

ur gut® FAQs

1. What is the main ingredient in ur gut®?



ur gut® is primarily made from resistant starch, a type of dietary fibre that resists digestion in the small intestine and ferments in the large intestine—feeding beneficial gut bacteria.

2. How does ur gut® work?



After food leaves the stomach, it enters the small intestine, where most digestion and nutrient absorption occurs. Bile from the liver and enzymes from the pancreas break food into smaller molecules. These nutrients—such as amino acids, sugars and fatty acids—are then absorbed through the intestinal lining into the bloodstream.

The remaining, undigested material moves into the large intestine (colon). This is where gut bacteria play a vital role.

In doing so, they produce beneficial compounds like short-chain fatty acids, which support the intestinal lining, reduce inflammation, and help regulate metabolism and immunity.

Most foods are broken down in the small intestine, but ur gut® contains resistant starch which passes through the small intestine and continues all the way into the large intestine, feeding these beneficial gut bacteria.

3. How does resistant starch improve gut health?

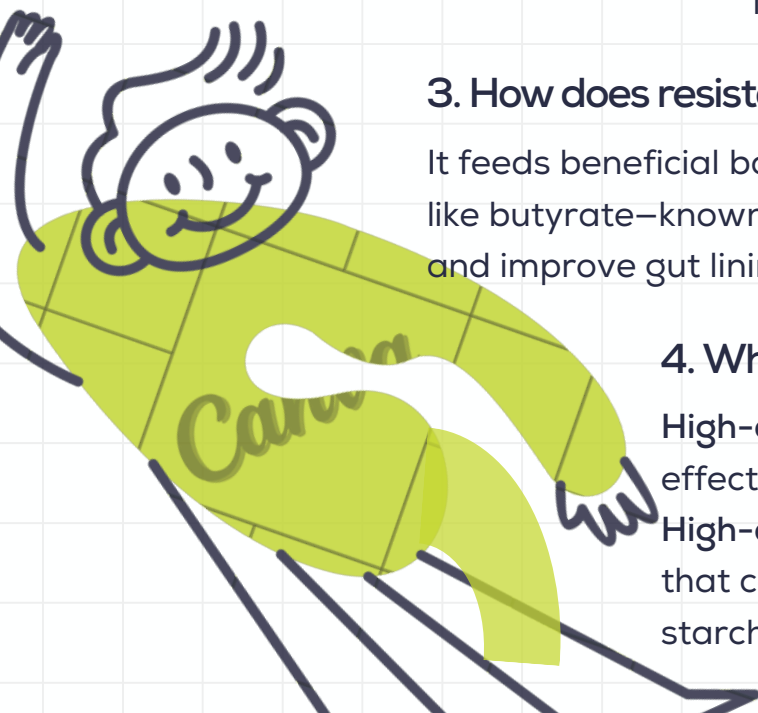
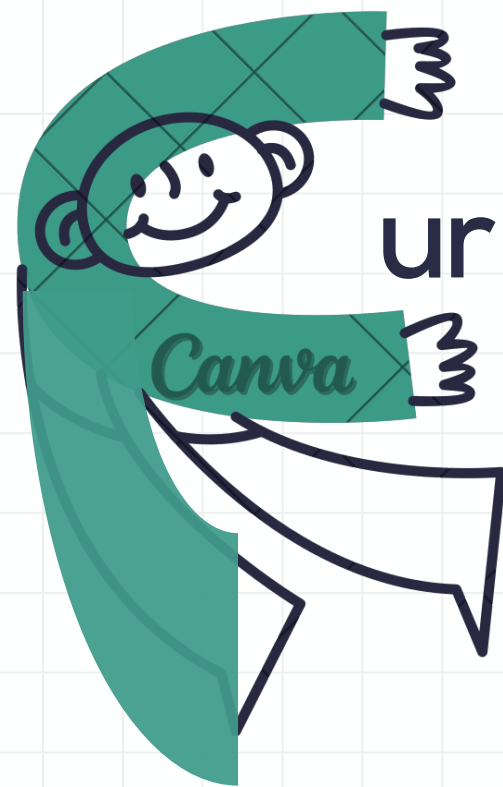


It feeds beneficial bacteria, which produce short-chain fatty acids like butyrate—known to reduce inflammation, support immunity, and improve gut lining integrity.

4. What type of resistant starch is used?

High-amylose maize starch, is known for its prebiotic effects and is one of the ingredients in ur gut®.

High-amylose maize starch, is derived from corn that contains a high proportion of amylose, a form of starch that resists digestion in the small intestine.





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5. Are there any added probiotics?

ur gut® focuses on prebiotic fibre rather than live probiotics. It helps your body naturally grow beneficial bacteria already present in your gut.



6. Is ur gut® gluten-free?

Yes, ur gut® is gluten-free, and also dairy free, is low in sodium and FODMAPs and has no added sugar or artificial colours. It's also vegan.

7. Does ur gut® contain artificial additives or sweeteners?

There are no artificial sweeteners or additives in ur gut®.



8. Is ur gut® vegan-friendly?

Yes, resistant starch is plant-based and suitable for vegan diets.

9. How much fibre does each serving contain?



In 20g or one serving of ur gut® there is 11g of dietary fibre and about 7g of resistant starch, that is about half your recommended daily intake per day.



10. Are there any allergens in ur gut®?

There are no common allergens listed, but individuals with sensitivities should consult the product label or contact ur gut® directly.

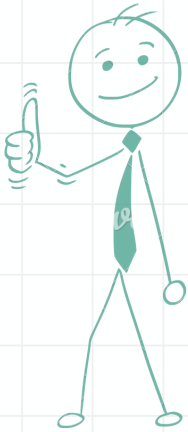
11. Can I take ur gut® with protein shakes or smoothies?

Absolutely! It mixes well with liquids and can be added to smoothies, shakes, and sprinkled over meals.



12. Can I use ur gut® as an ingredient in cooked foods?

Yes, you can. Add a few teaspoonfuls of ur gut® in place of self-raising flour to cakes, frittata, brownies, or muffins to boost fibre content. Add to porridge, muesli or yoghurt to create a fibre rich diet. See our recipe book for more information and ideas.



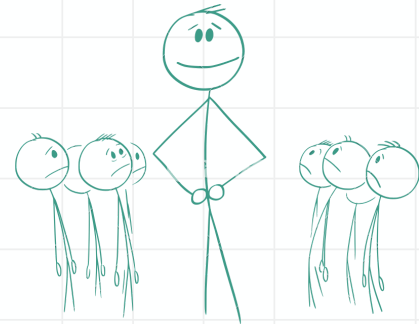
13. What is the best way to use ur gut®?

Start with a teaspoon of ur gut® sprinkled on your breakfast foods, added to a smoothie, or juice, or mixed into yoghurt. Build up slowly, drinking plenty of water. 8 teaspoons a day of ur gut® can be the optimum dose for some (Not in one go! Separate it into 2~3 times a day), but you do you! If 2- 4 teaspoons a day works well, then stay with that!



14. What's so unique about ur gut®?

It is a natural food-based product rather than refined/processed supplement. The formulation is a unique blend of food (dietary fibres) that feed the microbiota, specially butyrate-producing gut bacteria, to improve gut health.



15. How do I know it will work?

ur gut® has been tested in ECU-led clinical trials that were conducted on people with IBS symptoms who were following a diet low in FODMAPs.

16. What does ur gut® taste like?

ur gut® is tasteless. If mixed with water, it is slightly starchy. We recommend you add ur gut® to your daily food, such as yoghurt, smoothies, porridge, or breakfast cereal, etc. See our recipe book for serving suggestions and ideas.

www.urgut.com.au

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



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17. What is the oxalate content of ur gut®?



ur gut® is made from psyllium husk and high-amylose maize starch, both of which contribute none, or only negligible amounts of oxalates for the following reasons:

1. High-amylose maize starch is a purified starch that contributes none, or negligible oxalates



- Oxalates are small organic acids, not carbohydrates.
- Oxalate compounds tend to be concentrated more heavily in the leaves, stems, and roots of plants, as well as in the inner components of certain seeds and grains.
- During the starch-purification process, naturally occurring compounds such as proteins, fibres, and phytochemicals (where oxalates would be found) are removed.
- Low-oxalate food lists identify corn/corn flour as low-oxalate, supporting that refined corn starches are not sources of oxalates in practical diet planning.



2. Psyllium husk contains only trace oxalates



- Psyllium husk is primarily composed of soluble fibre (arabinoxylans) and contains minimal naturally occurring oxalates.
- Psyllium husk is derived exclusively from the outer coating of the *Plantago ovata* seed. Oxalate compounds tend to be concentrated more heavily in the leaves, stems, and roots of plants, as well as in the inner components of certain seeds and grains.



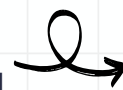
3. The combined formulation remains low-oxalate, because:



- High-amylose maize starch contributes essentially zero oxalates, and
- Psyllium husk contributes only trace levels.

This means ur gut® contains none, or negligible oxalates overall and this makes ur gut® suitable for individuals who are:

- Monitoring oxalate intake
- Following a low-oxalate diet
- Managing calcium oxalate kidney stone risk



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