



NEWSLETTER

JULY 2026

Hello ur gut® community!

As we step into the heart of winter, it's the perfect time to slow down, reset, and nurture what helps us feel our best... our gut.

At ur gut®, we believe that good health starts from within. Your digestive system isn't just about digestion—it's the foundation of your energy, immunity, mood, and overall wellbeing. And during the colder months, when comfort foods, stress, and seasonal bugs tend to rise, supporting your gut becomes more important than ever.

This month, we're focusing on ways to help you feel your best from the inside out. Whether you're just starting on your ur gut® journey or you're already prioritising it daily, we're here to guide you with simple insights, nourishing ideas, and science-backed support.

Let's make July a month of gut-loving habits—because when your gut feels good, everything else follows.

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Share your story

If you've had a positive experience with ur gut®, we'd love to hear from you!

Just send your experiences to our email at:

ur.gut@ecu.edu.au

Your recipes are also wanted!
Thank you for being part of the ur gut® journey.



@urgut_dietaryfibrepowder

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A quick ur gut® refresher

ur gut® is a scientifically formulated blend of dietary fibres that are designed to nourish and strengthen your gut from within. By promoting the growth of beneficial gut bacteria or microbiota, it helps restore balance in the digestive system and supports individuals experiencing a range of gastrointestinal concerns, including Irritable Bowel Syndrome (IBS).

Remember resistant starch?

At the core of ur gut® is resistant starch, a unique type of carbohydrate that works differently from typical starches. Rather than being broken down and absorbed as sugar in the small intestine, resistant starch passes through to the large intestine, where it becomes a powerful food source for your gut microbiome. There, it ferments naturally to support a healthier, more balanced gut environment.



We're backed by science

Our clinical trial of ur gut® involved 26 individuals with Irritable Bowel Syndrome (IBS) and found that after just three to four weeks, participants experienced improvements in gut health and mental wellbeing. A daily 40g serving helped increase fibre intake to recommended levels, addressing a common gap in resistant starch consumption—an important nutrient for gut health. The study tracked diet quality, gut microbiota, sleep, and quality of life, showing positive shifts in beneficial bacteria and reduced inflammation. Participants also reported reduced anxiety-related digestive symptoms and improved overall quality of life, even without major changes to their diet.



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

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3 Simple Ways to Stay Healthy This Winter

1. Nourish Your Gut Daily

Cold weather can take a toll on digestion and immunity, so make gut support part of your daily routine. Adding ur gut[®] to your morning oats, yoghurt, or warm drink, is an easy way to feed beneficial microbiota and keep your digestive system balanced.



2. Prioritise Warm, Fibre-Rich Foods

Winter is the perfect time for comforting, nourishing meals. Simply add 1 tablespoon of ur gut[®] to thicken soups, stews, and custards while boosting your fibre intake. Support a healthy gut environment and feel energised from within—warm, satisfied, and well-nourished all season long.

3. Strengthen Your Immunity from Within

A healthy gut plays a key role in immune function. By consistently incorporating ur gut[®] into your daily routine, you're helping to maintain a strong gut microbiome—supporting your body's natural defences throughout the colder months.



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One 20gm
serve of
ur gut®
provides 7g
resistant
starch

TREND IN FOCUS: Fibremaxxing and ur gut®

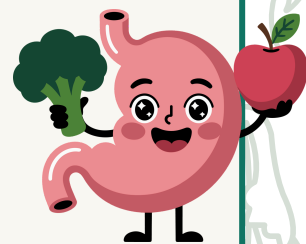
Fibremaxxing is a growing nutrition trend centred on intentionally boosting your daily fibre intake to support gut health, digestion, and overall wellbeing. It prioritises fibre-rich foods—such as whole grains, fruits, vegetables, legumes, nuts, and functional fibres like resistant starch—to nourish beneficial gut microbiota. By increasing fibre diversity and intake, you help promote a more balanced gut microbiome, improve regularity, support blood sugar control, and even contribute to longer-term heart health. When approached thoughtfully, fibremaxxing can be a simple yet powerful way to optimise your gut environment from the inside out.

Despite its benefits, most adults fall short of their daily fibre needs. Australian guidelines recommend around 25–30 grams per day, yet many people consume significantly less than this. If you're new to fibremaxxing, it's important to build up gradually—suddenly increasing fibre can lead to bloating or discomfort as your gut adjusts. Pairing higher fibre intake with adequate hydration is essential, as fibre works best when it absorbs water and moves easily through the digestive system.

It is important to have a varied intake of different fibre types:

- Fermentable fibres = nourish the microbiome
- Bulking fibres = support regularity and stool form

The best formulations like ur gut® include both; each plays a unique role in digestion and gut health. If fibremaxxing is a trend you're ready to embrace, incorporating ur gut® into your routine is an easy and effective way to boost your daily intake. It can complement other high-fibre foods while also supporting gut-friendly bacteria, making it a convenient addition to meals or snacks. On the next page, you'll find a collection of fibre-rich recipes that feature ur gut®—helping you naturally increase your fibre intake while enjoying nourishing, gut-supportive meals.



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Perfect
for
dinner

High Protein Middle Eastern Red Lentil Soup

Serves 4



Ingredients

- 1.5 cups of dried red lentils (rinsed)
- 1 medium onion (diced)
- 2 carrots (diced)
- 3 garlic cloves (diced)
- 6 cups of water or low sodium vegetable stock
- 2 cups of chopped kale
- Juice of 2 small lemons
- 1 tsp each of cumin, curry powder, and cayenne pepper
- 1 can of low-fat coconut milk (if blending)
- 40 g of ur gut®



Directions

1. Prepare the red lentils by thoroughly rinsing with water until clear
2. Sauté the onion, carrot and garlic in 2 tbsps of extra virgin olive oil
3. Add in the spices and cook for 1 minute to release the flavours
4. Add in the vege stock and red lentils. Bring to a boil, then reduce the heat to low. Simmer for about 20 minutes or until the lentils are soft. If a foam forms, skim off.
5. Add the can of low-fat coconut milk and 40 g of ur gut®. Bring back to a simmer. Blend until smooth with a stick blender.
6. Add in the chopped kale and cook for a few minutes until wilted.
7. Remove the soup from the heat and add in the lemon juice. Season with salt and pepper to taste. Serve immediately and garnish to taste.

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One Pan Easy Shakshuka

Serves 6



Ingredients

- 1 brown onion (diced)
- 1 red capsicum (diced)
- 4 garlic cloves (minced)
- 1 can whole peeled tomatoes
- 1 can of chickpeas (drained)
- 2 tsp paprika
- 1 tsp cumin
- 0.25 tsp chilli pepper (or more to taste)
- 6 eggs
- Salt and pepper to taste



Directions

1. Heat olive oil in a deep pan. Add the onion and capsicum and sautee for roughly 5 minutes.
2. Add the minced garlic and spices and cook for 1 minute, stirring constantly so the spices don't stick.
3. Add in the canned tomatoes and break apart with a large spoon. Add in the drained and washed chickpeas, along with the ur gut. Bring the sauce to a simmer and season with salt and pepper.
4. Make 6 wells in the sauce using a spoon. Gently crack an egg into each well. Cover the pan with a lid and cook the eggs to your liking (about 5-8 minutes)
5. Garnish with coriander and feta before serving. Serve with your choice of bread and half an avocado for a well rounded meal.