

GUT GLOW

GUT HEALTH SUPPLEMENT



GUT GLOW F.A.Q

What does GUT GLOW do?

GUT GLOW is a gut health supplement designed to work with your body to support your individual needs. It delivers clinically studied soluble fibers, Sunfiber® (partially hydrolyzed guar gum) and inavea™ (acacia gum), as well as tremella (also known as, silver ear) (Tremella fuciformis) mushroom extract to support healthy gastrointestinal function, improve regularity, and aid in immune system regulation.

How does GUT GLOW differ from other gut support supplements?

GUT GLOW delivers clinically studied soluble fibers, Sunfiber® (partially hydrolyzed guar gum) and inavea™ (acacia gum), as well as tremella (also known as, silver ear) (Tremella fuciformis) mushroom extract to support healthy gastrointestinal function, improve regularity, and aid in immune system regulation. The unique addition of tremella mushroom extract, a mushroom that has traditionally been used to enhance beauty, provides polysaccharides with immunomodulating effects, simply meaning the ability to adjust the immune system supporting its regulation. The gut and skin are barriers that help defend against foreign pathogens and a healthy gut is essential in maintaining overall wellness.

Unlike many other fibers, partially hydrolyzed guar gum and acacia gum are well tolerated and are not likely to cause increased bloating and gas. Taking a 3 scoop dose of GUT GLOW provides 5.25 g of partially hydrolyzed guar gum, which helps reduce symptoms associated with IBS, including bloating and mild GI discomfort.

As part of Bend Beauty's commitment to the environment, we've formulated GUT GLOW with the first carbon neutral acacia gum – inavea™; not only is it carbon neutral, it's also organic. GUT GLOW was consciously formulated with ingredients that help support your overall health while reducing impact on the planet.

What is the gut-skin axis?

Simply, the gut-skin axis is the connection, or inter-relationship, between the gastrointestinal system and the skin, and how this relationship impacts the health and functioning of each.

At first glance, the gut and skin appear to be separate, however, they are connected via bi-directional communication through the circulation of signalling molecules (such as, metabolites, nutrients, hormones, neurotransmitters) throughout the body by the blood and lymph – through the circulatory and lymphatic systems (O'Neill 2016; De Pessemer 2021). These signaling molecules are produced by the gut, and its microbiota, and the skin and its residing microbiota (O'Neill 2016) – therefore, the gut microbiota is a key aspect of the gut-skin axis. On a broader scale, the body's microbiome (all of the microorganisms that live in and on the body) is a pivotal regulator of the immune system (De Pessemer 2021). Its goal is to maintain a normal, and healthy balance, known as homeostasis, within the body through communication via signalling molecules, as mentioned earlier. In turn, the tissues and organs communicate with the body's microbiome. The impact of the gut and skin's microbiome on the body's immune response is a particularly interesting aspect of the gut-skin axis, since both the skin and gut are integral parts of the body's immune system.

This is why it is we specifically formulated GUT GLOW with well tolerated, clinically studied soluble fibers to support GI function and the maintenance of good health, along with tremella mushroom extract, to provide immune system regulation, through immunomodulation.

See our Gut-Skin-Axis blog for more details!

De Pessemer B, Grine L, Debaere M, Maes A, Paetzold B, Callewaert C. Gut-Skin Axis: Current Knowledge of the Interrelationship between Microbial Dysbiosis and Skin Conditions. *Microorganisms*. 2021;9(2):353. Published 2021 Feb 11. doi:10.3390/microorganisms9020353

O'Neill CA, Monteleone G, McLaughlin JT, Paus R. The gut-skin axis in health and disease: A paradigm with therapeutic implications. *Bioessays*. 2016;38(11):1167-1176. doi:10.1002/bies.201600008

What ingredients are present in the formula?

GUT GLOW contains partially hydrolyzed guar gum, acacia gum and tremella (*Tremella fuciformis*) mushroom extract (also known as silver ear mushroom).

Does GUT GLOW contain non-medicinal ingredients?

No, all of the ingredients in Gut Glow have an active purpose.

Why are there two different serving sizes for GUT GLOW?

The two serving options allow GUT GLOW to be customized according to your personal needs / desired outcome. Individuals with specific gastrointestinal concerns related to symptoms associated with irritable bowel syndrome (IBS) - including bloating, or bowel regulation, may choose to take 3 scoops daily, while others looking to increase their fiber intake as part of their wellness routine may choose to take 2 scoops daily.

Both serving sizes provide the immune regulating benefits of tremella (silver ear) mushroom.

How many servings are there in GUT GLOW?

GUT GLOW contains 45, 2 scoop servings or, 30, 3 scoop servings.

What's the function of each ingredient?

Partially hydrolysed guar gum and acacia, provide a blend of soluble fibers to maintain healthy gastrointestinal function, which includes improving bowel regularity (including constipation and/or diarrhea), helps bring stool consistency to normal conditions, and regulate bowel movement frequency – all of which support overall all wellbeing. Additionally, when GUT GLOW is taken with food/meal, these fibers help reduce the glycemic response and glycemic index associated with the food/meal; this means the raise in blood sugar will be slower and lower, which provides a more sustained source of energy, leaving you feeling fuller longer.

Tremella (silver ear) mushroom extract provides fungal polysaccharides which have immunomodulating properties – simply, these polysaccharides help adjust and regulate the immune system.

What is partially hydrolyzed guar gum?

Partially hydrolyzed guar gum is a soluble, galactomannan-based, fiber made from guar beans. Hydrolyzed means the guar gum is broken in to smaller units through an enzymatic process. This decreases the viscosity and improves guar gum's solubility while maintaining the fiber content.

Soluble fibers are water soluble, polysaccharides (long chain carbohydrate molecules) that can be fermented in the colon. While some fibers may cause gastrointestinal upset or discomfort, partially hydrolysed guar gum is gentle on the gut and is well tolerated at the dose included in GUT GLOW.

What is acacia?

Acacia, also called acacia gum, is a complex, highly branched polysaccharide, soluble fiber derived from the gum (sap) of acacia trees.

Soluble fibers are water soluble, polysaccharides (long chain carbohydrate molecules) that can be fermented in the colon. While some fibers may cause gastrointestinal upset or discomfort, acacia is gentle on the gut and is well tolerated at the dose included in GUT GLOW.

What is tremella/silver ear mushroom (Tremella fuciformis)?

Tremella, also known as silver ear, is a white to light yellow gelatinous fungus, that is rich in polysaccharides (long chain carbohydrate molecules).

What is meant by "immunomodulating properties"?

Immunomodulating properties means the ability of a substance to help adjust and regulate the body's immune system in response to its particular needs.

Can I take GUT GLOW if I'm pregnant or breastfeeding?

As with all supplements, we recommend you consult a health care practitioner prior to use if you pregnant or breastfeeding to make sure the product is right for you.

What are the cautions associated with taking GUT GLOW?

- Consult a health care practitioner prior to use if you have diabetes mellitus in which blood sugar is difficult to regulate or if you are pregnant or breastfeeding.
- Consult a health care practitioner if symptoms persist or worsen.
- If symptoms worsen or if laxative effect does not occur within seven days, consult a health care practitioner.
- If you are taking medications (e.g. opioids, loperamide) which inhibit peristaltic movement, consult a health care practitioner prior to use.
- If you have symptoms such as abdominal pain, nausea, vomiting or fever, consult a health care practitioner prior to use.
- If you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, or have failed to defecate following the use of a laxative product consult a health care practitioner prior to use.

GUT GLOW should be taken 2 hours before or after taking other medications and/or natural health products with at least 1 glass of liquid. In addition, ensure that you maintain adequate fluid intake throughout the remainder of your day. If you have difficulty swallowing, consult a health care practitioner prior to use. Also, consult a health care practitioner for prolonged use.

Is GUT GLOW a laxative?

No, GUT GLOW isn't a laxative. However, at a 3 scoop dose, Gut Glow helps regulate the frequency of bowel movements and provides a gentle relief of constipation.

Please consult a health care practitioner if symptoms persist or worsen or if a laxative effect does not occur within seven days.

Is GUT GLOW vegan friendly?

Yes, GUT GLOW is vegan friendly. It does not contain any materials derived from animals.

Are any of the ingredients organic?

All of the ingredients in GUT GLOW are organic.

What allergens are present in GUT GLOW?

None of the ingredients are sources of any of the major allergens including, peanuts, tree nuts, soy, eggs, dairy, sesame products, fish, crustaceans or shellfish.

Can I take GUT GLOW with other Bend Beauty products?

GUT GLOW should be taken 2 hours before or after taking other medications and/or natural health products (including Bend Beauty's other products).

Should I stop taking my current fibre product?

We recommend speaking with your health care practitioner prior to making changes to your current supplement regime.

How long should I take GUT GLOW for?

GUT GLOW can be taken consistently, or you may choose to take it periodically.

How long does it take for relief of constipation?[AJR1]

For gentle relief of constipation, you may see results in as little as a day; if symptoms worsen or if a laxative effect does not occur within a week, consult a health care practitioner.

[AJR1]Brooke, you may not want to include this one. It was a compromise on “how long does it take to see/feel results?” This question was too general and we can’t provide advice outside of the scope of our product license. Since a timeline associated with laxative effect is included in our license, we are able to speak to this specific outcome.

