urgut
take control of your gut

Change of life, change of gut microbiome...

urgut® solution

During menopause, the gut microbiome can undergo changes that can have a negative effect on metabolic health. A recent study found that postmenopausal women had higher levels of the bacteria associated with **inflammation** and **obesity**, potentially explaining the link between menopause and increased risk of Type II diabetes and cardiovascular disease.

Other menopause-related symptoms affecting **brain health** such as increased anxiety and depression have also been associated with poor gut health.

A range of common **physical symptoms** women may experience during menopause are illustrated below (Li et al., 2024).

Brain health

Mood changes
Depression
Anxiety
Sleep disturbances
Cognitive perturbation

Metabolic Health

Gut Microbiota Dysbiosis ↑
Dyslipidaemia ↑
Obesity ↑
Inflammation ↑
Intestinal permeability ↑
Insulin sensitivity ↓

Osteoporosis

Fracture risk ↑
Bone mineral density ↓
Bone loss ↑

Genitourinary symptoms

Vaginal atrophy & dryness ↑
Uterine prolapse ↑
Urinary incontinence ↑

Vasomotor symptoms

Hot flushes ↑
Night sweats ↑

Now for the good news

A study involving more than 70,000 peri- and post-menopausal women showed that maintaining a healthier diet was associated with fewer and less severe menopause symptoms.

Even more encouragingly, emerging research suggests that prebiotics such as the **Resistant Starch** found in ur gut®, offer a promising non-hormonal therapeutic avenue to alleviate menopausal symptoms and support gut health .

WHAT IS RESISTANT STARCH?

Resistant Starch is a type of carbohydrate that resists digestion in the small intestine and is fermented in the large intestine, feeding the beneficial gut bacteria which live there. Importantly, these beneficial bacteria also maintain the intestinal wall protecting against colon cancer and reducing intestinal permeability, often referred to as 'leaky gut'.

Resistant Starch supports a range of good gut bacteria, protecting against imbalances that can lead to a range of health conditions. When these good bacteria are fermented in the gut, they help to create an environment that protects against a range of chronic diseases, including colon cancer, as well as generally supporting metabolic and gastrointestinal health.

Resistant Starch has been proven to regulate blood sugar and may also lower cholesterol. Clinical trials have reported improved insulin sensitivity and glucose metabolism, as well as reduced fat accumulation and circulating inflammation.

Physically, Resistant Starch enhances bowel regularity and may reduce symptoms like bloating and discomfort. Studies in non-menopausal people have found a positive association between higher Resistant Starch intakes and improved mental health outcomes . This suggests that these benefits could alleviate some of the menopausal symptoms affecting brain health.

Check out these links for further information and advice on what to eat during menopause

Top nutrition tips for menopause - CSIRO

Menopause and Your Gut Microbiome: What Happens?

Menopause

BUY NOW

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