

# Probiotic & Prebiotic Drink for Gut Health and Regularity\*

## GOOD GUT & GO | GUT HEALTH & REGULARITY

Balance good bacteria & keep it on the regular with this synbiotic Raspberry drink elixir. You'll get the benefits of probiotics and prebiotics in one tasty Raspberry drink with 10 billion CFUs of three clinically proven probiotic strains and 3 g of prebiotic fiber.\*

#21505 | 30 SERVINGS  
RETAIL PRICE: \$44.60 | MEMBER PRICE: \$37.90



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 fiber that acts as fuel for the growth of good bacteria\*
- Supports regularity with 3 g of the prebiotic fiber inulin\*
- A good source of fiber
- Available as a raspberry-flavored drink mix—simply mix with 8 oz. of water
- Vegan, Star-K Kosher, gluten-free, nondairy, sugar-free

**DIRECTIONS:** Mix one stick with 8 oz. of water. Let nature run its course.

### Supplement Facts

Serving Size: 1 Stick (4.3 g)  
Servings per Container: 30

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4 g	1%**
Dietary Fiber (as inulin)	3 g	11%**
Digestive Enhanced	58 mg (10 billion CFU)	†
Proprietary Blend		
<i>Bifidobacterium lactis</i> HN019™		
<i>Lactobacillus rhamnosus</i> GG™		
<i>Lactocaseibacillus paracasei</i> Lpc-37®		

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other Ingredients: Natural Flavor, Citric Acid, Rebaudioside M, Fruit and Vegetable Juice Powder for Color.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





## 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 lactis HN019™, Lactobacillus rhamnosus GG™, and Lactocaseibacillus paracasei Lpc-37®—plus 3 grams of prebiotic fiber.

### 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 fibers 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 fiber (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 4 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 grams of prebiotic fiber, which serves as nourishment for beneficial gut bacteria, fostering their growth and contributing to overall gut health and regularity.\*

### CAN I USE GOOD GUT & GO WITH OPTIFLORA PEARL?

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

### CAN I USE GOOD GUT & GO WITH OPTIFLORA PREBIOTIC COMPLEX?

Absolutely! Meeting your fiber needs is crucial, and utilizing both Good Gut & Go and Optiflora Prebiotic Complex, each of which delivers 3 grams of fiber, is a fantastic way to ensure you're meeting your daily intake for digestive health and overall well-being.\*

### CAN I USE GOOD GUT & GO WITH FLORA & FLOW?

Certainly. Good Gut & Go and Flora & Flow can be seamlessly integrated into your routine, each addressing specific health aspects—Good Gut & Go for digestive health and Flora & Flow for vaginal health.\*

### WHAT'S THE BEST WAY TO DRINK GOOD GUT & GO?

We recommend mixing 1 stick pack in 8 oz of water while stirring.

### DOES GOOD GUT & GO HAVE A FLAVOR?

Yes, Good Gut & Go is a raspberry-flavored drink mix.

### HOW MANY STICK PACKS CAN I TAKE PER DAY?

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

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### 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.

### CAN THIS PRODUCT BE USED BY CHILDREN?

Yes. Good Gut & Go is safe for use by children ages 4 and older. We recommend discussing any digestive system issues that your child has with their pediatrician.

### 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 NONDAIRY?

Yes. Good Gut & Go is nondairy.

### IS GOOD GUT & GO SUGAR-FREE?

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

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