

Love Your Gut

What do clear skin, good moods and a strong immune system have in common? A healthy gut!

The health of our entire body depends on one thing: how happy and healthy our gut is.

But in this day and age, life can be rough on the gut. The standard North American diet, coupled with stress, lack of sleep and lack of time outside, can alter the balance of our gut microbes and compromise the integrity of our gut lining – leading to unhappy digestion, food sensitivities, inflammation and inflammatory conditions.

A probiotic is a great first step, but a probiotic can't do it all. The gut is complex, and it needs a little more love.

Rather than looking at the body as a "thing" and loading it with isolated nutrients, Genuine Health views the body as a whole system.



FACT:
Virtually all inflammatory conditions can be traced back to the gut!

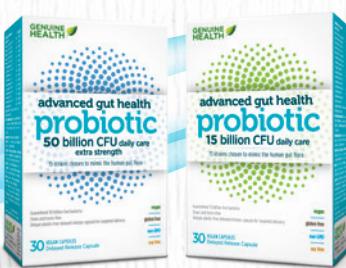
The way we treat it?

Foundational nutrition – with a complete approach to gut health!



Fermentation PRIMES THE GUT

Fermentation not only removes nutritional obstacles, but creates entirely new nutrients that help to heal gut tissue



Probiotics SEED THE GUT

A potent probiotic can help to seed the gut with healthy microbes and restore our biodiversity



Polyphenols FEED THE GUT

Plant nutrients not only contribute to overall health, they have beneficial effects on gut microflora populations



PRIME YOUR GUT



SEED YOUR GUT



FEED YOUR GUT



A thriving garden can't grow from unhealthy soil – and a thriving microbiome can't be built from an unhealthy gut.

The first step is to strengthen gut health and prevent damage to the digestive tract – that's where fermentation comes in! The fermentation process removes the nutritional obstacles that can damage the digestive system and cause digestive discomfort (like bloating and gas). Fermentation also creates NEW antioxidant chemicals that are more powerful and better absorbed, and can help to shift gut bacteria populations in healthy ways.

FERMENTED PROTEINS AND GUT HEALTH

Genuine Health's line of fermented proteins bring you all the benefits of a highly absorbable protein, but with gut health benefits! Fermented proteins nourish the gut lining, strengthening digestive health (plus, no bloating!) so the gut becomes more efficient at absorbing nutrients.

- ✓ **fermented vegan proteins+** contains bioactive forms of phytonutrients
- ✓ **fermented GREEK YOGURT proteins+** contains unique dairy peptides important for gut health
- ✓ **fermented whole body NUTRITION with greens+** fermented polyphenols nourish the gut



Ideally, our microbiome flourishes with balanced biodiversity. But in today's day and age, we are more likely to suffer from dysbiosis, which is an imbalance of gut bacteria. Dysbiosis translates to "life in distress" – when bacteria are out of balance, so is our health!

PROBIOTICS AND GUT HEALTH

Probiotics help to seed a healthy gut microbiome and restore a healthy bacterial ecology. Having diverse microbes in a healthy balance benefits overall health, digestion, including mood, immunity, body weight and metabolism, detoxification, and even sleep.

The type of probiotic supplement matters, and **advanced gut health probiotic** was formulated to deliver MORE hearty, healthy bacteria to the gut.

advanced gut health probiotic

- ✓ 15 strains chosen to mimic healthy human gut flora
- ✓ Guaranteed potency
- ✓ Unique plastic-free delayed-release capsule for targeted delivery – delivers up to 10x the bacteria to the gut!
- ✓ Clean and toxin-free – triple purified
- ✓ 100% Vegan, Soy-Free, Gluten-Free and NON-GMO



Phytonutrients not only contribute to overall health, they can have beneficial effects on gut microflora populations – enhancing the digestion and assimilation of nutrients! **greens+** has been PROVEN to contain the richest concentration of phytonutrients among green food supplements, delivering up to 350% more phytonutrients than competing green foods.

greens+ AND GUT HEALTH BENEFITS

- ✓ **greens+** contains phytonutrients called polyphenols, which feed friendly gut bacteria populations and can help to promote the growth of friendly bacteria
- ✓ **advanced gut health probiotic** helps us to better use our phytonutrients found in **greens+** because the bioavailability of phytonutrients can be increased by over 100% when diverse microbes are present.

greens+ IS THE ORIGINAL SUPERFOOD

- ✓ Increases energy and vitality
- ✓ Provides antioxidants to relieve oxidative stress
- ✓ Helps in wound healing
- ✓ Supports liver function
- ✓ Builds healthy bones, cartilage, teeth and gums
- ✓ Provides gut health benefits



FISH OILS AND GUT HEALTH

Fish oils not only help to reduce inflammation throughout the body, but new research has found that taking fish oils and probiotics together can maximize the benefits of each supplement!



WHO IS THE COMPLETE APPROACH TO GUT HEALTH FOR?

Suffers from:

- ❗ Inflammatory conditions
- ❗ Food intolerances and allergies
- ❗ Skin issues
- ❗ Bloating, weak digestion

- ❗ Brain fog, low moods
- ❗ Skin issues



Love your gut

FOR WHOLE BODY HEALTH



#LOVEHOWYOUFEEL

genuinehealth.com



GENUINE
HEALTH



Proudly
CANADIAN



Our Total Quality Obligation guarantees your satisfaction — or your money back.