



GOLDEN GUT FORMULA

Q&A



Q: What is the gut barrier function?

A: The gut barrier function is a multi-layer system made up of a physical barrier which prevents bacteria from adhering to the intestines, and a deep functional barrier that is able to discriminate between pathogens and harmless microorganisms that may actually be beneficial.

Made up of three main components—Biological barrier, immune barrier and mechanical barrier—the barriers allow essential nutrients and fluids to be absorbed while preventing harmful substances from entering the bloodstream.

Q: What happens when you have a poor gut barrier function?

A: Everyone's gut is semi-permeable, which means the gut allows some liquids or gases to pass through. The mucous lining of human intestines is designed to absorb water and nutrients into the bloodstream. When people have increased intestinal permeability, their gut allows more than water and nutrients through, which is to say, they "leak."

A gut that leaks allows larger molecules through, and those larger molecules can be toxic. The intestinal lining is supposed to act as a barrier to bacteria and other infectious particles inside the gut, but if the barrier does not function properly, it can allow toxins into the bloodstream.

Q: What do probiotics do?

A: Probiotics are live bacteria and yeasts (microorganisms) that have beneficial effects on the body. These species already live in the body along with many others. The human body is home to trillions of microorganisms that live with us and help support our bodily functions and health.

Q: Why do people take probiotic supplements?

A: Probiotic supplements add to the existing supply of friendly microbes in the body. They help to fight off the less friendly or toxic microbes while also supporting the body's immunity against against things like infections. When working properly, probiotic supplements can help prevent an imbalance or a deficit of beneficial microbes in the gut.

Q: What do prebiotics do?

A: Prebiotics are non-digestible fibers that feed the beneficial bacteria in the gut. These dietary fibers can help restore the natural balance of gut flora, aiding in digestion and promoting regularity. By promoting the growth of the beneficial bacteria that support the immune function, and preventing the growth of harmful bacteria, prebiotics help protect the body from potential infections. Prebiotics augment the good work that probiotics do.

Q: What is the Golden Gut Formula?

A: It is a probiotic supplement that contains both pre- and pro-biotics. It addresses the gut with a special formula that supports gut health. Golden Formula is an integrated nutrient source specifically designed for improved growth of *P. goldsteinii* in human gut, composed by a golden ratio of patented Kiwizyme™ *Actinidia deliciosa* enzyme, fructooligosaccharide and inulin. It is non-GMO, soy-free, gluten-free and GRAS (generally recognized as safe).



Q: How does Golden Gut Formula work?

A: The formula uses a three-pronged approach to support gut health by addressing the gut barrier function and targeting leakage in the gut lining that might be caused by poor diet and other stressors.

REPLENISH: Uses fiber to support intestinal lining shield, which helps safeguard intestinal mucosa.

REBALANCE: Helps balance the microbiota in the gut, which supports metabolism and weight management.

REINFORCE: Fortifies the lining of the small intestine to prevent toxins from permeating the epithelial cells.

Q: What's in the Golden Gut Formula?

A: **Probiotic:** *Limosi lactobacillus fermentum* TCI757 promotes the secretion of Irisin, which is a fat burning engine. It plays an important role in fat metabolism, brain plasticity, bone health and immunity. Increasing irisin levels helps in weight management, gut health, digestion, intestinal barrier support and immunity. The use of *Limosi lactobacillus fermentum* TCI757 is inspired by nature, as it is derived from traditional Tempeh, a fermented food rich in protein, fiber and beneficial compounds.

Prebiotic: Indigestible Maltodextrin is a form of resistant starch that cannot be digested or absorbed in the small intestine. It aids digestive health by supporting regularity while enhancing mineral absorption.

Citric Acid: Supports digestion by stimulating the production of gastric acid to balance pH levels in the stomach.

Sodium bicarbonate: Neutralizes excess stomach acid. Its alkalinity helps reduce the burning sensation caused by excess stomach acid.

Patented Kiwizyme™ Actinidia deliciosa: Commonly known as KIWI, it is high in dietary fiber to support regularity and digestion while actinidin is an enzyme that helps break down proteins. Rich in polyphenols and other antioxidants, it helps protect the body from oxidative damage.

Prebiotic: Xylo oligosaccharide (XOS) stimulates the growth of beneficial bacteria such as Bifidobacteria and Lactobacilli. XOS specifically enhances the growth of *P. goldsteinii* in the gut. These bacteria help maintain a healthy balance in the digestive system while preventing harmful bacteria from thriving. It promotes regularity and helps reduce bloating and gas.

Prebiotic: Fructo Oligosaccharides (FOS) are derived from fruits, vegetables and some grains. They are short-chain prebiotics that help maintain a healthy balance of gut microbiota for overall gut health. It enhances the absorption of important minerals such as calcium and magnesium and helps aid digestion and alleviate constipation.

Prebiotic: Chicory Inulin is a soluble dietary fiber that absorbs water and promotes regularity and relieve constipation. It supports overall digestive health.

Natural Lemon Flavor: 95% gum Arabic from acacia, 2.69% Lim oil.

Turmeric: Curcumin is the active compound which provides anti-inflammatory effects antioxidant and antimicrobial properties. It helps stimulate the production of bile flow for the absorption of fats and fat-soluble nutrients to support the integrity of the intestinal lining.

Monk Fruit Extract: Natural zero-calorie sweetener with zero carbs.

Q: What are the benefits of Golden Gut Formula?

A:

- Supports gut integrity, intestinal functions.
- Promotes serum irisin levels.
- Supports weight management.
- Aids muscle performance.

Q: How do I use Golden Gut Formula?

A: Dissolve one pre-measured packet daily in 5 fl oz of water. Each serving is 6 g / 0.2 oz.
DO NOT USE HOT WATER.

Q: How many servings are in each box of Golden Gut Formula?

A: 30 servings for a total of 180 g/ 6.3 oz per box.

Q: What if I am gluten-intolerant?

A: Golden Gut is gluten-free.

Q: Can Golden Gut Formula be combined with Jade GreenZymes, KVB, Kenzen Super Ciaga or other beverages? Or, is water recommended?

A: Since Jade GreenZymes is rich in barley grass and supports pH balance and digestion, combining it with Golden Gut Formula may enhance overall gut support.

Kenzen Vital Balance contains protein and digestive enzymes, which complement Golden Gut with its microbiota-balancing function. Digestive enzymes help improve nutrient absorption by breaking down food effectively, reducing undigested food particles and promote a healthier environment for probiotics to thrive. In other words, the digestive enzymes in KVB support the probiotics in Golden Gut Formula to work synergistically to reduce GI stress. Combining the two could provide both gut health and sustained energy through protein.

Kenzen Super Ciaga also pairs well with Golden Gut. Rich in antioxidants and polyphenols, Super Ciaga supports immune health and works in tandem with Golden Gut for a comprehensive wellness approach.

Q: What is the advantage of the effervescence in the Golden Gut Formula?

A: Effervescent formulas dissolve quickly in liquid, bypassing the breakdown process required by capsules and tablets. Faster dissolution ensures that nutrients and probiotics are more readily available to the gut.

On a practical level, the fizzy sensation of the effervescence can improve the taste and experience of taking the supplement. For people who dislike or cannot swallow capsules and/or tablets, this is especially beneficial. For example, children could benefit from having a fizzy drink as would adults who are sensitive to taste or texture.

Q: Why is powder a better delivery method than traditional capsules?

A: Capsules have a limited volume, typically holding between 500 mg to 1,000 mg of ingredients. Powders can accommodate larger doses of active ingredients, making them ideal for nutrients that require higher quantities, such as fiber or multi-ingredient blends.

Certain ingredients, including probiotics and enzymes, may degrade more quickly in capsule form due to exposure to heat, moisture or prolonged storage. Powder formulations offer greater stability, especially when packaged in moisture-resistant formats, such as single-serve sachets, which help protect sensitive ingredients to keep them effective until consumption.

With Golden Gut Formula, nitrogen filling is implemented to replace oxygen in the packaging, significantly reducing oxidation and exposure to moisture. This technique helps extend the shelf life and maintain the potency of the probiotic and enzyme-based supplements.

Powders can be flavored and mixed with beverages to improve taste, making them more appealing than swallowing multiple capsules/tablets.

Q: How do we ensure the probiotics survive in order to arrive in the gut?

A: The use of patented three-layer encapsulation technology (U.S. Patent No. 11066637N1) enhances the bacterial strain content during the preparation of raw materials. In an in vitro GI acidity test, up to 89% of live bacterial successfully withstand gastric acid and reach the intestines.

Q: What is the difference between having a few strains vs many strains of probiotics in a formula?

A: An increased number of bacterial strains may sometimes lead to nutrient competition, which potentially reduces efficacy. Utilizing a single-strain approach mitigates any competing interactions among strains. It also allows consumers to supplement for specific functions, which personalizes individual health solutions.

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Ouwehand AC, Invernici MM, Furlaneto FA, et al. Effectiveness of Multistrain Versus Single-strain Probiotics: Current Status and Recommendations for the Future. *J Clin Gastroenterol*. 2018;52(Suppl 1):S35–S40. doi:10.1097/MCG.0000000000001052.

Q: How many billions of probiotics are effective?

A: The internal clinical dosage of TCI is 5 billion CFU.

Q: Source and Story of *Limosi lactobacillus fermentum* TCI757?

A: Indonesian diets have long embraced Tempeh—a fermented food rich in protein, fiber, and beneficial compounds. Emerging studies indicate that Tempeh's soy isoflavones, such as genistein, may stimulate the browning of white fat cells, converting them into energy-burning brown fat. This process supports metabolic health and energy balance. *Limosi lactobacillus fermentum* TCI757, derived from traditional Tempeh, harnesses nature's own wisdom to support a healthy metabolism and weight management—blending traditional culinary heritage with modern wellness.

Q: Is this product suitable for customers with Celiac disease who also need to avoid soy protein?

A: This product does not contain any soy-derived ingredients; however, we do not recommend this product for individuals with celiac disease, and here's why:

- Celiac disease is typically triggered by gluten, primarily found in wheat, barley, and rye—not soy.
- While our product does not contain gluten as an added ingredient, it does include resistant dextrin, which is sourced from wheat.
- The gluten content in this ingredient is tested to be below 20 ppm, which meets the gluten-free labeling threshold in many countries.
- That said, the packaging clearly states that the product contains wheat (allergen) to ensure complete transparency for sensitive individuals.

REFERENCES

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<https://my.clevelandclinic.org/health/diseases/22724-leaky-gut-syndrome>

Probiotic Supplements:

<https://thehealthygut.org/education/>

Probiotics:

<https://my.clevelandclinic.org/health/treatments/14598-probiotics>

Golden Gut Formula Benefits:

[https://www.jpn.ca/content/48/1/E23#:~:text=\(Table%203\)..BDNF,decrease%20\(1.53%20%C2%B1%2013.51\).](https://www.jpn.ca/content/48/1/E23#:~:text=(Table%203)..BDNF,decrease%20(1.53%20%C2%B1%2013.51).)

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