Newsletter

SEPTEMBER 2025

Introduction – Welcome to the ur gut ® story

Welcome to the first edition of Gut Feeling, our quarterly newsletter exploring a range of gut health topics and offering you real life stories of people who have overcome a range of digestive and microbiome health related conditions using ur gut®.

As a group of passionate scientists and researchers, we believe that food is science and that your gut health is pivotal to your overall physical and mental health. By introducing ur gut® into your diet, not only does your body benefit, but your overall mental health can benefit too.

We hope you enjoy this edition, and would love to hear from you about your gut health journey with ur gut®! Please get in touch with us at: **'ur.gut@ecu.edu.au'**.

Prof Amanda Devine and
A/Prof Claus Christophersen

SPECIAL OFFER

Only while stocks last! See link at the end of this newsletter

CONTENT

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 ® is a resistant starch.

Resistant starches are a type of carbohydrate that 'resists' digestion in the small intestine and instead ferments in the large intestine. Unlike more refined carbohydrates, which are broken down into glucose and absorbed into the bloodstream, resistant starch passes through the digestive system largely intact–and is fermented by the microbiota, becoming a source of food for good bacteria.

KEY BENEFITS OF RESISTANT STARCH

- **Feed beneficial gut bacteria:** During fermentation, resistant starch produces 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 starch can improve bowel regularity and gut health.

One serve 20g of ur gut ® provides 7g resistant starch, almost half of the recommended level.

OVERNIGHT OATS

Ingredients (Makes one serve)

- ½ cup of oats
- 1 - 2 cups milk, water or kefir
- ¼ cup of seed mix
- ½ cup fresh or frozen berries or fruit of your choice
- 20g ur gut ®

Combine oats, ur gut®, seeds, liquid and mix into a glass or jar and mix well ensuring there are no lumps.

Seal or cover with a lid and leave the mixture to chill overnight.

Add the berries the next day and enjoy!

Options: Add in a teaspoon of honey, cinnamon or freeze dried berries as a sweetener.

Try different types of oats - steel cut or 5 grain mix.

REAL LIFE STORY – ELLIE DEL CASHIN

After being tested for everything from auto immune conditions to Rheumatoid Arthritis and being told 'it's just growing pains', imagine the relief for Ellie Del Cashin when at 21 years old she finally had a reason for her constant pain – gluten intolerance.

Ellie's story continues:

Migraines, lethargy, joint pains and swollen stomach are all the symptoms Ellie endured for years before she was finally correctly diagnosed.

"I remember thinking why is everything hurting when they couldn't find anything wrong with me.

"When I was finally diagnosed it was a relief and it changed my life, but back then the condition wasn't really well known.

"I remember going to a café and asking the waiter if he had anything gluten free on the menu and he said 'we have croissants – they're made with butter'."

"These days there's plenty of choice and the foods are good."

When Ellie started working with the team at ur gut®, she decided to give the product a try.

"I had been taking a probiotic from the US but it was very expensive and tasted terrible, so I decided to give ur gut a try.

"I have a protein smoothie every morning, so I put a scoop of ur gut® into that which makes it easy to take. I have found that my symptoms don't get exacerbated as badly when I am taking ur gut, and my digestion has been great.

"I have also found that my mental health has improved and I know there's a connection between gut health and mental health.

"It's also keeping me full for a really long time as well which is really nice.

Ellie says another benefit of ur gut® is that she doesn't have to go out of her way to incorporate it into her life.

"I am just adding it into a routine that I already have, so it makes life easy. And I am feeling better for taking it, so it's a win win for me."

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