



# Microbiome & Metabolic Support During Aromatase Inhibitor Therapy

## *Aromatase Inhibitors*

If you are taking an aromatase inhibitor (such as anastrozole, letrozole or exemestane), your medication is working to reduce oestrogen production - an essential part of hormone-receptor-positive breast cancer treatment.



Lower oestrogen levels can influence:

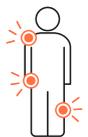
- Bone density
- Joint stiffness
- Digestive health
- Metabolic function
- Inflammation
- Immune balance

## *Why Support Your Gut During Treatment & Recovery?*



### **Your Gut = Your Immune Command Centre**

Approximately 70% of immune tissue resides along the gastrointestinal tract. A healthy microbiome helps regulate inflammation and immune signalling.



### **Inflammation & Joint Stiffness**

Up to half of women taking aromatase inhibitors experience joint pain or stiffness. Because the gut microbiome helps regulate inflammation and supports the integrity of the gut lining, maintaining a balanced microbiome may help promote healthier immune and inflammatory responses during treatment.



### **The Gut-Oestrogen Connection**

When oestrogen levels fall due to aromatase inhibitors, the microbiome often shifts as well. Research shows that reduced oestrogen states (including menopause and AI therapy) are associated with:

- Reduced microbial diversity
- Increased intestinal permeability
- Higher inflammatory signalling

Supporting microbial diversity may assist in maintaining gut barrier integrity and immune regulation during this transition.



### **Bone & Vitamin D Support**

Aromatase inhibitors may accelerate bone turnover. Maintaining adequate vitamin D supports bone mineral density and muscle function.



### **Treatment & Recovery**

Cancer treatments can alter the balance of bacteria in the gut - a change known as dysbiosis. When this happens, it may influence how well certain therapies work and can contribute to treatment-related side effects.

Research suggests that people with a more diverse and resilient gut microbiome tend to have improved responses to some immunotherapies. While gut health does not replace medical treatment, maintaining microbial diversity is increasingly recognised as one factor that may support better overall treatment outcomes



## Myoinositol



Myo-inositol is a naturally occurring carbohydrate involved in insulin signalling, cellular communication, metabolic regulation and mood pathways. AI therapy can influence metabolic function and insulin sensitivity. Myo-inositol has been widely studied for improving insulin sensitivity and supporting metabolic health. Balanced insulin signalling supports:

- Stable energy
- Reduced inflammatory stress
- Healthy weight maintenance

Metabolic stability matters during long-term endocrine therapy.

## Actazin® Green Kiwi Fruit Powder



Actazin® is a clinically researched green kiwi fruit prebiotic. It works by:

- Feeding beneficial bacteria
- Increasing short-chain fatty acid production
- Supporting bowel regularity
- Enhancing microbial diversity

Constipation and digestive discomfort are common during treatment. Actazin® has been shown in clinical studies to improve stool frequency and support gut comfort.

## Unique IS-2® Bacillus coagulans



Unique IS-2® is a shelf-stable, spore-forming probiotic strain studied for:

- Improving gut barrier integrity
- Supporting immune modulation
- Reducing gastrointestinal discomfort
- Enhancing microbial balance

Spore-forming probiotics are resilient and survive stomach acid, allowing them to reach the intestine effectively. Maintaining gut integrity supports reduced systemic inflammation, immune stability, digestive comfort.

## Methylated Folate (5-MTHF)



Folate is essential for:

- DNA synthesis and repair
- Red blood cell production
- Cellular methylation pathways
- Mood and cognitive health

The methylated form (5-MTHF) is the biologically active form used directly by the body. Supporting cellular repair and methylation pathways contributes to overall physiological resilience.

## Vitamin D3



Vitamin D3 supports:

- Bone mineral density
- Muscle strength
- Immune modulation
- Inflammatory balance

Clinical studies suggest that maintaining adequate vitamin D levels may help alleviate common side effects associated with chemotherapy and radiotherapy.

Gut + Hormone is designed to support the gut microbiome, immune health, bone health and metabolic stability. Gut + Hormone is not a cancer treatment. If you are undergoing active oncology treatment, always discuss new supplements with your oncologist or healthcare provider before commencing. Vitamin and mineral supplements should not replace a balanced diet. Bacillus coagulans may affect the way some medicines work, including immunosuppressants. If symptoms persist, talk to your health professional. Contains sugars, sulfites, sugar alcohol (myo-inositol), and soya bean products. Not suitable for children.

# Microbiome Essentials



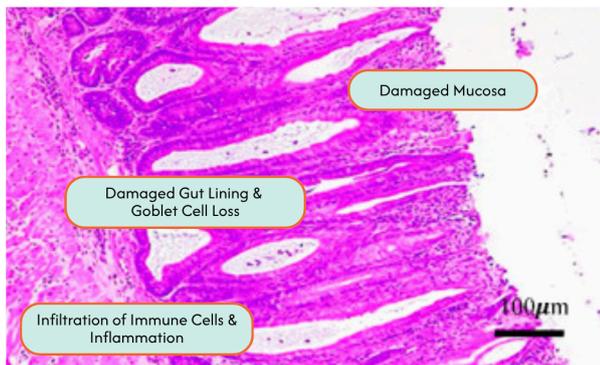
## Microbiome Essentials

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.

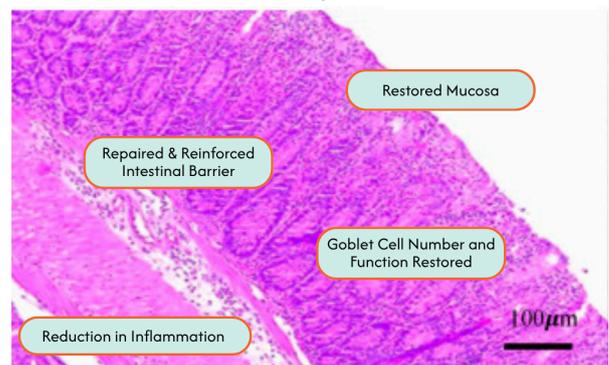
With every daily dose, you'll also get 65% of your chromium needs - supporting stable blood sugar and energy balance. Gentle, natural, and science-backed, it's the prebiotic boost your microbiome craves.

- 🌿 Increases beneficial short chain fatty acids
- 🌿 Prebiotic - proven microbiome support
- 🌿 Intestinal repair & restoration
- 🌿 Dampen reflux
- 🌿 Support weight management
- 🌿 Dampen inflammation
- 🌿 Increased microbiome diversity
- 🌿 Enhanced production of major SCFAs

### Damaged Gut



### Gut Repaired with Microbiome Essentials Key Prebiotic



## 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

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.

Digestion & Sleep

Bloating

IBS

Enhance gut  
microbiome

Mood

Satiety

Monash University  
Certified Low  
FODMAP



100% natural and gut-friendly - vegan, gluten-free, dairy-free, non-GMO, no additives.

# Gut + Protein



## 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.

**Nutrient absorption**

**Satiety**

**Muscle Building**

**Histamine reduction**

**Over 2 g leucine**



**22g Plant Protein per Serve**

**Digestive health**

**Enhance gut microbiome**