



Gut Health Support

Key Ingredient Highlights

5 Mushrooms for Gut Health

Tremella, Lion's Mane, Chaga, Reishi, and Oyster mushrooms support gut health by supplying prebiotic fibers (like beta-glucans) that feed good gut bacteria. They also contain antioxidants and polysaccharides that help lower digestive inflammation, protect the intestinal lining, and encourage a balanced microbiome.



Prebiotic Fibers

Beta-glucans and other fibers feed beneficial gut bacteria and support a balanced microbiome.



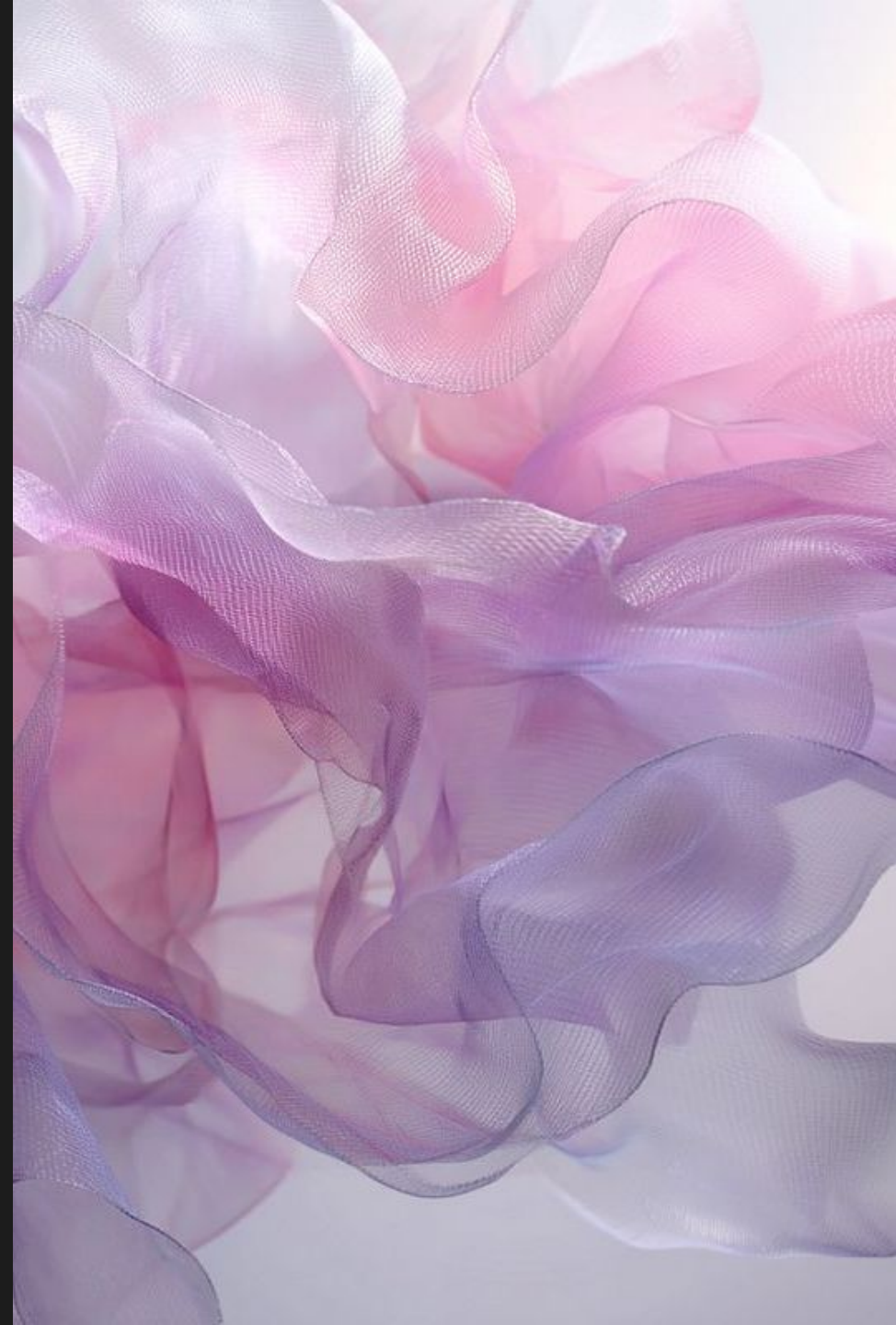
Antioxidants

Polysaccharides and antioxidants reduce digestive inflammation and protect the intestinal lining.



Microbiome Balance

Each mushroom uniquely promotes beneficial microbial strains while keeping harmful microbes in check.



How Each Mushroom Supports the Gut

Each mushroom in our formula targets gut health through distinct but complementary pathways—from nourishing friendly bacteria to calming inflammation and reinforcing the intestinal barrier.

1

Tremella

Provides polysaccharides that encourage the growth of friendly bacteria and soothe gut tissue during inflammation.

2

Lion's Mane

Boosts beneficial microbes like *Akkermansia* and *Faecalibacterium*, which help maintain a strong intestinal barrier and calm gut irritation.

3

Chaga

Acts as a rich source of antioxidants that reduce oxidative stress and inflammation linked to irritable bowels or colitis.

4

Reishi

Supports helpful probiotic strains like *Lactobacillus* and *Bifidobacterium* while helping keep harmful gut microbes in check.

5

Oyster

Contains fermentable fibers that protect the gut lining and promote overall microbial balance.

Garlic, Vasaka, Shatavari & Astaxanthin

These four ingredients support gut health through distinct mechanisms: garlic acts as a prebiotic and antimicrobial, vasaka soothes the digestive tract, shatavari reduces gut inflammation and aids absorption, and astaxanthin provides powerful antioxidant protection to the intestinal barrier.

Key Mechanisms

- **Garlic:** Prebiotic fibers nourish *Bifidobacterium*; allicin fights harmful bacteria; fermentation produces short-chain fatty acids that fuel colon cells
- **Vasaka (*Adhatoda vasica*):** Calms acidity and bloating; soothes mucous membranes lining the digestive tract
- **Shatavari (*Asparagus racemosus*):** Natural anti-inflammatories in the digestive tract; supports nutrient absorption and overall digestive function
- **Astaxanthin:** Protects gut cells from free radical damage; maintains tight junctions in the intestinal wall; promotes a healthy microflora ratio

Psyllium & Chlorella

Psyllium and chlorella work directly within the intestinal tract to regulate transit, support the microbiome, and eliminate harmful compounds—creating a cleaner, more balanced gut environment.

Psyllium



Regulates Bowel Movements

Absorbs water to form a thick gel that softens hard stool and firms loose stool—relieving both constipation and diarrhea



Produces Butyrate

Beneficial microbes slowly ferment psyllium to produce SCFAs, particularly **butyrate**, the primary fuel for colonocytes



Strengthens Gut Barrier

Butyrate generated from psyllium fuels colon cells, helping repair a leaky gut and lowering local inflammation

Chlorella

Binds Toxins

Natural chelation properties bind heavy metals and environmental toxins for safe excretion

Reduces Oxidative Stress

Chlorophyll and carotenoids scavenge ROS, protecting the gut epithelium from inflammatory damage

Supports Microbial Diversity

Acts as a prebiotic, enhancing beneficial bacteria growth and increasing protective fecal propionate

CoQ10 & NAD+

CoQ10 and NAD+ act at the cellular level to fuel and protect the gut lining—targeting mitochondrial tissue, tight junction integrity, and the immune-microbiome relationship.

● — CoQ10 — Protects Epithelial Tight Junctions

Decreases pro-inflammatory cytokines (IL-1 β and TNF- α) in the digestive tract. Shifts the microbiome favorably, increasing beneficial *Lachnospiraceae* and *Ruminococcus*. Significantly reduces toxic TMA while more than doubling fecal butyric acid production.

● — NAD+ — Fuels the Gut Lining

Provides cellular ATP for enterocytes to repair and maintain the intestinal wall. Deficiency correlates with gut dysbiosis and increased intestinal permeability. Replenishing NAD+ via precursors actively stabilizes the physical gut barrier and regulates immune homeostasis with the microbiome.

Quick Comparison: How They Target the Gut

Each of these four ingredients targets a distinct aspect of gut health through complementary mechanisms.

Supplement	Primary Target	Main Mechanism	Best Used For
Psyllium	Stool consistency & colon cells	Gel formation & butyrate production	Bowel regularity & IBS symptoms
Chlorella	Toxins & oxidative stress	Heavy metal chelation & antioxidant delivery	Detoxification & reducing bloating
CoQ10	Mitochondrial tissue & microbes	Inflammation suppression & microbiome remodeling	Tissue protection & boosting SCFA markers
NAD+	Cellular energy & gut barrier	ATP generation & tight junction repair	Cellular aging, leaky gut, & tissue repair



NMN, L-Glutamine, L-Tryptophan & Glycine

How They Work Together

These four compounds support gut health by fueling intestinal cells, strengthening tight junction barriers, reducing local inflammation, and optimizing the gut microbiome. Each targets distinct yet complementary aspects of digestive function and mucosal integrity.

01

NMN

Boosts cellular NAD⁺, activating repair enzymes like SIRT1 to enhance tight junction proteins, promote mucus production, and improve diversity of beneficial gut microbes.

02

L-Glutamine

Primary metabolic fuel for intestinal cells (enterocytes), supporting rapid cell turnover, maintaining gut lining integrity, and minimizing intestinal permeability.

03

L-Tryptophan

Precursor for microbial metabolites (like indoles) that reinforce the epithelial barrier, regulate mucosal immunity, and support a balanced gut microbiome.

04

Glycine

Builds collagen for structural gut mucosa support; acts as an anti-inflammatory agent and rate-limiting precursor for glutathione—a vital antioxidant shielding gut cells from oxidative damage.

L-Proline, L-Arginine, Vitamin D3 & Vitamin K2

These ingredients maintain the intestinal barrier, regulate local gut immunity, and balance the microbiome. Amino acids proline and arginine act as structural and metabolic fuel for gut cells, while Vitamins D3 and K2 control inflammation and mucosal defense.



L-Proline

Essential for creating collagen that builds and repairs connective tissue in the intestinal lining. Reduces harmful bacteria to shift the gut microbiome toward healthier balance.



L-Arginine

Promotes rapid growth of intestinal cells to heal mucosal damage. Triggers pathways that lower gut inflammation and support healthy immune responses in the digestive tract.



Vitamin D3

Strengthens tight junctions between gut cells to prevent leaky gut. Prompts immune cells to produce antimicrobial peptides that fight off harmful pathogens.



Vitamin K2

Works alongside Vitamin D3 to reduce oxidative stress and calm gut inflammation. Helps maintain gut barrier integrity and fosters a diverse, beneficial microbiome.