

Gutt was born to reimagine the relationship we have with our health. We use natural and holistic medicine mixed with natural innovation to reach effective and gentle solutions. We aim to find the body's natural balance through the the flora and fauna in our gut. A healthy gut is a healthy body. Our formulas are free from toxic preservatives, additives, flavorings, and sweeteners, and our ingredients are responsibly sourced. Through simple daily practices, big changes are made towards redefining the relationship we have with our bodies.

- ⊃ 90% of our serotonin (the feel-good hormone) resides in the cells in our gut.
- ⊃ 70% of our immune system is in the gut
- ⊃ You have more genetics in your gut flora than you do in your entire body
- ⊃ Your gut microbiome may play a massive role in your emotions & behaviors
- ⊃ Good gut health is not a given, you have to take care of your body to maintain it