urgut®
take control of your gut

What is ur gut®?

ur gut® is a scientifically developed blend of dietary fibres designed to support the growth of beneficial gut bacteria and improve gut health in people who want to boost their fibre intake; and those suffering from a range of gastrointestinal health issues, including Irritable Bowel Syndrome.

ur gut® is sold as a flavourless powder which can be easily integrated into your daily diet, either added directly to your meals, or incorporated into recipes.

- Gluten free
- Dairy free
- No added sugars
- Low sodium
- Vegan
- Low FODMAP
- No artificial colours
- Unflavoured
- Unsweetened

When to recommend ur gut® to a patient?

Patients experiencing the following symptoms or conditions may experience improvements by targeting a healthy gut environment.

- Irritable Bowel Syndrome (IBS)
- Bloating
- Excessive flatulence or burping
- Constipation
- Diarrhoea
- Frequent heartburn
- Abdominal pain
- Body weight management
- Mental health conditions
- Perimenopause
- Menopause

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Confidence in every scoop

ur gut®
take control of your gut

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ur gut® was designed and tested by a team of expert gut health scientists from Edith Cowan University

References

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Support your patients' gut health with confidence.

Recommend urgut® where science meets simplicity.

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Dietary fibre powder

Why recommend ur gut®?

Gut Health Solution backed by Clinical Trials and Designed by Experts

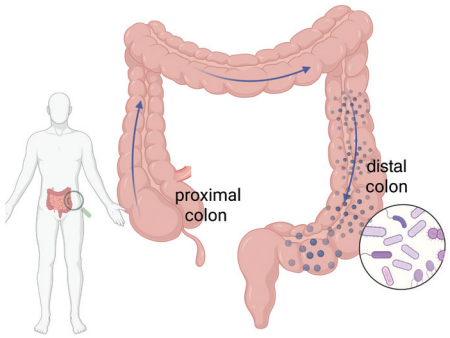
Unlike many commercial gut health supplements that rely on generic prebiotic or isolated fibres, ur gut® is a scientifically formulated dietary fibre blend of resistant starch and psyllium, developed by leading researchers at Edith CowanUniversity. Designed to nurture beneficial gut bacteria and improve overall digestive wellbeing, ur gut® differs from other products:

FEATURE	UR GUT® DIETARY FIBRE POWDER	TYPICAL GUT HEALTH SUPPLEMENTS
FORMULATION	Unique blend of dietary fibres targeting microbiota, specifically feeding butyrate-producing gut bacteria, to improve gut health.	Often single-source (e.g., inulin, PHGG-Partially Hydrolysed Guar Gum) or other generic prebiotics; some might not be FODMAP-friendly
TYPE	Natural food	Supplement
CLINICAL TRIALS	Tested in ECU-led clinical trials	Limited or no clinical trials; anecdotal evidence
LONG-TERM IMPACT	Supports sustained dietary fibre intake, builds and nurtures the gut microbiome	Effects often short-lived
SAFETY & TOLERABILITY	Well-tolerated, easy to incorporate into daily diet	Some cause bloating or require refrigeration
RESEARCH TEAM	Developed by gut health scientists including Prof. Amanda Devine and A/Prof. Claus Christophersen	Often commercial formulations with limited academic input

Clinical Benefits of Resistant Starch for Gut and Metabolic Health

ur gut® is built on a foundation of resistant starch (RS)—a fermentable dietary fibre backed by over 300 clinical trials [4]. Its inclusion makes ur gut® not just a fibre supplement, but a targeted therapeutic tool for managing gut and metabolic health.

In patients with gut discomfort, IBS and other gut issues, fermentation in the first part of the colon (proximal) can be associated with bloating, discomfort, and altered bowel habits. As the graphic shows, the unique blend of ur gut®, pushes the fermentation of RS to the distal colon away from the proximal colon, where it is particularly beneficial for mucosal health and protection against distal colonic disease.



Current recommendation of RS

About 80% of Australian adults do not meet suggested dietary fibre and resistant starch (RS) recommendations. The CSIRO recommends 15 – 20 grams of RS are consumed daily to support bowel health, which is nearly four times greater than the amount provided by a typical Australian diet [5]. ur gut® offers a simple and easy way for Australian adults to increase their daily intake and maintain their gut health.

Why Medical Professionals Trust ur gut®

- Developed by academic researchers, not marketers
- Backed by clinical data, not just testimonials
- Designed for real-world use with measurable health outcomes

Overview of ur gut® Benefits

Evidence-Based Benefits of RS for Patient Care

- **Gut barrier integrity:** RS strengthens the intestinal lining and supports mucosal health.
- **Modulates gut microbiota:** Promotes beneficial strains like Bifidobacterium and Lactobacillus, improving microbial diversity and reducing dysbiosis.
- **SCFA production:** Especially butyrate, which reduces inflammation and supports colon function.
- **Metabolic regulation:** Improves insulin sensitivity and glycaemic control.
- **Immune modulation:** Enhances immune response and reduces systemic inflammation.

Additional Clinical Outcomes

- **Improves glycaemic control:** Reduces postprandial glucose spikes and lowers HbA1c in type 2 diabetes.
- **Supports weight management:** Enhances satiety and reduces appetite, aiding in energy balance.
- **Reduces systemic inflammation:** Linked to lower inflammatory markers and improved liver function in Non-alcoholic Fatty Liver Disease (NAFLD) and metabolic syndrome.
- **Protects against GI and metabolic disorders:** Emerging evidence supports its role in potentially protecting against bowel cancer [6], improving kidney function, and lowering blood pressure.

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

Available Programs

- Optimisation (4 weeks) – $50
- Maintenance (2 months) – $90
- Lifestyle (3 months) – $130

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