

HERES THE SCOOP FROM GOGUT

FEBRUARY NEWSLETTER

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How Soluble Fiber Helps Lower

Soluble fiber acts like a sponge in your gut . During digestion, it forms a gentle gel that binds to cholesterol and bile acids and helps remove them from the body. To replace what's lost, your liver pulls LDL (“bad”) cholesterol from your bloodstream.

✨ The result: lower LDL cholesterol, better heart health, and a happier gut—plus a healthy microbiome that helps your body make less cholesterol overall.

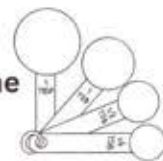
GOGUT RECIPES

INGREDIENTS



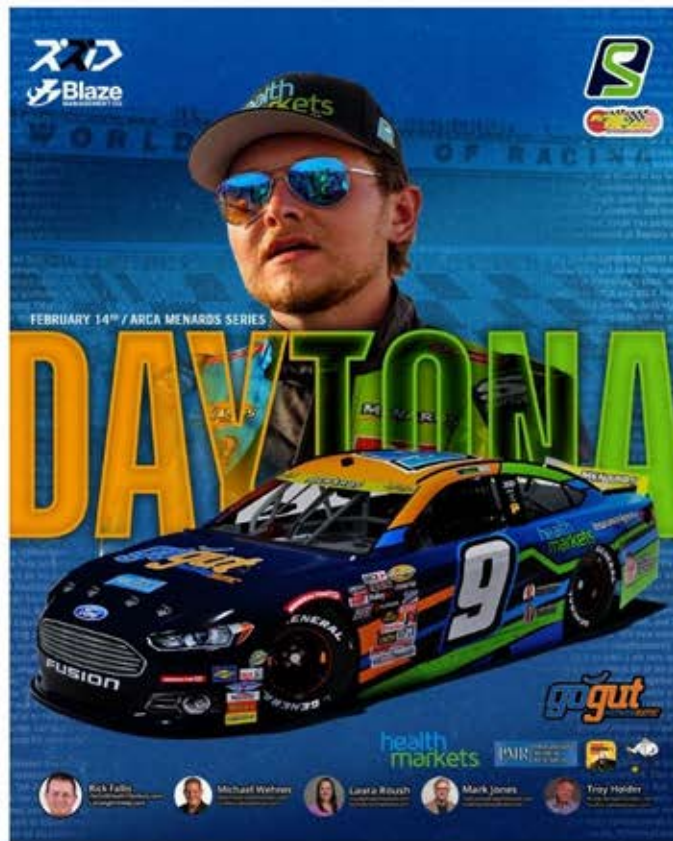
Sweet Heat Chili

- 8 oz Ground Lean Beef or Ground Turkey
- 1 White Onion
- 2 Cans of Black beans
- 1 Cup Corn
- 1 Can of Rotel Chilis
- 1- 28 oz Can of Diced Tomatoes
- 1 teaspoon salt, pepper, and garlic powder
- 1/2 teaspoon of chili powder or cayenne powder
- 40 grams of GoGut



INSTRUCTIONS

1. Sauteed meat of choice until cooked through, add onions to same pan and cook until soft
2. Add Gogut and whisk until dissolved.
3. Add cooked meat, onions, canned goods and seasonings to crock pot.
4. Cook on low for at least 4 hours. Add more seasons or hot sauce to taste.



Tune In

2026 ARCA Menards Series season opener at Daytona International Speedway, the Daytona ARCA 200, will air on the main FOX broadcast network on Saturday, February 14, 2026, at 12 p.m. ET, Check out the GoGut car with Presley Sorah in the driver seat!

Testimonials



Don S



I have been using GoGut powder for months and feel great! I recently had my annual physical and my bloodwork was excellent!

Thank You,
Don S.



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