

ur gut® label and ingredients (850g)



Excellent source of dietary fibre to support regular laxation when consumed as part of a healthy, varied diet.

Reseal after opening or transfer into an airtight container & store in a cool dry place to maintain freshness.

Serving suggestion:
Add to your favourite smoothies, breakfast cereal, juice or water.

nutrition information
Servings per package: 42
Serving size: 20 g

	Average Quantity per Serving	Average Quantity per 100g
Energy	159 kJ (38 Cal)	796 kJ (190 Cal)
Protein, total	less than 1 g	1 g
- gluten	not detected	not detected
Fat, total	less than 1 g	less than 1 g
- saturated	less than 1 g	less than 1 g
Carbohydrate	13 g	67 g
- sugars	less than 1 g	less than 1 g
- other carbohydrate	2 g	11 g
- dietary fibre, total	11 g	56 g
- resistant starch	7 g	36 g
Sodium	9 mg	45 mg
Potassium	43 mg	222 mg

Ingredients: 100% Natural ingredients.
High amylose maize starch, Psyllium husk powder.
May contain: Lupin, almonds, walnuts

Any change to an individual's regular diet may result in a change in bowel habits. Be sure to drink plenty of fluid to avoid discomfort. If you are concerned about any ongoing effects, cease consumption and seek medical advice.

Scan me
for serving schedule to maintain a healthy gut, suggestions for tasty recipes & information on our research.

- Gluten free
- Dairy free
- No added sugars
- Low sodium
- Vegan
- Low FODMAP
- No artificial colours
- Unflavoured
- Unsweetened

Introductory daily serving guide for the first 30 days and maintenance serving

DAY 1-2 DAY 3-4 DAY 5-7 DAY 8-10 DAY 11-21 DAY 22-30 & maintenance serving

From day 3, please separate your daily serving into twice daily = 5g/teaspoon

ur gut Designed and tested by a team of expert gut health scientists from Edith Cowan University

Packed in Australia from imported ingredients

BEST BEFORE:

Vendor Address: EDITH COWAN UNIVERSITY,
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Australian Patent Application 2022906137

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