



## 5 SUPPLEMENTS FOR GUT HEALTH

1

**Digestive Bitters or Enzymes:** take one or two capsules at the beginning of each meal, and they will decrease the chances that partially digested food particles and proteins cause damage to your gut wall.

2

**Slippery Elm:** This herb contains mucilage and stimulates nerve endings in the body's intestinal tract. The increase in mucus secretion helps protect your stomach's lining. It also contains powerful antioxidants that help relieve inflammatory bowel symptoms.

3

**Licorice Root:** This potent adaptogenic herb can help balance cortisol levels and improve the acid production within the stomach. It is also helpful in supporting the body's natural processes for maintaining the mucosal lining of the stomach.

4

**Caprylic Acid:** It's a fatty acid that is naturally found within coconut oil. It is known for its antiviral and antifungal abilities and is especially helpful for people that feel they are suffering from Candida or yeast overgrowth.

5

**L-Glutamine:** Glutamine is one of the most important nutrients for a healthy digestive tract because of its ability to maintain the integrity of the intestinal wall. This amino acid (in fact it's the most abundant amino acid in the body) heals all tissue in the body, especially those irritated tissues in the digestive tract.

