

# GUTIQ



The most effective solution to cleanse the gut, purge it of the toxic sludge, and powerwash your insides so that you're a healthier, happier, more confident person.



Vitality Now's digestive support supplement Gut IQ contains prebiotics and probiotics in separate bottles. To get benefits, the formula must be used daily, but users have up to six months to assess whether it is the optimal option for their requirements.



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**[\(24HRS LIMITED OFFER\)](#)**

What is the IQ of the gut?

Everyone has days when they don't feel like going about their daily routine, but that doesn't imply the problem is common. How many individuals report low energy during the day, despite enough sleep? How often does the

typical person let their bad mood to dominate their day?  
"Even bloating may indicate a need for change, and the makers of Gut IQ think they have a solution for all of these issues.

Gut IQ is formulated to provide the intestines with nutrients that the ordinary individual may not be consuming. The stomach is the major source of the hormones that make people happy, and the pain produced by an imbalance is sufficient to make anybody unpleasant. Instead, taking this supplement has several advantages, including:

Enhanced mental acuity

Greater digestion without discomfort.

Reduced sensitivity and abdominal distress.

Better control over inflammation.

Enhanced response time.

Better bowel motions.

Increased optimism and self-assurance.

John Kiefer's Gut IQ is the culmination of years of diet and exercise experience. Kiefer's works, Carb Backloading and the Carb Nite Solution, may have already made him recognizable to certain individuals. This information and his own experience with

excruciating toilet trips inspired him to create a treatment that may be of use. With a mix of prebiotic and probiotic assistance, consumers may achieve the same results with Gut IQ as Kiefer did.

### What Determines Gut IQ?

Without the correct components, a digestive support supplement would be incomplete. These components must be powerful enough to establish supremacy over the intestines, eliminating all irritant- and damage-causing microbes. Consequently, Kiefer has included the following substances in Gut IQ:

Lactobacillus rhamnosus

The strain of Lactobacillus helveticus

Bifidobacterium longum

Galacto-oligosaccharides

Protease

Lactobacillus Rhamnosus

Lactobacillus Rhamnosus is the glue that ties the rest of this recipe together since it prevents the degradation of the other components during digestion. It delivers all components intact to the gut and boosts the user's mood. It can also regulate glucose metabolism. Some studies associate it with hormone control, while others demonstrate a beneficial impact on the metabolism.

## Lactobacillus Helveticus

Lactobacillus helveticus functions in one major way: lactobacillus rhamnosus offers enhanced protection against anything that might upset the equilibrium of the gastrointestinal tract. It enhances the immune system and introduces healthy bacteria to the intestines. In clinical studies, this strain had a favorable impact on enzyme and peptide balance. It even aids in the fight against anxiety and depression.

## Bifidobacterium Longum

Bifidobacterium longum is the third probiotic in this formulation, however it does not diminish its importance. It is one of the most essential probiotic bacteria strains found in the body and Gut IQ. It contributes to improvements in the digestive system by balancing the beneficial bacteria required by the body.

The remarkable digestive advantages of B. longum help healthy bowel management. Additionally, it improves blood lipids and minimizes the likelihood of lactose intolerance flare-ups. Using B. longum also strengthens the immune system's ability to fight off disease.

## Galacto-Oligosaccharides

Galacto-oligosaccharides are the leader of the prebiotic mix Gut IQ, which is often used to treat constipation. According to scientific research, taking this vitamin for the digestive system is a good treatment for improving bowel motions, which is why it is often used to treat waste compaction.

### Protease

Protease is an enzyme whose major function is to aid in the digestion and use of proteins and peptides. As the stomach does, it decreases the accumulation of toxins and other irritants in the GI tract and promotes stability. It needs a low pH to be stable, yet tolerate gluten better than any other nutrient. Using protease may aid gluten-sensitive individuals in managing their stomach pain.

### Acquiring Gut IQ

Given the variety of probiotic and prebiotic formulae available on the market today, buyers who want to acquire Gut IQ must contact the official website. No approved third-party merchant may sell these cures in-store or online, and the inventors give a substantial discount to encourage people to purchase.

For one month of usage, customers will get a separate bottle of prebiotics and a separate bottle of probiotics so

they do not mistake the serving. The present bundles include:

Two bottles for \$119.95 with free shipping for a one-month supply.

A two-month supply for \$199.80 with free shipping (4 bottles).

A four-month supply for \$299.00 (8 bottles) with included shipping.

All packages include free delivery, so consumers just need to consider the cost of the supplement.

The producers of Gut IQ provide a six-month return policy, even if the consumer has finished the whole container of capsules. However, customers must inform Customer Support in advance of the return. Call 1-800-599-0746 or email [care@vitalitynow.org](mailto:care@vitalitynow.org) to contact the customer support staff.

## Frequent Questions Regarding Gut IQ

Q. How might one best administer Gut IQ?

A. Users must take a total of six capsules every day, including three prebiotic and three probiotic capsules. The capsules may be taken all at once, or one prebiotic and one probiotic can be taken with each meal.

Q. Is it OK to take Gut IQ with morning coffee?

A. Yes. Even though most people see coffee as a laxative, it is okay to use it with a prebiotic/probiotic combo.

Can users combine Gut IQ with other nutritional supplements?

A. Probiotic pills eliminate unidentified toxins and germs from the gut, which is rather counterproductive for other formulations. To prevent nullifying the effects of a prescription or supplement, users should wait about 30 minutes after using Gut IQ before consuming another formulation.

What is the optimal method for storing Gut IQ?

A. While some goods may be stored in a cabinet or on a shelf, the inventors of Gut IQ claim that refrigeration is essential for maintaining this formulation. Additionally, storing Gut IQ in the freezer is safe.

Should you take Gut IQ with food?

A. Eating a meal with Gut IQ is solely the responsibility of the user. Consistency is essential for producing outcomes.

What should be done if the standard serving creates discomfort?



A. Users are not required to consume all six pills simultaneously. If this amount is too much, users may divide the six capsules among their three meals, taking a prebiotic and probiotic capsule three times each day.

Here are the similar advantages of eating Gut IQ:

GutIQ is a natural and healthy dietary supplement.

This substance may enhance your digestive health.

This revolutionary mixture improves energy, mood, and concentration.

This food plan will improve your digestive health.

The bacteria give you with the necessary nutrients for good health.

Gut IQ is a valuable asset in everyday life.

GutIQ is an innovative supplement for gut and brain health.

GutIQ transforms your energy, disposition, and digestive system.

This nutritional supplement includes probiotics with enhanced activity.

GutIQ is a prebiotic and probiotic supplement.

You will perceive the change in your second mind.

GutIQ helps decrease bloating and enhance energy levels.

It provides you a daily upbeat disposition and enhances your mind.

GutIQ is an effective technique to revitalize your gut.

This supplement is appropriate for all ages.

Gut IQ is only accessible online. There is no online availability available.

Individual outcomes might vary from person to person.

Do not exceed the advised dosages.

Keep this product away from children. Before using any dietary supplement, you should see your physician.

## Summary

Gut IQ offers customers the simplest approach to alleviate the stomach pain associated with an imbalance. The optimal balance stimulates the metabolism and helps customers keep a positive disposition. With the plethora of probiotic strains, customers may eliminate any harmful accumulation in the digestive tract that might lead to constipation or inflammation. With a long return policy and different packages available, Gut IQ's aggressive treatment may be the answer to harmful and unpleasant waste accumulation.

## GOOD DEAL

1 Month Supply



**\$59<sup>98</sup>**  
per bottle

2 Bottles, \$119.95

FREE Shipping

Add to Cart

## MOST POPULAR

4 Month Supply



Regular Price: \$59<sup>98</sup>  
per bottle

**\$37<sup>38</sup>**  
per bottle

8 Bottles, \$299.00

FREE Shipping

Add to Cart

## GREAT DEAL

2 Month Supply



Regular Price: \$59<sup>98</sup>  
per bottle

**\$49<sup>95</sup>**  
per bottle

4 Bottles, \$199.80

FREE Shipping

Add to Cart