

A close-up photograph of a pregnant woman's midsection. She is wearing a black sports bra and a black and white patterned leggings. Her hands are gently cradling her pregnant belly, with her fingers spread across the skin. The background is softly blurred, focusing attention on the woman and her text.

DR.VEGAN[®]

**Gut health –
*the foundation of
feeling good***

THE POWERHOUSE BEHIND YOUR HEALTH

Your gut is responsible for the digestion and absorption of nutrients which are the building blocks for almost everything in your body, from your energy, immune health, your ability to concentrate, your sleep, skin health, your stools, and much more!

Digestion of nutrients:

Everything your body does requires nutrients, from building and repairing cells, making energy and hormones, to your brain function, blood function and muscle function. Proper digestion and absorption of nutrients is a core factor in our daily wellbeing and survival.

Skin health:

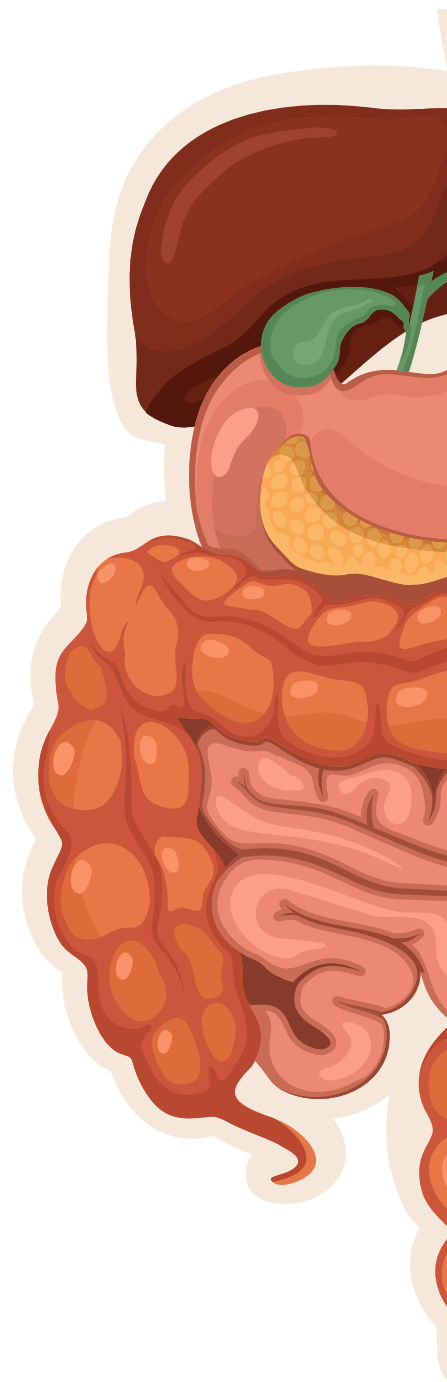
Extensive research shows that poor gut health affects skin health. 31% of people in our study reported their poor gut health impacted their skin. Poor gut health and digestion can impair the protective antimicrobial barrier function, which makes our skin vulnerable to inflammation.

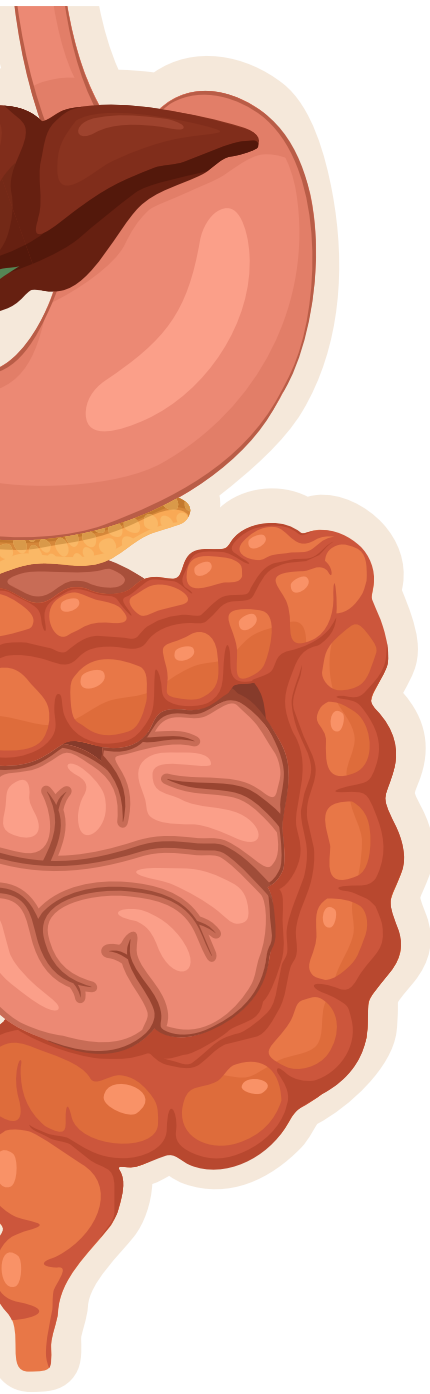
Energy:

75% of people with poor gut health also reported having a lack of energy. Your gut helps absorb the nutrients from the foods you eat to fuel your energy and brain.

Vaginal health:

Sub-optimal gut health can lead to inflammation and an overgrowth of harmful bacteria, which can travel to the vagina and disrupt the delicate balance of the vaginal microbiome.





Immunity:

Our digestive system has a big influence on our immune system. Around 70-80% of your immune system originates from your gut, so if you want to stay well, making gut health a priority is essential.

Heart health:

An imbalance in gut bacteria means more metabolites (these are natural compounds produced during digestion) are produced, which can raise cholesterol levels or harm our blood vessels.

Mood:

A healthy gut microbiome helps increase the production and communication of our happy hormone called 'serotonin.' 95% of serotonin is produced in the gut and sent back up to the brain, which helps calm our mood. 50% of people in our studies said they felt more stressed and suffered from poor sleep as a result of their poor gut health.

Weight:

Two-thirds of people in our studies said they struggled with their weight. Different types of bacteria living in the gut can have a different impact on health. For example, the Mediterranean diet may have beneficial effects on the gut microbiome, promoting healthy diversity, and could be a useful tool against obesity. Research suggests that diets supporting beneficial gut bacteria may help reduce obesity and metabolic issues.

GUT HEALTH EXPLAINED

A troubled gut, poor digestion and IBS are very common problems. Our studies show that more than 4 in 10 people regularly suffer digestion issues, and 1 in 4 people suffer symptoms of IBS (Irritable Bowel Syndrome).^{*} Poor gut health can not only be uncomfortable and debilitating; it is also likely to cause other physical and mental symptoms that can affect your day-to-day life.

Why is gut health getting worse?

Modern farming and food production techniques, and modern lifestyles do not promote a healthy gut. Chlorine in water, additives, chemicals, and pesticides in foods,⁵ UPFs, and antibiotics, all decrease the diversity of bacteria in the gut. Additional stresses of modern life⁴ and high sugar diets³ also play havoc with gut balance.

According to a nationally representative survey by DR.VEGAN[®] (2022) of 811 people, the most commonly reported digestive symptoms include bloating, fatigue, and gas and wind.

67%

of people experienced worse bloating in times of stress.^{*}

Among people with gut health issues,

75%

of experienced
fatigue^{*}

67%

experienced
increased weight^{*}

61%

reported having
low moods^{*}

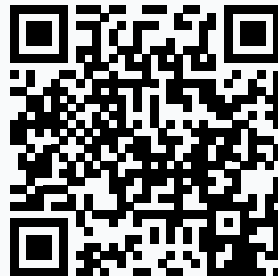
There is also a **significant impact** on mental health in those who experience gut issues, with 56% of people stating that they ‘feel fed up’.

The very close relationship between gut health and overall health is because the gut is where nutrients are absorbed and distributed around the body. Poor gut health can lead to nutrient deficiencies affecting every part of the body.

The health of the gut microbiome also plays a significant role in gut and whole-body health, regulating inflammation, keeping autoimmune diseases and allergies at bay, supporting normal cholesterol levels, supporting healthy skin and mental health, and regulating the body’s natural detoxification processes.

Watch our interview with Evie Whitehead, Nutritional Therapist

Scan the QR code to discover how you can support your gut and your overall health with simple and easy nutrition ideas, as well as understanding how your gut can influence just about everything!



6 Signs of an unhealthy gut

When your gut is out of balance, you'll know about it. In one study, 44% of people said their gut health restricts how they go about their daily life, a third of people avoid social contact and going out as a result of their gut health, and 30% of people with poor gut health experience mild depression and debilitating; it is also likely to cause other physical and mental symptoms that can affect your day-to-day life.

Here are the top signs to look out for that may indicate your gut is in need of some love.



Skin conditions

Healthy bowel movements sweep toxins out of the body. If natural detoxification doesn't occur, toxins will be reabsorbed through the gut, and the body has to push them out through the skin, which can cause redness and acne.



Poor concentration

The main chemicals needed for concentration are acetylcholine, dopamine and noradrenaline, and they're produced in the gut by healthy bacteria ('probiotics'). Disruptions to bacteria numbers will decrease these chemicals and, in turn, affect your ability to concentrate and focus.



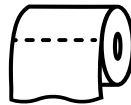
Gas and bloating

Gas and bloating can occur for a few reasons. Low stomach acid and weak enzyme production can inhibit the breakdown of foods, fibres, sugar, fats or protein, and allow bacterial fermentation which can create gas and bloating.



Constipation

Constipation is an obvious sign of an unhealthy digestive system. Constipation can be caused by a lack of healthy bacteria in the gut which provide most of the weight of faecal matter.



Diarrhoea

Diarrhoea occurs when the gut is irritated due to parasites, detrimental bacteria, poorly digested foods or food sensitivities.



Insomnia

Insomnia is a common problem and affects life quality. Research shows you're more likely to suffer poor sleep or insomnia if you suffer poor digestion or IBS.

How food impacts gut health



59% of people say that bread and refined carbs trigger gut health issues.

Gut Nourishers



High-fibre foods

Eating a diverse, high-fibre diet that consists of a variety of fruits, vegetables, whole grains and seeds, can promote the development of good bacteria in the gut.



Fermented foods

Eating fermented foods such as yoghurt, kimchi and sauerkraut are good examples of foods that contain probiotics that contribute to gut health.



Onions

Rich in inulin, onions provide potent prebiotic benefits. Inulin has been associated with promoting the growth of bifidobacteria, a group of beneficial bacteria in the gut.

Gut troublers



Red and processed meat intake

Regular consumption is associated with increased production of harmful gut metabolites and inflammation, which can contribute to colorectal cancer.



High-sugar diet

A high-sugar diet feeds harmful bacteria and fungi in the gut. These pathogenic organisms go on to produce gas and bloating.



Excessive alcohol

Excessive alcohol intake disrupts the gut microbiome by decreasing beneficial bacteria and promoting pathogenic strains.

What does your poo say about your health?

Because poo is not something widely discussed, many people are left wondering if their poo is normal and they're unaware of the signs of ill health that it can point to.

There are many variations of poo, and each one indicates an area of health that is either in or out of balance in our gut.

'The Bristol Stool Chart' was designed to make it easier for patients to discuss their poo with their practitioner – it's easier to pick a number than to sit in a chair and describe your poo. It also helps you know what is normal and what isn't.

There are 7 types of poo in the Bristol Stool Chart:



Type 1

Separate hard lumps like nuts:

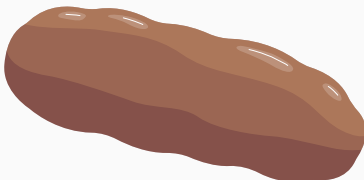
This means you are constipated and need more fibre, water and probiotics.



Type 2

Sausage-shaped but lumpy – mildly constipated:

This means that you should look again at adding more water, fibre and probiotics to your diet.



Type 3

Like a sausage with cracks on its surface:

This is an improvement on #2; however, a small tweak in the amount of water you consume wouldn't do any harm.



Type 4

Soft blobs with clear-cut edges, easy to pass:

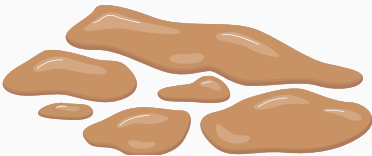
This is another example of a great poo!



Type 5

Soft blobs with clear-cut edges, easy to pass:

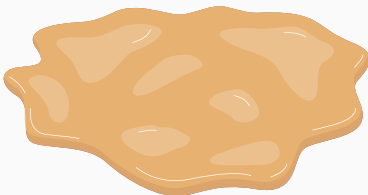
This is another example of a great poo!



Type 6

Fluffy pieces with ragged edges and a mushy stool:

This is mild diarrhoea, and you need to address the level of probiotics in your gut.



Type 7

Watery, no solid pieces, entirely liquid:

This is diarrhoea, and if this does not resolve itself within a few days, you should get this checked by your GP.

Troubleshooting bowel issues

Aside from these signs to look out for in your poo, there are other potential indicators of health issues in your poo.

Bowl Issue

Indicator

Small hard balls which are hard to pass

Small hard balls of poo that are hard to pass are a sign of constipation. This can be the result of a number of reasons, including lack of fibre, dehydration, not enough probiotics in the gut, or conditions such as underactive thyroid function and poor gut motility.

Increase your hydration, eat more water-soluble fibre from fruits and vegetables, and try taking gut-friendly bacteria through your diet or a probiotic supplement. Exercise also helps relieve constipation as it gets the gut moving. If these tips don't help, ask your doctor to investigate further.

Diarrhoea

This is a sign of irritation in the gut and often accompanies infections or auto-immune diseases of the gut. It may also be due to poorly broken-down food or an overactive thyroid, also known as hyperthyroidism. More than 30% of people suffering IBS will experience diarrhoea.

Incontinence

Incontinence is the inability to control your bladder or your bowel, and on first signs of incontinence, you should consult your doctor. Bowel incontinence may be due to a number of factors, including an anal prolapse, weak pelvic floor muscles, inflammatory bowel diseases, problems with the spine, severe haemorrhoids, or after childbirth. It isn't something that you need to put up with, and you can get help, so make sure you do.

When to get professional help

Don't be embarrassed!

Although a taboo subject in many cultures, poo and your gut health are something your doctor deals with every day. To a doctor, discussing your poo is as normal as discussing the back of your hand.



Sudden changes in bowel habits

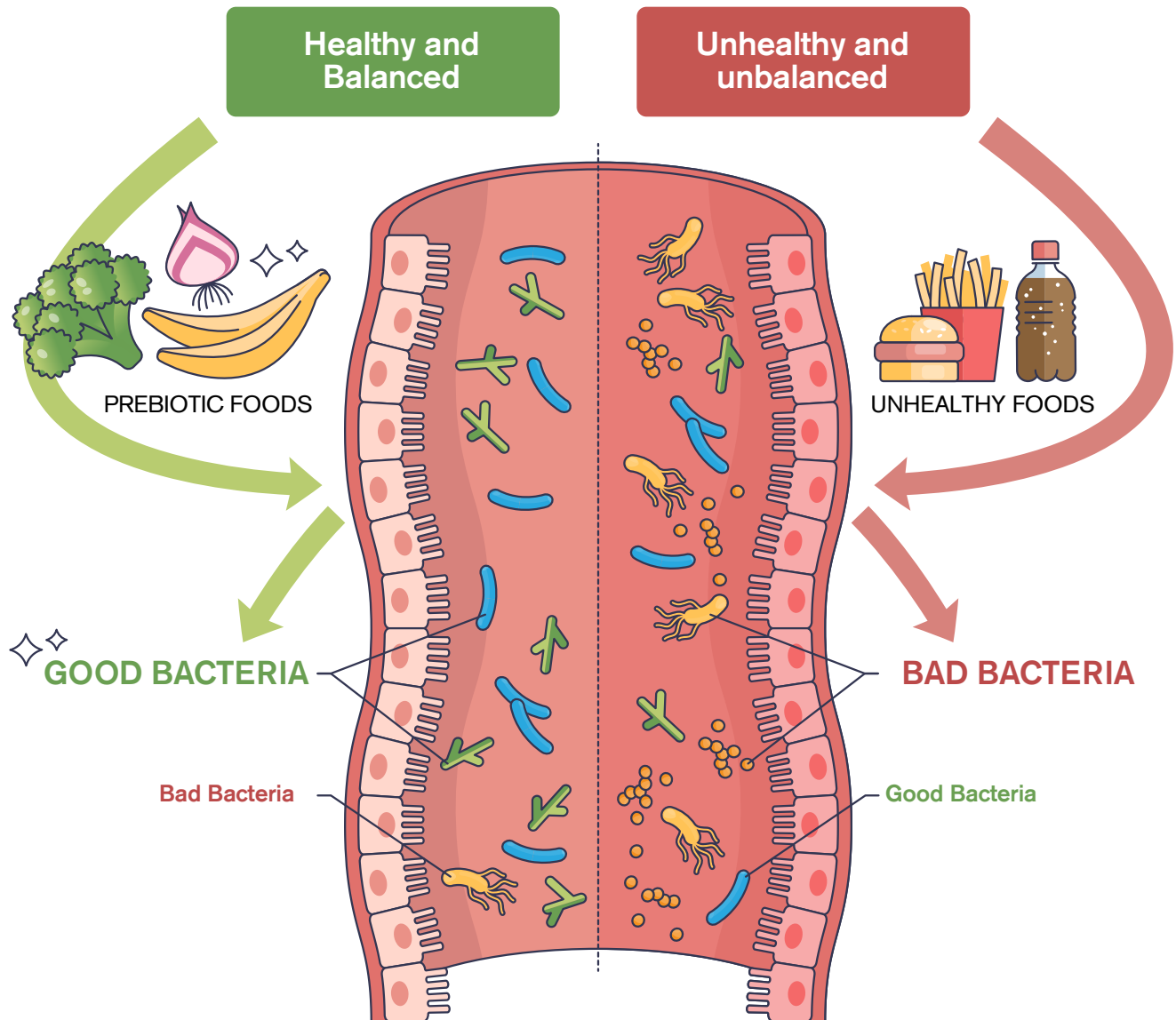
If you have a sudden change in bowel movements, it is important to discuss this with your doctor. Sometimes the first sign of irritable bowel diseases (IBS) or bowel cancer can be a sudden change in bowel habits. Although it could be many other things, such as a bug or irritation of the gut, speaking to your doctor can provide you with peace of mind.



Blood in your poo or black poo

If there is blood in your poo, either fresh or older (making the poo black), it is essential you tell your doctor immediately.

GUT MICROBIOME BALANCE



How do probiotics work?

Probiotics are beneficial bacteria and one of the fastest-growing supplement categories, and they're used by hundreds of millions of people across the world. The growth in demand for probiotics is down to extensive new research and evidence released over the past 10 years on the important role probiotics and prebiotics play in our overall wellbeing, from gut health to skin health, mood and mental health, immunity, and more.

Crowding out

Probiotics crowd out harmful bacteria, helping the body eliminate bad bacteria and organisms. All types of microbiomes require space in the gut, and when this space is occupied by probiotics, other harmful bacteria cannot survive. Probiotics can help protect against harmful infections.

Supporting gut integrity, liver, and skin health

Probiotics produce several types of short-chain fatty acids which nourish gut cells, aid digestion, and support liver function, skin hydration, and energy metabolism.

Regulating the immune system

Probiotics can support immune function, which can be particularly helpful for those with autoimmune diseases or allergies.

Produce digestive enzymes

While the body naturally produces dozens of digestive enzymes, probiotics produce hundreds. Digestive enzymes improve digestion and nutrient absorption, supporting overall body function.

Produce antimicrobial substances

Some probiotics produce bacteriocins, which are antimicrobial substances. These break down and kill pathogenic bacteria, helping to create and maintain a healthy gut.

Strengthening the gut barrier

Probiotics support the gut lining by strengthening the intercellular seals. When these seals are strong, toxins, undigested food, and pathogens cannot pass through into the bloodstream. Probiotics prevent leaky gut, reduce inflammation, improve nutrient absorption, reduce the risk of food sensitivities, and support overall immune health.

Balancing stomach and intestinal pH

Probiotics help maintain the correct pH in different parts of the gut, which makes the gut environment less susceptible to pathogenic bacteria. A healthy pH in the gut supports digestive enzymes, improves the breakdown of food, and is crucial for preventing infections.

Breaking down fibres and plant compounds

Humans cannot easily digest many types of fibre. Probiotics ferment these fibres into useful compounds, such as short-chain fatty acids, vitamins, and neurotransmitter precursors. This fermentation also reduces bloating and helps regulate bowel movements.

Producing vitamins

Several probiotic strains produce B vitamins and vitamin K in the gut. These include biotin, folate (B9), vitamin B12-like compounds, riboflavin (B2), and vitamin K2. While they don't replace dietary sources, they support local gut health and provide an additional layer of nutritional support—particularly for energy, detoxification, and bone health.

Modulating neurotransmitters (mood-regulating chemicals) and the gut–brain axis

Probiotics influence the production of neurotransmitters, including serotonin, GABA, dopamine, and acetylcholine. Around 90% of the body's serotonin is made in the gut, and probiotics help regulate its production. In this way, probiotics can positively influence mood, stress response, sleep quality, and cognitive function.

Reducing inflammation

Many probiotics help calm inflammation, offering system-wide benefits such as improved immune function, better skin health, reduced joint pain, and enhanced metabolic balance.

MOST COMMON QUESTIONS ABOUT PROBIOTICS

🌱 What are CFUs in probiotics?

CFU stands for 'colony-forming units', which refers to the number of live and active microorganisms that you can expect in a probiotic supplement. This is determined in the laboratory, and CFU tells us the viability and number of microorganisms in the probiotic prior to exposure to the gastrointestinal tract. The active microorganisms tend to live and grow together as colonies, even though we sometimes refer to them as individual bacterial strains. CFU essentially refers to the beneficial bacteria that you can expect as a total count per dose.

🌱 Are all probiotics the same?

No. Firstly, there are dozens of different species of probiotics used in supplements, such as *Lactobacillus Acidophilus*, *Bifidobacterium animalis subsp. Lactis*, and *Lacticaseibacillus rhamnosus*, and then there are thousands of different strains of each species. Only a relatively small subset of strains for each species have been widely studied, and the strain of probiotic is very important. For example, *Lacticaseibacillus rhamnosus*: LGG (PTA-126815) is one of the most clinically studied strains, where LGG represents the strain and PTA-126815 represents the culture collection accession number. If a supplement doesn't disclose the specific





probiotic strain, or if it contains a blend of probiotics and doesn't disclose the quantity of each species or their strains, then you have no idea if it's using studied and proven strains or not.

The number of CFUs is also important to consider when taking a probiotic. Probiotics are expensive to manufacture, so a higher CFU can often be a good indication of quality or whether a probiotic is value for money or not; however, a higher CFU count doesn't always mean it has better efficacy or outcomes - a supplement may have a high CFU count of strains which haven't been studied with no clinical evidence behind them. Likewise, a low CFU count may (or may not) be adequate for your particular health goal. Most probiotic supplements have a range between 1-20 billion CFUs of live bacteria per dose, while there are some that have 50 billion or more, and there are others with 100 billion and more.



Why are some strains patented and others are not?

Once a strain is patented, the quality is assured. It is also easier to research that strain. Patented strains, like those used in Gut Works®, have been extensively studied for their effects and benefits. If a strain is not patented, you can't be certain of its quality, its survivability in the body, and whether it has any beneficial effects.

🌱 **Is one strain better than multi-strain?**

Combinations of probiotic strains have had robust research for a number of different purposes. The human body's microbiome contains over 800 different bacterial species, so it is inherently diverse and naturally a multi-strain, multi-species environment. It is therefore generally accepted that we need to help repopulate the microbiome with a combination of different strains to complement our natural flora, rather than one specific strain.

🌱 **Are probiotics only for gut health issues?**

The vast majority of clinical studies have shown that probiotics exert beneficial effects on gut health issues ranging from IBS, bloating and gas to acid reflux and constipation. But we also know that by restoring the intestinal balance of harmful microbes with healthy bacteria, the beneficial effects experienced reach far beyond gut health. There are bi-directional relationships that exist between the gut and other organs that have been referred to as the 'gut-brain axis', the 'gut-skin axis' or the 'gut-vagina axis', for instance. The gut also plays a vital role in regulating our hormones and many other health issues.

🌱 **Are prebiotics important?**

The short answer to this question is YES. Prebiotics are plant fibres that are not digested by your body, which means they travel through your stomach to your digestive tract, where they feed and support the probiotics in your gut. When probiotics feed off prebiotics, they produce lactic acid and short-chain fatty acids that improve the digestion of foods and the overall health of your gut microbiome. Put simply, without prebiotics, probiotics are not nearly as effective.

What are postbiotics?

Postbiotics refer to the compounds created by bacteria during the fermentation process. They are the beneficial end products of bacteria. Unlike prebiotics, postbiotics do not contain live microorganisms; however, they can still be effective in their own right. Postbiotics can contain nutrients like Vitamins B and K, as well as substances that slow down the growth of unhealthy bacteria.

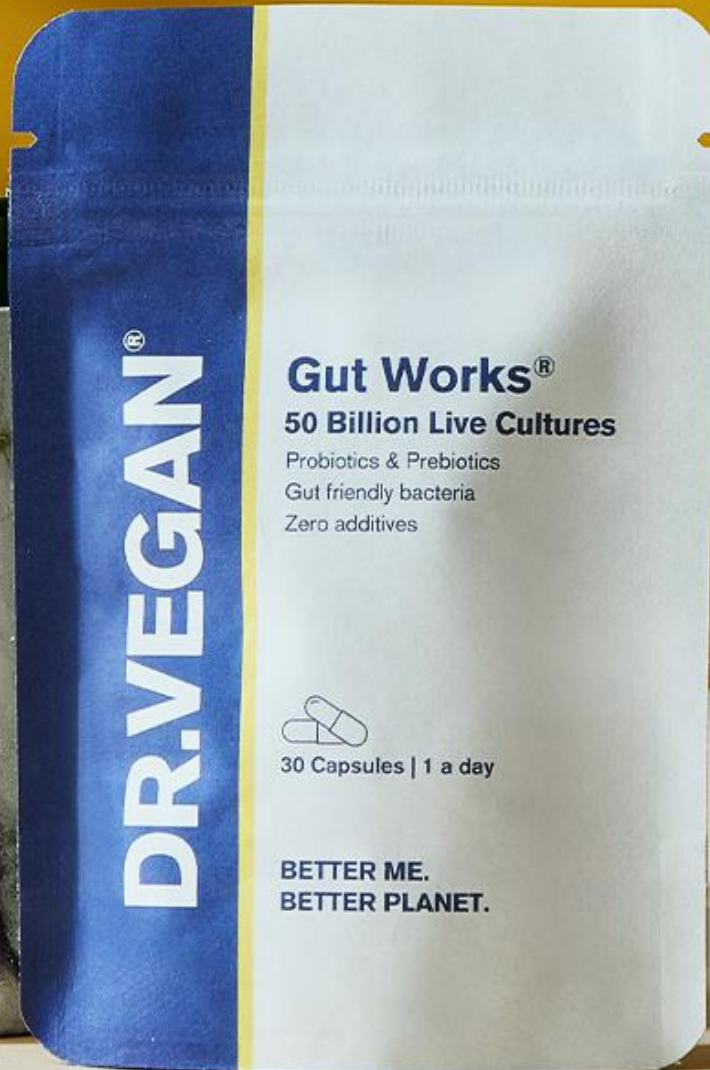
Does everyone need a probiotic?

Whether you need a probiotic or not is up to the individual, their circumstances, their health status and the health concerns they are seeking to improve. Generally, healthy people might just want to take a probiotic periodically or daily to keep their immune system in check, support their gut health when travelling and eating new cuisines or to improve their skin condition.

What are slow-release capsules, and why are they important?

Slow-release capsules take longer to break down than standard capsules. The probiotics in slow-release capsules are not released until they have passed the stomach acid. Without this protection, most probiotics become inactive. Gut Works® is a slow release capsule and ensures the live bacteria reach the intestines. The 50 billion live bacteria in Gut Works® may be equivalent to another product containing 100 billion which are not in a slow-release capsule.¹

MEET GUT WORKS®



DR.VEGAN®

Gut Works® **50 Billion Live Cultures**

Probiotics & Prebiotics
Gut friendly bacteria
Zero additives



30 Capsules | 1 a day

**BETTER ME.
BETTER PLANET.**

Gut Works® is a multi award-winning formula with 50 billion live cultures and six scientifically studied strains to repopulate the gut microbiome with healthy, active bacteria. It also includes prebiotics and fibre for a healthy gut, bowel, intestinal transit, and digestion. Tried, third-party tested, and voted 'Best Vegan Probiotic' by BBC Good Food Guide.

Based on a survey of 140 customers

92% found

Gut Works® effective

9 out of 10

recommend Gut Works®

83% found

it effective within 6 weeks

How to take

- ✦ Take 1 capsule daily.
- ✦ Take consistently for atleast 60 days. 2 capsules can be taken daily if required.
- ✦ Can be taken with or without food. Avoid taking it 20 minutes before or after hot food or drink.
- ✦ Probiotics are sensitive to heat. Keep your pouch sealed and away from any warm air or moisture, including radiators and steam.



"It's clean formulation and delayed-release delivery offers a simple way to promote gut health and support daily digestive function."

- Michelle Connor, Nutritionist

GUT WORKS® INGREDIENTS AND HOW THEY WORK

	PER 1 CAPSULES
Inulin (Prebiotic)	100mg
Lactobacillus Acidophilus DDS-1 (PTA-126813)	12 billion CFU**
Lactobacillus Rhamnosus LGG (PTA-126815)	8 billion CFU**
Lactobacillus Casei UALc-03™ (PTA-126831)	8 billion CFU**
Bifidobacterium Lactis BB-12 (PTA-126817)	12 billion CFU**
Streptococcus Thermophilus TH-4 (PTA-126822)	5 billion CFU**
Lactobacillus Plantarum PPLP-217 (PTA-126812)	5 billion CFU**
Psyllium Husk	50mg

* NRV= Nutrient Reference Value

** No NRV Established



Lactobacillus Acidophilus - LA85, DDS-1

Lactobacillus Acidophilus produces lactic acid, lowering the pH of the intestine and inhibiting the growth of pathogenic bacteria. It also adheres to the gut, forming a protective barrier that prevents pathogen adhesion and colonisation. L. acidophilus produces antimicrobial compounds and survives the digestive tract. The DDS-1 (LA85) strain has a high survival rate in the body, strong adherence to gut cells, and an excellent immunomodulatory profile compared to other strains.⁶ The strain has also been shown to be particularly good for those with irritable bowel syndrome.⁶⁸



Lactobacillus rhamnosus - LRa05, LGG

Lactobacillus rhamnosus strengthens the intestinal barrier and produces biofilms that protect against pathogens. L. rhamnosus influences the brain by modulating neurotransmitters, which impacts the stress response. The Lactobacillus rhamnosus LRa05 LGG strain has been shown in studies to help with watery diarrhoea and eradication of a bacteria called H. pylori, which can infect the stomach lining.⁶⁹



Lactobacillus casei - LC89, UALc-03™

Is particularly beneficial for gastrointestinal and immune health. L. casei can survive harsh conditions, such as low pH and bile salts, making it well-suited to the human digestive tract. It forms a protective layer that helps prevent pathogens from colonising. It improves glycaemic control in type-2 diabetic animal models.⁷⁰



Bifidobacterium animalis subsp. Lactis - BLa80, BB-12

Is one of the most well-researched probiotic strains, known for its ability to support gut health and immunity. It enhances gut integrity and protects against pathogens. Research shows it also increases levels of the 'chill-out hormone' GABA and improves sleep quality.⁷¹



Streptococcus thermophilus - ST81, TH-4

Is known for its role in gastrointestinal and immune health. It maintains gut barrier integrity and helps protect against diseases. S. thermophilus produces lactic acid, lowers gut pH, and creates an unfavourable environment for pathogens. Streptococcus thermophilus contributes to the production of short-chain fatty acids, which are essential for gut cell health and have anti-inflammatory effects.



Lactiplantibacillus plantarum - Lp90, PPLP-217

Is a versatile probiotic strain with a wide range of benefits. It improves gut barrier function and reduces intestinal oxidative stress.⁵¹ *L. plantarum* exhibits extensive antimicrobial activity⁵² and helps to manage conditions like small intestinal bacterial overgrowth (SIBO) and gut dysbiosis. *L. plantarum* modulates the immune system by balancing pro- and anti-inflammatory markers, which is beneficial in managing inflammatory bowel diseases (IBD) such as Crohn's disease and ulcerative colitis^{53,54,55} and alcoholic liver damage.⁷²



Inulin

Inulin is a prebiotic fibre that cannot be broken down by the enzymes naturally produced in the human gut. Instead, it serves as a food source for the probiotics in the gut, which then produce beneficial metabolites. Research has shown that inulin consumption increases the number of *Bifidobacterium* species in the gut, which then go on to produce short-chain fatty acids, which encourages gut health further.⁷³



Psyllium Husk

Psyllium husk is a fibre extracted from the seed husks of *Plantago ovata*. It is a dual-action fibre, which absorbs and retains water while helping to promote regular bowel movements and support gut cleansing. It also contains the prebiotic fibre arabinoxylan, which feeds *Bifidobacterium* species. These beneficial bacteria support gut health by producing short-chain fatty acids such as butyrate, which help maintain the intestinal barrier, regulate inflammation, and support colon health.⁷⁴

MEET DEBLOAT & DETOX



For bloating after eating, a healthy liver, and removing toxins from your body, DeBloat & Detox is a high-strength blend of botanicals and amino acids including Milk Thistle (2500mg), Silymarin, Fennel, Dandelion, Burdock and L-Glutamine.

Based on a survey of 251 customers

85% found

DeBloat & Detox effective within 4 weeks

How to take

- ✦ Take 2 capsules per day, together or separately.
- ✦ Take with or after your main meal(s) or before consuming alcohol.
Do not exceed the recommended intake.



"I have found it to be one of the best formulations on the market to promote good bile flow and digestive health. I tend to use this with clients who I suspect are suffering from poor bile flow and a degree of constipation and I have found it to work a treat. As a result those clients feel less bloated and uncomfortable."

- Sarah Trimble, Nutritional Therapist

DEBLOAT & DETOX INGREDIENTS AND HOW THEY WORK

	PER 2 CAPSULES
Milk Thistle Seed Powder	300mg
Milk Thistle Seed Extract Providing 80mg Silymarin and 2280mg Milk Thistle	114mg
Fennel Seed Extract	150mg
Dandelion Root Powder	120mg
Artichoke Leaf Extract	60mg
Schisandra Berry Powder	60mg
Burdock Root Powder	60mg
L-Glutamine	60mg

* NRV= Nutrient Reference Value

** No NRV Established



Milk Thistle

Milk thistle is an herb that supports the function of the liver. The active compound, silymarin, supports liver detoxification and helps protect liver cells from toxins through its antioxidant and anti-inflammatory properties. Milk thistle may also support digestion by promoting healthy bile production, which assists in the digestion and absorption of dietary fats.⁷⁵



Fennel Seed

Fennel contains flavonoids and volatile oils that have been shown to relax smooth muscles in the intestines, reducing bloating and cramping associated with indigestion and bloating⁷⁶ Fennel's antioxidant properties reduce inflammation within the gut, helping to maintain normal gut function and preventing toxin buildup that can lead to bloating.



Dandelion Root Powder

Dandelion promotes liver health, aids in digestive discomfort, and reduces bloating. Dandelion root stimulates the production of bile, helping with the digestion of fats and the elimination of toxins from the liver. Many toxins are excreted in bile, and increased bile production. Dandelion contains a substance called sesquiterpenelactones, which give it a bitter taste and increase bile production.⁷⁷



Artichoke Leaf Extract

Artichoke leaf extract supports digestion by stimulating the production and flow of bile from the liver. Bile plays a key role in the breakdown and absorption of dietary fats and fat-soluble vitamins (A, D, E, and K). By promoting healthy bile flow, artichoke leaf extract may help reduce symptoms of indigestion, bloating, and feelings of fullness after meals. In addition, efficient bile production supports the liver's natural detoxification processes by helping the body eliminate waste products and excess cholesterol through the digestive tract.



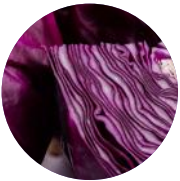
Schisandra Berry Powder

Schisandra enhances the detoxification enzymes involved in phase 1 and phase 2 liver detoxification. This supports the breakdown and elimination of toxins from the body, which is essential for reducing bloating and inflammation associated with toxic overload.



Burdock Root Powder

Burdock root contains the bioactive compound arctigenin, which has been shown to possess anti-inflammatory and antioxidant properties. By helping to modulate inflammatory pathways, arctigenin may support the health of the gastrointestinal tract and liver. Reduced inflammation in the digestive system can contribute to improved digestive comfort, while support for normal liver function may aid the body's natural metabolic and detoxification processes. Burdock root also contains inulin, a prebiotic fibre that helps nourish beneficial gut bacteria, further supporting digestive balance and potentially reducing symptoms such as bloating, gas, and digestive discomfort. Together, these actions promote smoother digestive function and overall gut health.



L-Glutamine

L-glutamine plays a role in maintaining the function and health of the gut lining. This is particularly relevant for individuals experiencing bloating as a result of gut permeability or inflammation. L-Glutamine is the main fuel source for intestinal enterocytes, the cells lining the gut. It helps to repair the gut barrier, reducing intestinal permeability.⁷⁸ Healthy gut cells secrete digestive enzymes that help with the metabolism of foods and reduce bloating. By reducing intestinal inflammation, L-Glutamine helps maintain a healthy microbiome, preventing the bacterial overgrowth which can lead to bloating.⁷⁹

MEET FIBRE COMPLEX



DR.VEGAN[®]

Fibre Complex **High Soluble &** **Insoluble Fibre**

Psyllium Husk, Apple, Carrot,
Beetroot, Blueberry
700mg · 2800mg per serving



60 Capsules | 1-4 a day

BETTER ME.
BETTER PLANET.

Fibre Complex stands apart from other fibre supplements. Recommended by nutritionists and containing 5 different types of soluble and insoluble fibre, including Psyllium Husk, Fibre Complex helps fill dietary fibre gaps to support daily rhythm and a flourishing gut microbiome.

How to take

- ✦ Take 1–4 capsules per day with plenty of water.
- ✦ Can be taken with or without food. You can also open the capsule and add the contents to your food or drink.
- ✦ If taking a fibre supplement for the first time, start with 1-2 capsules per day and adjust accordingly.



“DR.VEGAN's Fibre Complex is a nutritionist's dream!

Is a standout choice for anyone seeking an effective and efficient way to get the daily amount of fibre they need. It's a simple yet powerful addition to your supplement routine that can make a big impact on your journey to a happier gut and a healthier you.”

- Shona Wilkinson, RN, mBANT, CNHC

FIBRE COMPLEX INGREDIENTS AND HOW THEY WORK

	PER CAPSULES	PER 4 CAPSULES
Psyllium Husk	500mg	2000mg
Apple Fibre	50mg	200mg
Carrot Fibre	50mg	200mg
Beetroot Fibre	50mg	200mg
Blueberry Fibre	50mg	200mg

* NRV= Nutrient Reference Value

** No NRV Established



Psyllium Husk

Psyllium husk is a fibre extracted from the seed husks of *Plantago ovata*. It is a dual-action fibre, which absorbs and retains water while helping to promote regular bowel movements and support gut cleansing. It also contains the prebiotic fibre arabinoxylan, which feeds *Bifidobacterium* species. These beneficial bacteria support gut health by producing short-chain fatty acids such as butyrate, which help maintain the intestinal barrier, regulate inflammation, and support colon health.⁸⁰



Carrot Fibre

Rich in insoluble fibre. Hold up to 30% its own weight in water:⁸³ It promotes bowel regularity and increases stool bulk by absorbing water and stimulating peristalsis. Carrot fibre contains antioxidants that help neutralise free radicals and reduce oxidative stress.



Apple Fibre

Apple fibre contains both soluble and insoluble fibre. It improves gut microbiota diversity and acts as a prebiotic by providing a food source for beneficial bacteria.⁸¹ It enhances butyrate production by fermentation in the colon, promoting anti-inflammatory effects and maintaining colonocyte health.⁸²



Beetroot Fibre

Beetroot fibre contains both soluble and insoluble fibre, along with betalains. Beetroot fibre supports liver health and detoxification pathways by promoting bile flow and providing antioxidants that reduce hepatic oxidative stress.



Blueberry Fibre

Blueberry is derived from blueberry skins, containing polyphenols and soluble fibre. It contains polyphenols which reduce oxidative stress and inflammation.⁸⁴ Blueberry fibre supports a healthy microbiome by acting as a prebiotic, supporting the growth of beneficial bacteria.⁸⁵

MEET GASTROAID®



Helps stimulate the flow digestive juices for healthy digestion and protecting against discomfort from reflux and indigestion, recommended by healthcare professionals, including high strength digestive enzymes, betaine, and chamomile.

How to take

- ✦ Take 1–4 capsules per day with plenty of water.
- ✦ Can be taken with or without food. You can also open the capsule and add the contents to your food or drink.
- ✦ If taking a fibre supplement for the first time, start with 1-2 capsules per day and adjust accordingly.



“GastroAid is a comprehensive, first-of-its-kind formula to support proper digestion and gastro comfort. While many formulas on the market cater to either reducing inflammation OR supporting digestion, GastroAid does both. GastroAid supports both the digestion of foods, and reduces inflammation in the oesophagus that may have been caused by acid reflux.”

- Ariella Kaur Maan, RN, RNTP, mBANT, CNHC

GASTROAID® INGREDIENTS

AND HOW THEY WORK

	PER 1 CAPSULES	EC NRV % *
Betaine HCL	250mg	**
Amylase	94mg (15000 SKB)	**
Lipase	40mg (2000 LU)	**
Protease	6mg (10000 HUT)	**
Chamomile Flower	500mg	**
Artichoke Leaf	300mg	**
Amla Berry	200 mg	**
Fennel Seed	50mg	**
Caraway Seed	40mg	**
Bamboo Silica	15mg	**

* NRV= Nutrient Reference Value

** No NRV Established



Betaine HCL

Betaine HCl increases the acidity of the stomach acid and can be helpful in individuals with poor digestion. Hydrochloric acid (HCl) is needed to split apart minerals from their compounds and for the activation of digestive enzymes.



Amylase

Amylase aids in the breakdown of carbohydrates. This can be helpful for those who do not produce enough amylase. Undigested carbohydrates may lead to fermentation further on in the digestive tract causing gas and bloating. Studies show the favourable role of oral digestive enzyme supplementation in patients with functional dyspepsia due to inadequate digestive enzymes and can reduce symptoms of functional dyspepsia.⁸⁶ Enzymes may reduce the time food stays in the stomach, reducing pressure on the lower oesophageal sphincter and reducing reflux symptoms.



Lipase

Lipase is a fat-digesting enzyme which breaks down fats. Undigested fats may lead to digestive discomfort and diarrhoea and fatty bowel movements. Fat-digesting enzymes are needed for the absorption of fat-soluble nutrients, including vitamins A, D, K and E, as well as essential fatty acids. Studies show the favourable role of oral digestive enzyme supplementation in patients with functional dyspepsia due to inadequate digestive enzymes and can reduce symptoms of functional dyspepsia.⁸⁶ Enzymes may reduce the time food stays in the stomach, reducing pressure on the lower oesophageal sphincter and reducing reflux symptoms.



Protease

Protease is a protein-digesting enzyme. Proteins need to be broken down effectively for digestion to be comfortable, putrefaction of stools and smelly gas and stools. Studies show the favourable role of oral digestive enzyme supplementation in patients with functional dyspepsia due to inadequate digestive enzymes and can reduce symptoms of functional dyspepsia.⁸⁶ Enzymes may reduce the time food stays in the stomach, reducing pressure on the lower oesophageal sphincter and reducing reflux symptoms.



Chamomile Flower

Chamomile reduces irritation in the gut and leads to a much smoother digestive process. Its antispasmodic properties lead to a smooth transition of gas and more comfortable digestion. German Chamomile has antiinflammatory properties and reduces irritation of mucosal tissues.⁸⁷



Artichoke Leaf

Artichoke extract promotes bile secretion and accelerates gastrointestinal transit, reducing the risk of food lingering in the stomach, which can contribute to acid reflux.⁸⁸ A clinical trial found that artichoke leaf extract can improve the quality of life and provide relief of the upper gastrointestinal symptoms in individuals with dyspepsia,⁸⁹ delayed gastric emptying and the resulting acid reflux.



Amla Berry

Amla (Indian gooseberry) is a potent natural remedy with benefits for managing acid reflux and promoting digestive health. Rich in vitamin C, tannins, and flavonoids, amla exhibits strong antioxidant and anti-inflammatory properties, which can help protect and soothe the oesophageal lining irritated by gastric acid.



Fennel Seed

The bioactives in fennel seeds relax the smooth muscles of the gastrointestinal tract, reducing oesophageal spasms and helping to alleviate symptoms associated with acid reflux.⁹⁰



Caraway Seed

Caraway also supports gut health by modulating the balance of gut microbiota, reducing harmful bacterial overgrowth, and promoting the growth of beneficial bacteria. Individuals with small intestinal bacterial overgrowth (SIBO), a condition sometimes linked to acid reflux, may especially benefit from caraway due to these properties. Additionally, the antioxidant properties of caraway, derived from phytochemicals like flavonoids reduce oxidative stress and inflammation, protecting the gut lining from irritation caused by acid reflux.⁹¹



Bamboo Silica

Bamboo extracts are rich in flavonoids and phenolic compounds, which neutralise reactive oxygen species (ROS). This reduces oxidative stress, a contributor to mucosal damage in GORD. Studies show that bamboo extracts suppress pro-inflammatory cytokines like IL-6 in inflamed tissues,⁹² potentially calming oesophageal and gastric inflammation often seen in GORD.

DR.VEGAN[®] TARGETED PROBIOTIC FORMULAS

Probiotics are beneficial live bacteria that support health throughout the body. Different probiotic strains influence different gut-body connections, including the gut-vagina axis, gut-heart axis and gut-skin axis.



pH Hero[®]

pH Hero[®] is an award-winning formula including 20 billion live cultures and targeted botanicals and nutrients to repopulate the vaginal microbiome with active bacteria that have been scientifically studied for the beneficial effect on vaginal health. pH Hero[®] supports an optimal pH balance for urinary tract and intimate health, helping protect against irritation, dryness, discomfort and UTIs.



Kid's ProMulti

Kid's ProMulti is the only multivitamin and probiotic for children aged 3-16, recommended by healthcare professionals to support child development and help protect against nutrient deficiencies. With optimal doses of 25 active ingredients and 2 billion live cultures, it provides optimal daily support for children's development of healthy immunity, bones, teeth, muscles, brain and cognitive function, hormonal balance, and digestion.



Skin Saviour®

Skin Saviour® is a multi award-winning collagen building formula for healthy, glowing skin. It supports skin health across the body, not just the face, and contains scientifically studied ingredients and probiotics to fuel your body's collagen for clearer, healthier, and glowing skin.

Developed by practitioners and with 12 active ingredients, including 5 billion live cultures, high-strength hyaluronic acid, vitamin C, vitamin E, zinc, and powerful antioxidants. 80% of people who take Skin Saviour® say it is more effective than other collagen supplements they've tried.*



Women's ProMulti

Tried, tested, and voted 'Best Women's Multivitamin' by BBC Good Food Guide, Women's ProMulti, is the most comprehensive multivitamin and probiotic formulated for women.

Powered by 29 active ingredients that are supported by over 500 peer-reviewed trials, and including 5 billion live cultures, it supports hormonal balance, mood, focus and cognitive function, intimate health, gut flora, energy, healthy immunity, and stronger hair, skin and nails.

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