



NEWSLETTER

DECEMBER 2025

Hello! ur gut® community!

As the summer sun rolls in, we're thrilled to bring you our second newsletter—packed with fresh updates, exciting news, and a special celebration: the launch of our brand-new website!

Visit us at www.urgut.com.au to explore our refreshed look, easier navigation, and all the latest from the ur gut® team.

Whether you're a long-time supporter or just discovering us, we've designed the site to make your experience smoother and more inspiring than ever.

Holiday Season Special – Website Launch Offer!

We're offering an exclusive Holiday Bonus!

**For every 850g pack purchased,
we'll gift you a 375g pack
—limited time only!**

Perfect for gifting, sharing, or treating yourself this holiday season. Don't miss out—this offer is available through our website while stocks last.

Thank you for being part of the ur gut® journey.

Stay cool, stay connected,
and enjoy your summer!

ur gut – what is it?



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 suffering from a range of gastrointestinal health issues, including Irritable Bowel Syndrome.

ur gut ® contains resistant starch

Resistant starches are a type of carbohydrate that 'resist' digestion in the small intestine and instead ferments in the large intestine. Unlike regular starches, which are broken down into glucose and absorbed into the bloodstream, resistant starches pass through the digestive system largely intact—acting more like fibre than typical carbs.





One serve, or about 4 teaspoons of ur gut® provides 7g resistant starch, almost half of the recommended level.

Key Benefits of Resistant Starches:

- **Feed beneficial gut bacteria:**
During fermentation, resistant starches produce short-chain fatty acids like butyrate, which support colon health and reduce inflammation.
- **Improve insulin sensitivity:** They may help regulate blood sugar levels and reduce insulin spikes after meals.
- **Support weight management**
Because they promote satiety (a feeling of fullness), they may help reduce overall calorie intake.
- **Aid in digestion:**
Resistant starches can improve bowel regularity and gut health.

Recipe-Rum balls

Give your festive season fare a fibre fix!

- 1 cup dates
- ½ cup oats
- ¼ cup LSA
- 60 g ur gut
- ~1 cup boiling water
- 1 tb cocoa powder
- ¼ cup desiccated coconut
- 2 tb dark rum/rum essence
- oats/crushed nuts/coconut for dusting



Each serve has 6 g ur gut

1. Soak dates in water to soften for 10 mins, then drain and mash with a fork
2. Place LSA, cocoa powder, oats, ur gut, coconut and rum or rum essence in a bowl and stir in the date mixture until well combined
3. Form 12 walnut-sized balls by rolling mixture between your hands
4. Roll each ball in the coating of your choice (oats/crushed nuts/cocoa)
5. Balls can be refrigerated for up to 2 weeks or frozen for 1 month

Real life story – Lisa Holmes

They say the best way to find out about something is through word of mouth, so when Lisa Holmes found out about ur gut® through one of her colleagues at ECU, she decided to give it a try.

"I have suffered with stomach issues for many years after weight loss surgery including bloating, acid reflux and constipation, which has been very uncomfortable and made me feel pretty awful," said Lisa.

"Despite trying various antacid medications and fibre supplements for several years, my issues persisted."

Lisa tried ur gut® and found it easy to use.

"I mix the powder into smoothies, porridge, overnight oats or soup, and everything started working. I felt less bloating and the constipation has gone.

"I have much more energy and I feel human again!"





ur gut® for athletes



In recent years, scientists have discovered that the gut microbiome – the community of bacteria living in our digestive system—can affect how well athletes perform.

Studies show that athletes tend to have different gut bacteria compared to non-athletes, and many of these bacteria are linked to better health and physical activity.

The connection between exercise and gut health goes both ways. Exercise seems to affect gut bacteria in a way that's helpful when done in moderation, but too much intense or long-duration exercise might actually harm the gut. For example, intense training can weaken the immune system, and pre/probiotics are often studied for their role in helping athletes stay on top of their game.

Experts now recommend that athletes pay attention to their fibre intake to support a healthy gut. This can help:

- Maintain a stable and diverse microbiome.
- Improve digestion during exercise.
- Reduce the chances of getting sick.

That's where ur gut® comes in.

ur gut® delivers a powerful blend of dietary fibres designed to keep you feeling your best. It helps reduce constipation and runners' gut by normalising transit time, while providing essential fuel for your microbiome to thrive. This means stronger immunity, sustained energy, and the support you need to maximise performance—every day.

In a study conducted by ECU scientists, it was found that long distance runners who incorporated ur gut® into their diet for a period of four weeks experienced an improvement in their mental health status.

"Our trial participants provided their stool and blood samples and their gut transit time and body compositions were measured before and after the using ur gut®," said Dr Tina Yan, the chief investigator of the research group from ECU.

"They also completed questionnaires about gut symptoms, mental health and quality of life.

"A preliminary analysis of the findings suggests an improvement in mental health status (lower levels of stress and anxiety) and gut transit time for most," she added.

With regular use, ur gut® can help support better digestion, metabolic health, and overall well-being during training and performance.