

HERES THE SCOOP FROM GOGUT

JANUARY NEWSLETTER

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New Year, Healthier Gut

The New Year is the perfect time to reset your health from the inside out. Gut health plays a key role in digestion, immunity, energy, and overall wellness—and GoGut Microbebiotic is essential to keeping it strong. Prebiotics feed the good bacteria in your gut, helping reduce bloating, support digestion, and promote balance.

This year, focus on simple daily habits that last. Adding consistent prebiotic fiber (GoGut) isn't a cleanse or a trend—it's a foundation. A healthier gut helps set the tone for a healthier, more energized year.

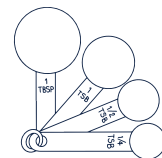
GOGUT RECIPES

INGREDIENTS



Sweet Potato Brownies

- 2 medium sweet potatoes, roasted or steamed
- 1/3 cup melted coconut oil
- 1/3 cup maple syrup
- 2 eggs
- 1 1/2 cups self rising flour
- 1 1/2 cups chocolate chips
- 40 grams GoGut



INSTRUCTIONS

1. Preheat oven to 350F degrees
2. Apply coconut oil to inside of baking pan to help prevent sticking
3. Mix all ingredients together with hand mixer for 2-3 minutes, or until smooth.
4. Add 1 cup chocolate chips into mix, save the rest for the top.
5. Bake for 55 minutes or until toothpick comes out clean, indicating they are done

THE REST OF THE SCOOP



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Testimonials



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