

# Gut Check

Gut Check combines ceremonial grade matcha tea with the patented ingredient MicrobiomeX® and a fulvic mineral concentrate. Matcha tea has been used for centuries in traditional Japanese tea ceremonies, and offers many health benefits. MicrobiomeX® is a natural extract from citrus fruit, especially designed to support a healthy microbiome composition in the gut. Gut Check can be mixed with water or milk and consumed hot or cold. It's delicious added to smoothies and can be included in baked goods as well.\*

**Suggested Use:** Mix 1 scoop (1/2 teaspoon) with 2 ounces of cool water and stir with a whisk or electric frother until a smooth froth forms. Add hot or cold water to taste for tea, or add milk for a latte, and enjoy. May be sweetened to taste with preferred sweetener. Refrigerate after opening for maximum freshness.

Nutrition Facts		
Serving Size: 1/2 teaspoon (2.5 grams)		Servings per container: 30
Amount per serving		
<b>Calories</b>	<b>12</b>	
	<b>Amount Per Serving</b>	<b>% Daily Value*</b>
		100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.
<b>Total Fat</b>	<b>1g</b>	<b>1.5%</b>
Calories from Fat	0	
Saturated Fat	1g	
Trans Fat	0mg	-
Cholesterol	0g	0%
Sodium	58mg	2.5%
Total Carbohydrate	3g	2.3%
Dietary Fiber	4g	14.2%
Sugars	2g	
Added Sugars	0g	
Protein	0g	
Iron	1mg	6%
Potassium	623mg	24.9%
Calcium	5mg	0.45%
Vitamin A	4IU	0.16%
Vitamin C	24mg	26%
Caffeine	55mg	13.75%

**Ingredients:** Organic Camellia sinensis (Matcha Green Tea) Powder, Organic Cocos nucifera (Coconut Water) Powder, Organic Blue Agave Inulin (Agave Tequilana) Powder, Organic Luo hon guo (Monk Fruit) Powder, MicrobiomeX® Citrus Flavonoid Extract (Citrus sp.) (Whole Fruit), Fulvic Mineral Powder Concentrate

**Trademark Declarations:** MicrobiomeX® is a registered trademark of BioActor B.V., used under license. **MicrobiomeX**

**Important Information:** This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.

**Allergen Information:** This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. †Daily Value not established.

**These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Product of the USA formulated with select ingredients thoughtfully curated from around the world.

Manufactured Exclusively For Green Organics LLC • Heart & Body Naturals  
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**PN**Naturals  
healthy begins now