ur gut® self-assessment kit

- Fill out the checklist below to begin building a picture of how your lifestyle supports your gut health.
- Complete the clinically validated Gastrointestinal Symptom Rating Scale and reassess after 1 month to monitor your digestive health.
- Assess how well your diet supports your gut health using the Food Frequency Questionnaire.

Step 1: Complete the checklist of lifestyle factors that support gut health

	Yes (1)	No (0)
1. I include probiotics or fermented foods in my diet regularly.		
2. I have a diet high in fibre rich foods on most days.		
3. When I manage stress well, I notice fewer gut-related symptoms.		
4. I usually get 7 or more hours of sleep each night.		
5. I regularly engage in physical activity.		
6. I rarely need antibiotics.		
7. I regularly spend time outdoors.		
8. Good digestive health contributes positively to my mood and mental wellbeing.		
Total		

6 ~ 8 Excellent! You are doing great!

4 ~5 You are on track, is there anything else you could improve?

0 ~ 3 Room for improvement, what else you could do?

Step 2: Complete the Gastrointestinal Symptom Rating Scale

The Gastrointestinal Symptom Rating Scale is a brief, clinically validated questionnaire used by you and your health professional to monitor five key areas of digestive health: reflux, abdominal pain, indigestion, diarrhoea, and constipation. Please reflect on your gastrointestinal symptoms over the past 7 days.
For each item, place an "X" in the box that best describes the severity of your symptoms.
Once completed:

1. Add up your score. Record below. Assess what areas are most problematic for you.
2. Start the ur gut® program.
3. After 1 month, reassess to determine your improvements.

Have you been bothered by _____ during the past week?

	No discomfort	Minor discomfort	Mild discomfort	Moderate discomfort	Moderately severe	Severe discomfort	Very severe
	1	2	3	4	5	6	7
Upper abdominal pain							
Heartburn							
Acid reflux							
Hunger pains							
Nausea							
Stomach rumbling							
Bloating							
Burping/belching							
Passing gas / breaking wind							
Constipation							
Diarrhoea							
Loose stools							
Hard stools							
Urgent need to defecate							
Incomplete bowel emptying							

Your score is:

_____

Score Range:
15 min ~ 105 max

15-30 Optimal

31-60 Suboptimal

› 61 Moderate to severe pain

Step 3: Dietary Fibre Intake Food Frequency Questionnaire

Complete the questionnaire to start building a picture of how your diet is supporting your gut health.

Check the relevant box below (Never, Low, Moderate or Adequate) to indicate how much of each food group you consume on average each day.

Food Group	Never	Low	Moderate	Adequate	
FRUIT	0	0.5 serves per day	1 serve per day	2+ serves per day	The following are examples of 1 SERVE of FRUIT • 1 medium piece of fruit i.e. apple, pear, banana, orange OR • 2 small pieces of fruit i.e. plum, kiwi, mandarin, peach OR • ½ cup fresh, frozen or stewed fruit i.e. berries or tinned peaches OR • 1 small handful of dried fruit i.e. sultanas
	Never	Low	Moderate	Adequate	The following are examples of 1 SERVE of VEGETABLES • 1 medium carrot, potato, tomato OR • ½ cup cooked fresh or frozen broccoli, peas, corn, beans, pumpkin, sweet potato OR • 1 cup of raw spinach or salad
VEGETABLES	0	1 serve per day	2-4 serves per day	5+ serves per day	
	Never	Low	Moderate	Adequate	The following are examples of 1 SERVE of WHOLE GRAIN BREAD and CEREAL • wholegrain/wholemeal – 1 slice bread or 1 small roll or 1 wrap OR • rice/pasta - ½ cup cooked brown rice/pasta OR • cereals – ½ cup of cooked porridge or muesli, 1/3 cup bran cereal (All Bran/Sultana Bran) or 2 Weetbix (NB White bread/pasta/rice and more refined cereals provide very little dietary fibre)
WHOLE GRAIN BREAD and CEREALS	0	1 serve per day	2-4 serves per day	6+ serves per day	
	Never	Low	Moderate	Adequate	The following are examples of 1 SERVE of NUTS and SEEDS • 2 tbs nut butter (peanut, almond, cashew) or tahini OR • 1/3 cup (or small handful) nuts or seeds (e.g. cashews, walnuts, almonds, pepitas, sunflower seeds, or chia seeds)
NUTS and SEEDS	0	0.5 serves per day	1 serve per day	2+ serves per day	
	Never	Low	Moderate	Adequate	The following are examples of 1 SERVE of LEGUMES • ¾ cup legumes (i.e. kidney beans, chickpeas, red/green/black lentils, hummus, baked beans, split peas, canned 4 bean mix, broad beans, white beans) OR • ¾ cup tofu
LEGUMES	0	0.25 serves per day	0.5 serves per day	1 serve per day	

“Adequate” daily consumption in each fibre rich food group supports optimal gut health

urgut®
take control of your gut

Now that you've self-assessed your lifestyle factors, current symptoms, and dietary fibre intake, begin with a small amount of ur gut® dietary fibre powder—such as 1 teaspoon a day—and gradually increase over two weeks to a level that suits your body, typically up to 4 teaspoons (20g) daily.

Mix it into smoothies, cereal, yoghurt, juice, or water, and consider splitting your serve across the day to support gut comfort and improve tolerance. Use ur gut® for 1 month then reassess symptoms using the tables above to identify change.

Tips for success

1. Stay hydrated: Drink plenty of fluids throughout the day to avoid discomfort.

2. Monitor your body: Changes in bowel habits are normal. If discomfort persists, reduce your serves or consult a healthcare professional.

3. Always consult a healthcare provider before starting if you have a sensitive gut or medical conditions.

Formulation that works

Each scoop of ur gut® contains fibres that:

- Feed beneficial bacteria
- Promote short-chain fatty acid production
- Support gut lining integrity
- Are easy to mix into smoothies, cereals, other recipes or just water

BENEFITS OBSERVED

The ur gut® formula uses resistant starch to strengthen your gut lining, balance your microbiome, and boost the production of natural compounds that protect and promote gut health.

Resistant starch is a unique type of dietary fibre that feeds your good gut bacteria, helping to improve digestion, reduce inflammation, and support overall health.

These effects can lead to better blood sugar control, reduced appetite, improved immune function, and protection against conditions like bowel cancer, fatty liver disease, and metabolic syndrome.

Contact us at: ur.gut@ecu.edu.au