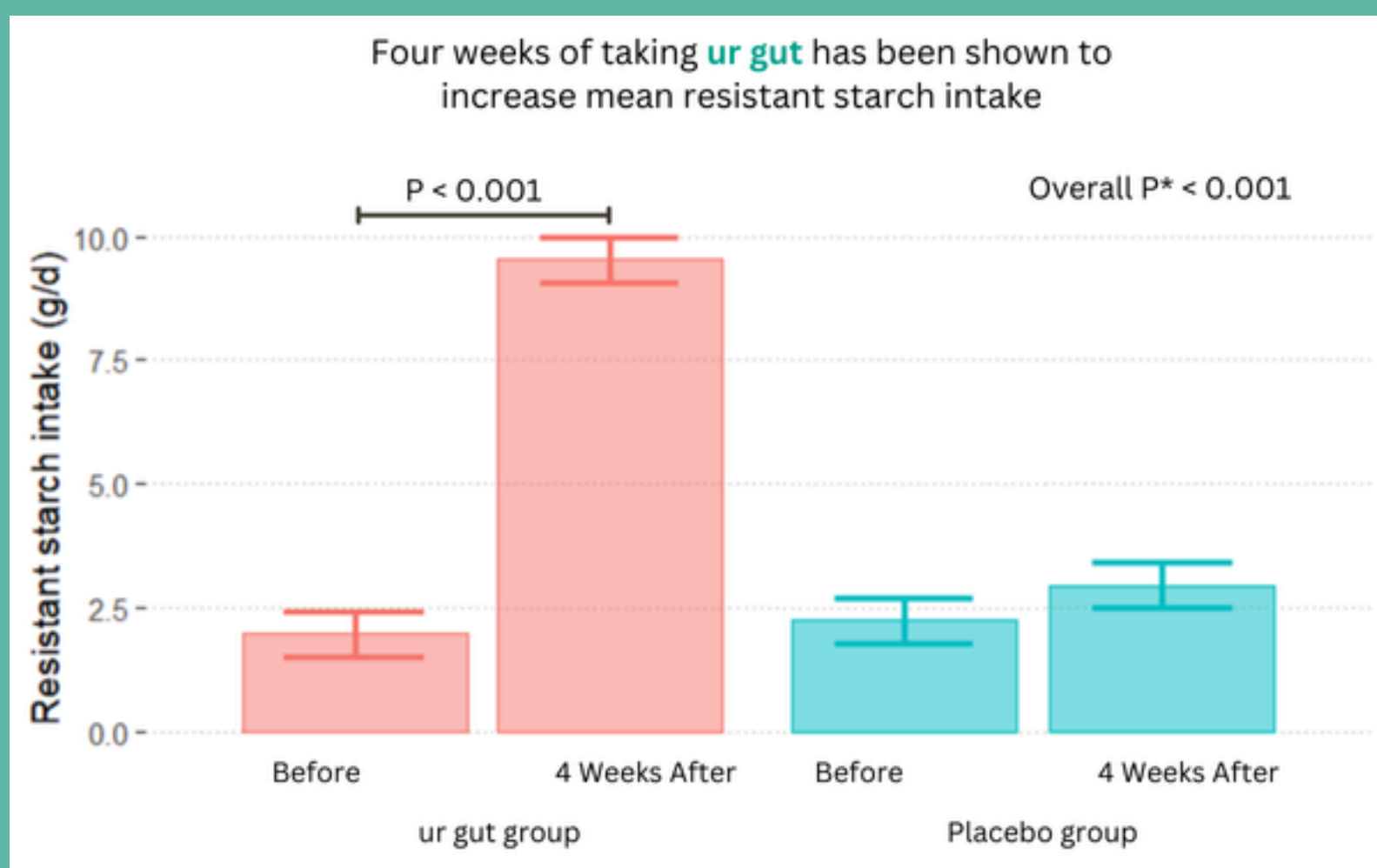


The science behind **ur gut**

In our study, we found that those taking **ur gut** increased their average resistant starch intake**.



Gut Bacteria	ur gut	placebo
Short-chain fatty acid producing (<i>Ruminococcus E</i>)	↑ 550%	↓ 270%
Carbohydrate- degrading (<i>Prevotella</i>)	↑ 590%	--
Next gen probiotic (<i>Akkermansia</i>)	↑ 260%	↓ 180%
Short-chain fatty acid producing (<i>Roseburia</i>)	↑ 190%	↓ 280%

Note: Figures indicate the change in Relative Abundance of each gut microbiota group.

After 4 weeks of taking **ur gut**, our participants increased their relative abundance of beneficial gut bacteria**.

*Li, H., Zhang, L., Li, J., Wu, Q., Qian, L., He, J., Ni, Y., Kovatcheva-Datchary, P., Yuan, R., Liu, S., Shen, L., Zhang, M., Sheng, B., Li, P., Kang, K., Wu, L., Fang, Q., Long, X., Wang, X., Li, Y., ... Jia, W. (2024). Resistant starch intake facilitates weight loss in humans by reshaping the gut microbiota. *Nature metabolism*, 6(3), 578–597. <https://doi.org/10.1038/s42255-024-00988-y>

** Yan, R. (2023). Does Fibre-fix provided to people with irritable bowel syndrome who are consuming a low FODMAP diet improve their gut health, gut microbiome, sleep and mental health? Edith Cowan University.