



Gutfeeling Labs AB, a company based in Lund, Sweden, has developed GutClear®, which consists of a powder made from the bark of the magnolia tree (*Magnolia officinalis Rehder*) and berberine (*Berberis vulgaris*). *Magnolia officinalis Rehder* may contribute to normal intestinal function as well as regular bowel movements and may influence bacterial levels in the small intestine.

Stress and Bacterial Overgrowth in the Small Intestine (SIBO). Stress is a natural part of our lives and serves as a function to mobilize energy in special situations. Chronic stress, often combined with prolonged use of acid-reducing medications, but also high intake of sugar, alcohol, or processed foods, however, can lead to an unbalanced gut and elevated bacterial levels in the small intestine. In English-language literature, this overgrowth is referred to as "small intestinal bacterial overgrowth" (SIBO). SIBO is not a medical diagnosis but a term often used to describe this bacterial overgrowth in the small intestine.

The breakdown of dietary fiber normally occurs in the large intestine, whose thick mucus barrier prevents bacteria from passing through the intestinal wall. However, the small intestine does not have the same strong mucus barrier, and if large amounts of bacteria are present, they can cause what is known as a leaky gut, which has been linked to a range of diffuse symptoms, including:

- Sudden food intolerances
- Difficulty concentrating or feeling mentally clear
- Joint and muscle pain
- Skin conditions such as rosacea and acne
- Autoimmune diseases
- Anxiety, depression, irritability
- Headaches or migraines
- Weight gain or difficulty losing weight
- Blood sugar regulation problems
- Bloating and tenderness between meals (IBS-like symptoms)

Did you know that the small intestine should have 100 million times fewer bacteria than the large intestine? The small intestine is sometimes called "the little brain" due to the large number of nerve cells present along its walls. Additionally, a significant portion of the body's immune cells (approximately 70%) are located along the permeable small intestine. Bacterial metabolic by-products can disrupt the function of nerve and immune cells in the small intestine, causing digestive distress, inflammation, and sudden intolerance to previously well-tolerated foods such as bread, dairy, eggs, and fish.

Should you increase fiber Intake if you have bloating between meals? When there is bacterial overgrowth in the small intestine, increasing fiber intake can further nourish these bacteria, resulting in even higher bacterial levels, increased production of bacterial by-products, and excess gas formation in the small intestine. In fact, increased fiber intake in cases of SIBO can worsen existing symptoms.

Why GutClear®? In GutClear®, the bioactive and bacteria-influencing substances form a gel-like mass that continuously releases these substances as they pass through the small intestine. By relieving the small intestine from unwelcome bacteria, bacterial breakdown of dietary fibers instead takes place in the large intestine, which, unlike the small intestine, is designed for this process. GutClear® does not affect the beneficial bacteria in the large intestine.

Dosage and Ingredients: Number of doses per package: 60 capsules, 704 mg per capsule

Each capsule contains powder from:

- 400 mg Magnolia bark (*Magnolia officinalis* Rehder & E.H.W, China)
- 300 mg Berberine (*Berberis vulgaris*, China)
- 4 mg stabilizing agent (Silicon dioxide, E551)

Ingredients: Magnolia bark, Berberine and Silicon dioxide.

Country of origin: The magnolia bark and berberine originate from China. The production of GutClear® takes place in Sweden (see contact information under "Manufacturer and Contact Information").

The levels of heavy metals in GutClear® are below all limit values set by EU Regulation (EU) 2023/915 for cadmium, mercury, arsenic and lead (<https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:32023R0915&qid=1683882946390>)

Recommended Dosage: Start with 1 capsule GutClear®, taken 20 minutes before breakfast for 10 days. The dose can be increased to 2 capsules taken at the same time. Afterward, 1-2 capsules 1-2 times per week for 5-10 weeks is recommended.

The capsules dissolve after passing through the stomach and duodenum, exerting their effects in the small intestine.

If the capsules have limited effect, this may be due to SIBO occurring early in the digestive tract, i.e., already in the duodenum. It is then recommended to open 1 capsule and dissolve the contents in ½ glass of water, stir, and drink it, followed by a glass of water. This solution acts already in the duodenum but may taste bitter. This can be alleviated by drinking 1-2 sips of coffee, tea, or clear juice immediately after intake. If necessary, try to increase to 2 capsules (opened and dissolved) 20 minutes before breakfast for 10 days, then continue with 1-2 opened capsules 1-2 times per week for 5-10 weeks (please note that the taste can be quite bitter).

Important Notes: Mild discomfort such as temporary upper abdominal sensations, transient fatigue, and/or headaches have been reported, which are considered transient reactions to bacterial fragments being eliminated from the small intestine (Herxheimer reaction). If this occurs, take a 1-2 day break before resuming with 1 capsule, then gradually increasing to a maximum of 2 capsules at a time.

Mild temporary increased gas production may occur, which is a sign that the dietary fibers have reached the large intestine, where they are normally broken down (unlike in SIBO).

Consumption of fermented foods (sauerkraut, kimchi, kombucha, yogurt, kefir, etc.) or probiotic supplements at the same time as GutClear® may reduce its effectiveness. It is recommended to consume fermented foods or probiotic supplements later in the day instead.

Precautions / Contraindications

- Do not use GutClear® if you are allergic to magnolia bark or berberine.
- Always consult your doctor or a qualified healthcare provider before using dietary supplements.
- Do not use GutClear® during pregnancy or breastfeeding.
- Do not use GutClear® if you have had your colon removed.
- Not recommended for children under 12 years old.

Storage: Store in a dry place at room temperature and out of reach of children.

For more detailed information and scientific references, please visit www.gutfeelinglabs.se

Additional tips to avoid intestinal discomfort after completing a course of GutClear®

A. Botanical Products

1. Try a maintenance dose of GutClear® 1-2 times per week for 5-10 weeks.
2. Consider the following botanical products with or without GutClear®:
 - Allicin
 - Neem
 - Grapefruit seed extract
 - Pau d'Arco
 - Black walnut
 - Sanguinarin
 - Thymol

B. Medications

Xifaxan®. This is an antibiotic specifically developed to reduce bacteria in the small intestine. It can only be prescribed by a doctor and costs approximately 2600 SEK.

If possible (consult your doctor), try replacing long-acting acid-reducing medication with alternatives such as Andrews Liver Salts or Eno as needed (e.g., between meals) and Peptac Liquid for acid reflux. Be aware that stopping long-acting acid-reducing medication may cause a rebound effect (i.e., increased acid secretion), which can sometimes lead to temporarily worsened gastritis symptoms. Maintaining normal stomach acid levels during meals helps sterilize food and significantly reduces the risk of SIBO.

C. Additional Advice

Try drinking ½ glass of water with 1 teaspoon of apple cider vinegar about 20 minutes before lunch and/or dinner.

Support small intestine healing after taking antimicrobial products by supplementing with glutamine, omega-3, collagen, and zinc.

Avoid snacking between main meals. However, coffee and teas made from ginger, dandelion, gentian root, and wormwood are fine. Coffee is known to strongly stimulate gut motility (migrating motor complex, MMC). Try drinking coffee after meals (or decaffeinated in the evening if caffeine affects your sleep) and even between meals.

Fasting has an even stronger and more direct effect on MMC than coffee. Consider intermittent fasting (e.g., skipping breakfast).

Incorporate regular physical activity (walking, light jogging, workouts).

Manage stress through mindfulness—try to approach daily tasks in a calm and structured manner, one thing at a time.

Take nature walks (“awe effect”).

Practice breathing exercises throughout the day (inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds).

This may sound unconventional, but research suggests that combining smiling, breathing exercises, laughter, and humming effectively stimulates the vagus nerve, promoting relaxation, better digestion (MMC), increased heart rate variability, and reduced stress.

If you experience constipation, try supporting your gut with dried apricots, prunes, apples, berries, kiwi, and other remedies that work for you.

Limit alcohol intake to 10 units per week (according to the latest recommendations from the Swedish Public Health Agency).

Try a low-FODMAP diet, including spinach, zucchini, kale, beans, carrots, potatoes, sweet potatoes, cucumber, bell peppers, eggplant, oranges, bananas, berries, meat, fish, seafood, chicken, and eggs.

For those interested: If you would like to read more about how stress affects the digestive system, please refer to the scientific sources listed in points 1-3 below. Points 4 and 5 cover the dosage and intake of magnolia bark.

1. Wang, Shao-Xuan and Wu, Wan-Chun. “Effects of psychological stress on small intestinal motility and bacteria and mucosa in mice.” *World J Gastroenterol*. 2005;11(13):2016-2021. doi:10.3748/wjg.v11.i13.2016
2. Chander Roland, Bani et al. “A Prospective Evaluation of Ileocecal Valve Dysfunction and Intestinal Motility Derangements in Small Intestinal Bacterial Overgrowth.” *Digestive diseases and sciences* vol. 62,12 (2017): 3525-3535. doi:10.1007/s10620-017-4726-4
3. Jacobs, C et al. “Dysmotility and proton pump inhibitor use are independent risk factors for small intestinal bacterial and/or fungal overgrowth.” *Alimentary pharmacology & therapeutics* vol. 37,11 (2013): 1103-11. doi:10.1111/apt.12304
4. Sarrica, Andrea et al. “Safety and Toxicology of Magnolol and Honokiol.” *Planta medica* vol. 84,16 (2018): 1151-1164. doi:10.1055/a-0642-1966

5. Poivre, Mélanie, and Pierre Duez. "Biological activity and toxicity of the Chinese herb *Magnolia officinalis* Rehder & E. Wilson (Houpo) and its constituents." *Journal of Zhejiang University. Science. B* vol. 18,3 (2017): 194-214. doi:10.1631/jzus.B1600299

The brand GutClear® is registered with the Swedish Patent and Registration Office, No. 616571.
GS1 number (barcode): 7 350134 180028