

HERES THE SCOOP FROM GOGUT

OCTOBER NEWSLETTER

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How Soluble Fiber Supports Better Sleep

Soluble Fiber helps promote restful sleep by nourishing the gut microbiome, which in turn supports the gut-brain axis. As healthy gut bacteria ferment the fiber, they produce beneficial short-chain fatty acids and metabolites that can help regulate sleep-related signaling (e.g. serotonin and melatonin). Research suggests higher fiber intake is associated with deeper, more restorative slow-wave sleep, fewer nighttime awakenings, and better sleep quality overall.

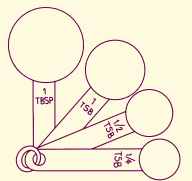
GOGUT RECIPES

INGREDIENTS



Fall Kale & Squash Sauté

- Kale (3 cups of chopped kale, stems removed)
- Butternut Squash (10 oz)
- Pickled Beets (1/2 cup)
- Avocado Oil
- Salt, Pepper, Garlic Powder (1/8 teaspoon each)
- Feta Cheese (1/4 cup)
- Pumpkin Seeds
- 1 Tablespoon Lemon Juice
- 30 grams of GoGut



INSTRUCTIONS

1. Steam or roast butternut squash until al dente.
2. In a saute pan add 1 tablespoon of avocado oil on medium heat.
3. Add cooked squash, kale, pickle beets and seasoning.
4. Whisk gogut , 1 tbsp warm water, 1 tbsp avocado oil in a small bowl, add to sauteed veggies.
5. Once pulled from the heat, add feta cheese, pumpkin seeds, and lemon juice.



**BUY 10
GET 5**
~~\$49.24~~
\$35

Testimonials

R Robert C
5 reviews



This is the best product we have ever used. I have always had trouble sleeping and since I have been taking GoGut I've had the best sleep. It also keeps us regular 😊. GoGut is the best product!

Thank You,
Robert C.



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