

### **How To Take**

- Take 1 capsule every day with a glass of water. We recommend taking the supplement either first thing in the morning or right before bed.
- No need to refrigerate; keep it in a cool place out of direct sunlight.
- 3 months is the minimum recommended period to try our product and see results. It was designed to be taken every day to support the ever-changing needs of your microbiome.

### **FAQ's**

#### **Can I take The Better Gut throughout perimenopause and menopause?**

Yes, you can take Better Gut throughout perimenopause and beyond.

#### **Is The Better Gut safe to take with HRT?**

Yes. Better Gut is safe to take with your prescribed HRT.

#### **Is it safe to take post cancer treatment?**

Better Gut has no known contraindications for use following breast or ovarian cancer treatment, but you should always check with your doctor first. It is safe to take alongside aromatase inhibitors.

Use is not advised in individuals with severe immunocompromised conditions, those at risk of opportunistic infections, and or those with badly damaged GI tracts.

### **IMPORTANT INFORMATION**

- Do not use if inner seal is broken.
- Keep out of sight and reach of children.
- Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
- Consult a doctor or healthcare professional before use, if you are pregnant, breastfeeding, taking any medications or under medical supervision.
- Store in original packaging, in a cool, dry place, out of humidity and not exceeding 25°C.