

HERES THE SCOOP FROM GOGUT

SEPTEMBER NEWSLETTER

VOLUME: 1: NUMBER 2: SEPTEMBER 2023

GO WITH YOUR GUT

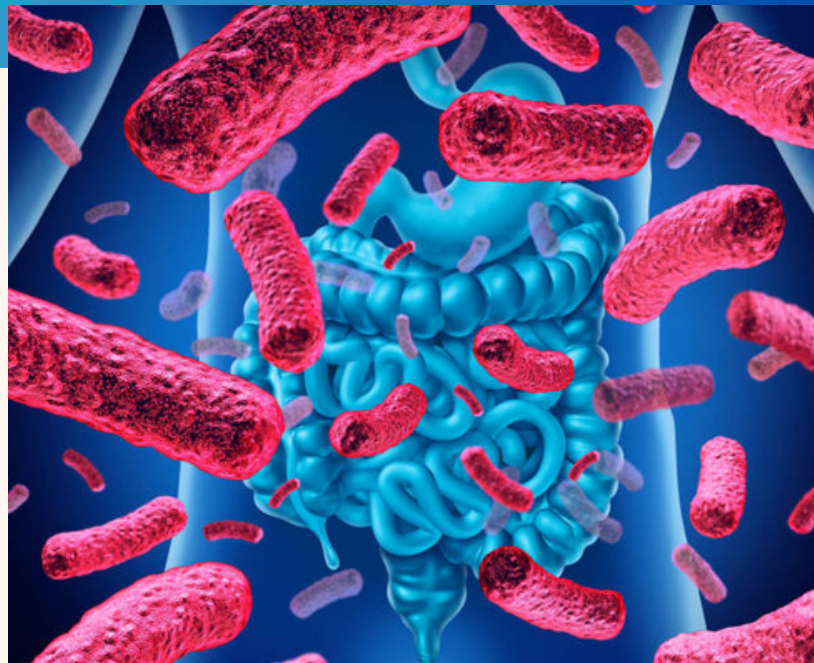
LOSS OF MICROBIAL DIVERSITY THE GREAT EXTINCTION

Clinical research studies have linked a decrease in microbial diversity (different kinds of bacteria in the gut) to chronic health issues such as digestive diseases, obesity, arthritis, cardiovascular problems, and more!

When it comes to bacterial diversity, GOGUT FIBER is your friend for three main reasons:

- It stimulates bowel movements.
- it slows the absorption of sugar from other foods
- Most importantly, regarding diversity, GOGUT acts as food for your beneficial gut bacteria.

Bottom line, the foods you choose daily (GOGUT) offer your body the building blocks required for healthy function.



GOGUT RECIPES

Ingredients

- 2 cups all-purpose flour
 - 1 cups granulated sugar
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 2 eggs
 - 1/2 cup butter melted
 - 1/2 cup milk
 - 1 teaspoon vanilla extract
 - 1/2 cup GoGut Microbebiotic
 - 2 cups (1 pint) fresh blueberries washed, drained, and picked over, or frozen
- For the streusel topping:
- 1/4 cup all-purpose flour
 - 2 tablespoons brown sugar
 - 2 tablespoons granulated sugar
 - 1/4 teaspoon ground cinnamon
 - 1/8 teaspoon salt
 - 2 tablespoons butter cold



Instructions:

Preheat oven to 400 degrees. Prepare a muffin pan with cupcake liners. In a large bowl, sift together 2 cups flour, 1 cup sugar, baking powder, and ½ teaspoon salt. Set aside.

In a medium bowl, whisk eggs until smooth. Add the ½ cup melted butter, GoGut, milk, and vanilla, and whisk until combined. Add egg mixture to flour mixture and stir until combined. (Dough will be lumpy.) Fold in blueberries.

To prepare the streusel topping, in a medium bowl combine ¼ cup flour, 2 tablespoons brown sugar, 2 tablespoons granulated sugar, cinnamon, and ½ teaspoon salt. Using a pastry cutter, cut in butter until topping is crumbly and coarse.

Fill prepared muffin cups with batter. Top each muffin with streusel topping, about 1 tablespoon each. Bake until muffin centers bounce back when lightly pressed, about 18 to 22 minutes. Cool muffins on a rack for several minutes before removing from pan. Cool completely and enjoy!

THE REST OF THE SCOOP

Testimonial Time

We absolutely LOVE hearing from our amazing customers. We want to share some of these great stories with you on how GoGut has helped many people.

If you are interested in getting your stories on our monthly newsletter, please send in your testimonials to gogutkristen@gmail.com

Thank you!

Go Gut,
It is a produce that has helped me go everyday.
Keep up the good work. and thank you family and team.


Thank you,
God Bless,
Robertu [redacted]

Larry's Dinner

God Bless America
Thank you for the recent update on your company and for the \$20 coupon/certificate. I am enclosing my order for the Two Containers at \$39.95, less \$20, \$17.94.
So glad to hear that you are still producing a good product that has been very helpful in the past for me. I had been wondering as I've seen no infomercials in the past couple of years.

Thanks again,
Sharon [redacted]

P.S. My digestive system thanks you !!

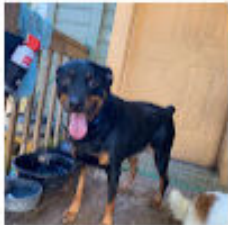


Jerry Cairns

3 reviews · 1 photo

★★★★★ 4 months ago

My dog was experiencing some stomach issues until we tried Go Gut. It really has been a big difference.



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