

2019 MEDIA KIT

"There are so many people walking around that simply don't feel well," - Lily Berman Lopez, Founder of Gut Garden



GUT
GARDEN

SUPPLEMENTS FOR OPTIMAL GUT HEALTH

Contact us at information@mygutgarden.com

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ABOUT GUT GARDEN

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Gut Garden was founded by Lily Berman Lopez in 2016 in response to her own journey and experience restoring her gut health. "Many aspects of everyday life are working against your gut - antibiotics, stress, processed foods - and the truth is that there are so many people walking around that simply don't feel well," said Lopez.

Gut Garden is home to the GoodGut Program - a functional medicine-based

With Gut Garden and our GoodGut Program, gut health and digestive wellness is finally within reach.



program designed to achieve optimal digestive and immune health. It's a combination of 5 different supplements, backed by research, which when taken in conjunction can restore balance, re-establish healthy digestion, and alleviate uncomfortable symptoms.

The 5 products are sold individually and as a bundle together as a 30-day supply. The GoodGut Program outlines when during the day each supplement can be taken, and in what dosage.

GOODGUT PROGRAM



“We felt there needed to be an easy-to-follow roadmap to relieving digestive symptoms. It’s easy to become overwhelmed by all of the different supplements on the market and we wanted to educate our customers on how these products are meant to complement one another so they can get back to feeling their best,” – Lily Berman Lopez, Founder of Gut Garden

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GUT GARDEN'S GOODGUT PROGRAM
5 STEPS TO GUT HEALTH

Gut Garden's GoodGut Program is based on the functional medicine approach to digestive health and consists of five steps: 1) Clean; 2) Prepare; 3) Plant; 4) Feed and 5) Protect. It will help you restore balance, re-establish healthy digestion, and alleviate chronic and occasional symptoms once and for all.

DAYS 1-5

1 CLEAN Work with a healthcare practitioner to treat any underlying infections, parasites, bad bacteria or yeast. You may also want to start an elimination diet at this time to determine what foods, if any, are causing GI symptoms.

DAYS 6-30

1 CLEAN Take 1 capsule with a full glass of water 2 hours apart from meals and any medications. Can take up to 4 times per day.

WAKE UP

1 PLANT Take 1 capsule every morning.

2 FEED Work up to 1 scoop per day taken with a full glass of cold or room temperature liquid.

BREAKFAST

2 PREPARE Take 1 - 2 capsules with meals, especially meals high in protein and fat.

3 PROTECT Stir 1-2 scoops into hot or cold liquids.

LUNCH

2 PREPARE Take 1 - 2 capsules with meals, especially meals high in protein and fat.

DINNER

2 PREPARE Take 1 - 2 capsules with meals, especially meals high in protein and fat.

GUT GARDEN
SUPPLEMENTS FOR OPTIMAL GUT HEALTH

LEARN, NOURISH, HEAL, RESTORE. SHOP AT MYGUTGARDEN.COM

*Sample schedule
available for download at
www.mygutgarden.com*

PRODUCTS



ACTIVATED CHARCOAL

MSRP \$10.99



DIGESTIVE ENZYMES

MSRP \$24.99



PERFECT PROBIOTIC

MSRP \$29.99



RESISTANT STARCH

MSRP \$39.99



COLLAGEN PEPTIDES

MSRP \$29.99

1 CLEAN

Safely absorbs toxins and unwanted material through the digestive tract and out of the body.

2 PREPARE

Replaces digestive functions that may have been depleted or compromised over time.

3 PLANT

Repopulates healthy bacteria to assist with improved metabolism, digestion and immune function.

4 FEED

Fertilizes beneficial bacteria by feeding them a broad spectrum prebiotic that promotes microbial diversity.

5 PROTECT

Helps restore and strengthen the intestinal lining.



- Manufactured in the USA
- GMP Certified
- Third Party Tested for Quality and Purity
- No Sugar
- No Synthetic Colors
- No Artificial Sweeteners
- No Artificial Flavors
- No High Fructose Corn Syrup
- No GMOs
- No Soy
- No Gluten
- No Wheat
- No Eggs
- No Peanuts
- No Shellfish or Fish



GOODGUT PROGRAM

Bundle of all 5 products

MSRP \$100.00

RESEARCH

Published Studies on the Efficiency of Gut Garden's Ingredients



Bacillus Coagulans

Has been shown to decrease insulin levels

Reduced total blood cholesterol, LDL-cholesterol, and marginally increased HDL-cholesterol in a small-scale clinical study

Reduces exercise-induced muscle damage and increases recovery

Improved pain, improved self-assessed disability, reduced CRP levels, and improved the ability to walk 2 miles, reach, and participate in daily activities in patients with Rheumatoid Arthritis

Significantly improved abdominal pain and the quality of life in adults with postprandial intestinal gas-related symptoms

Decreased bloating, vomiting, diarrhea, [cbi.nlm.nih.gov/pmc/articles/PMC4405396/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC4405396/)



Bifidobacterium Bifidum

Has been shown to effectively alleviate IBS and improve symptoms in IBS patients simultaneously with an improvement of the quality of life

Relieves damage to gastric tissues caused by H. pylori and also decreases H. pylori pathogenicity in mice

Stabilized blood sugar, lower cholesterol levels in serum, and improve metabolic activity in mice

Has a positive effect on the prevention and treatment of eczema in infants

Reduced self-reported stress and stress associated diarrhea/GI discomfort in undergraduate students

Can stabilize blood sugar, lower cholesterol levels in serum, and improve metabolic activity in mice



Lactobacillus Planatarum

L. plantarum isolated from raw cow milk is able to produce B-group vitamins riboflavin (B2) and folate (B9)

Can increase iron absorption from an oat base in women by over 100%

Fermented milk containing L. plantarum showed higher calcium retention uptake

Increased locomotor activity, dopamine, and serotonin levels, reducing anxiety-like behaviors

Total serum cholesterol and triglycerides were significantly lower in mice with elevated cholesterol

Reduces gas problems and pain in people who suffer from irritable bowel syndrome

Improves skin hydration and health



Published Studies on the Efficiency of Gut Garden's Ingredients



Betaine HCL

Betaine HCL increases the level of hydrochloric acid in the stomach necessary for proper digestion and assimilation of nutrients from food. In certain groups of people who have low stomach acid, they can experience a range of digestive problems that betaine is able to help relieve.



Pepsin

Pepsin is an enzyme -- specifically, it's a proteolytic enzyme, meaning it helps digest proteins. Cells in the stomach secrete pepsin to help digest the protein that is consumed in food



Fennel Seed Powder

Fennel seeds are often used to treat an array of digestive ailments, including heartburn, intestinal gas and bloating. The seeds have antispasmodic and carminative effects, which can treat other serious digestive ailments like irritable bowel syndrome.



Papain

Papain is a proteolytic enzyme extracted from the leaf and raw fruit of the papaya plant. Papain may also ease digestive symptoms like constipation and bloating. According to one study, a papaya preparation called Caricol significantly improved



Ox Bile Powder

Bile is comprised of bile acids that play a key role in the digestion and absorption of fats and fat-soluble vitamins like A, D, E, and K.

Bile acids have been shown to be essential for digestion of proteins and



Bromelain

Found in pineapple, bromelain has been found to help the body absorb nutrients and even medications efficiently. Studies suggest that it decreases colonic inflammation, reduces secretion of pro-inflammatory cytokines that damage the gut



Why did we include these ingredients? Why this formulation? Gut Garden provides links to research studies for every ingredient we use.

Contact us at information@mygutgarden.com

LEADERSHIP

LILY BERMAN LOPEZ, FOUNDER & CEO

Lily was born in Chicago where she was raised on Cheetos and Count Chocoula cereal. She also had multiple rounds of antibiotics throughout her childhood and teenage years.

In her 20s she began experiencing digestive problems, fatigue and brain fog. For 10 years she tried to heal her body as her symptoms grew worse. Eventually, with the help of a functional medicine doctor, she learned how to heal her gut and was amazed to see improvements in her health within a week.

This experience changed her in many ways. When she regained her health she made it her mission to help others do the same. "I was sick for 10 years. I saw countless doctors. No one took me seriously," says Lily. "When I regained my health I created Gut Garden because I felt that this information should be available to everyone. No one should have to be sick for 10 years."

At Gut Garden we believe that everything you put in you body has the ability to either heal or harm your health. The GoodGut program is the result of a tremendous amount of research and we only use ingredients that have a direct health benefit to the consumer. All of our products are manufactured in the USA and we never use artificial colors or flavors.



QUICK FACTS

Founded
2016

Headquarters
Chicago, IL

Where to Buy
Amazon and www.mygutgarden.com



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