy as part of your daily routine. For best results take consistently at the same time each day to support gut, hormone, and metabolic balance.



# Gut + Hormone (AUST L 444660)

Our formulation actives have been *clinically studied* and shown to :

- Enhance insulin sensitivity
- Reduce BMI
- Manage PCOS symptoms
- Reduce gestational diabetes
- Reduce PMS
- Regulate menstrual cycle
- Improve egg quality, fertilisation & pregnancy rates
- Relieve constipation
- Reduce the severity, duration, and frequency of hot flashes
- Possible benefits for seborrheic dermatitis, hidradenitis suppurativa, psoriasis, trichotillomania
- Improve digestion
- Enhance amino acid absorption
- Effective in activating cell mediated immunity Support and maintain healthy vaginal flora Increase the production of anti-inflammatory cytokines
- Improve musculoskeletal health
- Reduce metabolic syndrome in menopause
- Lower homocysteine levels
- Reduce symptoms of IBS and IBD
- Effective for the treatment of polycystic ovarian disease (PCOS) or non-PCOS-related acne and hirsutism

## Gut + Hormone supports (TGA Listed Claims, AUST L 444660):

- Healthy hormonal balance during the reproductive cycle
- Healthy reproductive hormones
- Digestive system health
- Menstrual cycle regularity
- Healthy blood sugar levels
- Gastrointestinal immune function
- Immune system health
- Healthy blood sugar levels
- Healthy bowel function





## Science-Backed, Hormone-Smart: *The Gut + Hormone* Advantage

### Most Gut Supplements

### Gut + Hormone

#### Probiotic Quality

Generic strains that may not survive digestion

Unique IS-2<sup>®</sup>, a spore-forming probiotic proven to survive the gut and reduce bloating

#### Digestive Support

Harsh fibres or laxatives that cause discomfort

Proven prebiotic Actazin<sup>®</sup> kiwi extract supports gentle, natural motility without cramping and promotes the growth of beneficial species

#### Hormone Support

Often ignored completely

Myo-inositol supports hormonal balance, insulin sensitivity, PMS and cycle regularity

#### Folate Source

Basic folic acid with poor absorption

Quatrefolic<sup>®</sup>, a methylated folate for superior absorption & to support MTHFR gene variants

#### Vitamin D

Low doses or animal-sourced

Vegan D3 to support immune function, mood and gut barrier health

#### Ingredients Integrity

Filler-heavy, underdosed, unclear sourcing

University-studied, clinically dosed microbiome nurturing ingredients that work in synergy

#### Formulated For

One-size-fits-all gut health

Specifically designed to support the gut-hormone connection

# *Microbiome Essentials*

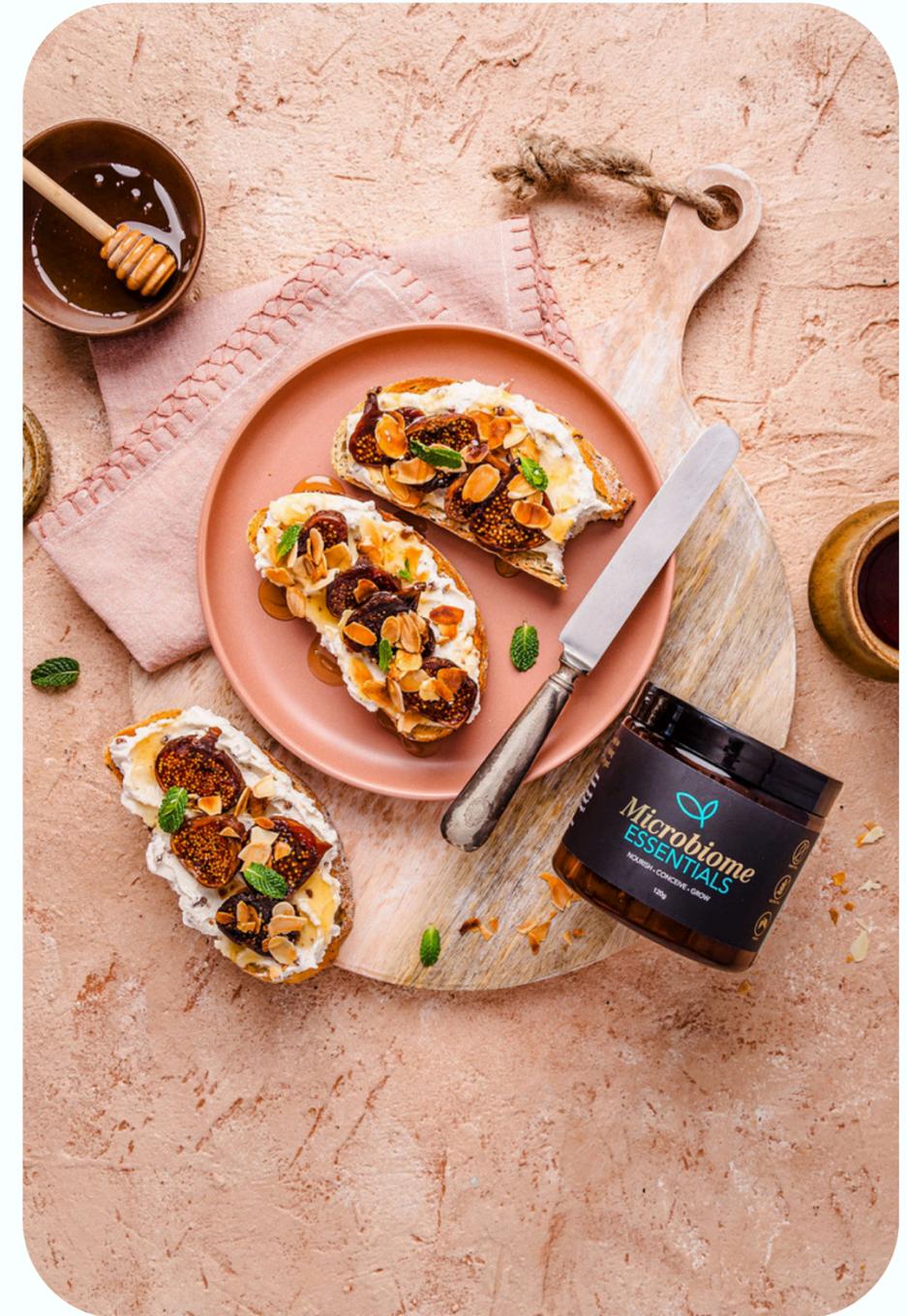


## Why Choose Microbiome Essentials ?

**Microbiome Essentials is more than fibre - it's a clinically studied, whole-of-plant prebiotic designed to feed your good bacteria and fuel short-chain fatty acid (SCFA) production.** These powerful metabolites repair and reinforce your gut lining, reduce inflammation, and even help ease reflux symptoms.

With every daily dose, you'll also get 65% of your chromium needs - supporting stable blood sugar and energy balance. Gentle, natural, and science-backed, it's the prebiotic boost your microbiome craves.

- **Pure & Plant-Based:** Crafted from 100% natural ingredients - always gluten-free, dairy-free, non-GMO, and vegan. Gentle on digestion, powerful for your gut.
- **Clinically Proven Results:** Formulated with research-backed prebiotics that are clinically shown to fuel beneficial bacteria, promote SCFA production, support weight management, and even reduce reflux.
- **Transparent & Trustworthy:** No fillers, no gimmicks - just clean nutrition. Free from artificial colours, flavours, and preservatives, so you can feel confident in every scoop.
- **Effortless to Enjoy:** Neutral in taste, heat-stable, and endlessly versatile. Stir into smoothies, yoghurt, porridge, or even bake with it - gut health has never been this easy.



# Microbiome Essentials

Digestion & Sleep

Bloating

IBS

Enhance gut  
microbiome

Mood

Satiety



- Fuels the growth of beneficial gut bacteria
- Supports healthy digestion and nutrient absorption
- Repairs & reinforces the gut barrier
- Boosts short chain fatty acid (SCFA) production for whole-body benefits
- Supports metabolic balance & immunity
- Reduction in reflux symptoms in 65% of adults
- 76% higher antioxidant lignan than Psyllium husk
- 30% higher polyphenol content than wheat dextrin
- 75% greater weight loss than dietary education alone
- 65% of daily chromium intake (supports blood sugar regulation)
- Naturally contains Selenium, Zinc, Manganese, Iron, Tricin, and Policosanols as trace elements.
- Naturally occurring plant silica that has been linked to assisting bone density, hair and nails.
- Each dose delivers 30 mg flavonoids and 21% of female daily intake of alpha-linolenic acid (ALA)

# Microbiome Essentials

## Clinical studies showing significant outcomes:

- 100% Natural whole of plant
- Prebiotic - proven microbiome support
- Intestinal repair & restoration
- Uniform fermentation rate
- Low gas production
- Reflux reduction
- Weight loss
- Dampened inflammation
- Increased microbiome diversity
- Enhanced production of major SCFAs
- Virgin processing preserves phytonutrients

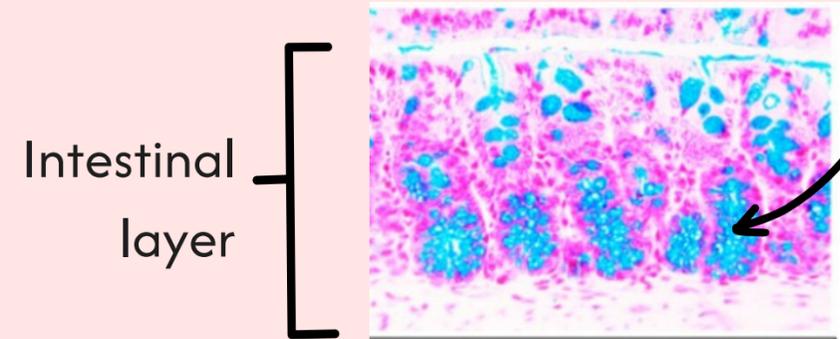
**How to use:** Simply stir a scoop into your morning smoothie, blend it into pancake or muffin batter, or sprinkle it over yoghurt and oats. Neutral in taste and heat-stable, Microbiome Essentials slips seamlessly into your favourite meals - without changing the flavour you love.

Every serve delivers prebiotic fibres that fuel your gut bacteria, support digestion, and keep you satisfied for longer - turning everyday meals into gut-nourishing rituals.



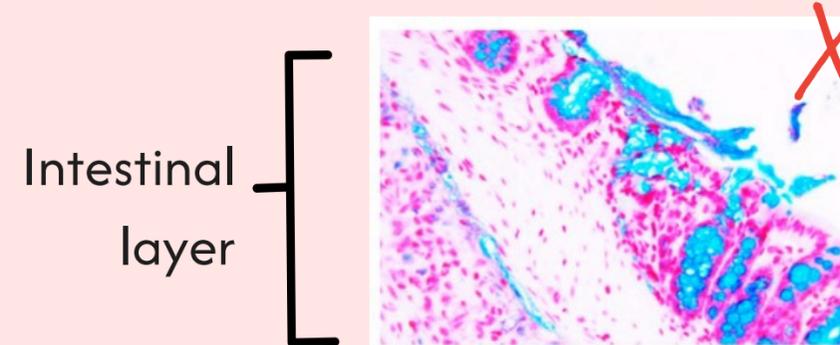
# Microbiome Essentials Intestinal Repair

Healthy Gut



Healthy mucus production (blue), and an intact intestinal barrier

Damaged Gut



Damaged intestinal cells, damaged mucus producing cells. This was combined with increased inflammation and reduced production of beneficial short chain fatty acids.

Damaged Gut Rescued with Fertile Gut Prebiotic



Restored intestinal layer, increased mucus production for barrier protection. This was combined with reduced inflammation and increased production of beneficial short chain fatty acids.

Beckett et al Nutrients 2020  
Shinde et al Nutrients. 2019  
Fehlbaum et al J Mol Sci 2018

# Microbiome Essentials Weight Management

Presented here are the results of a weight loss study with 90 participants. The program included Microbiome Essentials prebiotic compared to a control group (lifestyle advice only). On an 8-week program the weight loss recorded for females in the control group was 5.7 kgs, and for the prebiotic group it was 10.06 kg. This represented a 76% increase in weight loss and exceeded the performance of many pharmaceutical options for obesity weight loss.

## Weight Loss over 8 Weeks with daily Fertile Gut Prebiotic



### Additional Nutrition Insights:

- **65% of daily chromium** intake (supports blood sugar regulation)
- Naturally contains **Selenium, Zinc, Manganese, Iron, Tricin, and Policosanols** as trace elements.
- Naturally occurring **plant silica** that has been linked to assisting bone density, hair and nails.
- Each dose delivers 30 mg **flavonoids** and 21% of female daily intake of **alpha-linolenic acid (ALA)**

Gluten free. Dairy Free. Non GMO. Vegan. 100% Natural. No artificial colours, flavours or preservatives.

Ingredients; Potent Cellulose Complexes sourced from natural cane fibres (sugar removed), Prebiotic Artichoke Inulin, organic flaxseed (Alpha Linolenic Acid).

**Our daily prebiotic powerhouse is crafted with plant-based, clinically tested ingredients to repair, fuel, and protect your gut microbiome - unlocking better digestion, stronger immunity, and whole-body vitality.**

**Restores Microbiome Harmony:** Prebiotics feed your good gut bacteria - helping them thrive and restore balance. A nourished microbiome supports smoother digestion and unlocks whole-body benefits, from steadier energy and improved mood to stronger immunity and hormone balance.

**Repairs & Reinforces the Gut Barrier:** Strengthens your intestinal lining for better nutrient absorption and reduced inflammation - the foundation of lasting gut health.

**Drives SCFA Production for Whole-Body Benefits:** Clinically studied fibres promote short-chain fatty acid (SCFA) production - powerful metabolites that regulate hormones, stabilise blood sugar, and support immune resilience.

**Clean, Conscious, Science-Backed:** 100% natural and vegan, with no gluten, dairy, or GMOs. Every scoop is grounded in clinical research - so you can trust the science, and feel the results.

### **Notified FSANZ food-health relationships**

- Uniform fermentation rate of prebiotic fibre.
- Contributes to the normalisation of dietary cause bloating via uniform fermentation & gas production compared to rapid gas forming prebiotics in healthy adults.
- Promotes the growth of non-inflammatory fibre digesting bacteria & synthesis of Short Chain Fatty Acids (SCFAs).
- Contributes to digestive health & wellness, nourishes good bacteria, supports gut microbiome in healthy adults.
- Contributes to the maintenance of blood glucose levels.
- Contributes to reduced feelings of hunger.





# Why Microbiome Essentials delivers on *microbiome modulation*

## Most Gut Supplements

## Microbiome Essentials

<b>Intestinal Barrier Repair</b>	Focus on general digestion, not gut lining	Proven to repair and strengthen the gut barrier, reducing leaky gut and inflammation
<b>SCFA Production</b>	Doesn't support long-term microbial health	Boosts beneficial short-chain fatty acids (SCFAs) like butyrate to lower inflammation
<b>Probiotic Inclusion</b>	Often lacks or contains fragile, non-specific strains	Includes targeted prebiotics that nourish your existing beneficial microbes for lasting change
<b>Reflux Support</b>	Rarely targets reflux directly	Clinically shown to reduce reflux symptoms by calming inflammation and modulating gut bacteria
<b>Evidence Quality</b>	Buzzwords, low doses, little research	Made with clinically studied ingredients backed by microbiome science
<b>Focus</b>	One-size-fits-all for bloating	Designed to repair your intestinal barrier and restore your microbiome for you to thrive

# Cacao Latte



## Why Choose Cacao Latte ?

Turn your daily ritual into a moment of gut-loving indulgence. This creamy, chocolatey blend pairs clinically studied prebiotics and probiotics with antioxidant-rich raw cacao to nurture your microbiome, ease digestion, and boost mood. Low FODMAP certified and 100% natural, it's as good for your gut as it is for your soul - a wellness ritual you'll actually crave.

Powered by research-backed prebiotics, heat resistant probiotic, and flavanol-rich cacao, every serve delivers measurable benefits:

- **Supports digestive comfort** – PHGG (Sunfiber®), a prebiotic with over 100 clinical trials, reduces bloating, eases IBS symptoms, and improves stool regularity with minimal side effects.
- **Strengthens microbiome diversity** – 2 Billion CFU of *Bacillus coagulans* MTCC 5856 boosts beneficial bacteria, produces health-promoting butyrate, and reduces pathogenic strains like *E. coli*.
- **Enhances gut-brain balance** – Clinical studies link this synbiotic combination to improved mood, reduced stress, and better sleep through SCFA production and neurotransmitter support.
- **Promotes whole-body resilience** – Flavanol-rich organic cacao and rice bran compounds reduce inflammation, support immunity, regulate metabolism, and provide essential minerals like iron, zinc, and magnesium.
- **Gentle yet effective** – Monash University Low FODMAP Certified, vegan, gluten-free, dairy-free, and 100% natural.
- **A daily ritual that's delicious, evidence-based, and designed to restore your gut at its foundation.**
- **100% natural and gut-friendly** - vegan, gluten-free, dairy-free, non-GMO, no additives.



# Cacao Latte

Digestion & Sleep

Bloating

IBS

Enhance gut  
microbiome

Mood

Satiety

Monash University  
Certified Low FODMAP



- **Gut Relief:** Reduces bloating, abdominal pain, and irregularity with a **62% decrease in gastrointestinal discomfort** and 3.6x greater reduction in gas vs placebo.
- **Microbiome Support:** Suppresses harmful mucolytic bacteria, enhances microbial diversity, and improves overall gut health.
- **Quality of Life:** Linked to a **47% improvement in IBS quality of life** and 58% **reduction in depressive symptoms** (CES-D scale).
- **Better Sleep:** Shown to support sleep quality with a **29% faster time to fall asleep**, 30% increase in refreshment on waking, and **59% reduction in daytime sleepiness**.
- **More Energy:** 25% decrease in morning fatigue, helping you feel lighter, brighter, and ready to take on the day.
- 3.6 x greater decrease in bloating and gas production compared to placebo
- Significant **increase in beneficial Bacteroides**
- Significant **suppression of mucolytic bacteria that can damage the intestinal tract**
- **Enhances gut microbiome diversity and reduces functional bowel symptoms** (constipation, diarrhea, gas)
- Consistent use (over 2 weeks) key prebiotic significantly **reduces energy intake from whole-day snacking**
- **Increases feelings of fullness** (increases satiety)
- **Help lower LDL (bad) cholesterol** - decreases the bioaccessibility of both fat and cholesterol
- Increase the production of **beneficial short chain fatty acids**
- **Normalise bowel movements** (improve constipation and diarrhoea)
- Strengthens **skin integrity** and regulates the moisture content of the skin stratum corneum (increase hydration of skin)
- **Improve host immunity** and suppress cold like symptoms

# Cacao Latte

## Clinical studies showing significant outcomes:

- Reduce bloating
- Prebiotic - proven microbiome support
- Enhance sleep
- Improve motivation upon waking
- Improve digestive health
- Enhance mood
- Improve host immunity and suppress cold like symptoms
- Increased hydration level of skin prevents dryness, roughness and textural disorder to the skin during winter.
- Reduce dysbiosis
- Improve embryo transfer success
- Reduce lipid absorption and bioavailability
- Normalise bowel movements (improve constipation and diarrhoea)
- Strengthens skin integrity and regulates the moisture content of the skin stratum corneum

**How to use:** Enjoy this prebiotic and probiotic goodness by mixing 17g (1.5 tablespoons) of Cacao Latte with 125 mL of your favourite milk or mylk. Mix in the blender for an extra velvety texture! Enjoy hot or cold.



# Cacao Latte

Turn your daily ritual into a moment of gut-loving indulgence. This creamy, chocolatey blend pairs clinically studied prebiotics and probiotics with antioxidant-rich raw cacao to nurture your microbiome, ease digestion, and boost mood. Low FODMAP certified and 100% natural, it's as good for your gut as it is for your soul - a wellness ritual you'll actually crave.

## Notified FSANZ food-health relationships

- Helps reduce, ease and improve symptoms of stress.
- Aids, supports and improves the health and diversity of the microbiome
- Promotes and improves healthy bowel function and regularity.
- Reduces digestive discomfort including indigestion, bloating and gas.
- Reduces irritable bowel discomfort.
- Contributes to reduced feelings of hunger.
- Contributes to improved sleep.
- Stimulates Bifidobacterium and butyrate producing bacteria.

**Ingredients:** Prebiotic Partially Hydrolysed Guar Galctomannan (PHGG, Sunfiber®), organic ceremonial raw Theobroma cacao, organic brown rice, organic unrefined coconut sugar, sweet potato extract, Bacillus Coagulans MTCC 5856 (Lactospore®).

Dairy Free, Gluten Free, Non-GMO, Vegan, No artificial colours , flavours or preservatives.





## Gut-Nurturing by Design: *The Cacao Latte* Advantage

### Most Gut Supplements

### Cacao Latte

#### Prebiotic Fibre

Low, ineffective doses

PHGG (Sunfiber®)—a gentle, clinically proven prebiotic that supports beneficial bacteria, bloating, IBS, digestion and sleep.

#### Probiotic

Heat inactivated or unstable probiotic strains, ineffective doses

Bacillus coagulans Lactospore®, a heat-resistant, spore-forming probiotic proven to survive digestion and ease bloating, IBS symptoms, and mood.

#### Raw Organic Ceremonial-Grade Cacao

Often using low-cacao, processed mixes

Raw organic ceremonial grade cacao rich in flavonoids and polyphenols that boost microbiome diversity and reduce inflammation

#### Rice Bran Arabinoxylan (RBAX)

Not typically included or underdosed

Rice bran arabinoxylan, shown to modulate gut microbiome diversity and support immune balance

#### Artificial Sweeteners or Fillers

Sugar-heavy, artificial ingredients

Just 2 grams of organic coconut sugar per serve - no artificial flavours or fillers

#### Health Focus

Single focus: taste or impact

Multi-benefit: supports digestion, microbiome diversity, satiety, mood, sleep, bloating.

#### Gut Irritants

High in fermentable sugars that irritate the gut & cause bloating

Certified Monash University Low FODMAP + gluten-free, dairy-free, non-GMO, and free from artificial additives

# Gut + Protein



*fertile*  
**GUT**

# **GUT+** *Protein*

Plant Power Meets Microbiome Science

WITH SOLHUL®: CLINICALLY STUDIED PREBIOTIC  
**22G**  
Plant Protein  
per Serving



Supports Gut  
Microbiome Health



Smooth, Easy-To-Digest  
Formula



Low FODMAP  
Blend

## Why Choose Gut + Protein ?

**Not all protein is created equal. Gut + Protein is built on science, not shortcuts - giving you clean plant power with proven gut health benefits. Strong muscles. Balanced metabolism. A thriving microbiome. That's the Gut + Protein difference.**

**2 g of Leucine per Serve:** The key amino acid that triggers muscle protein synthesis. Every scoop delivers the leucine threshold shown to activate recovery and support lean muscle maintenance -without relying on animal-derived whey.

**Organic Plant Proteins:** A blend of pea and brown rice protein for a complete amino acid profile. Designed to fuel your body sustainably - no dairy, no hormones, no digestive heaviness.

**Solnul® Prebiotic:** Clinically studied gut support backed by human trials, Solnul® does more than 'just fibre':

- +350% increase in *Bifidobacterium* (within 4 weeks)
- Reduces histamine production for calmer digestion
- Lowers circulating free fatty acids, an early marker of metabolic health
- Improves bowel regularity (66% ↓ constipation, 59% ↓ diarrhoea)
- Enhanced absorption of essential nutrients like choline
- Increases antioxidant absorption (Vitamin A, Vitamin E)
- Increases beneficial *Akkermansia* in the gut

**Low FODMAP:** Safe for sensitive guts and IBS-friendly - no bloating, no discomfort.

No Stevia, No Gums, No Gluten, Vegan friendly.



# Gut + Protein

22g Plant Protein per  
Serve

Digestive health

Enhance gut  
microbiome

Nutrient absorption

Satiety

Muscle Building

Histamine reduction

Over 2 g leucine



- +350% Bifidobacterium increase in just 4 weeks
- 66% reduction in constipation, 59% reduction in diarrhoea
- Supports metabolic health and insulin sensitivity
- Low FODMAP, Gentle on digestion
- No Artificial Sweeteners
- Plant-Based Protein - Organic pea + rice
- Feeds beneficial gut bacteria
- No gums, stevia, or fillers
- Increases nutrient absorption (Vitamin A, Vitamin E)
- ↑ Akkermansia growth (beneficial for metabolism)
- ↓ Circulating free fatty acids – a key marker of insulin sensitivity
- ↓ Histamine production
- 60% Resistant Starch 2 (RS2) - the most potent RS2 form available

# Gut + Protein

Our formulation ingredients have been *clinically studied* and shown to :

- 🌱 +350% increase in Bifidobacterium: increases healthy endogenous bacteria, like Bifidobacterium, which in turn help to modulate the immune system and support healthy digestion
- 🌱 ↑ Akkermansia growth (beneficial for metabolism): Akkermansia has also been shown to increase the production of GLP-1, a hormone that plays a crucial role in regulating blood sugar levels, weight management and appetite.
- 🌱 ↓ Constipation by 66% and Diarrhoea by 59%
- 🌱 ↓ Circulating free fatty acids (FFA) – a key marker of insulin sensitivity: positively influence fatty acid metabolism in humans, reducing circulating levels of FFA and conjugated bile acids
- 🌱 Reduces circulating serum histamine levels via enhanced gut barrier function.
- 🌱 Increases beta-oxidation and mitochondrial health.
- 🌱 Reduces free fatty acid levels, the earliest known marker of metabolic dysfunction
- 🌱 Increased serum antioxidant level (improved nutrient absorption and intestinal barrier function)
- 🌱 ↓ Histamine production
- 🌱 60% Resistant Starch 2 (RS2) - the most potent RS2 form available

**Ingredients:** Organic Pea Protein, Organic Rice Protein, Solnul® Type 2 Resistant Potato Starch, Natural Vanilla, Monk Fruit, Leucine, Thaumatin (natural protein sweetener)

**Serving suggestion:** Add 1 scoop (30 g) to 250 mL cold water, milk or Low FODMAP plant milk (such as almond, or rice milk). Blend, shake, or stir until smooth. For variety, mix into smoothies, overnight oats, chia pudding, or Low FODMAP baking for a protein + prebiotic boost.





## Beyond Protein: *The Gut + Protein* Advantage

### Most Gut Supplements

Most Gut Supplements		 Gut + Protein
<b>Microbiome Nourishment</b>	No proven prebiotics or added gut nutrients	Includes clinically studied (Solnul®) shown to support microbiome diversity and immune modulation
<b>FODMAP-Friendly</b>	Often causes bloating or digestive upset	Low FODMAP – gentle on sensitive guts and safe for IBS
<b>Digestibility</b>	Can feel heavy or cause discomfort	Formulated for easy digestion and smooth absorption, even in sensitive guts
<b>Functionality</b>	Protein only, minimal added benefits	Multi-functional: supports gut health, immune balance, nutrient absorption, satiety & recovery
<b>Sweeteners &amp; Fillers</b>	Artificial sweeteners, gums, or stevia aftertaste	Naturally flavoured with protein Thaumatin and monk fruit. No synthetic fillers, gums, or irritants.
<b>Who It's Made For</b>	Generic use	Designed for gut-aware individuals who want clean protein with added microbiome benefits

# *Quick Glance* **Guide**

# Find Your Gut Match



## Microbiome Support

Hormones

Intestinal Barrier Repair

Muscle Building

Bloating

Metabolic Health

Mood

Roseacea

Nutrient Absorption

Acne

Immune-inflammation

Histamine Production

Skin Ageing

IBS

Reflux

Bowel Regularity

Insulin Resistance

Increase Satiety

Weight Management

Sleep

Weight Management

Menstrual Cycle Support +  
Perimenopause

Reduce Intestinal  
Permeability

Genitourinary

22g Protein

Cardiovascular + Metabolic

Vasomotor Symptoms

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*fertile*   
**GUT**