



Gutfeeling Labs AB, a company based in Lund, has developed GutClear®, which is a dietary supplement that contains a combination of different plant substances (so-called botanicals) and consists of a powder consisting of bark from jatoba - (*Hymenaea courbaril*) and the magnolia tree (*Magnolia officinalis* Rehder), the root of the rose root (*Rhodiola rosea*) and psyllium seeds (*Plantago ovata*).

Magnolia officinalis Rehder can contribute to a normal bowel function as well as a regular bowel movement and has bacteria-balancing properties. *Plantago ovata* can contribute to a normal intestinal function, intestinal passage and digestion.*

Stress is a natural part of our lives and is a function that can mobilize energy for special needs. Prolonged stress can, however, lead to an unbalance in the gut with elevated levels of bacteria in the small intestine.

Decomposition of dietary fiber normally takes place in the large intestine, which is adapted to handle large amounts of bacteria. When large numbers of bacteria are present in the small intestine, this can lead to a local production of high amounts of bacterial side products including toxins which may negatively affect the immune- and nerve cells that are located in the small intestine and also lead to a tense and sore stomach. This overgrowth is called "small intestinal bacterial overgrowth" and is abbreviated SIBO. SIBO is not an established diagnosis, but an abbreviation used to describe the cluster of problems related to overgrowth of bacteria in the small intestine.

Did you know that there are 100 million times fewer bacteria in the small intestine than in the large intestine?

The small intestine is sometimes called "the little brain" due to the large number of nerve cells that occur along the wall of the small intestine. Even a large part of the body's immune system is located along the small intestine, which is permeable to nutritional products. However, by-products from the metabolism of bacteria can damage the lining of the small intestine and make it excessively permeable (sometimes called "leaky"), thereby affecting the nerve and immune cells in the wall of the small intestine. It is not uncommon for overgrowth of bacteria in the small intestine to affect the function of the small intestine to such an extent that its ability to tolerate food that previously did not cause any problems, such as bread, dairy products, eggs and fish, can be disturbed.

Should you increase your dietary fiber intake if you have a sore and tense stomach between meals?

When bacteria overgrow in the small intestine, increased dietary fiber intake can provide additional nutrition to these bacteria and result in even higher production of gas and bacterial by-products, which can aggravate the problems you already have.

Why GutClear®?

The bioactive and microbe-balancing substances of GutClear® are mixed with psyllium seeds which form a jelly-like mass from which these substances can continuously be excreted as this gel passes through the small intestine. By reducing the level of bacteria in the small intestine, bacterial degradation of the fibers from the diet can be prevented from taking place there, and instead take place in the large intestine, which, unlike the small intestine, is adapted for this degradation process.

Number of doses per pack: 20 doses. 3500 mg per scoop.

A scoop (5 ml) contains powder of:

- 1500 mg psyllium seeds (*Plantago ovata*, India)
- 1000 mg bark from the jatoba tree (*Hymenaea courbaril*, Brazil)
- 500 mg bark from the magnolia tree (*Magnolia officinalis* Rehder & E.H.W, China)
- 500 mg roseroot (*Rhodiola rosaea*, Canada)

Ingredients: psyllium seeds, bark from the jatoba and magnolia tree and rose root.

Country of origin: Psyllium seeds originating in India, bark from the jatoba tree originating in Brazil, bark from the magnolia tree originating in China and root of roseroot originating in Canada. The production of GutClear® takes place in Sweden; see contact information under "Responsible manufacturer and contact information".

Dosage: One scoop per day is taken on an empty stomach, preferably in the morning. Wait at least 20 minutes to eat or drink after taking GutClear®. The recommended daily dose of one scoop should not be exceeded.

GutClear® can, after the end of a round of 20 scoops, be taken as another round or as single doses if needed.

Here's how: Pour the contents into ½ glass of water (about 1 dl) and whisk around with a fork until everything is dissolved, which may take about a minute. Then top up with another ½ glass of water, stir and drink immediately, followed by another glass of water.

Good to know: GutClear® dissolved in a glass of water has a slightly bitter taste. On rare occasions, lighter sensations from the stomach have been observed shortly after ingestion, which can be remedied with a sip of coffee, tea or juice. Mild problems in the form of transient increased gas release can occur, which can be considered as a "receipt" that the dietary fibers have arrived in the large intestine, where these fibers belong and should be degraded.

After the first dose, transient fatigue and / or headache is occasionally observed, which may be due to a so-called Herxheimer's reaction from the elimination of small gut bacteria. If so, then make a 1-2 day pause with GutClear® before starting again.

Intake of lactic acid products (sauerkraut, kimchi, kombucha, yogurt, kefir, etc.), or dietary supplements containing lactic acid bacteria during GutClear® can lead to a reduced effect, but can be taken after a period with GutClear®. If there is a strong wish to take lactic acid bacteria supplement, take these at least 6 h after GutClear®.

Caution (contraindications):

- In case of hypersensitivity to psyllium seeds (*Plantago ovata*) GutClear® should not be taken.
- The magnolia bark in GutClear® contains magnolol and honokiol, which in animal experiments have been shown to increase the tendency to bleed at doses of 10 mg/kg body weight for magnolol and 0.5 mg/kg for honokiol. For a person weighing 80 kg, this means that 800 mg of magnolol and 40 mg of honokiol could potentially increase the tendency to bleed. One scoop of GutClear® contains a maximum of 50 mg of magnolol and 25 mg of honokiol, i.e. amounts below the described levels that could potentially increase the tendency to bleed. Consult a medical professional before taking any supplement in general and blood thinning treatment in particular.
- GutClear® should not be used during pregnancy and lactation.
- GutClear® should not be taken by people who have had their colon surgically removed.
- GutClear® is not recommended for children under 12 years of age.

Storage: Dry at room temperature and inaccessible to children.

GutClear® is a dietary supplement and does not replace a varied diet.

Responsible manufacturer and contact information:

Gutfeeling Labs AB, Scheelevägen 2, 223 81 Lund, www.gutfeelinglabs.se e-mail: info@gutfeelinglabs.se

Some tips on what you can do to avoid bowel problems after finishing the round with GutClear®:

- Take 1-2 doses of GutClear® per week over a period of 5-10 weeks.
- Try periodic or intermittent fasting. If possible, try to avoid eating between the main meals.
- Introduce regular exercise.
- Stress control, for example through mindfulness, relaxation exercises and walks in nature

For those interested:

If you would like to read more about how stress can affect the gastrointestinal tract, please read the scientific references in points 1-3 below. The references in points 4 and 5 concern the dosing / ingestion 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

GutClear® is a patent-pending dietary supplement, No. 2151409-6. GutClear® is registered with the Patent and Registration Office, no. 616571. **GS1 nr** (Barcode). 7 3501341800004. * See <https://gutfeelinglabs.se/sv/gutclear-scientific-references> regarding scientific support for health claims for *Magnolia officinalis* Rehder and *Plantago ovata*