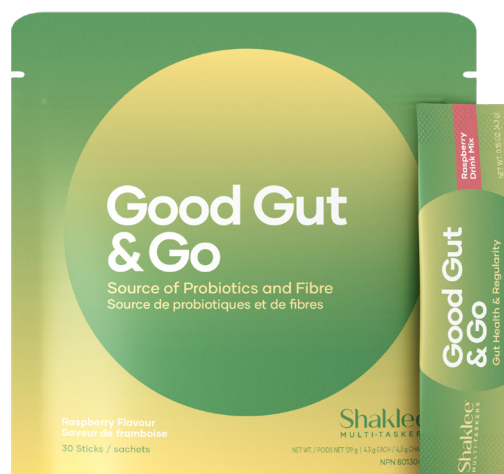


# Probiotic and Prebiotic Mix for Gut Health and Regularity

## GOOD GUT & GO | GUT HEALTH AND REGULARITY

Balance good bacteria and keep it on the regular with this synbiotic raspberry powder mix. You'll get the benefits of probiotics and prebiotics in one raspberry mix with 10 billion CFUs of three clinically proven probiotic strains and 3.9 g of prebiotic fibre.

#57505 | 30 STICK PACKS



PREBIOTICS FEED PROBIOTICS TO SUPPORT A HEALTHY GUT AND MAINTAIN REGULARITY

## Why We Love It

- A synbiotic formula that combines probiotics and a prebiotic in one convenient stick pack
- Promotes gut health with 10 billion CFUs of three clinically proven probiotic strains and a prebiotic fibre that acts as fuel for the growth of good bacteria
- Supports regularity with 3.9 g of the prebiotic fibre inulin
- A good source of prebiotic fibre
- Available as a raspberry-flavoured drink mix – simply mix with 1 cup (250 mL) of water. Take at least 2–3 hours before or after antibiotics.
- Vegan, Star-K Kosher, gluten free, non-dairy, sugar-free

### Good Gut & Go

Dosage: ADULTS: mix 1 stick (4.3 g) with 250 mL (1 cup) of water. Take once a day, at least 2–3 hours before or after antibiotics.

	Per 1 stick (4.3 g)
Inulin (from <i>Cichorium intybus</i> root)	3.9 g
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> , strain HN019™	5 billion CFU
<i>Lactcaseibacillus rhamnosus</i> , strain GG™	3 billion CFU
<i>Lactcaseibacillus paracasei</i> , strain Lpc-37®	2 billion CFU

**NON-MEDICINAL INGREDIENTS:** CITRIC ACID, DIPOTASSIUM PHOSPHATE, FRUIT AND VEGETABLE BLEND, GUM ARABIC, MALTODEXTRIN, MONOBASIC POTASSIUM PHOSPHATE, RASPBERRY FLAVOUR, REBAUDIOSIDE M, SILICON DIOXIDE, SODIUM CHLORIDE, SUCROSE, TREHALOSE, WATER.



**Shaklee**  
MULTI-TASKERS

## Probiotic and Prebiotic Drink Mix for Gut Health and Regularity

### FAQs

#### What ingredients are in Good Gut & Go?

Good Gut & Go contains ingredients for both gut health and regularity. It contains 10 billion CFUs of three clinically proven probiotic strains *Bifidobacterium animalis subsp. lactis* HN019™, *Lactobacillus rhamnosus* GG™, and *Lacticaseibacillus paracasei* Lpc-37® – plus 3.9 g of prebiotic fibre.

#### What's the difference between probiotics and prebiotics?

Probiotics are good bacteria that live in and on your body. Probiotics help sustain a balanced microbial environment – a dynamic community of trillions of microorganisms that live in your digestive tract. This balance is crucial for supporting overall gut health. Prebiotics are specialized dietary fibres that your body can't digest. They act as a food source for the microorganisms in your gut so these beneficial bacteria can thrive and flourish.

#### What is a synbiotic?

A synbiotic is a combination of both probiotics and prebiotics that work together to support your gut microbiome and overall gut health.

#### What is inulin? How does it support regularity?

Inulin is a soluble fibre (prebiotic) found in a wide variety of fruits, vegetables, and herbs. Inulin helps support regularity by several mechanisms. It adds bulk to stool, facilitating easier passage through the digestive tract. It retains water, softening stool for smoother bowel movements. Additionally, by fostering the growth of beneficial gut bacteria, inulin contributes to a healthy gut microbiome, further supporting regularity.

#### Who should use Good Gut & Go?

Good Gut & Go is formulated for individuals ages 18 and over who seek support for digestive health and regularity.

#### Can I use Good Gut & Go with Optiflora® DI?

We recommend that you use either Good Gut & Go or Optiflora DI. Not both.

#### How are Good Gut & Go and Optiflora® DI the same? Different?

Both Good Gut & Go and Optiflora DI contain clinically proven probiotic strains to support digestive health. Unlike Optiflora DI, Good Gut & Go also contains 3.9 g of prebiotic fibre, which serves as nourishment for beneficial gut bacteria, fostering their growth and contributing to overall gut health and regularity.

#### What's the best way to drink Good Gut & Go?

We recommend mixing 1 stick pack in 1 cup (250 mL) of water while stirring. Take at least 2-3 hours before or after antibiotics.

#### Does Good Gut & Go have a flavour?

Yes, Good Gut & Go is a raspberry-flavoured powder mix.

#### How many stick packs can I take per day?

We recommend one stick pack of Good Gut & Go daily.



GOOD GUT & GO

## Probiotic and Prebiotic Drink Mix for Gut Health and Regularity

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### FAQs

**Can Good Gut & Go be taken on an empty stomach?**

Yes, Good Gut & Go can be taken on an empty stomach.

**Is it safe to use Good Gut & Go if I am currently taking medications or have a medical condition?**

Consult with your physician before using Good Gut & Go if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to the product.

**Can this product be used when pregnant or nursing?**

Yes. Good Gut & Go can be safely used by pregnant and nursing women. We always recommend, however, that you discuss the use of supplements during pregnancy and while breastfeeding with your OB professional.

**Is Good Gut & Go vegan?**

Yes. Good Gut & Go is vegan.

**Is Good Gut & Go kosher certified?**

Yes. Good Gut & Go is Star-K Kosher.

**Is Good Gut & Go gluten free?**

Yes. Good Gut & Go is gluten free.

**Is Good Gut & Go non-dairy?**

Yes. Good Gut & Go is non-dairy.

**Is Good Gut & Go sugar-free?**

Yes. Good Gut & Go is sugar-free. It is sweetened with the zero calorie sweetener Reb M (Rebaudioside M).



GOOD GUT & GO

# Probiotic and Prebiotic Drink Mix for Gut Health and Regularity



	Good Gut & Go	Optiflora® DI	Optiflora® Probiotic
<b>Description</b>	Synbiotic probiotic and prebiotic fibre powder mix for gut health and regularity.	Probiotic clinically proven for digestive and immune health.	Probiotic for digestive health.
<b>Ingredients</b>	10 billion CFUs – Probiotic Blend <ul style="list-style-type: none"> <li>• <i>Bifidobacterium animalis subsp. lactis</i> HN019™</li> <li>• <i>Lacticaseibacillus rhamnosus</i> GG™</li> <li>• <i>Lacticaseibacillus paracasei</i> Lpc-37®</li> </ul>	10 billion CFUs with 4 bacterial probiotic strains <ul style="list-style-type: none"> <li>• <i>Bifidobacterium lactis</i> HN019™</li> <li>• <i>Lactobacillus rhamnosus</i> GG™</li> <li>• <i>Lactobacillus acidophilus</i> La-14®</li> <li>• <i>Lactobacillus plantarum</i> Lp-115®</li> </ul>	250 million CFUs <ul style="list-style-type: none"> <li>• <i>Bifidobacterium longum subsp. longum</i>, strain</li> <li>• <i>Lactobacillus acidophilus</i>, strain</li> </ul>
<b>Other ingredients</b>	Inulin – 3.9 g	N/A	N/A
<b>Form</b>	Powder stick pack	Capsule	Capsule
<b>Flavour</b>	Raspberry	N/A	N/A
<b>Points of difference</b>	<ul style="list-style-type: none"> <li>• Synbiotic (prebiotics and probiotics)</li> <li>• Fruit-flavoured powder</li> </ul>	<ul style="list-style-type: none"> <li>• Probiotics only</li> <li>• Capsule</li> </ul>	<ul style="list-style-type: none"> <li>• Probiotics only</li> <li>• Capsule</li> </ul>
<b>Who is this for?</b>	Tailored for those seeking a clinically proven synbiotic to support digestive health and regularity in a convenient powder mix.	For those seeking clinically proven digestive and immune support.	Perfect for those new to probiotics and individuals with sensitive digestive systems.



GOOD GUT & GO

# Probiotic and Prebiotic Drink Mix for Gut Health and Regularity



	Good Gut & Go	Optiflora® Prebiotic
<b>Description</b>	Synbiotic probiotic and prebiotic fibre powder mix for gut health and regularity.	Prebiotic powder to nourish your gut's good bacteria.
<b>Ingredients</b>	Inulin – 3.9 g	Inulin and FOS – 3 g
<b>Other ingredients</b>	10 billion CFUs • <i>Bifidobacterium animalis subsp. lactis</i> HN019™ • <i>Lactocaseibacillus rhamnosus</i> GG™ • <i>Lactocaseibacillus paracasei</i> Lpc-37®	N/A
<b>Form</b>	Powder stick pack	Powder
<b>Flavour</b>	Raspberry	Unflavoured
<b>Points of difference</b>	<ul style="list-style-type: none"><li>• Synbiotic (prebiotics and probiotics)</li><li>• Fruit-flavoured powder</li></ul>	<ul style="list-style-type: none"><li>• Prebiotic only</li><li>• Unflavoured powder</li><li>• Potential side effects (gas from FOS)</li></ul>
<b>Who is this for?</b>	Tailored for those seeking a clinically proven synbiotic to support digestive health and regularity in a convenient powder mix.	Tailored for individuals seeking additional fibre.

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