

Gut Check

matcha probiotic hydration

HBNatural
PRODUCT INFORMATION PAGE

Gut Check blends ceremonial grade matcha, MicrobiomeX®, and fulvic minerals to support gut health and overall wellness. Rich in antioxidants and nutrients, matcha has been cherished for centuries in traditional Japanese tea ceremonies for its numerous health benefits, while MicrobiomeX® promotes a balanced microbiome. Enjoy it hot, cold, in smoothies, or even baked goods for a delicious, nourishing boost.*

DIRECTIONS

- Mix 1 scoop (½ 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.*



MEDICINAL CONSTITUENTS

- **Catechins:** Powerful antioxidants found in tea, particularly green tea, that support overall health and digestion. They help reduce inflammation, combat oxidative stress, and promote a balanced gut microbiome. In the colon, catechins may aid in preventing harmful bacterial overgrowth, supporting healthy digestion, and reducing the risk of digestive discomfort. Their anti-inflammatory properties also contribute to overall colon health and may help protect against certain gastrointestinal issues.*
- **Flavonoids:** Potent plant-based antioxidants that support overall health, particularly in the digestive system. They help reduce inflammation, combat oxidative stress, and promote a healthy gut microbiome. In the colon, flavonoids may aid digestion, support regularity, and protect against harmful free radicals that contribute to digestive discomfort. Their anti-inflammatory and immune-boosting properties also play a role in maintaining optimal colon health and overall well-being.*
- **Fructans:** A type of prebiotic fiber found in foods like onions, garlic, leeks, and bananas, known for their powerful benefits to gut health. They nourish beneficial gut bacteria, promoting a balanced microbiome and improving digestion. Fructans also enhance nutrient absorption, support immune function, and may help regulate blood sugar levels. Additionally, they contribute to overall colon health by increasing stool bulk and promoting regularity, making them an essential component of a healthy diet.*

Clinical studies for Gut Check ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10529306/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8698834/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8401650/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7554000/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6364418/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11397174/>

INGREDIENTS

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

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MicrobiomeX

CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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