



GENUINE HEALTH FERMENTED ORGANIC GUT SUPERFOODS+ QUICK TRAINER

The health of our entire body depends on one thing: how happy and healthy our gut microbiome is. Our microbiome is made up of trillions of microorganisms that influence not only our digestion, but also our mood, immunity, and even body composition! Something this important to our health needs a multi-faceted approach!

prime

the gut with
fermented nutrition

seed

the gut with the healthiest
live microbes

feed

the gut with the ultimate
nourishment

What do gut microbes like to eat? **PREBIOTICS**

Many of the prebiotics available today help to nourish our gut bacteria and improve digestion – BUT can cause digestive upset if taken in high amounts.

FACT – Genuine Health understands the importance of a healthy, thriving microbiome and has developed the **ULTIMATE** nourishment for gut microbes!

INTRODUCING

fermented
organic gut superfoods+
= food for your gut!



100% Vegan



Dairy-Free



Gluten-Free



Soy-Free



- The ultimate prebiotic gut superfood
- With 22 fully fermented plant-based superfoods and prebiotics to nourish a healthy gut flora
- Fermented to provide great source of amplified and concentrated plant nutrients for gut and overall health
- A rich source of prebiotic fibre

Only Genuine Health has created a prebiotic gut superfood with a 1-2-3 punch!

- 1** 21 phytonutrient-rich superfoods that encourage the growth of "good" bacteria and nourish the gut lining.
- 2** Easy-to-tolerate prebiotic fibre that helps to encourage growth of good bacteria.
- 3** Fully fermented, which intensifies the strength of the nutrients, and helps to encourage the growth of good bacteria.

fermented organic gut superfoods+
= food for your gut!



Each of the superfood ingredients in **fermented organic gut superfoods+** was chosen for its rich polyphenol content and health benefits!

ALL ORGANIC!

The gut microbes that make up our gut microbiome are like us in one very important way – they need to eat! And the latest nutritional science has determined that the same phytonutrient-rich foods that nourish us also provide sustenance to our gut microbes!

- ▶ Phytonutrients not only contribute to overall health, they have synergistic effects with gut microflora populations! A specific group of phytonutrients called polyphenols provide nourishment to "good" gut microbes and can help to shape healthy bacteria populations.
- ▶ Some types of prebiotic fibre are notorious for causing digestive upset. GENUINE HEALTH uses a fermented fibre that helps to grow good bacteria and is easy-to-tolerate.
- ▶ Fermentation amplifies the nutrition of **fermented organic gut superfoods+** and helps to promote the growth of good bacteria! The fermentation process amplifies and concentrates the plant nutrients for gut – and overall – health.

The love is mutual - Gut microflora act on dietary phytonutrients, transforming them into structures called metabolites, which are more powerful and better absorbed! They are better together!



Each of the superfoods in **fermented organic gut superfoods+** was chosen for its high polyphenol content:

- | | | | |
|------------------|-------------------|------------------|-----------------|
| 1. Pomegranate | 7. Cinnamon | 13. Spirulina | 19. Spinach |
| 2. Bitter Melon | 8. Cocoa Seed | 14. Sweet Potato | 20. Cauliflower |
| 3. Black Currant | 9. Clove | 15. Mulberry | 21. Cabbage |
| 4. Grape | 10. Ginger | 16. Apricot | |
| 5. Kale | 11. Sea Buckthorn | 17. Carrot | |
| 6. Beet | 12. Raspberry | 18. Broccoli | |

Polyphenols encourage growth of "good" bacteria
30-40% better than inulin

Only Genuine Health has a prebiotic superfood that delivers a

1-2-3 punch!
fermented organic gut superfoods+

is the ultimate prebiotic gut superfood and the next generation of prebiotics.

AVAILABLE IN

- Summer Berry & Pomegranate
- Orange Ginger
- Unflavoured & Unsweetened (stevia-free)

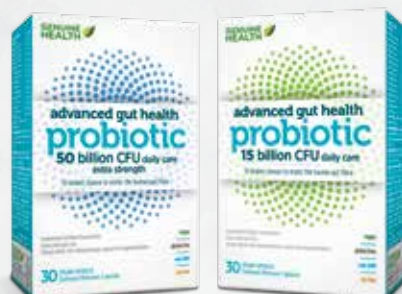




GENUINE HEALTH'S fermented organic gut superfoods+ goes great with



PRIME the gut – amp up the fermentation with **fermented proteins** to nourish the gut lining with NO BLOAT!



SEED the gut – **advanced gut health probiotic** is a super-potent, multi-strain probiotic that delivers up to 10x the bacteria to the gut!



FEED the gut (some more) – for added phytonutrient power, add in **greens+** to provide total body health and nourishment with therapeutic effects!

Learn more at genuinehealth.com

SOURCES

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