

How Does GoGut Help With Weight Loss

Soluble fiber helps with weight loss by slowing digestion and helping you feel fuller, longer. When it mixes with water, it forms a gel-like substance in your gut that delays stomach emptying and stabilizes blood sugar levels. This helps reduce cravings, prevent energy crashes, and naturally lower overall calorie intake.

It also supports the release of hormones like GLP-1 that signal fullness to your brain, helping you feel satisfied with less food. Plus, soluble fiber feeds beneficial gut bacteria, which may improve metabolism and support healthy weight management over time.

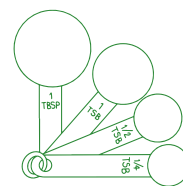
In short: soluble fiber helps control appetite, balance blood sugar, support gut health, and make weight loss more sustainable – not restrictive.

GOGUT RECIPES

INGREDIENTS



- Avocado Oil- 1/4 cup
- GoGut - 30 grams
- 1 Can of Drained Chickpeas
- 1 Pint of Tomatoes of choice, washed and halved
- Fresh Basil - 1/4 cup chopped
- 1 Block of Feta Cheese
- Greek Seasoning -3/4 tsp



INSTRUCTIONS

1. Warm Avocado oil in a sauteed pan on low heat or microwave for 10 seconds. Once warmed whisk GoGut until dissolved.
2. In a casserole pan add the infused avocado oil, chickpeas, tomatoes, basil, Greek seasoning (1/2 tsp) and stir.
3. Add sliced feta to the top layer and the rest of the seasoning (1/4 tsp).
4. Bake at 400F for 10 minutes uncovered.



🔥The Brotherly Feud is ON!🔥



It's Taylor vs. Chris Malpass — and you get to decide who wins!

- Team Taylor Special includes:**
- One Month Supply of GoGut Fiber
 - 1 Carrot Cake Oatmeal Cookie
 - 1 Malpass Brothers Iced Tea

- Team Chris Special includes:**
- One Container of GoGut Fiber
 - 1 Chocolate Chip Cookie
 - 1 Malpass Brothers Iced Tea

Both bundles are \$57.94 — same price, different team.

So... who are you backing in this brotherly showdown?

Visit www.gogut.com or call 386-333-4250 to place your order today!

Testimonials

Les L
5 reviews



truely GoGut is tasteless and it works! My A1c usually was 6.1 and since taking GoGut my A1c is 5.6! That was amazing, I know that it is my reading and so that can not be assured for anyone else, I sure am happy with those results.

Thank you,
Les!



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