



UNLIMITED GUT HEALING

All The Health Science, Wisdom and Secrets You
Need To Extract Maximum Gut Healing Results In
Minimum Time From Your New Products

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Introduction: Happy Gut, Happy Life

What is The Happy Mammoth Mission?

Happy Mammoth was created on the premise of gut health and the pivotal role it plays in your daily performance, your energy levels, your wellbeing, mental health, mindfulness and the way it makes you look and feel about yourself.

Our team of experts distill this complicated science into natural products, protocols, courses and articles- to help you make long-lasting positive health changes.

Why Is Good Gut Health So Important?

Your gut is your second brain. It's your body's second hub of intelligence, holding the equivalent brain power of a cute little puppy (actually!). It hosts over 200 million neurons and hundreds of billions of bacteria that influence your personality. (1) Both your brains are in constant conversation. The brain and stomach use the same neurotransmitters which is the language that nerve cells speak.

Complications such as IBS, autoimmune disease and even mental illness are often explained as a serious malfunction between the brain and the digestive tube, so it is essential to address the health status of your gut in order to achieve optimal health.

The Gut-Brain Connection

Science is only now discovering what we have known since the beginning of time:

1. Our gut and our brain are intrinsically linked in what is an extraordinary and unique partnership.
2. Gut health plays a crucial role in the way we look, feel and function as human beings.

Here's why:

If we think about it, throughout our day to day conversations we often use language that inadvertently connects our gut with our brain. We “swallow disappointments”, “savour the moment”, feel “gutted” by negative experiences and even “go with our gut” when making decisions. These “gut instincts” are providing researchers much to “digest” as they embark upon a revolutionary approach to understanding how our mind and body are connected.

Hippocrates, the father of modern medicine, determined that ‘all disease begins in the gut’. (2) How amazing that a claim made more than 2000 years ago is influencing the way science and medical researchers investigate, examine and treat disease today.

Recent research has uncovered some astonishing facts, identifying that many answers to our general health and wellbeing issues lie embedded in our gut. Up until now, the gut has been the most underrated and ignored part of our body. It's never been a popular or glamorous topic for discussion because most of its functions produce physical and sometimes pungent symptoms, which are best confined to the privacy of the bathroom!

How many of you thought the gut only referred to your stomach?

The gut is so much more than something we need to fill with nourishing foods (like organic bone broth) or grumble about. It even has the medical and scientific worlds referring to it as the ‘git’ or our gastrointestinal tract. This amazing and complex organ system, which is at least 7 metres in length is an incredible story of engineering. (3)

Probing the way

Researchers have been following this story in the quest for answers, probing our body's inner world and discovering that, not only is the gut host to a whole new population of micro inhabitants, it also accounts for most of our immune system.

Furthermore, it's been revealed that the gut brain link occurs through an expansive network of chemicals, hormones and neurons. With over a 100 million of these neurons or messenger cells

lying deep within the tissues of our intestine, scientists have labeled this network of nerves, the body's enteric nervous system (1).

This extensive system shares much in common with our body's Central Nervous System (brain, spinal cord and neurons), though can function independently while maintaining regular communication. Since the enteric nervous system is as diverse and chemically complex as the grey matter in the brain, it has been crowned the body's second brain.

The Gut is Your Body's Second Brain

Our second brain controls the gut through extensive connections. Unlike the brain's mass clumping of neurons, those in the second brain spread out like a matrix of fine mesh extending from our throat to our bottom.

Did you know that it is our body's largest sensory organ?

The bi-directional signalling between the gut and the brain is vital in maintaining and regulating our body's internal balance and equilibrium. This information highway which is called the **gut brain axis** provides constant feedback and updates on the state of affairs at both ends (4).

If the gut was solely responsible for just transporting and extracting energy from our food, producing an occasional burp and passing the odd bit of wind, having such a sophisticated nervous system would be a waste of energy.

While unable to complete math equations or estimate our kilojoule intake, the second brain helps to coordinate digestion, moderate gut pain and plays an important role in regulating brain development and behaviour.

The circuitry of neurons, chemical transmitters and hormones not only sends messages to the brain about our gut health, it allows the brain to directly impact the gut environment. Our gut brain connection is revolutionising medicines understanding of the link between our moods, thought processes, digestion and overall health. Competing with the second brain for star billing

in this digestive story is an ecosystem of little characters working to impress and make their presence known.

New investigative research, has determined that our gut plays host to a rich and diverse biological community made up of between one to two kilos of microbes (5).

Most of these live deep within our human bowels and colonise within our colon. These microbes form part of our body's microbiome and play a crucial role in both our digestive health and general well being.

The Gut-Skin Connection

Your skin is the largest and fastest-growing organ in your body (6). Unlike other organs; you can easily see, touch and check the health of your skin daily, so it's a great indicator of what's going on inside your body- especially when it comes to your gut health.

Troubling skin concerns such as acne, rosacea eczema, dry skin and psoriasis can all be the result of poor gut functioning. So it makes sense that improving your gut health is crucial for having healthy, clear skin. From housing both "good" and "bad" bacteria, to absorbing vital nutrients, excreting waste- it's safe to say that the gut plays many vital roles, and making improvements to your digestive system has been scientifically shown to improve skin health.

Let's take a look at why that is:

You Are What You Absorb:

A major role of the gut is to absorb the nutrients from your food that your body needs for growth, repair, and normal functioning. The first step in healing your gut and skin is to make sure that your body is getting all of the nutrients it needs through a diet including a variety of coloured plant foods.

Bacteria ratio:

There's no doubt that high levels of stress and a poor diet can reflect on the health of your skin. However, these factors can result in an imbalance of gut bacteria (too much bad bacteria or not enough good bacteria); leading to inflammation in the body (7), and this is where the link to skin health comes up.

So, it's not so much gut health itself that leads to skin concerns. Rather, it's the imbalance of bacteria. This is why restoring this balance can have positive effects for the skin.

Waste Removal:

A main purpose of the gut is to sweep substances that the body doesn't need any more. If waste is left in the lower bowel, the body can reabsorb some of the substances and can then be excreted through the skin (8), which as we know can cause skin problems. So, how do we keep waste moving out of the body? Fibre, fibre, FIBRE! Dietary fibre helps your body move excess hormones out of your system and in turn keeps your skin healthy and clear.

The Gut-Hormone Connection

Research reveals that the microbiome produces and secretes virtually every hormone that the body utilises and regulates the expression of these hormones and can also inhibit or enhance the production of certain hormones within the body (9). So, it's safe to say that the microbiome plays a central role in what happens to hormone balancing within the body.

In particular, estrogen levels are actually controlled by a specific group of bacteria in your gut, known as the estrobolome (10). In the case of an imbalance in the gut, the estrobolome releases a large amount of a certain enzyme, beta-glucuronidase, which causes bad estrogens to constantly circulate through your system. In addition to estrogen, gut microbiota can also affect melatonin (which regulates sleep), norepinephrine and epinephrine (two hormones related to stress) and thyroid hormones (11).

The Gut-Thyroid Connection

Did You Know? A healthy gut affects the production and conversion of thyroid hormones.

Before we get to explaining the thyroid-gut connection, let us first explain the relationship between the two. Low thyroid function, aka hypothyroidism, can cause damage your digestive health and a poorly functioning digestive system can worsen hypothyroidism and other conditions such as Hashimoto's (12). So it's safe to say that your digestive system is the first thing to address if you have or suspect a thyroid condition.

Let's now get back to how your gut affects the production of thyroid hormones.

Approx 20% of healthy thyroid function is dependent on the amount of healthy gut bacteria in order to convert T4 (the active form of thyroid hormone) to T3 (the active form) (13). Put simply, in order for your body to make use of your thyroid hormones properly, T4 and T3 need to be well equipped with good gut bugs. So, if your gut isn't functioning at its best, you can experience symptoms of hypothyroidism, even if your thyroid is healthy. When our diet is poor and our digestion is out of whack, we get an overabundance of bad bacteria which affects the production of the active thyroid hormone.

In fact, studies show that bacterial gut infections can really mess with healthy thyroid production, by (14):

- Reducing thyroid hormone levels
- Dulling thyroid hormone receptor sites
- Increasing the amount of inactive T3 and promoting autoimmune thyroid disorders

So, it's safe to say that in order to achieve a healthy gut, you need a healthy thyroid.

What Conditions Has Poor Gut Health Been Associated With?

Hashimoto's Thyroiditis

Also known as Hashimoto's disease, this is an autoimmune disorder that can cause your thyroid gland to be under-active. Your immune system overreacts, and it can mistakenly attack your thyroid gland. Eventually, this can lead to damage of your thyroid, and then your thyroid won't be able to make enough thyroid hormones to regulate your body, and many of your functions will slow down (15).

Studies found that roughly 40% of people with Hashimoto's Thyroiditis have problems with intestinal permeability. They have dilated tight junctions in their intestines due to an underperforming thyroid, and this can increase their intestinal permeability. Also, inflammation is common with this disease, and this can lead to further cell damage (16).

Rheumatoid Arthritis

Over 1.3 million adults in the United States have Rheumatoid Arthritis. This medical condition causes pain, swelling and inflammation in a person's joints. It typically attacks in a symmetrical pattern, and this means that if one hand or knee has it, the other usually does as well. The finger joints and wrists are two of the main areas affected, and the inflammation comes from your immune system mistakenly attacking your joints ([17](#)).

A 2016 study linked intestinal bacteria with a higher prevalence of Rheumatoid Arthritis. Researchers took stool samples from 25 patients who had Rheumatoid Arthritis and compared the bacteria content of the samples to the healthy control group. They found an increase of intestinal bacteria in the Rheumatoid Arthritis group when they compared it to the control group, and they also had higher system-wide inflammation levels. This inflammation was also present in the mucosal lining of the intestines, and it prevents them from absorbing nutrients and from healing damage. This increases their permeability ([18](#)).

Allergies

Allergies are one of the leading causes of chronic illness. When you have allergies, your immune system overreacts to substances that generally don't have an effect on other individuals. These substances can include dust, pollen, pet dander, certain foods and mould spores. It's common to experience itching, sneezing and coughing that ranges from mild to severe when you have an allergic reaction. They can be life-threatening in certain people ([19](#)).

Researchers took urine samples from 131 children with food allergies five hours after the children had eaten dairy products, which they had an intolerance or allergy to. The urine showed that 38% of the children (50 out of 131) had increased intestinal permeability following the ingestion of the foods they were allergic to. They noted that there was a higher amount of sugar molecules in the urine ([20](#)).

Asthma

Asthma is a chronic disease that directly affects your lungs. People who have asthma experience wheezing, coughing, breathlessness and chest tightness. These conditions tend to get worse with exposure to dust, mould, humidity or in the morning and evening hours. Many people take medications or have an inhaler on hand at all times to help control the severity of an asthma attack when it happens ([21](#)).

Researchers took one group of 32 asthmatic children and matched them to 32 children without asthma in a control group that they matched by age and sex. They gave each child a dual sugar test to measure their levels of lactulose and mannitol to determine their intestinal permeability. They also did a skin prick test to check for aeroallergens. At the end of the test, they found that children with asthma had higher instances of intestinal permeability due to higher sugar ratios in the urine ([22](#)).

Acne

For people who have acne, they have a disorder with their hair follicles and pores in their skin. Your pores and hair follicles connect to oil glands under your skin that produce sebum. Dead skin, sebum and hair clump together to form a plug, and bacteria makes this area swell. You get pimples when the plug breaks down ([23](#)).

People who have intestinal permeability can have higher levels of “bad” bacteria throughout their digestive tract that can cause inflammation and affect skin health. One study took individuals with acne and a control group without acne and measured both the inflammatory markers in their blood as well as the bacteria levels. They found that the group who had persistent acne had higher levels of inflammatory markers and bacteria levels than the control group. These are also key indicators of leaky gut because unbalanced bacteria levels can damage your gut lining ([24](#)).

Depression

Thousands of people suffer with depression. This is a chronic mood disorder that ranges from moderate to severe. People who have depression typically feel lethargic, lose interest in seemingly everything and body aches are common. It can interfere with how you feel, think and perform common daily activities like sleeping and eating. Medications can help treat the symptoms of depression ([25](#)).

A human study took two groups of people and split them into a control group and a group with diagnosed depression. They measured the levels of gram-negative gut bacteria in both groups throughout the duration of the study. They found that depressed participants had higher levels of gram-negative bacteria in their systems, as well as higher amounts of inflammation than the control group. They hypothesised that the increased inflammation could trigger depressive symptoms, and it could also prevent cells from healing from any damage ([26](#)).

Anxiety

People who have anxiety have extensive worry every day or almost every day, for at least six months at a time. These worries can be about anything from personal health, everyday routine, work and social interactions. Other symptoms include irritability, difficulty concentrating, feeling restless and having sleep problems. Generalised anxiety disorder is a large mental health problem for people all over the world, and more research is starting to link it to leaky gut ([27](#)).

One study involving 10 separate waves of data with participants ranging in age from 9 to 16, 19 and 21 years old measured inflammatory markers like C-reactive proteins and the relation to anxiety. C-reactive proteins are common inflammatory markers with leaky gut. They found that people who had higher levels of inflammation and C-reactive proteins had higher levels of anxiety than people who had low levels of inflammation and C-reactive proteins ([28](#)).

Irritable Bowel Syndrome (IBS)

Irritable Bowel Syndrome is a blanket term for several conditions that typically occur together in your digestive tract. Common symptoms that people experience include diarrhoea, constipation, bloating, abdominal pain and nausea. For a diagnosis, you have to experience these symptoms for three consecutive months, and for at least three days per month. Inflammation is also common, and you can manage your IBS by treating the root cause ([29](#)).

One study took 54 people with IBS and 22 people without IBS for a control group. Both of the groups got five grams of lactulose and two grams of mannitol in water, and then researchers collected a urine sample. The results showed that 39% of the people who had IBS had increased intestinal permeability over the control group. Interestingly, the IBS patients also reported higher pain rates than the control group ([30](#)).

Fibromyalgia

Fibromyalgia is a chronic disorder that is long-lasting and causes muscle fatigue and pain. People who experience this condition typically report pain or tenderness throughout their bodies. There is a host of symptoms that come with this condition including headaches, morning stiffness, trouble sleeping and tingling or numbness in the hands and feet. You can manage your symptoms with medications and finding the root cause of the problem ([31](#)).

A research trial took 40 patients with active fibromyalgia and matched them to 17 volunteers by age and sex. They used a three sugar test to see which patients had markers for inflammation. At the end of the trial, the fibromyalgia group had 13 patients who had raised intestinal permeability and 15 patients that had raised intestinal permeability in their small intestines. The control group only had one person who had raised intestinal permeability according to the sugar test ([32](#)).

Chronic Fatigue Syndrome

Chronic fatigue syndrome (Myalgic encephalomyelitis) is a long-term and serious illness that negatively affects several different systems in your body. Many people who have this condition have severe problems with going to sleep, staying asleep and fatigue problems. If it gets severe enough, the people who have it can end up confined to bed. Pain, dizziness and difficulty concentrating are also common ([33](#)).

One study tested the link between leaky gut induced inflammatory markers and CFS. They took 21 patients with CFS and 20 people for a control group. Both groups underwent a typical stress test to measure their PS-stimulated cytokine (inflammatory marker) levels. At the end of the test, they found that the pro-inflammatory cytokine levels in the patients with CFS were significantly elevated when compared to the control group. Since these inflammatory markers signal that there is increased levels of inflammation, this can negatively impact how well your digestive tract works ([34](#)).

Psoriasis

People who have psoriasis end up with scaly patches of skin that can feel painful, hot or swollen to the touch. There are five different types of psoriasis that you can get, and the most common symptoms include silvery scales on the skin, itching, burning and general soreness. These patches can show up anywhere on your body; however, you usually get them on your face, elbows, knees and lower back ([35](#)).

A study wanted to prove that intestinal permeability plays a role in psoriasis. They took 15 healthy people for a control group and 15 people with psoriasis. Both groups received an EDTA absorption test to measure how well their intestinal barrier kept the EDTA out of their system. They found that the patients with psoriasis had significantly more EDTA in their blood and urine than the control group. The group with psoriasis had 0.81% to the control group's 0.36% ([36](#)).

Lupus

Lupus is a chronic condition where an unknown trigger stimulates your immune system to continually attack the soft tissue in your body. This constant attack can result in severely damaged tissue that produces inflammation throughout your body. While you can't cure lupus, you can treat it and manage your symptoms by finding the root cause ([37](#)).

One study involving mice took 20 mice who had lupus and 20 mice who didn't have lupus for a control group. They performed blood tests to measure the levels of inflammation and bacteria in both groups and measured them over a period of five weeks. At the end of the trial, they found that the mice who displayed lupus-like symptoms had higher levels of bacteria and inflammation related to intestinal permeability than the control group ([38](#)).

Celiac Disease

Celiac disease is a chronic digestive disorder that can damage your small intestine. People who have celiac disease have an allergy to gluten, and they're not able to eat any products containing gluten without having discomfort, diarrhoea and nausea. Unless you monitor it, this condition can lead to nutrient deficiencies that can further irritate your digestive tract and cause more inflammation ([39](#)).

One prospective study took a control group and patients with celiac disease and divided them into three groups based on the length of their gluten-free diets. group A was on the diet for one month, group B was on the diet between one month and one year and group C was on the diet for over a year. Group D was the control group. They tested their lactulose/mannitol intestinal permeability across all of the groups and found that groups A, B and C had higher intestinal permeability. The control group had no intestinal permeability ([40](#)).

Parkinson's Disease

People who have Parkinson's disease have a brain disorder that results in stiffness, shaking, difficulty walking, poor coordination and poor balance. The symptoms usually begin very gradually, and they get worse as time goes on. Sufferers may also have behavioural changes, fatigue, difficulty remembering and trouble talking ([41](#)).

Researchers measured the intestinal permeability of 12 patients with Parkinson's Disease using a noninvasive testing method. They compared the results of these tests to age-adjusted reference values that were predefined. They found that 4 out of the 12 patients with Parkinson's Disease had abnormal intestinal permeability, 2 had an abnormal ratio of lactulose to mannitol and two had an isolated abnormal result. These results showed that patients with Parkinson's had increased intestinal permeability ([42](#)).

Crohn's Disease

Crohn's disease is a long-term and chronic condition that causes irritation and inflammation to your digestive tract. It centres in your small intestine and spreads to the start of your large intestine. This is a very common condition that results in pain, nausea, vomiting, diarrhoea, constipation and abdominal pain. It's more likely to develop in people between the ages of 20 and 29 ([43](#)).

One study took 34 patients with active Crohn's Disease and put them on an elemental diet for four weeks to see if it improved their intestinal permeability. They took urine tests every 24 hours to measure the bacteria and sugar content. They found that 27 of the 34 patients went into remission as their intestinal permeability improved. At the end of the four weeks, all of the patients had significant decreases in their intestinal permeability ([44](#)).

Inflammatory Bowel Disease (IBD)

When someone has Inflammatory Bowel Disease, they typically have a broad range of symptoms that medical professionals classify as IBD. Notably, both Ulcerative Colitis (UC) and Crohn's Disease get lumped under IBD. One of the hallmarks of this condition is chronic

inflammation of your digestive tract. People who have IBD can experience flares that get worse and reduce as the inflammation fluctuates. Symptoms include abdominal pain, nausea, vomiting, cramping and bloating ([45](#)).

From 2009 to 2015, researchers followed 110 patients to measure how intestinal permeability plays a role in IBD. 22 patients served as the control group, 31 had ulcerative colitis and 57 had Crohn's disease. Patients who had either UC or Crohn's had a significantly higher Confocal Leak Score rating than the control group. At the end of the study, researchers found that 36.2% of the patients with IBD had increased intestinal permeability over the control group ([46](#)).

Insomnia

Insomnia is a very common sleep disorder that comes in an acute or chronic form. Acute insomnia comes from stress, family problems or trauma and can last for days or weeks. Chronic insomnia lasts for a month or more, and it's typically a symptom of an underlying medical problem like leaky gut. You can feel anxious, depressed, irritable or fatigued, and your symptoms get worse as your insomnia gets worse ([47](#)).

Did you know that 90% of the serotonin in your body comes from your digestive tract, and serotonin is vital for sleep? One study took people who were experiencing insomnia and problems sleeping and measured their inflammation levels as well as their serotonin levels and compared them to a healthy control group. They found that the group who was reporting insomnia had increased inflammation, intestinal permeability and a disruption of the serotonin production process ([48](#)).

Autism

Autism or Autism Spectrum Disorder (ASD), is a developmental disability that has gained a lot of attention in recent years. People on the autism spectrum can have trouble communicating or interacting with other people. The spectrum ranges from mild challenges up to severe, and people with autism usually have different strengths and challenges. Some people need a lot of assistance to go about their daily lives, and some need very little assistance ([49](#)).

A study took 133 children between 10 and 14 years old and divided them in a group of 103 kids with ASD and 30 kids with special needs (SN). Each group got a dose of mannitol and lactulose to test their intestinal permeability, and they had a urine sample taken six hours later. The study found a possible link between intestinal permeability and autism with two children having increased intestinal permeability, but further research is needed for concrete proof ([50](#)).

Nutritional Deficiencies

Your body requires varying levels of vitamins and nutrients to function. You can normally get this from your diet, but it's easy to become deficient in vitamin A, iron, zinc and iodine if you have a problem with breaking down your food. It can lead to problems with your fine motor skills, anemia, brain development and more. Nutritional deficiencies happen over time, and there are links to leaky gut ([51](#)).

A study involving 924 children from Bangladesh used the non-invasive Lactulose/mannitol test to see how intestinal permeability affected vitamin A and iron levels in these children. Over the course of four years, they took several urine samples to track the levels of these nutrients. They found that children who were consistently deficient in vitamin A and iron had higher levels of intestinal permeability ([52](#)).

Eczema

Eczema is a very common skin condition that is non-infectious. It's an inflammatory disease that causes patches of dry and itchy skin. It's very common in children, and it usually starts to go away by itself as the child ages. Inflammation and stress can cause the patches to flare up and itch in fluctuating severity. Eczema typically appears on your cheeks, buttock, legs, hands and on the stomach ([53](#)).

A controlled trial took 26 children with atopic eczema and compared their relative urinary excretion rates to a control group of 29 children who didn't have atopic eczema. They gave both groups a dose of monosaccharides lactulose and rhamnose and took a urine sample. The results showed that the group of 26 children who had atopic eczema had a greater ratio of lactulose/rhamnose than the control group of 29 children. They found that intestinal permeability

and inflammation of the mucosal lining was present in the group that had atopic eczema, and it wasn't found in the control group ([54](#)).

Sepsis

Sepsis is an overwhelming response by your immune system due to an infection. Your immune system releases chemicals to fight what it sees as an infection, and this triggers system-wide inflammation. It can lead to clots in your blood vessels and impaired blood flow that will eventually lead to multiple organ failure ([55](#)).

One study took 12 patients admitted to an ICU for suspected sepsis. Three had confirmed sepsis on admission and nine did not. Out of the nine, six developed signs of sepsis during their stay. Doctors measured their secretion of Mannitol and Lactulose via urine samples throughout their stay. They found that the patients who had sepsis on admission and who developed sepsis during their stay had increased intestinal permeability and higher inflammation levels than the three patients who didn't develop sepsis ([56](#)).

What Products Do You Sell?

- Prebiotic Collagen Protein
- Beef Bone Broth
- Digestive Super Cleanse
- Probiotic Power Greens
- Vital Digestive Enzymes
- Fermented Happy Fibre
- Postbiotic Beauty Reds
- Ketone Energy PRO4™
- Ultra Absorb™ L-Glutamine
- Hormone Harmony™
- Hormone Harmony PLUS™
- Deep Sleep Mode™

What Diet Should I Be Following While Taking These Products For Best Results?

All healthy guts need a diverse microbiome in order to thrive, meaning lots of different types of bacteria living in your gut. To keep your good bacteria healthy, it needs to be fed a variety of nutrients so it can be constantly replenished.

We generally recommend following a paleo-style eating plan. This includes an abundance of fibre, fermented foods and nutrient-dense foods. The aim is to eat 80% plant-based and 20% lean, good-quality cuts of meat.

Limiting your intake of refined carbohydrates and refined sugars is also key to maintaining a healthy gut. It is also important to note that you must seek the advice of your health care professional before adding or removing foods from your diet. Below is an overview of the foods and supplements to try to avoid and the ones to eat plenty of:

EAT	AVOID
Bone Broth	Gluten
Collagen Peptides	Dairy
L-Glutamine	Omega-6
Broccoli Sprouts	Non-Organic Meats (Contains Antibiotics)
Turmeric	Sugar
Wild Caught Fish	Food Additives
Fermented Foods	Coffee
Peppermint	Vegetable Oils
Pumpkin Seeds	Packaged Foods
Apple Cider Vinegar	Processed Meat
Lemon Water	Refined Sugar
Ginger	Refined Carbohydrates
Mint Leaves	Soft Drinks
Slippery Elm	Alcohol
Digestive Enzymes	Bottled/Tinned sauces

Fennel Seeds	Dairy
Garlic and Onion	Condiments
Green Banana Flour	Farm-Raised Fish
Chia Seeds	Wheat
Psyllium Husk	Margarine
Flaxseeds	Tap Water
Coconut	Fried Foods
Matcha	Saturated Fatty Foods
Olive Oil	"Low-Fat" Foods
Avocado	Breakfast Cereals
Cinnamon	GMO Foods
Cacao	Soy
Spinach	Wheat
Kale	Dried Fruit
Rocket	Fruit Juices
Cabbage	Pastries
Cauliflower	High-Calorie Coffee Drinks
Brussel Sprouts	Granola Bars
Pomegranate Seeds	Flavoured Yoghurt
Goji Berries	Reduced-Fat Peanut Butter
Berries	Cheese
Herbal Tea	Sugar Alcohols
Food-Grade Diatomaceous Earth	Canned Beans
Curcumin	Agave Nectar
Tahini	Farm-Raised Eggs
Seaweed	Energy Drinks
Fish Oil	High Fructose Corn Syrup
Vitamin D	Monosodium Glutamate (MSG)
Leek	Antibiotics
Cumin	Crackers
Coriander	Snack Foods
Basil	Tinned Fruit
Tomatoes	Salad Dressings
Chicory	Iced Tea

However, as always, we recommend seeking the advice of your healthcare professional before adding or removing foods from your diet.

Prebiotic Collagen Protein

What Is Prebiotic Collagen Protein?

Prebiotic Collagen Protein supplies your body with a highly concentrated amount of amino acids such as glycine, proline and lysine which are needed by your body to regulate cell function and build connective tissue structures.

Our hydrolyzed collagen protein is extremely bioactive, containing over 90% of pure protein which is quick and easy to digest. The high levels of glycine and other amino acids can help heal your gut lining, boost energy production and help support weight loss. Our Prebiotic Collagen Protein is also much easier to digest than other protein types.

Prebiotics are different types of special fibres that encourage beneficial species of gut flora to grow. Our prebiotic blend helps to maintain a healthy intestinal environment and may assist with preventing bloating and other digestive discomforts while supporting the proper digestion of food.

Ingredients:

Hydrolyzed Collagen Peptides, Organic Chicory Root, Organic Sprouted and Fermented Golden Pea Fibre, Natural Vanilla Flavour, Natural Stevia-Leaf Extract and Vanilla Beans.

What Are The Top 5 Science-Backed Benefits of Collagen?

1. Greatly Improves Skin Elasticity, Firmness and Moisture Levels:

When digested, collagen peptides attach to fibroblast cells which are responsible for synthesizing collagen in the body. These are the most common cells which make up the connective tissue in the skin. Collagen peptides bring about the production and restructuring of new collagen by stimulating the fibroblast cells.

A randomised, double-blind placebo trial found that collagen hydrolysate, taken over an 8-week period, significantly improved skin conditions such as moisture, elasticity, wrinkles, and roughness. Two collagen compounds were used, one with a higher and one with a lower content of bioactive collagen peptides. The higher content collagen resulted in the most noticeable improvement in facial skin conditions, and both collagen formulations registered improvements over the placebo group ([57](#)).

This study, performed on 69 women between the ages of 35 and 55, quite remarkably showed the highest statistical skin elasticity level improvement in the most elderly women tested ([58](#)).

2. Eases Joint and Knee Pain:

Joint problems can affect us all, whether we are experienced athletes, weekend warriors, or simply working hard at jobs that don't supply much flexibility. Running around all day or being confined to a single place of work can both exert the same effect of painful inflammation and irritation in the joints, and especially in the load bearing knee area.

Simple morning stiffness is a fact of ageing, and in most cases, it's fine to continue exercising as this doesn't accelerate the rate of osteoarthritic development. So what is the solution to provide relief while increasing the chances for improved joint condition and performance?

Well, a 24-week research study provides insight into how regular inputs of collagen hydrolysate (peptides) can exert a beneficial effect on cartilage tissue. Working with two athlete groups; the first group receiving daily collagen supplements and the second group placebo-controlled, the study assessed five different parameters relating to doing pain ([59](#)).

The results showed that through assessment of joint pain while walking, standing, running, changing direction, and resting, were skewed towards a decrease in pain for the athletes that had consumed the collagen supplements. This indicates, most promisingly, that collagen may help slow down joint pain and help relieve the symptoms of rheumatoid arthritis.

3. Boosts Gut Health:

Leaky gut and various other gut syndromes allows for the build-up of toxins and harmful bacteria to pass through the intestine and enter the bloodstream, leading to inflammation and an array of autoimmune conditions. As collagen helps the body form connective tissue and works to repair and strengthen the lining of the gut, it can be beneficial in treating these conditions ([60](#)).

Thanks to its high concentration of glycine, collagen can help to reduce acid reflux and its associated symptoms, allowing the body to produce more stomach acid and aid in digestion ([61](#)). Further evidence also proves its effective towards strengthening the intestinal barrier of the digestive tract. The study found that high concentrations of amino acids (coming from collagen) reduced inflammation and held numerous other protective effects against Irritable Bowel Disease ([62](#)).

4. Prevention and Treatment of Heart Disease:

Collagen may help in lowering your cholesterol levels and preventing against heart disease. The process of atherosclerosis, in which cholesterol accumulates on the arterial walls to narrow blood flow and block heart functioning, has been problematic for researchers in that the mechanisms of how to offset arterial hardening are not well understood.

In one study, the apolipoprotein E (apoE), found in collagen, has been shown to play a key role in making arteries softer by suppressing arterial hardening (atherosclerosis). This is opening the door for new treatments to be developed that don't need to use the whole of the HDL 'good cholesterol' protein, but instead simply use smaller parts of it ([63](#)).

In another study, participants were given collagen supplements twice a day for six months to measure the effects against arterial plaque accumulation. The results showed a significant decrease of atherosclerotic buildup from baseline at six months, suggesting a measurable recovery of blood vessel elasticity. In effect, a softening of the arteries. Additionally, there was a noticeable reduction in the overall LDL cholesterol ratio, meaning that the 'bad cholesterol' had been minimised due to the influence of collagen ingestion ([64](#)).

5. Muscle Growth and Regeneration:

Proteins are instrumental in the repair and growth cycle that follows muscle ‘damage’ during the course of structured training. Just as protein powders can be implemented at the right moment to maximise muscle recovery and regeneration, so can collagen, a protein, exert marked effects.

A study conducted on elderly sarcopenic men, those with a degenerative loss of skeletal muscle mass and quality, showed that collagen peptide supplementation in combination with resistance training actually *improved* body muscle composition and overall strength, while *decreasing* fat mass. Results were compared with a placebo group to validate outcomes ([65](#)).

Another research study revealed that the lack of collagen VI can, in fact, be *deleterious* to the potential for muscle regeneration, reducing the capability of your cells to undertake renewal following periods of injury. Equally, the lack of collagen availability due to certain genetic mutations leads directly to muscle atrophy disorders ([66](#)).

What Are The Top 5 Science-Backed Benefits of Prebiotics?

1. Strengthens The Immune System:

Prebiotics have been found to boost your immune system and strengthen your body’s defenses against illness ([67](#)). Healthy bacteria can train your immune system to distinguish between “foreign” microbes and those originating in your body, making probiotics the best front line defense against infection.

2. Help To Ease Digestive Disturbances, Discomfort and Chronic Gut Issues:

If you’re suffering from digestive symptoms like bloating, gas, diarrhea and flatulence, it is more than likely a result of a digestive tract condition. Often, the simple addition of prebiotics and probiotics will help ease digestive symptoms. Research indicates that prebiotics are helpful for diarrhea, gas, inflammatory bowel disease, Crohn’s disease and H. pylori infection ([68](#)).

3. Help to Heal the Gut After Antibiotic Use:

Antibiotics are engineered to kill all bacteria in the body and cannot tell the difference between the “good” and “bad” bacteria. If you’ve recently taken a round of antibiotics, it’s very likely your

gut will have a bacteria imbalance. Prebiotics have been shown to help feed the good probiotics that your gut is craving and will help restore your thriving microbiome ([69](#)).

4. Can Help Combat Mood Disorders:

If your everyday life is filled with stress, irritability, anxiety and depression, studies are showing that your intestinal flora could be out of sync. Studies show that prebiotics help normalise the flora which will improve the functioning of your gut-brain connection ([70](#)).

5. Help to Improve Skin Conditions:

If you suffer from acne, eczema, rashes, hives, or psoriasis, it's most likely due to poor digestion and an imbalance in gut bacteria. Research tells us that the supplementation of probiotics and prebiotics (while also cleaning up your diet) promotes healthy skin ([71](#)).

What Are Our Customers Saying About Prebiotic Collagen Protein?

"Have been taking this every day for 4 weeks now and have had a marked improvement in my bowel discomfort. Less gas, less pain...and I'd like to think my skin feels softer! I like the taste too, it mixes well with my smoothie every morning. Definitely a keeper."

- Penny

"This is my second order of the prebiotic collagen powder. I have tried many over the years and this one is the best in taste, nice and creamy and dissolvability. I have SIBO so probiotics and prebiotics have always caused more discomfort, except for this brand...we don't experience any bloating. The product nourishes and soothes our gut and intestines. Would highly recommend!"

- Rita

"I tried this product as an absolute last resort. I was so bitterly disappointed after trying different diets, doctors, dietician, I had eliminated allergies, parasites, bacteria and tried several other products on the market recommended to me yet I still had severe symptoms of IBS. This is the ONLY product that has worked and I am still on my first jar! I am so glad I had just enough in me

to give this product a go! No more bloating and pain and no more following extreme elimination diets such as the horrible Fodmap. This is easy, yummy and everything is back to normal."

- Claudia

"I don't normally do reviews, however I'd like to let you know I'm loving this protein powder. The real vanilla taste and smooth texture makes everything super delicious. I've just finished my first tub and I'm coming back for more as I've had no indigestion, no bloating or tummy upsets since using the prebiotic powder in my smoothies. Thank you Happy Mammoth."

- Susie

"I suffered Diverticular Disease and IBS for years now. I have been taking the Collagen Prebiotic powder for about 6mths and find I have less crampy days and am able to tolerate different foods a lot better. My DD flare ups have decreased...I'm sure we are onto a good thing here."

- Aylene

What Other Products Can I Take With Prebiotic Collagen and Why?

Prebiotic Collagen Protein + Beef Bone Broth:

When combined, these products provide you with a double supply of collagen and help to heal the lining of your gut. How? When you eat bone broth, you are essentially eating cooked collagen. The protein gelatin in Bone Broth helps to repair the intestinal lining of the gut; reducing the inflammation responsible for numerous chronic conditions. Prebiotic Collagen Collagen further aids in restoring the integrity and health of the mucosal lining in the gut and contains many amino acids such as proline and glycine which are essential for repairing a damaged intestinal lining.

Prebiotic Collagen Protein + Digestive Super Cleanse:

Digestive Super Cleanse works to sweep impurities, toxins and harmful bacteria in the gut. After the first few weeks of the cleanse, we recommend incorporating Prebiotic Collagen Protein as it is the perfect next step and gets to work to heal the lining of the gut.

Prebiotic Collagen Protein + Ketone Energy PRO4:

Ketone Energy PRO4 works perfectly with Prebiotic Collagen Protein. Together they support rapid energy production, reduce bloating, and increase skin moisture levels to reduce the appearance of lines and wrinkles.

Prebiotic Collagen Protein + Vital Digestive Enzymes:

Vital Digestive Enzymes contains lipase in its blend which enables your body to effectively absorb vitamins and minerals from the foods you eat. Combining it with Prebiotic Collagen Protein provides you with extra digestive benefits.

Prebiotic Collagen Protein + Fermented Happy Fibre:

Both products are powerful sources of prebiotics. The collagen protein and rare prebiotic resistant starch coming from Fermented Happy Fibre work together in a synergistic way to nourish your microbiome and heal your gut, assist with weight loss and boost 5 HTP for increased serotonin levels.

Prebiotic Collagen Protein + Probiotic Power Greens:

In partnership with probiotics, prebiotics increase the presence and diversity of good bacteria.

Prebiotic Collagen Protein + Postbiotic Beauty Reds:

Postbiotic Beauty Reds is a powerful source of Vitamin C which works well alongside Prebiotic Collagen Protein to support the production of collagen.

Prebiotic Collagen Protein + Ultra Absorb L-Glutamine:

Prebiotic Collagen Protein helps repair damaged cells and builds new tissue to seal the lining of the gut- resulting in improved digestion and reduced signs of bloating. Ultra Absorb further

assists as it enables your gut cells to restore more quickly, heals the tight junctions in your gut and also helps to restore the gut lining.

Prebiotic Collagen Protein + Probiotic Power Greens + Postbiotic Beauty Reds:

Prebiotic Collagen Protein has been designed to synergistically work with Probiotic Power Greens and Postbiotic Beauty Reds. This trio of products ensures your gut functions in perfect balance with a concentrated dose of prebiotics, probiotics and postbiotics.

Frequently Asked Questions:

1. How many scoops of Prebiotic Collagen Protein do I take daily?

We recommend having one or two scoops daily all depending on daily dietary requirements and your lifestyle. If you participate in daily physical activity then we encourage you to have two scoops to assist with muscle recovery.

2. What time of the day is best to take this product?

Prebiotic Collagen Protein is highly versatile and can be taken at a time of day which best works for you. Here are some suggestions:

- In the morning to promote satiety and reduce sugar cravings.
- Prior to exercise for increased strength and performance.
- After exercise for faster recovery.
- Before bed for improved sleep quality.

3. Can I add this to smoothies or does it have to be taken by itself?

Prebiotic Collagen Protein is stable in all liquids. You can simply mix it into a tall glass of water, almond/macadamia milk or your smoothies.

4. Can I add this to hot drinks?

Prebiotic Collagen Protein is best enjoyed with cold beverages.

5. How many calories does it contain per serve?

Each serve (15g) contains approximately 49 calories full of healthy servings of protein, carbohydrates and dietary fibre.

6. What are the prebiotics in this product?

Each serving of Prebiotic Collagen Protein contains a high dose of two powerful prebiotics: Organic sprouted and fermented golden pea fibre and Organic chicory root.

7. Is this product safe to take whilst pregnant/breastfeeding?

Although Prebiotic Collagen Protein is a natural supplement, we advise you to check with your doctor or healthcare professional first.

8. How many serves is in each tub of Prebiotic Collagen Protein?

Each tub of Prebiotic Collagen Protein lasts approximately 24 serves.

9. How much water do I take this product with?

The quantity of water you add won't interfere with its effects. It simply depends on your personal flavouring preferences. However, as a starting point, we recommend starting with 150-200mL of water and going from there.

10. Is it safe to consume while on medication?

Although Prebiotic Collagen Protein is a natural supplement, we always recommend consulting a health care professional first when it comes to medication and interactions.

11. Is this product safe to consume for children?

We always advise consulting a health care professional for children under the age of 18 as their dietary requirements greatly differ.

12. Does this product need refrigeration?

Not at all. We do however recommend storing it in a cool and dry place, away from direct sunlight.

13. How long does it take before you feel the benefits of this product?

The time at which you start to notice improvements differs from person to person and depends on the status of your gut when starting its supplementation, your eating plan and how quickly your body responds to it. Some notice changes within the first week, whilst for others it may take a little while longer.

14. How much collagen is in one serving of this product?

Each serve (15g) of Prebiotic Collagen Protein provides you with 11.1g of high-quality, bioavailable collagen protein.

15. Is this product suitable to have during a fasting period?

Having Prebiotic Collagen will break your fast. However, it can be taken to break this fast and to kick-start your day.

16. How much sugar is in one serving of this product?

Each serving (15g) of Prebiotic Collagen Protein contains a small amount of 0.2g of sugar coming from natural sources.

17. What is the macro count of this product?

Each serving (15g) of Prebiotic Collagen Protein contains 11.1g of protein, 2.3g of carbohydrates and 0g of fat.

18. Are collagen peptides the same as gelatin?

The simple answer here is no. Collagen peptides and gelatin are actually not one and the same. Gelatin is simply a form of cooked collagen. True, they are both proteins, and as such are often closely associated due to their similar benefits. For example, both are beneficial in improving skin texture and digestion while alleviating joint pain. And while both come from our bones, dermis, and connective tissues, they are not the same.

19. How is collagen protein superior to regular whey protein?

Collagen shares all the benefits of whey protein but carries many bonus benefits to which whey fails to deliver. In this sense, collagen is the most superior form of protein and goes above and beyond that of any whey or regular protein.

For one, Collagen Peptides repair the gut and regulate metabolism through hormone balancing. Collagen peptides also contain important amino acids in highly concentrated amounts. Amino acids are the building blocks of protein and Collagen Peptides contain three very important ones; Proline, Hydroxyproline and Glycine.

The amino acids found in Collagen Peptides also share similar composition to those that make up Creatine. Creatine has been studied for years and has shown to increase nutrient delivery and muscle synthesis and recovery. Due to the collagen being hydrolysed, it is also much more potent and effective at delivering these amino acids to the body as opposed to whey which is rather sluggish at this process.

Collagen is also more anti-inflammatory than Whey Protein. Due to its high lactose and dairy content, whey protein is very hard to digest and causes a raft of digestive issues such as bloating, nausea, diarrhea, loose stools and flatulence. Collagen Peptides, on the other hand, soothes, nourishes and repairs the gut. Furthermore, collagen is an extracellular substance so once absorbed in the body, it immediately begins repairing and protecting your cells.

20. Do i need collagen peptides if i use bone broth?

While Bone Broth does contain collagen and many of the amino acids which make up collagen, it does not contain a concentrated punch like what you would find in a collagen peptides supplement. However, Bone Broth does contain other nutrients which collagen does not which makes it the perfect partner in crime. For example, it contains gelatin, proline and many other vital nutrients.

21. What is the source of your collagen?

Prebiotic Collagen Protein is bovine collagen.

5 Of the Most Popular Prebiotic Collagen Recipes

Collagen Protein Pancakes

- 1 cup gluten-free oats
- 1 egg (lightly beaten)
- 1½ tsp baking powder
- ½ tsp baking soda
- 2 scoops Prebiotic Collagen Protein
- 1 tbsp coconut oil (for frying)

Method:

1. Combine all ingredients in a large mixing bowl and mix until well-incorporated.
2. Heat coconut oil in a medium-sized pan and once warm, slowly pour in mixture using a spatula.
3. Once small bubbles start to appear, flip over and continue cooking the other side until golden brown.

Energy Protein Balls

- ¼ cup desiccated coconut (for rolling)
- ½ cup almond meal
- 2 scoops Prebiotic Collagen Protein
- 2 heaped tbsp Natural peanut butter
- 1 tbsp Organic cacao powder
- 1 tsp cinnamon
- 2 tbsp pumpkin seeds/mixed seeds of choice
- ¼-½ cup warm water (adding more/less as needed)

Method:

1. Add all ingredients to a food processor and blitz until well-combined (adding more water if necessary).
2. With your palm, roll mixture into bite-sized balls and coat in coconut.

3. Refrigerate for an hour before enjoying.

Collagen Protein Overnight Oats

- ¼ cup almond milk
- ¼ cup gluten-free oats
- 1 tsp Organic cacao powder
- 1 scoop Prebiotic Collagen Protein
- 1 tsp chia seeds
- 1 tsp LSA mix

Method:

1. Add all ingredients to jar and stir thoroughly to combine.
2. That's it! Place lid on jar and refrigerate overnight.

Serving suggestion: Top with banana, cacao nibs, and a healthy dollop of natural peanut butter.

Greens Smoothie

- 1 banana
- 1 cup almond milk
- 1 scoop Prebiotic Collagen Protein
- 2 kale leaves
- 1 small handful spinach leaves

Method:

Add all ingredients to a blender and blitz until well combined.

Cacao Mint Smoothie

- 1 tsp Organic cacao powder
- 1 tbsp Organic cacao nibs

- 3 mint leaves
- 1 scoop Prebiotic Collagen Protein
- 1 cup almond milk

Method:

In a blender, combine all ingredients until smooth.

Organic Bone Broth

What Is Beef Bone Broth?

Bone Broth a unique healing food and gives you supple skin whilst helping to seal your gut and reduce cellulite.

When you eat bone broth, you're eating cooked collagen. This is a powerful way to restore collagen levels in your skin, helping to reduce the development of wrinkles. Sure, you could find a lot of products with "collagen" on the label, but dietary collagen is far more potent—it partitions collagen to your cells just like a targeted delivery system.

Our bone broth contains the full spectrum of amino acids and minerals—all in easily absorbable forms. This enhances your mood, energy, clarity and focus whilst balancing your hormone levels.

Ingredients:

Water, organic free-range grass-fed beef bones and beef (42%) from Tasmania and Queensland, organic carrots, celery, organic onions, ginger, organic apple cider vinegar, garlic, turmeric, sea salt, herbs, peppercorns.

What Are The Top 5 Science-Backed Benefits of Bone Broth?

Helps Reduce Inflammation:

While acute inflammation is a natural self-protective process, a number of chronic and painful conditions can develop when inflammation persists for longer than necessary. Studies have shown that glycine and proline are effective in reducing inflammation ([72](#)). These amino acids are found in high concentrations in bone broth, where they are used in the formation of collagen.

Helps Heal The Gut Lining:

One of the most widely studied health benefits of bone broth is its ability to heal the gut. An amino acid prominently found in bone broth is glutamine and is the natural remedy for leaky gut ([73](#)). This syndrome causes the intestinal lining to function poorly and allows for toxins and other harmful agents to leak into the bloodstream and cause a raft of autoimmune concerns. Increasing your intake of glutamine means keeping the intestinal wall strong and healthy, preventing this damage from occurring.

Numerous studies support glutamine's ability to enhance gut permeability. A particular study of interest analysed the effects of L-glutamine supplementation amongst a large study group of 107 children. Impressively, the group taking L-glutamine were shown to have improved intestinal barrier function when compared to the children who took a placebo ([74](#)).

Eases Joint Pain and Promotes Muscle Recovery:

The many amino acids in beef bone broth can help to stimulate muscle protein synthesis, which is essential for the maintenance, growth, and repair of all skeletal muscle groups. Research is starting to validate the many benefits of bone broth for joint health. In particular, beef bone broth is an excellent source of Type I collagen, which targets joint pain and can be of great assistance to those suffering from conditions such as osteoarthritis.

In a study consisting of 100 women (between the ages of 40-70), the addition of collagen displayed clear and significant improvements after just 6 months of treatment effects for relieving symptoms of osteoarthritis ([75](#)).

Similarly, an additional study working closely with athletes found that the supplementation of collagen showed significant improvements with their troubled joint pains over a 24-week period [\(76\)](#).

Assists With Weight Loss:

Bone Broth is a satisfying drink or meal rich in collagen protein, which allows us to feel fuller for longer. More specifically, the high concentration of glutamine contained in bone broth plays a key role in controlling metabolism- and as we know, an effective working metabolism aids in the maintenance of a healthy weight.

In fact, glutamine has been shown to have a direct effect of appetite, by promoting satiety [\(77\)](#). To support this, following a collagen-heavy eating plan was shown to significantly increase muscle mass and decrease body fat percentage amongst elderly men [\(78\)](#).

Improves Immune Function:

Our immune system is responsible for fighting off disease and keeping us healthy on a daily basis. Researchers at the University of Nebraska Medical Center were curious if chicken soup really did boost the immune system just like the old wives tales suggests. To their surprise, they discovered that the amino acids found in chicken broth could reduce inflammation, improve digestion, and improve immune system function [\(79\)](#).

What Are Our Customers Saying About Beef Bone Broth?

“Absolutely love this broth. I drink a cup nightly and it has replaced my evening cup of tea. So nourishing, comforting and yummy. I add a bit of sea salt and pepper- wonderful.”

- Louise

"I have been struggling with Rosacea and high blood pressure for some time elevated by the birth of my daughter who is now 2...I have been taking Mammoth Organic Bone broth for 2 weeks now and can see a considerable difference in my BP reducing from 8 tablets per day to only 2. I also note my Rosacea and skin issues have improved also cannot wait to see my health in 6 months' time."

- Jessica

"I have found this bone broth gives a lovely depth of flavour to my soups as well has improved my gut health. Thank you Happy Mammoth!"

- Christine

"I have been ordering this broth for over 6months now and couldn't be more impressed! It is convenient and nutritious, I recommend it highly."

- Kate

"This product is very good. Has already started to make a positive difference to my out of source bowel. Will continue to use for benefits satisfying sugar cravings and settling a very noisy gut."

- Christine

What Other Products Can I Take With Beef Bone Broth and Why?

Beef Bone Broth + Vital Digestive Enzymes:

Both natural products work together in perfect synergy to:

- Increase nutrient absorption to deliver a targeted dose of collagen and healing amino acids to help repair the gut lining.
- Reduce systematic gut inflammation

Beef Bone Broth + Prebiotic Collagen Protein:

When combined, these products provide you with a double supply of collagen and help to heal the lining of your gut. How?

When you eat bone broth, you are essentially eating cooked collagen. The protein gelatin in Bone Broth helps to repair the intestinal lining of the gut; reducing the inflammation responsible for numerous chronic conditions. Prebiotic Collagen Collagen further aids in restoring the integrity and health of the mucosal lining in the gut and contains many amino acids such as proline and glycine which are essential for repairing a damaged intestinal lining.

Beef Bone Broth + Vital Digestive Enzymes:

Both products work together in perfect synergy to increase nutrient absorption to deliver a targeted dose of collagen and healing amino acids to help repair the gut lining. They also help to reduce systematic gut inflammation.

Frequently Asked Questions:

1. What time of the day is best to have Beef Bone Broth?

Consuming one cup per day is enough to kick-start your day and experience all of the benefits.

Below are some recommendations on when may be best suited to consume it:

In the morning: We recommend having one cup each morning to help curb cravings and to kick-start your metabolism.

Before/after exercising: We recommend having one cup approximately 30 minutes before or after exercising.

2. Is Beef Bone Broth safe for children?

As our Organic Bone Broth is 100% free from any nasties and 100% Organic, gluten-free and dairy-free, we don't believe you will run into any issues by the introduction of bone broth. It is also super rich in the minerals- calcium, magnesium and phosphorous, which are important for building strong and healthy bones (particularly important for young, developing kids!).

3. Is Beef Bone Broth grass fed?

Our broth is proudly made from 100% Australian grass fed, organically raised cattle from small farms right here in Australia.

4. Can Beef Bone Broth be watered down?

The beauty of our bone broth is that it can easily be transformed to best suit your personal preferences. Adding water won't interfere with its nutritional value, so feel free to adjust its consistency to your liking.

5. How do I consume Beef Bone Broth?

The easiest way to get all the health benefits is to consume a cup every morning. We recommend warming it up over the stove as you can control its heat. You can also use our broth as a base for sauces, stocks, soups and smoothie bowls.

6. Is Beef Bone Broth safe to consume while breastfeeding?

Our broth is completely safe and in fact recommended whilst breastfeeding as it contains a high concentration of vital nutrients such as gelatin and collagen which contain amino acids particularly important during this time. However, it is always best to check in with a healthcare professional before introducing any new foods whilst breastfeeding.

7. How long is Beef Bone Broth simmered for?

We make our broth the traditional way. The premium bones are simmered for a massive 18 hours with fresh Organic vegetables and our anti-inflammatory blend consisting of turmeric, ginger, garlic and peppercorns. This long simmering process allows the bones to release healing compounds such as collagen, glycine and proline.

8. Is Beef Bone Broth safe to consume during pregnancy?

Our broth is completely safe and in fact recommended whilst breastfeeding as it contains a high concentration of vital nutrients such as gelatin and collagen which contain amino acids particularly important during this time. However, it is always best to check in with a healthcare professional before introducing any new foods throughout pregnancy.

9. Is Beef Bone Broth safe to consume while on medication?

As our broth is 100% free from any nasties and 100% Organic, we don't believe you will run into any issues whilst being on medication. However, we always recommend consulting a healthcare professional first if you have any concerns.

10. Is Beef Bone Broth safe to consume for babies?

Although our broth is rich in key minerals which are beneficial for building strong and healthy bones, we always recommend consulting a healthcare professional first.

11. What is the shelf life of Beef Bone Broth?

We use millions of dollars worth of packaging technology to ensure our broth is naturally fresh, never frozen, completely shelf stable and 100% additive free. As there are no nasties coming from our packaging, you can be sure that it will stay completely fresh and will last in the pantry for years without spoilage.

12. How many serves is in one packet of Beef Bone Broth?

Each BPA free pack of broth lasts approximately 2-4 serves all depending on how you prefer your broth (including flavour intensity). We recommend incorporating one cup as part of your morning routine to kick-start your day.

13. Why does my Beef Bone Broth look jiggly?

That is the gelatin. When cool, it makes the broth look a little like this, but don't worry, this is completely normal. Simply heat it gently on the stovetop and it will return to a liquid state.

14. Why do you add apple cider vinegar to Beef Bone Broth?

Adding an acid (such as lemon juice or vinegar) helps to extract minerals from the bones. We use a mild-flavoured apple cider vinegar because white vinegar tastes too harsh in a mellow broth. New medical research also suggests that apple cider vinegar ingestion can help acid reflux, lower blood pressure, improve diabetes and support weight loss.

15. Why is Beef Bone Broth only available in liquid form?

The dehydration process used to create its powdered form strips most of the nutrients away. For this reason, our broth is 100% fresh and kept in its natural liquid form.

16. Is gelatin the same as collagen peptides?

The simple answer here is no. Collagen peptides and gelatin are actually not one and the same. Gelatin is simply a form of cooked collagen. True, they are both proteins, and as such are often closely associated due to their similar benefits. For example, both are beneficial in improving skin texture and digestion while alleviating joint pain. And while both come from our bones, dermis, and connective tissues, they are not the same.

17. Can I warm up Beef Bone Broth in the microwave?

Rather than using a microwave, we recommend warming it over the stove as you can control the heat better.

18. How much Beef Bone Broth do i have daily?

We recommend having one cup a day. Feel free to include it in a main meal such as soup or recipes which call for broth.

19. Can i just buy broth from the supermarket?

Nope. Broth (often labelled “stock”) from the grocery store relies on high temperature, fast-cooking techniques, which result in a watered down, non-gelling liquid, so you’re missing out on the benefits of a gelatin-rich broth. In addition, unnatural additives (like MSG) and flavours are often added.

20. How does Beef Bone Broth differ from regular stock?

While it may look like bone broth on the surface, stocks are not slow simmered for 16-24 hours. Bone broth on the other hand is simmered for long periods of time (e.g. 16-24 hours) which allow the bones healing nutrients to infuse into the surrounding liquid. Simply put, a slow simmer time is essential in order to access the nutrition from the bones and make it easier for your body to absorb the nutrients and amino acids. While traditional stock would have been simmered for a long time, modern stock products are less nutritious and thinner due to a lack of gelatin. Gelatin is simply the cooked form of collagen. Standard stocks contain much lower levels of this powerful compound and are typically full of additives, preservatives, sugar, MSG and other

artificial flavourings. To be safe, try to stay clear of these stocks and opt for bone broth because as you will see below, it will do wonders for you.

5 Of the Most Popular Bone Broth Recipes

Lentil Bolognese With Zucchini Noodles

- 1 Tbsp olive oil
- 1 medium shallot, minced
- 1 clove garlic, finely diced
- 1 carrot, finely shredded
- Pinch sea salt and black pepper
- 1 tsp dried oregano
- 1 cup Organic tinned tomato sauce
- 1 tsp dried basil
- ½ cup Bone Broth
- ¾ cup red lentils, rinsed and drained
- 1 medium zucchini, rinsed

Method:

1. Over medium heat, heat a large fry pan. Once hot, add oil, shallot, and garlic. Sauté for 2-3 minutes (whilst stirring occasionally) until fragrant and slightly softened. Turn down heat if browning.

2. Add carrots, salt & pepper, and stir well to combine. Cook for a further 4-5 minutes, then add tomato sauce, stirring to coat.
3. Increase heat slightly and add herbs, water, and lentils and bring up to a simmer.
4. Once simmered, reduce heat to low and continue cooking until lentils become tender, making sure to stir occasionally (approximately 20 minutes). Add more water accordingly if mixture comes too thick.
5. Once lentils are cooked, taste and adjust seasonings as needed, adding more salt to taste.
6. While the sauce is cooking, spiralise the zucchini into noodles using a spiralizer.
*Alternatively you can use a vegetable peeler to achieve a similar result.
7. Serve noodles on top with bolognese.

Coconut and Kale Smoothie Bowl

- 3-4 bone broth ice cubes
- 2 leaves kale, roughly chopped
- ½ cup coconut milk
- 1 banana, frozen
- ¼ cup desiccated coconut

Method:

1. Make bone broth ice cubes the night prior by pouring it into ice tray.
2. Combine all ingredients into a blender and blend until thick and well-combined.
3. Scoop mixture into bowl and top with desired toppings.

Matcha Latte

- 1 cup bone broth, heated
- ½ cup almond milk, heated
- 1 heaped tsp matcha powder
- 1-2 tsp raw honey (to taste)

Method:

1. Sift matcha powder through strainer, directly into a blender.
2. Add heated bone broth to the blender and blitz until matcha has incorporated into the liquid.
3. Add almond milk and honey and combine once again.
4. Pour into a mug and sip away.

Pumpkin Soup

- ½ cup coconut milk
- 1 half butternut pumpkin, roughly chopped
- 1 cup bone broth
- 1 clove garlic, minced
- 1 small brown onion, diced
- ½ tsp ground nutmeg
- Good pinch sea salt and pepper

Method:

1. In a large pot over medium heat, heat oil; browning garlic and onion. Add coconut milk, bone broth, pumpkin and seasonings.
2. Bring to a boil, reduce heat and allow to simmer for 20 minutes or so, stirring occasionally.
3. Scoop into a bowl and enjoy.

Banana and Strawberry Smoothie

- 3-4 frozen cubes bone broth
- 1 banana, frozen

- 3-4 strawberries
- ¼ cup flaxseed
- ½ cup almond/coconut milk

Method:

1. Make bone broth ice cubes the night prior by pouring it into an ice tray.
2. Add all ingredients to blender and blitz until well combined.
3. Pour into a tall glass and enjoy.

Digestive Super Cleanse

What Is Digestive Super Cleanse?

Overtime, unwanted toxins accumulate and block the body's ability to absorb vital nutrients which can lead to a host of health issues such as fatigue and gut dysfunction. Digestive Super Cleanse gently exfoliates the intestine wall, sweeping away impurities that sit in the gut.

Ingredients:

Organic Fresh Water Diatomaceous Earth (Food Grade Fossil Shell Flour)

What Are The Top 5 Science-Backed Benefits of Diatomaceous Earth?

Helps To Detoxify and Strengthen The Digestive System:

The benefits of diatomaceous earth can be seen throughout the digestive system, with the composition of this material proving useful in cleansing the intestines and digestive tract. Silica can be beneficial in soaking up and sweeping away a range of heavy metals and other toxins, as well as helping to eliminate intestinal worms, intestinal parasites, and other dangerous microorganisms. The silica in diatomaceous earth can be taken to reduce the accumulation of

waste and improve gut health, with silicon dioxide found to improve gastrointestinal disorders ([80](#)).

Helps To Reduce Bloating, Wind, And Gas:

The digestive benefits of diatomaceous earth help to cleanse and detoxify the human body of bad bacteria, helping you to eliminate uncomfortable bloating, excessive wind, and unwanted gas. By helping to improve healthy digestion through the removal of parasites, toxins, and other impurities, diatomaceous earth can help to ensure a functional and unburdened digestive system. Diatomaceous earth has been found to eliminate certain stored product pests such as meal worms and mites, and may play a similar role within the human digestive system ([81](#)).

Helps To Strengthen The Immune System:

The health benefits of diatomaceous earth influence the entire body, with improved gut health and lower levels of inflammation helping to protect the immune system. This material is incredibly old and originates from deep within the earth's rich crust, with the diatoms in diatomaceous earth providing humans with access to some of the most alkalising minerals available.

According to research, the silica in diatomaceous earth helps to boost the production of antibodies and antigens that the immune system needs to fight infections. What this means is simple—faster and more efficient healing from colds, flu, infection, and illness ([82](#)).

Helps In The Fight Against Parasites:

Diatomaceous earth can assist in the fight against dangerous parasites. The composition and low density of this product are ideal for killing and flushing parasites from your body, with smaller intestinal parasites removed directly and larger parasites in the digestive tract chopped up before being flushed out. Due to the small size of the silica in diatomaceous earth, this material will not harm your beneficial gut bacteria.

Diatomaceous earth has already been used for a long time to treat parasites in livestock and pets, with high-grade materials proving just as beneficial for controlling parasites in humans. According to a study published in the *Oxford Journal of Poultry Science*, diatomaceous earth has the potential to be an effective long-term treatment for parasite control and elimination (83).

Has Anti-Inflammatory Properties:

Inflammation is a defence mechanism that occurs when the body attempts to heal problems. Even though this biological response is an important part of self-protection, it often gets out of control and causes disease. The magnesium content in diatomaceous earth helps to prevent the chronic inflammation that is responsible for so many diseases, with the rich mineral makeup also helping to prevent early ageing and obesity. According to research, a low magnesium status has been associated with numerous pathological conditions characterised by chronic inflammation (84).

What Are Our Customers Saying About Digestive Super Cleanse?

“I am now on my second course of super cleanse and prebiotic. For the first time in years I’m am not bloated, regular and sleeping better. I have IBS and feel so much more comfortable going out eating now, I have also introduced some foods back into my diet that I had to avoid for so long.”

- Sharyn

“The cleanser is very easy to use - with it having a neutral taste you can easily dissolve it in water and drink or add to any drink. Already feeling the benefits and it's only been 1 week!”

- Selena

“I couldn’t believe just how neutral tasting this product actually was, it’s so easy to drink and as soon as you have it you know you have done the right thing for your body. I also feel it has a calming property to it. My days I have it I feel a sense of calm could be magnesium in it... maybe? Glad I found it anyway definitely recommend.”

- Shayne

“This has helped to reduce my bloating and having better bowel movements.”

- Lidya

“Noticed a big difference after only a few days, and can really tell if i miss a day of using the product...affordable, mild taste and works great!”

- Jody

“I bought this several weeks ago and have found it very beneficial in settling a lot of issues I was having with my gut, I feel much better in the morning since starting this I have lost that bloated feeling, and have not had the usual constipation that was becoming really debilitating, so I would be happy to recommend it to anyone with similar problems.”

- Linda

What Other Products Can I Take With Digestive Super Cleanse and Why?

Digestive Super Cleanse + Fermented Happy Fibre:

Digestive Super Cleanse gently exfoliates the intestinal all, sweeping away impurities, parasites, heavy metals, waste and toxins that sit in the gut. From here, the resistant starch coming from Fermented Happy Fibre produces butyrate in the large intestine which provides the kind of food your good gut bacteria crave and inhibits the growth of toxic bacteria.

Digestive Super Cleanse + Prebiotic Collagen Protein:

Digestive Super Cleanse works to sweep impurities, toxins and harmful bacteria sitting in the gut. After the first few weeks of the cleanse, we recommend incorporating Prebiotic Collagen Protein as it is the perfect next step and gets to work to heal the lining of the gut.

Frequently Asked Questions:

1. How do i consume Digestive Super Cleanse?

- We recommend taking one teaspoon with water once a day. It is best consumed on an empty stomach at least one hour before or two hours after eating.

- Drink approximately one other glass of water after every dose to improve its effectiveness and to stay hydrated. We also recommend increasing your water intake whilst taking it for enhanced effects.
- Increase your dosage slowly after the first few weeks, working your way up to two teaspoons per day. One in the morning and one at night.
- Cycle off its use for 10 days after every month of use for effective, safe and continuous detoxification.

2. Does Digestive Super Cleanse contain shellfish?

This product contains registered Food Grade Fossil Shell Flour (known as Diatomaceous Earth).

3. Is Digestive Super Cleanse safe for children to consume?

Although diatomaceous earth is a pure and natural ingredient, we advise consulting a healthcare professional first for children under the age of 18.

4. Is Digestive Super Cleanse gluten-free?

Yes it is 100% gluten-free. It also happens to be vegan, non-GMO, dairy-free and sugar-free.

5. Is Digestive Super Cleanse safe to consume while breastfeeding?

Although it is a natural and pure supplement, we always recommend checking in with a healthcare professional before introducing any new foods or supplements throughout breastfeeding.

6. What is the ratio of Digestive Super Cleanse to water should i be having?

The amount of water you mix it with is completely up to you and won't interfere with its effects.

7. Is Digestive Super Cleanse safe to consume while on medication?

Diatomaceous earth is a food rather than a medication. However, like any new food or diet introduced whilst taking medication, it is always best to check with your healthcare professional when it comes to medication and interactions.

8. How many serves is in one tub of Digestive Super Cleanse?

Each tub provides you with 40 servings.

9. Can i take Digestive Super Cleanse with other Happy Mammoth products?

All products are designed to synergistically work together. Although you can take multiple products on the same day, we recommend consuming the cleanse separately as it is most effective on an empty stomach.

10. Is Digestive Super Cleanse safe to consume while pregnant?

Although it is a natural and pure supplement, we always recommend checking in with a healthcare professional before introducing any new foods or supplements throughout pregnancy.

11. Does Digestive Super Cleanse have to be taken in the morning?

Not at all. As well as the morning, you can also take the cleanse at another time of day, as long as it is at least one hour before or two hours after a meal.

12. At what time do I increase my dosage of Digestive Super Cleanse to two **teaspoons** a day?

After the first few weeks of supplementation, you can slowly increase your dosage from one **teaspoon** to two **teaspoons** daily. We recommend having your first **teaspoon** in the morning and your second one hour before dinner.

13. Why does Digestive Super Cleanse have to be consumed on an empty stomach?

It is most effective when consumed separately from other foods or supplements. When taking with food, the absorptive properties of Diatomaceous Earth are used to absorb the nutrients of the food, rather than any take in toxins in the body. This reduces the effects of both diatomaceous earth and your foods.

14. How long do i have to take Digestive Super Cleanse for?

We recommend taking it daily for at least a month and assessing how you feel.

15. Can i give Digestive Super Cleanse to my pet?

You sure can. Diatomaceous Earth is effective for improving the appetite, metabolism, and digestion of your pet cat or dog (or both!).

16. Can i use Digestive Super Cleanse as a face mask?

Certainly can. Simply mix one teaspoon of the powder with a few tablespoons of water and mix well. Diatomaceous Earth makes an effective face mask as it absorbs excess oil and toxins from the skin.

17. Does Digestive Super Cleanse contain food-grade Diatomaceous Earth?

It sure does. It contains 100% Organic and pure food-grade Diatomaceous Earth.

18. Can i take Digestive Super Cleanse before bed?

You sure can. Taking the cleanse before bed will provide overnight detoxification.

19. Are there any side effects of Digestive Super Cleanse?

Diatomaceous Earth is generally recognised as safe to consume. However, some people may react to it by experiencing irritation to the nose and nasal passages when breathed in or if consumed in large amounts. It is also recommended to stay nice and hydrated while taking this product, as the detox process can be dehydrating and lead to constipation if you are not drinking enough water.

20. What is the shelf life of Digestive Super Cleanse?

As a naturally occurring mineral, Diatomaceous Earth doesn't have an expiry date. However, we recommend storing it in a cool dry place to preserve its effectiveness.

5 Of the Most Popular Digestive Super Cleanse Recipes

Celery Juice

- Celery stalks, washed
- 1 tsp Digestive Super Cleanse
- 1 cup water (if using blender)

Method:

Feed celery stalks into juicer.

*If using a blender, roughly chop stalks into small pieces, add water and blend until smooth.

Kale Ginger Smoothie

- 2 cups kale, roughly chopped and washed
- 1 tsp fresh ginger, grated
- 1 tsp Digestive Super Cleanse
- 1 banana (frozen)
- 1 cup almond milk/water

Method:

Add all ingredients to a blender and blend until smooth.

Beetroot Smoothie

- 2 medium-sized beetroots, tops trimmed and peeled
- Juice of half a lemon
- 1 tsp Digestive Super Cleanse
- 1 tsp fresh ginger, grated

Method:

Add all ingredients to high-speed blender and blitz until completely smooth.

Orange Turmeric Smoothie

- Juice of two oranges
- 1 tsp turmeric powder
- 1 tsp Digestive Super Cleanse
- 1 tsp black peppercorns

Method:

Blitz all ingredients in blender until smooth.

Spinach Cucumber Smoothie

- 2 cups fresh spinach leaves
- 1 small cucumber, peeled and roughly chopped
- 1 tsp Digestive Super Cleanse
- ½ avocado
- ½ cup water
- 4 pitted dates

Method:

Place all ingredients in a high-speed blender and process until smooth.

Probiotic Power Greens

What Is Probiotic Power Greens?

Probiotic Power Greens is the only scientifically formulated blend consisting of probiotics, antioxidants and cruciferous superfoods. Together, this formula is a bioavailable powerhouse and assists in the yielding of super phytonutrient sulforaphane.

Ingredients:

Certified Organic Australian Broccoli Sprout Powder, Certified Organic Matcha Powder, Probiotic Power Blend (30 billion CFU/g) (Lactobacillus acidophilus, Lactobacillus plantarum and Lactobacillus rhamnosus), Certified Organic Kale Powder, Certified Organic Alfalfa Sprout Powder, Natural Pineapple Flavour, Natural Vanilla Flavour and Natural Stevia Leaf Extract.

What Are The Top 5 Science-Backed Benefits of Probiotics?

Helps Lower Systemic Inflammation:

Inflammation helps your body combat infection. However, chronically high levels of it can have the opposite effect and can cause swelling, pain and tissue damage. In fact, conditions such as psoriasis, ulcerative colitis and chronic fatigue are all thought to be conditions in which inflammation plays a major role.

A particular study of interest found that patients with these conditions who supplemented with probiotics for an eight-week period, had lower levels of inflammation when compared to the placebo group. Additionally, healthy participants who supplemented also saw a reduction in inflammation as well ([85](#)).

Help Boost The Immune System:

Having a healthy population of bacteria sitting in your gut protects you from bad bacteria, infection and viruses, and research has shown that probiotics can boost the immune system. A particular study of interest found that the two strains *Lactobacillus acidophilus* and *Streptococcus thermophilus* helped protect cells from an E.coli infection ([86](#)). To support this, an additional study found that those taking *Lactobacillus crispatus* were shown to have reduced risk of developing a urinary tract infection by up to 50% ([87](#)).

Help Enhance Cognitive Function

The gut is often referred to as your second brain, so it may not come as much of a surprise that probiotics appear to boost cognitive function, such as focus and memory. Numerous studies have discovered that changes in the gut microbiota influences cognitive behaviours. One particular case involving older adults found that supplementing with probiotics (over a 12 week period), led to significant improvements in a mini-mental state examination score, compared to the control group ([88](#)).

Helps Boost Mood And Decrease Oxidative Stress

Did you know? One of the most powerful health benefits of probiotics lies in its ability to down regulate stress response ([89](#)). A respected study found that supplementation of the probiotic strain *Lactobacillus rhamnosus* led to reduced stress and improved mood in mice ([90](#)). An additional study analysed 15 clinical trials to discover the potential effects of probiotics on mood and behaviour. After 4 weeks, they discovered that probiotics: *Bifidobacterium* and *Lactobacillus* helped subjects improve their mood and reduce stress-related behaviours ([91](#)).

Helps Improve Intestinal Tract Health

L. rhamnosus strains are naturally found in foods and is one of the most widely studied probiotic strains. Various health effects are well documented including the prevention and treatment of gastrointestinal infections and diarrhea, and stimulation of immune responses that promote vaccination or even prevent certain allergic symptoms ([92](#)).

What Are Our Customers Saying About Probiotic Power Greens?

“I LOVE the power greens. My skin looks amazing!!”

- Kari

“I have been using the probiotic powder greens for a few weeks and have noticed a big difference, it has helped with my energy level, also with my premenopausal symptoms, I would highly recommend this product.”

- Liz

“Your green powder has helped give me energy and is pleasant tasting.”

- Lyn

“Love both the Prebiotic Collagen Protein and Power Greens. I take them once a day and notice the difference in my gut if i don't. Cannot be without them now.”

- Vicki

“I mix this with really good quality yogurt water and ice. Loving this. Since I started with this product I feel great”

- Jitka

What Other Products Can I Take With Probiotic Power Greens and Why?

Probiotic Power Greens + Fermented Happy Fibre:

When it comes to giving your gut a helping hand, these are the products you need to help repopulate the gut with good bacteria. Probiotic Power Greens contains scientifically-tailored strains of probiotics such as Bifidobacterium and Lactobacillus to provide maximum benefit and encourage the growth of good bacteria.

Fermented Happy Fibre further assists as it is a source of resistant starch that works by producing butyrate to feed good gut bacteria and inhibit the growth of harmful strains.

Probiotic Power Greens + Prebiotic Collagen Protein:

In partnership with probiotics, prebiotics increase the presence and diversity of good bacteria.

Probiotic Power Greens + Vital Digestive Enzymes:

Both natural products support digestive health. Friendly bacteria (probiotics) and enzymes are both located in the digestive tract.

Probiotic Power Greens + Prebiotic Collagen Protein + Postbiotic Beauty Reds:

Probiotic Power Greens has been designed to synergistically work with Prebiotic Collagen Protein and Postbiotic Beauty Reds. This trio of products ensures your gut functions in perfect balance with a concentrated dose of probiotics, prebiotics and postbiotics.

Frequently Asked Questions:

1. When is the best time to consume Probiotic Power Greens?

This product is highly versatile and can be used in countless ways:

- In the morning to help increase satiety and reduce sugar cravings.
- Prior to exercise for extra energy and performance.
- After exercise to combat oxidative stress.
- Any time of day to help prevent and avoid nutrient deficiencies.
- Any time of time to keep your beneficial probiotic levels high and to prevent digestive issues.

2. What are the probiotics in Probiotic Power Greens?

It contains three powerhouse probiotics in each tub. They are:

- *Lactobacillus acidophilus*: shown to increase red blood cell status, promote absorption of iron minerals, and combat anaemia.
- *Lactobacillus plantarum*: shown to increase the absorption of key minerals such as iron and calcium, as well as producing B-group vitamins.
- *Lactobacillus rhamnosus*: shown to protect the gut against the transit of harmful bacteria as well as reduce instances of IBS and IBD by actively alleviating existing symptoms.

3. How many serves is in one tub of Probiotic Power Greens?

Each tub provides you with 24 servings.

4. What is the difference between Probiotics and Prebiotics?

Probiotics: the 'good' bacteria which exist in your gut and help with digestion and other functions.

Prebiotics: while probiotics interact with digestion and the function of the gut, prebiotics serve to nurture the production of probiotics; giving your gut the environment it needs for these good bacteria to thrive.

5. How much water do I mix with Probiotic Power Greens?

The quantity of water you add won't interfere with its effects. It simply depends on your personal flavouring preferences. However, as a starting point, we recommend starting with 150-200mL of water and going from there.

6. How do I store Probiotic Power Greens?

After opening, we recommend storing Power Greens in the fridge as many probiotic bacteria are naturally sensitive to heat and moisture.

7. What cruciferous vegetables does Probiotic Power Greens contain?

This product contains broccoli sprouts, kale and alfalfa sprouts.

8. How many probiotic strains does Probiotic Power Greens contain per serve?

It contains 30 billion CFU/g cold-pressed strains per serve.

9. Can i mix Probiotic Power Greens with Digestive Super Cleanse?

Although both products can be taken on the same day, we recommend taking the cleanse first thing in the morning and separately as it's most effective on an empty stomach. After an hour, you can take Power Greens.

10. When should I start experiencing the benefits of Probiotic Power Greens?

The time at which you start noticing improvements differs from person to person and depends on the health status of your gut and how quickly your body responds to it. Whilst some notice changes within the first week, it may take a little while longer for others.

11. Is Probiotic Power Greens safe for pregnant women?

Although this product is a natural supplement, it is always best to consult a healthcare professional before introducing any new foods or supplements during this time.

12. Is Probiotic Power Greens suitable when breastfeeding?

Whilst this is a natural supplement, we always recommend seeking advice from a healthcare professional before introducing any new foods or supplements during this time.

13. Is Probiotic Power Greens suitable for people with sensitive skin?

As this product is completely free from any nasty additives or preservatives, it is unlikely to cause skin irritations. However, it is always best to speak to a doctor first if you have any concerns.

14. What is the best way to way to consume Probiotic Power Greens?

This product is stable in all liquids, so it can simply be mixed into a tall glass of water, almond/macadamia milk, or your smoothies.

15. Does Probiotic Power Greens contain caffeine?

This product contains naturally occurring caffeine from matcha.

16. Are probiotics still alive if they are dried?

Our strains are dried and stabilised properly, so they remain alive and begin to grow again after they reach the moist environment inside your body.

17. Can children take Probiotic Power Greens?

Generally speaking, probiotics are safe for children. However, we always recommend consulting a healthcare professional first for children under the age of 18 as their dietary requirements differ.

18. Can I take a probiotic and prebiotic at the same time?

You sure can. It is a great way of providing longer-term digestive and immune support. In partnership with probiotics, prebiotics increase the presence and diversity of good bacteria.

19. How long will each tub of Probiotic Power Greens last?

Each tub provides you with 24 servings.

20. Can I add Probiotic Power Greens to hot drinks?

This product is best enjoyed in cold beverages.

5 Of the Most Popular Probiotic Power Greens Recipes

Pineapple and Banana Smoothie

- 1 banana, frozen
- ½ cup coconut yoghurt
- 1 cup almond milk
- 1 scoop Probiotic Power Greens
- Small handful of ice-cubes

Method:

Add all ingredients to a blender and blitz until smooth.

Pineapple and Kale Smoothie

- 1 banana, frozen
- 2 cups chopped kale leaves
- 1 cup almond milk
- 1 scoop Probiotic Power Greens
- Small handful of ice-cubes

Method:

Blend all ingredients in blender until well-combined.

Spinach, Avocado and Pineapple Smoothie

- 1 cup cold, filtered water
- 2 cups spinach leaves
- Small handful of ice-cubes
- ½ medium avocado, peeled and roughly chopped
- 1 scoop Probiotic Power Greens

Method:

Blend all ingredients in a high-speed blender until smooth and creamy.

Pineapple and Berry Smoothie

- ½ cup mixed berries, frozen
- 1 scoop Probiotic Power Greens
- Small handful of ice-cubes
- 1 cup almond milk

Method:

Add all ingredients to a blender and blend until smooth.

Pineapple and Green Apple Smoothie

- 1 cup baby spinach leaves
- ½ cup green apple, diced
- 1 cup almond milk
- 1 scoop Probiotic Power Greens
- Small handful of ice-cubes

Method:

In a blender, combine all ingredients until smooth.

Vital Digestive Enzymes

What Are Vital Digestive Enzymes?

Vital Digestive Enzymes contains a full spectrum blend of 5 important enzymes which assist in the breakdown of carbohydrates, starch, protein, fat and dietary fibre. Together, these enzymes assist in providing relief for sluggish digestive systems.

Every enzyme in Vital Digestive Enzymes is scientifically dosed in high potency form with the full unit amount disclosed.

Our full spectrum formula contains:

Protease (90,000 HUT/g): Converts proteins found in foods into amino acid

Amylase (45,000 DU/g): Converts carbohydrates and starches into sugars

Cellulase (750CU/g): Breaks down fibres into cellulose and converts them into beta-glucose

Lactase (500 Lac U/g): Responsible for converting lactose to glucose

Lipase (400 LU/g): Converts triglycerides into both fatty acids and glycerol

What Are The Top 5 Science-Backed Benefits of Digestive Enzymes?

Helps To Overcome Food Allergies:

Whatever the cause of your food allergies, the supplementation of digestive plant enzymes that have a high protease content have been shown to help with food allergies as they are effective at breaking down protein allergens and work to block the process that causes an allergic reaction ([93](#)).

Individuals with low pancreatic enzyme output have an increased chance of suffering from food allergies ([94](#)) and enzymes supplements can help augment the body's own pancreatic enzymes ([95](#)). Therefore, the use of pancreatic enzymes has been suggested in the treatment of food allergies.

Assists With Nutrient Absorption:

If you can't digest your food effectively, then you can't absorb any of the nutrients into your body. This is known as nutrient malabsorption and is often the underlying cause of many health problems. If the body fails to produce enough digestive enzymes, certain foods are not digested properly. This leads to digestive stress that is often the beginning of a food intolerances and irritable bowel syndrome (IBS).

Studies show that sufficient levels of lipase enables the body to effectively absorb vitamins and minerals from the foods you eat ([96](#)).

Relief From Irritable Bowel Syndrome:

When you have any enzyme deficiency, food sits in the gut and festers. This leads to IBS symptoms ([97](#)). Lipase and other pancreatic enzymes have been shown to help reduce gas, bloating and that “I’ve eaten too much” feeling following a meal.

Research indicates that some patients with irritable bowel syndrome may have exocrine pancreatic insufficiency ([97](#)). This means they have the inability to digest food because of the lack of digestive enzymes made by the pancreas. A 2010 scientific study also indicates that pancreatic enzyme therapy can help reduce unpleasant symptoms like diarrhea and abdominal pain for IBS sufferers ([94](#)).

Help Balance Gut Bacteria:

This is one of the first things that comes to mind when you think about the consequences of an unhealthy gut microbiome. Bloating, gas, reflux and IBD are just some of the typical symptoms for someone who has a gut flora imbalance ([98](#)).

A recent scientific study published in the 2008 “Alternative Medicine Review: A Journal of Clinical Therapeutic found the enzyme lactase to be an effective support for digestive imbalances ([99](#)).

Can Reduce The Severity Of Inflammatory Bowel Syndrome:

Studies have shown that the use of certain proteolytic enzymes help reduce the severity of inflammatory bowel diseases and induced remission of ulcerative colitis. The National Center for Biotechnology Information states that oral administration of five milligrams per day of bromelain markedly decreased the development and severity of inflammatory bowel disease. (Bromelain was also anecdotally reported to induce remission in two patients with refractory ulcerative colitis ([100](#)).

What Are Our Customers Saying About Vital Digestive Enzymes?

“I have tried & wasted so much money on other Digestive Enzymes, that gave me no relief or results at all from all my long term digestive problems. After researching extensively the high levels in the Vital Digestive Enzymes, I found nothing close to comparable at all & the fantastic fast results speak for themselves.”

- Leanne

“I have been taking Happy Mammoth digestive enzymes for 2 weeks now and have improved digestion already. Not anywhere near a bloated as before and definitely no reflux symptoms since taking the product. Happy Mammoth has another happy customer here :)”

- Allison

“Great product, it is easily dissolved into water, tasteless and fine, so no lumps. I have found this has been helping to regulate my digestion after having non specific tummy issues for years. I feel less bloated and fuller after I eat. This has provided the best results for me so far, very happy I gave this a try!”

- Keva

What Other Products Can I Take With Vital Digestive Enzymes and Why?

Vital Digestive Enzymes + Prebiotic Collagen Protein:

Vital Digestive Enzymes contains lipase in its blend which enables your body to effectively absorb vitamins and minerals from the foods you eat. Combining it with Prebiotic Collagen Protein will provide you with extra digestive benefits.

Vital Digestive Enzymes + Beef Bone Broth:

Both products work together in perfect synergy to increase nutrient absorption to deliver a targeted dose of collagen and healing amino acids to help repair the gut lining. They also help to reduce systematic gut inflammation.

Frequently Asked Questions:

1. Are Vital Digestive Enzymes vegan-friendly?

They are completely free of animal products and is therefore vegan-friendly.

2. What time of the day is best to have Vital Digestive Enzymes?

It is best to consume them with food. But don't worry too much about the exact timing. Just make sure it happens within about half an hour of your meal, whether that's just before you eat or after.

3. How much of it should i be taking?

We recommend 1-2g with each major meal to start off with. If your digestion is a concern of yours, we recommend taking 1g with lighter meals.

4. Are Vital Digestive Enzymes safe for children to consume?

Digestive plant enzymes are generally safe for people of all ages. However, it is always best to consult a healthcare professional first for those under the age of 18.

5. Are Vital Digestive Enzymes safe to consume while breastfeeding?

There is no absolute yes or no answer, and it will vary between mother to mother. While gastrointestinal upset or irritation can occur, the risks are quite minimal unless you are taking a high concentration. However, like any new food or diet introduced throughout breastfeeding, it is always best to check with your healthcare professional first.

6. What ratio of Vital Digestive Enzymes to water should i be having?

Our enzymes are in their natural state and are neutral in taste. Because of this, the amount of water you add is completely up to you and won't alter its flavour or effects. It can also be added to your meals, acai bowls or smoothies.

7. Are Vital Digestive Enzymes safe to consume while on medication?

While gastrointestinal upset or irritation can occur, the risks are quite minimal unless you are taking a high concentration. However, like any new food or diet introduced while taking medication, it is always best to check with your healthcare professional first.

8. Do I take Vital Digestive Enzymes with every meal?

We recommend taking just one scoop (1g) mixed in with your first meal of the day. That means you only have to be taking it just once each day to acquire the benefits. If you have chronic digestive issues, then we suggest taking one scoop with each meal.

* Do not consume more than two scoops daily.

9. How many serves is in one tub of Vital Digestive Enzymes?

Each tub will provide you with 60 servings.

10. Why do I need supplemental digestive enzymes if my body already makes them?

The body can make digestive enzymes; however, the more digestive enzymes it is required to produce for digestion, the fewer enzymes it can create to maintain optimal health. It is crucial to preserve the body's ability to make enzymes. The supplementation of enzymes help to break down the nutrients coming from your food, and thus, saves the body from having to release as many of its own enzymes.

11. Will taking supplemental digestive enzymes inhibit the body's ability to make its own enzymes?

Not at all. Rather than enzymes, it is the presence of hormones that signals for secretion of more or less enzymes. Taking supplemental digestive enzymes supports and assists the digestive function, rather than inhibiting it.

12. Are Vital Digestive Enzymes gluten, lactose and dairy-free?

They sure are.

13. Can I take Vital Digestive Enzymes if pregnant?

Although this is a natural supplement, we always recommend consulting a healthcare professional before introducing any new foods or supplements during this time.

14. How long will each tub of Vital Digestive Enzymes last?

Each tub provides you with 60 servings.

15. Are Vital Digestive Enzymes keto and paleo-friendly?

They sure are.

16. Are Vital Digestive Enzymes keto and paleo-friendly?

They sure are.

17. How much is one serving?

The scoop provided in each tub is equal to one serve.

18. Which enzymes does Vital Digestive Enzymes contain?

Our blend contains protease, amylase, cellulase, lactase and lipase.

19. Can I add a scoop of Vital Digestive Enzymes to my yoghurt?

You sure can.

20. Do Vital Digestive Enzymes need to be stored in the fridge after opening?

Not at all. We simply recommend storing them in a cool and dry place away from direct sunlight.

Fermented Happy Fibre

What Is Fermented Happy Fibre?

Happy Fermented Fibre (produced utilising NutraLock™) contains the number one source of resistant starch in the world- 100% Organic Australian grown green bananas. This superfood contains all three types of fibre (soluble, insoluble and fermented) making it the ultimate prebiotic multi-fibre resistant starch source.

Ingredients:

Certified 100% Organic Green Lady Finger Bananas grown in tropical North Queensland, Australia.

What Are The Top 5 Science-Backed Benefits of Resistant Starch?

Helps Maintain Weight/Assists With Weight Loss:

Unlike regular starch, resistant starch passes through your small intestine without being digested, meaning it contains very few calories, and funnily enough, keeps you feeling nice and full! It does this by making sure your blood sugar levels remain steady, leading to increased fat burning, and therefore, assisting with weight loss.

One particular study of interest examined the effects of a meal high in resistant starch compared to one lacking and found that people on a resistant starch food plan increased fat oxidation and enhanced feelings of fullness, resulting in a considerable amount of weight loss ([101](#)).

Similarly, an additional study found that overweight and obese participants taking dietary supplements of resistant starch reported reduced feelings of constant hunger and had beneficial effects on various cardiovascular risk-factors ([102](#)).

Promotes A Healthier Colon Environment:

Resistant starch contains a high concentration of the fatty acid butyrate, which gets absorbed by our cells and is used for energy. As well as this, it also prevents our cells from mutations and protects us from colon damage. A healthy colon means that any toxins you've absorbed with food will stay safely out of your bloodstream.

Its effectiveness was proved in a study, which supplemented a resistant starch diet and found that it significantly decreased reports of stress, which in turn, reduced inflammation and damage to the colon lining ([103](#)).

In fact, recent research suggests that resistant starch can be a protective agent against colon cancer. A study testing this correlation performed a diet swap with one group having a diet high in meat and the other high in fibre (mostly in the form of resistant starch from corn porridge). After it's 2-week completion, those on the resistant starch diet had more than doubled their butyrate levels and also lowered other biomarkers linked to colon cancer ([104](#)).

Reduces Harmful “Bad” LDL Cholesterol Levels:

As fibre passes through the digestive system, it flushes away waste, harmful toxins, and LDL (bad) cholesterol from your system.

A recent study found that those on a resistant starch enriched food plan resulted in a loss of abnormal fat levels (LDL) in their blood, setting them up for improved heart health ([105](#)).

Similarly, the Molecular Nutrition & Food Research Association concluded that eating resistant starch-enriched flour over a 2-week period played a part in lowering total cholesterol by about 7% compared to a control diet lacking resistant starch ([106](#)).

Promotes Absorption And Capacity Of Antioxidants and Minerals:

Gastrointestinal problems such as diarrhoea results in the significant loss of water and can contribute to malnutrition due to the inability to absorb nutrients.

The consumption of resistant starch, particularly green bananas, has been shown to control diarrhoea activity. Research published in Digestive Diseases and Sciences displayed their effectiveness by running a study and found that by its one week conclusion, babies with severe diarrhoea reported a reduction of up to 50% in stool weights, meaning that they were able to absorb nutrients more efficiently ([107](#)).

Can Prevent The Onset Of Type 2 Diabetes:

A key warning sign for the onset of Type-2 diabetes is poor insulin sensitivity. When you become less sensitive to insulin, your body struggles to regulate changes in your blood sugar levels, leading to diabetes and other cardiovascular diseases.

Resistant starch is particularly effective at lowering your blood sugar levels after a meal. A 6-week study found that consuming 30 grams following a meal improved the blood sugar levels of overweight adults without impacting body composition ([108](#)).

Similarly, a Journal of Nutrition study found that when people included just a small amount of resistant starch (15-30 grams) into their diet, their insulin sensitivity levels improved by up to 50% ([109](#)).

What Are Our Customers Saying About Fermented Happy Fibre?

“I’ve been taking the fermented happy fibre with the digestive cleanse for just over a week and I’m feeling great. there’s no flavour to it so it goes great with all my smoothie combinations!”

- Fiona

“I would definitely recommend this product for people needing to add more fibre into their diet. Wonderful stuff!!”

- Leonie

“Very Happy with the fibre. Good to be regular again and it tastes great as well.”

- Lesley

“I have been using this Fibre for a week its added great flavour and extra nutrition to my morning shakes, I feel full for so much longer I think it may even have helped curb my sugar cravings really happy with this purchase. In fact I can't live without my Happy Mammoth products.”

- Shayne

“After 2 days using ‘Fermented happy fibre’ I am completely back to normal. No more laxatives and no more bloating. Love this product!”

- Lynn

What Other Products Can I Take With Fermented Happy Fibre and Why?

Fermented Happy Fibre + Prebiotic Collagen Protein:

Both products are powerful sources of prebiotics. The collagen protein and rare prebiotic resistant starch coming from Fermented Happy Fibre work together in a synergistic way to nourish your microbiome and heal your gut, assist with weight loss and boost 5 HTP for increased serotonin levels.

Fermented Happy Fibre + Probiotic Power Greens:

When it comes to giving your gut a helping hand, these are the products you need to help repopulate the gut with good bacteria. Fermented Happy Fibre is a source of resistant starch that works by producing butyrate to feed good gut bacteria and inhibit the growth of harmful strains.

Probiotic Power Greens further assists as it contains scientifically-tailored strains of probiotics such as Bifidobacterium and Lactobacillus to provide maximum benefit and encourage the growth of good bacteria.

Fermented Happy Fibre + Digestive Super Cleanse:

Digestive Super Cleanse gently exfoliates the intestinal all, sweeping away impurities, parasites, heavy metals, waste and toxins that sit in the gut. From here, the resistant starch coming from Fermented Happy Fibre produces butyrate in the large intestine which provides the kind of food your good gut bacteria crave and inhibits the growth of toxic bacteria.

Frequently Asked Questions:

1. Is Fermented Happy Fibre gluten-free?

This product is made using the one ingredient: 100% Certified Organic green lady finger bananas, which are of course naturally gluten-free. So no matter what food intolerances you may have, you can be confident knowing that it is completely free from gluten.

2. Is Fermented Happy Fibre certified Organic?

This product is proudly Australian and is derived from 100% Certified Organic, natural and ethically-sourced green bananas.

3. What is the best way to consume Fermented Happy Fibre?

This product is highly versatile and can be used in many ways. Some suggestions are:

- Mixed in a tall glass of water or coconut water for sustained energy.
- Combined with Prebiotic Collagen Protein for extra prebiotic power.
- As a healthy flour substitute for healthy gluten-free baking.
- Added to your smoothie to reduce sugar cravings.

- Mixed in coconut, almond or macadamia milk to create a multi fibre super smoothie.
- Sprinkled on your morning cereal for a multi fibre boost.

4. When is the best time of day to consume Fermented Happy Fibre:

This product is highly versatile and can be consumed at a time which best works for you. Some suggestions are:

- In the morning for sustained energy throughout the day.
- Before exercise for performance and an energy boost.
- Daily to help restore your gut flora and nourish your microbiome.
- When travelling for a prebiotic and nutrient hit to stop sickness.
- After a meal to increase satiety and reduce sugar cravings.

5. How many serves of Fermented Happy Fibre should i have a day?

We recommend following the 10g dose (one scoop) a day.

6. Is Fermented Happy Fibre safe to consume during pregnancy?

Fibre is an important component of a balanced diet for pregnant and lactating women. However, it is always best to consult your healthcare professional before introducing any new foods or supplements while pregnant.

7. How many calories are in Fermented Happy Fibre?

Each serve (10g) contains 36 calories full of healthy servings of protein and carbohydrates.

8. Is Fermented Happy Fibre safe for children to consume?

Keeping up with your fibre intake is vital for growing children. However, as always, we recommend consulting a healthcare professional first for children under the age of 18.

9. How much sugar is in Fermented Happy Fibre?

Each serve (10g) contains 1.2g of natural sugar coming from green lady finger bananas.

10. Is Fermented Happy Fibre safe to consume while breastfeeding?

Fibre is an important component of a balanced diet for breastfeeding mums. However, we always recommend consulting a health care professional before introducing any new foods or supplements when breastfeeding.

11. How many grams of product are in each tub of Fermented Happy Fibre?

Each tub contains 240g of product.

12. How many calories are in each serving of Fermented Happy Fibre?

Each serve (10g) is 36 calories.

13. How much water do I mix with Fermented Happy Fibre?

The quantity of water you add won't interfere with its effects. It simply depends on your personal flavouring preferences. However, as a starting point, we recommend starting with 150-200mL of water and going from there.

14. How long will one tub Fermented Happy Fibre last?

Each tub provides you with 24 servings.

15. Can I take Fermented Happy Fibre when on medication?

Although this product is a natural supplement, we always recommend consulting a healthcare professional first when it comes to medication and interactions.

16. Can I mix Fermented Happy Fibre with other liquids as well as water?

You sure can. This product is stable in all liquids, so it can also be mixed into almond/macadamia milk, yoghurt, or your favourite smoothies.

17. Does Fermented Happy Fibre contain GMO ingredients?

No way! This product is non-GMO and always will be.

18. Does Fermented Happy Fibre require refrigeration after opening?

Not at all. We simply recommend storing it in a cool and dry place away from direct sunlight.

19. Doesn't the heating process kill off its nutrients?

We take pride in knowing that our product uses a method called NutraLock™. This technology has been proven to 'lock in' the important nutrients at a rate of 20-50 times higher than conventional heat processing techniques (unlike other variations that tend to use nasty heat processing that kills off all the beneficial nutrients, including resistant starch).

20. What type of fibre do green bananas contain?

This superfood contains three types of fibre (soluble, insoluble and fermented) making it the ultimate prebiotic multi-fibre resistant starch source.

5 Of the Most Popular Fermented Happy Fibre Recipes

Green Banana "Ice-Cream"

- 1 banana, frozen and chopped
- ¼ cup unsweetened almond or coconut milk
- 1 scoop Fermented Happy Fibre
- 2 tbsp desiccated coconut (plus extra for top)
- 2 tbsp all-natural peanut or almond butter
- 1 tbsp Certified Organic cacao powder
- Slivered almonds/raw nut of choice (for topping)

Method:

1. In a food processor, add all ingredients and blitz until smooth and well combined (making sure to scrape edges of bowl as you go).
2. Scoop mixture into a freeze-proof container and freeze for an hour or so.
3. Transfer into a ramekin and top with extra coconut and nuts. ENJOY!

*Serves 1- Simply double the mixture for an additional serve.

The Classic Banana Bread

- 2 large ripe bananas, mashed
- ½ cup coconut oil, melted
- 1 ¾ cup green banana flour
- 1 scoop Fermented Happy Fibre
- ¼ cup raw Organic honey (optional)
- 2 free-range eggs, lightly beaten
- ⅓ cup coconut milk (or almond milk)
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- Add-ins (optional): cacao nibs, walnuts, raisins

Method:

1. Preheat oven to 180°C and grease and line a baking tray.
2. In a large bowl, whisk oil and honey (if using) followed by the eggs and beat well; then whisk in the mashed bananas and coconut milk. Stir well to combine.
3. Add in remaining ingredients and fold to combine well.
4. Pour batter into prepared baking tray and bake for 30 minutes or until toothpick comes out clean.
5. Set aside to cool slightly before enjoying.

Green Smoothie

- 1 cup spinach, frozen
- 1 cup kale, frozen
- 1 green apple, peeled and chopped
- 1 scoop Fermented Happy Fibre

- 1 cup chilled water (or pure coconut water)

Method:

Place all ingredients into a blender or food processor and mix until smooth. Pour into a tall glass and enjoy.

Chai Smoothie

For chai spice mix:

- 2 tsp cardamom
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp ginger
- 1 tsp cloves

For smoothie mix:

- 1 banana, frozen
- 1 scoop Fermented Happy Fibre
- 1 cup unsweetened almond milk
- 1 tbsp chai spice mix (above)
- 1 tbsp ground flax seeds/chia seeds

Method:

1. Stir all chai spice mix ingredients together until fully combined and set aside.
2. Combine smoothie ingredients in a blender and blitz until smooth, adding more almond milk if necessary.

3. Pour into tall glass and get creative by topping with chopped nuts, cacao nibs or any other goodies.

Avocado and Spinach Smoothie

- 1 banana, frozen
- 1 cup coconut water
- 1 scoop Fermented Happy Fibre
- 1/4 avocado, mashed
- 1 small handful ice cubes
- 1 tsp cinnamon
- 1 tsp vanilla extract

Method:

In a blender, combine all ingredients and puree until smooth. Serve in a glass and enjoy.

Postbiotic Beauty Reds

What Is Postbiotic Beauty Reds?

Postbiotic Beauty Reds targets the three pillars of anti aging using a unique plant blend + newly discovered postbiotics to rejuvenate your appearance from the inside out. Our formula bucks the trend of reducing the signs of aging with expensive creams and serums. We believe aging should be addressed by the foods we put into our bodies.

We here at Happy Mammoth believe that your skin health is directly linked with the health status of your gut. If your gut is healthy then you skin will flourish.

Ingredients:

Postbiotics (Butyrate Acid), Organic Baobab Powder, Organic Cacao Powder, Organic Beetroot Powder, Strawberry Powder, Diatomaceous Earth, Blueberry Powder, Papaya Powder, Resveratrol, Natural Raspberry Flavour, Stevia Leaf Extract.

What Are The Top 5 Science-Backed Benefits of Postbiotics?

Postbiotics Lower Rates Of Inflammatory Diseases

The latest research shows that strains of probiotic bacteria- particularly lactobacillus casei DG, releases beneficial postbiotic byproducts that, when combined, helps to regulate inflammatory responses ([110](#)).

Also of interest is the postbiotic called butyrate. Studies suggest that this fatty acid can help to ease the symptoms associated with IBS and IBD by suppressing inflammation and assisting in the regulation of cell turnover ([110](#)).

Postbiotics Encourage the Growth of Probiotic “Good” Bacteria

Postbiotics mimic the activities and beneficial effects of prebiotics, giving them the ability to help probiotics really thrive.

In fact, when lactic acid bacteria is supported by postbiotics, they hold various benefits within the microbiome, such as limiting the presence of viruses and toxins as well as the secretion of heavy metals from the body ([111](#)).

Postbiotics May Help To Prevent Diabetes

Due to their ability to reduce blood sugar levels and improve the bodies response to insulin, postbiotics can help to prevent pre-diabetes.

Much research has led to the discovery that the postbiotic factor called muramyl dipeptide (MDP) can help to prevent diabetes in obesity. Of particular interest was a study analysing

obese mice over a 5-week period, which showed that injections of MDP improved insulin and glucose tolerance and therefore prevented the onset of diabetes ([112](#)).

Postbiotics Reduce The Number Of Harmful Pathogens In The Body

Pathogens can cause serious harm and disease within the body if left unchecked. Species such as *Clostridium perfringens*, *Escherichia coli*, *Salmonella enterica*, and *Listeria monocytogenes*, are all infamous for the damage they can do to digestive health.

New research is beginning to discover that postbiotics also hold antimicrobial properties, which allows them to get rid of harmful bacteria in our body and therefore prevent the onset of many illnesses and infections ([113](#)).

Postbiotics Strengthen The Immune System

It has long been known that having the right diet helps to support and even boost the health of our immune system. Postbiotic foods like those discussed above represent a key addition to your diet and one which will help to keep you protected against many common diseases and ailments.

This is because of the effect that postbiotics have on regulatory mechanisms in the body. A diet rich in postbiotics helps to shore up these mechanisms, increasing your body's ability to respond to potential illnesses before they take hold ([114](#)).

What Are Our Customers Saying About Postbiotic Beauty Reds?

"I must say I'm very happy with this one. I've noticed a big difference with my skin and even the dark circles in my eyes have slightly diminished. My bowel movements have been regular too, no more constipation!"

- Michelle

"I didn't expect it would be so good at reducing inflammation but it tastes great I would definitely recommend it."

- Kate

“I love this product. It’s yummy and mixed with Prebiotic Collagen Protein is a great part of my morning routine.”

- Jitka

“Simply the best...wouldn’t be without it. All the powders have become my life...haven’t felt better for a long time”

- Marie

What Other Products Can I Take With Postbiotic Beauty Reds and Why?

Postbiotic Beauty Reds + Prebiotic Collagen Protein:

Postbiotic Beauty Reds is a powerful source of Vitamin C which works well alongside Prebiotic Collagen Protein to support the production of collagen.

Postbiotic Beauty Reds + Prebiotic Collagen Protein + Probiotic Power Greens:

Postbiotic beauty Reds has been designed to synergistically work with Prebiotic Collagen Protein and Probiotic Power Greens. This trio of products ensures your gut functions in perfect balance with a concentrated dose of postbiotics, prebiotics and probiotics.

Frequently Asked Questions:

1. What can Postbiotic Beauty Reds be mixed with?

Postbiotic Beauty Reds is stable in all liquids and can simply be stirred into a tall glass of water or macadamia and almond milk to naturally bring out even more flavours. It can also be used in baking, in acai or smoothie bowls or a part of a gluten-free oat breakfast.

2. How do I use Postbiotic Beauty Reds?

It's best to consume Postbiotic Beauty Reds every morning for maximum effectiveness. We recommend mixing approximately one scoop in 200-300mL of water to start. Reduce or increase water amount for your own flavour preferences.

3. How much water do I mix with Postbiotic Beauty Reds?

The amount of water you add is completely up to you and all depends on personal flavour preferences. We recommend starting with 200-300mL and adjust according to taste.

4. Can Postbiotic Beauty Reds be used with other Happy Mammoth products?

It sure can. Postbiotic Beauty Reds has been designed to synergistically work with our Prebiotic Collagen Protein and Probiotic Power Greens. That way, you can ensure your gut functions in perfect balance with a concentrated dose of prebiotics, probiotics and postbiotics. One thing to note here is that they should be consumed separately for taste preferences.

5. Can I take Postbiotic Beauty Reds when pregnant?

Although this product is a natural supplement, we always recommend seeking advice from a healthcare professional before introducing any new foods or supplements during pregnancy.

6. Can I take Postbiotic Beauty Reds when breastfeeding?

Although this product is completely natural, it is always best to consult a healthcare professional before incorporating any new foods or supplements during this time.

7. Can children take Postbiotic Beauty Reds?

Although this is a natural supplement free from any nasty additives or preservatives, we always recommend consulting a healthcare professional for those under the age of 18 as their dietary requirements greatly differ.

8. How long will one tub of Postbiotic Beauty Reds last?

Each tub provides you with 24 servings.

9. Can I take Postbiotic Beauty Reds while on medication?

Although this product is a natural supplement, we always recommend consulting a healthcare professional first when it comes to medication and interactions.

10. How do postbiotics differ from prebiotics and probiotics?

Prebiotics are the “food” that feeds the good bacteria and allows them to grow and repopulate in your gut. Probiotics is the fermentation which occurs by your beneficial bacteria and lastly, postbiotics are formed after probiotic metabolism takes place in the gut.

11. Is Postbiotic Beauty Reds safe for children?

Although this product is a natural supplement free from any nasty additives or preservatives, we always recommend consulting a healthcare professional for those under the age of 18 as their dietary requirements greatly differ.

12. Can I add Prebiotic Collagen Protein, Probiotic Power Greens and Postbiotic Beauty Reds to the one drink?

Although all three products can be taken on the same day, we recommend having Probiotic Power Greens separately for personal flavour preferences

13. Can I mix Postbiotic Beauty Reds with other liquids or only water?

You sure can. This product is stable in all liquids, so as well as water, you can also mix it into almond/macadamia milk or add it to your favourite smoothies.

14. Can Postbiotic Beauty Reds be mixed with hot beverages?

It is best enjoyed in cold beverages.

15. What key nutrients are found in Postbiotic Beauty Reds?

This product contains flavonoids, polyphenols, antioxidants and beta carotenoids.

16. Do I store Postbiotic Beauty Reds in the fridge after opening?

No need. We simply recommend storing it in a cool, dry place away from direct sunlight.

17. How much sugar is in each serving of Postbiotic Beauty Reds?

Each serve (12.42g) contains 1.8g of natural sugar.

18. Is Postbiotic Beauty Reds gluten, lactose and dairy-free?

It sure is.

19. Does Postbiotic Beauty Reds contain GMO ingredients?

No way! This product is 100% non-GMO.

20. How much is one serving?

The scoop provided in each tub is equal to one serve.

5 Of the Most Popular Postbiotic Beauty Reds Recipes:

Raspberry and Cacao Pancakes

- ½ cup natural Greek Yoghurt
- ¼ cup almond milk
- 1 scoop Postbiotic Beauty Reds
- 1 small handful frozen raspberries, plus extra for topping
- 1 tsp Certified Organic cacao powder
- 1 tsp baking powder
- Coconut oil (for cooking)

Method:

1. Whisk all ingredients together until well combined.
2. Heat a pan on medium heat.
3. Once hot enough, add a small dollop of coconut oil and slowly pour in the mixture.
4. Once small air bubbles start appearing, then it's time to flip!
5. Continue this process for remainder of mixture.
6. Place leftover frozen raspberries in the microwave for a few seconds (to soften) and mash gently with a fork to create a delicious raspberry pouring sauce.

Beet and Cacao Smoothie

- 1 banana, frozen
- 1/2 small beetroot, cubed
- 2 tsp Certified Organic cacao powder
- 1 scoop Postbiotic Beauty Reds
- ¼ cup Certified Organic oats
- 1 tsp cinnamon
- 1 cup almond milk

Method:

Add all ingredients into a blender and blitz until smooth and creamy.

Beet and Berry Sorbet

- 1 small beet, boiled and cooled
- 1 banana, frozen
- 1 cup berries, frozen
- 1 scoop Postbiotic Beauty Reds
- Small handful ice-cubes
- 1 cup water

Method:

1. Add all ingredients into a food processor and blitz until well combined.
2. Pour into deep dish and freeze for a few hours (ideally overnight).

Beet Oatmeal

- 1 small beet, finely grated
- 1 apple, finely grated
- 1 cup Certified Organic oats
- 1 scoop Postbiotic Beauty Reds
- 2 cups almond milk/milk of choice
- 1 tbsp cinnamon
- 1 tbsp maple syrup (optional)

Method:

1. In a small pot, add all ingredients and cook on low heat for 5-15 minutes, depending on how soft you like your beets.
2. Top with a mixture of fruit and nuts of choice, and serve.

Beet and Berry Smoothie Bowl

- 1/2 small beetroot, cubed
- 1/2 cup berries of choice, plus extra for topping
- 1 scoop Postbiotic Beauty Reds
- 1/2 cup Pure coconut water
- Small handful ice-cubes

Method:

1. Add all ingredients into a blender/food processor and combine until smooth. Add a splash of water if mixture is still too thick.

2. Pour smoothie into a serving bowl and top with berries and other toppings of choice.

Ketone Energy PRO4™

What is Ketone Energy PRO4?

Ketone Energy PRO4™ is a new synergistic and scientifically formulated blend of MCT's, adaptogens and medicinal mushrooms to help reduce stress, balance hormones, improve your cognition and empower you with natural energy.

Ingredients:

MCT Oil Powder, Natural Flavour, Astragalus Root Powder, Yerba Mate Powder, Organic Lion's Mane Mushroom Extract 8:1, Organic Chaga Mushroom Extract 8:1, Organic Cordyceps Mushroom Extract 8:1, Organic Stevia Extract, Vitamin B12 (Methyl-cobalamin).

What Are The Top 5 Science-Backed Benefits of Ketones?

Can Boost Your Immune Health:

Your immune system is vital to your continued health ([115](#)). It is made up of proteins, organs and cells. It performs several key functions including identifying possible infections and eradicating them, removing bacteria or infections from your body and fighting against cells that have mutated like cancer cells.

Researchers studied Chaga extract and found that ingesting it can prompt your immune system to produce more immune cells, namely immune cells lymphocytes B and IL-6. This extract can also help your immune system tell the difference between foreign cells and safe cells, and this means that it'll be more effective in fighting off infections ([116](#)). An animal study proved that Chaga could reduce immune system hypersensitivity as well ([117](#)).

May Reduce Inflammation:

Inflammation is your immune system's response to an injury or infection. Inflammation can cause tenderness, swelling and a warm to the touch feel. These things are a result of our immune system flooding the injured or infected area with white blood cells and proteins. Your immune system can mistakenly attack your body as well, and this results in conditions like arthritis or Lupus.

One study showed that Chaga mushrooms may be able to help control and suppress an overactive immune system response ([117](#)). In turn, your inflammation levels can go down. Adding Chaga extract to your diet can also help control the levels of NF-kB, and this molecule is responsible for your inflammatory response. It's also shown to be an effective treatment for inflammation in your colon cells ([118](#)).

Lowers Blood Sugar Levels:

Your blood glucose or blood sugar levels constantly fluctuate, and your pancreas is responsible for helping to keep your blood sugar levels within acceptable ranges. Insulin is responsible for taking the sugar from the food you eat and breaking it down for use in your cells. It also takes some of the sugar and stores it in your liver. If you have diabetes, you can't regulate your blood sugar levels on your own.

One study involving diabetic mice and normal mice showed that Lion's Mane could decrease their blood sugar levels by almost half, to safe levels ([119](#)). In another study involving diabetic rats, Lion's Mane extract increased their natural insulin levels and decreased their blood sugar levels ([120](#)).

Helps Combat Fatigue:

Fatigue is very common, and it's typically described as a lack of energy or initiative. Additionally, fatigue can be both physical or mental. You may find yourself not motivated to do anything, and wanting to sleep can accompany your feeling of fatigue.

Researchers studied flies and found that Lion's Mane can increase their flying ability and decrease their fatigue levels ([119](#)). Another study showed that Lion's Mane could extend a person's exhaustive swimming time and reduce their levels of biochemical fatigue parameters ([121](#)).

Can Promote Weight Loss:

The closer you are to your ideal body weight, the healthier you usually are. Genetics, your level of exercise and your diet all play a role in your body weight. The more overweight you are, the higher your risk is for developing cardiovascular issues like heart attack or stroke because your systems have to work harder to support your body.

A Chinese study with mice fed mice a high-fat diet over a period of 12 weeks and then introduced Chaga extract to see if it helped the mice lose weight. They found that the mice that got the Chaga mushroom extract had controlled body weight, reduced bad cholesterol levels and reduced levels of fatty lipids in the blood ([122](#)).

What Are Our Customers Saying About Ketone Energy PRO4?

“I find this gives me the energy I require when I’m feeling exhausted! Without the come down sleep.”

- Erin

“Have been using this product for about 4 months and have been feeling great”

- Deborah

“Love the flavour and the energy that it gives me. It is helping me get through a stressful study/work life balancing act.”

- Amanda

“Been using Ketone energy pro4 each morning and prebiotic collagen protein each night and it’s great...energy level is up and I’m sleeping so much better...great products for me.”

- Sharon

What Other Products Can I Take With Ketone Energy PRO4 and Why?

Ketone Energy PRO4 + Prebiotic Collagen Protein:

Ketone Energy PRO4 works perfectly with Prebiotic Collagen Protein. Together they support rapid energy production, reduce bloating, and increase skin moisture levels to reduce the appearance of lines and wrinkles.

Frequently Asked Questions:

1. Does Ketone Energy PRO4 contain caffeine?

This product contains naturally occurring caffeine from yerba mate.

2. How much Ketone Energy PRO4 do I have per day?

We recommend having one scoop (10g) a day.

3. When is the best time to take Ketone Energy PRO4?

We recommend consuming it prior to 1pm, as the powerful energetic and cognitive effects may affect sleep if taken after this time.

4. What ratio of water do I add to Ketone Energy PRO4?

The amount of water you add is completely up to you and all comes down to personal flavour preferences.

5. Does Ketone Energy PRO4 have to be stored in the fridge after opening?

Not at all. We simply recommend storing it in a cool and dry place, away from direct sunlight.

6. Can be Ketone Energy PRO4 be mixed into other drinks, as well as water?

It sure can. This product is stable in all liquids, so it can also be added to coconut, almond/macadamia milk and your favourite smoothies.

7. Can I take Ketone Energy PRO4 while on medication?

Some medication may interact with the mushrooms and herbs in this product, so we recommend consulting your doctor before taking.

8. Is Ketone Energy PRO4 safe for children to take?

Although this is a natural supplement free from any nasty additives or preservatives, we always recommend consulting a healthcare professional first for children under the age of 18 as their dietary requirements greatly differ.

9. Is Ketone Energy PRO4 safe to take if pregnant?

Although this is a natural supplement, it is always best to speak to a healthcare professional before introducing any new foods or supplements when pregnant.

10. Is Ketone Energy PRO4 safe to take when breastfeeding?

Although this product is completely natural, it is always best to consult a healthcare professional before incorporating any new foods or supplements during this time.

11. Can Ketone Energy PRO4 be mixed into hot drinks?

This product is best enjoyed in cold beverages.

12. Does Ketone Energy PRO4 contain GMO ingredients?

No way! This product is 100% non-GMO.

13. How long will one tub of Ketone Energy PRO4 last?

Each tub provides you with 24 servings.

14. How does Ketone Energy PRO4 switch my body's energy needs from sugar to ketones?

We do this using the highest quality Medium Chain Triglycerides (MCT's) derived from coconuts. MCT'S have the ability to cross the blood-brain barrier (BBB) meaning they broken down by the body and utilised as energy fast. This makes MCT's well equipped to boost your energy and cognition quickly without the energy crashes caused by carbohydrates sources.

15. Can I take more than one scoop of Ketone Energy PRO4 daily to sustain my energy levels?

We recommend sticking with 1-2 scoops a day.

16. How much sugar is in a serve of Ketone Energy PRO4?

Each serve (10g) contains 0.3g of natural sugar.

17. Is Ketone Energy PRO4 gluten, lactose and dairy-free?

It sure is.

18. How much is one serving?

The scoop provided in each tub is equal to one serve.

19. Is Ketone Energy PRO4 fodmap-friendly?

It sure is.

20. Can Ketone Energy PRO4 be mixed with Prebiotic Collagen Protein?

Although both products can be taken on the same day, we recommend consuming them separately for personal flavour preferences.

5 Of the Most Popular Ketone Energy PRO4 Recipes

Ginger Citrus Smoothie

- 1 banana, frozen
- 1 orange, peeled and sliced
- 1 scoop Ketone Energy PRO4
- 1 cup almond milk
- 1cm piece ginger, diced

Method:

Add all ingredients to a high-speed blender and blitz until smooth.

Lemon Lime Coconut Smoothie

- 1 scoop Ketone Energy PRO4
- 1 tbsp desiccated coconut
- Small handful ice-cubes
- 1 cup almond milk/coconut milk

Method:

Combine all ingredients in a blender and blend until well combined.

Lemon Lime Energy Bites

- ¼ cup raw almonds
- 4 dates pitted
- 1 scoop Ketone Energy PRO4
- Dash of almond milk (adding more to bind)
- Dessicated coconut (for rolling)

Method:

1. Add almonds to a food processor and pulse until roughly chopped.
2. Add remaining ingredients and blend until well combined/dough-like consistency. Add more almond milk if necessary.
3. Wet hands and roll small portions of mixture into bite-sized balls.
4. Roll in coconut and refrigerate for 1-2 hours before enjoying.

Blueberry Lemon Lime Smoothie

- ½ cup blueberries, frozen
- 1 cup almond milk
- Small handful ice-cubes
- 1 scoop Ketone Energy PRO4

Method:

Simply blend together ingredients and enjoy.

Citrus Green Smoothie

- 1½ cups filtered water
- 1 scoop Ketone Energy PRO4
- 2 cups spinach leaves
- 1 cup strawberries, frozen
- 1 banana
- Small handful ice-cubes

Method:

Place all ingredients in a high-speed blender and blitz for a minute or so until smooth.

Ultra Absorb L-Glutamine™

What Is Ultra Absorb L-Glutamine?

Ultra Absorb™ L-Glutamine is a plant based, pure and an ultra-fine form of L-Glutamine. It's specifically formulated for women with gut problems and is heavily bioavailable and absorbed rapidly into the gut lining for deep healing.

Ingredients:

100% Plant Based L-Glutamine.

What Are The Top 5 Science-Backed Benefits of L-Glutamine?

May Help IBS By Repairing Leaky Gut (Intestinal Permeability):

Leaky gut can be the sole cause of IBS in some instances because of the system-wide inflammation and increased bacteria numbers that spread throughout your body. It's rare to find a case of IBS without some degree of Leaky Gut Syndrome ([123](#)).

L-Glutamine supplements can help to repair your intestinal permeability. ([124](#)).

A pilot study took 48 patients and split them into two groups of 24 each. The control group had 23 patients, and the L-Glutamine group had 25 patients. They gave the L-Glutamine group an oral supplement of 0.5g/kg once a day for two weeks while the control group got a placebo. At the end of the trial, they found that both group's intestinal permeability was reduced, but the group that got the L-Glutamine supplement had a significantly higher reduction. Therefore, if your IBS symptoms are caused by leaky gut, this could be a good way to overcome it and reduce or stop your flares ([125](#)).

Assists with Weight Loss:

Firmicutes are the main category of bacteria in your digestive tract which extract more calories from your food, causing weight gain and fat and fluid retention. Bacteroidetes are the other large class of bacteria in your digestive tract. They're fighting with the Firmicutes over food. The ratio of Bacteroidetes to Firmicutes in your system is a biomarker for obesity.

One of the biggest things L-Glutamine does to help fix the ratio of Firmicutes and Bacteroidetes in your system is to increase the levels of Bacteroidetes. In turn, this helps to stop the Firmicutes from taking over, and it can decrease the number of calories your body absorbs.

One study took 30 overweight adults and split them into two groups. Group A got a supplement consisting of 30 grams of L-alanine. Group B got 30 grams of L-Glutamine for two weeks. At the end of the study, Group B had a significant increase in the ratio of Bacteroidetes (good bacteria)

to Firmicutes (bad bacteria) in their system that went from 0.85 to 0.57. Group A had an increase of the Firmicutes from 0.91 to 1.12 ([126](#)).

Other studies show that the Bacteroidetes family can also help to suppress the release of GLP-1. This is a hormone that helps reduce your appetite, and it can also help you burn calories from fat. Additionally, they can help regulate how quickly food goes through your system. This can stop your body from absorbing as many calories as it would if your body didn't push the food you ate along at a steady rate ([127](#)) ([128](#)).

All of these things can contribute to healthy and steady weight loss. It can also contribute to keeping the weight off once you manage to lose it.

Can Heal Leaky Gut Which May Play A Role In Sugar Cravings:

Leaky gut syndrome is a blanket term used to describe a condition where you have small fissures or cracks in your intestinal walls. These small holes in your intestinal lining allow for bacteria to slip through, and it also allows for valuable nutrients to slip through instead of being absorbed by your body. In turn, you can experience increased cravings for sugar or salty foods ([129](#))([130](#)).

L-Glutamine is essential when it comes to healing your leaky gut, stopping sugar cravings, and helping with insulin resistance. First, L-Glutamine has powerful properties that act as anti-inflammatory agents. They go to the damaged lining of your intestinal walls and start to take the inflammation away ([131](#))([132](#)).

The second thing L-Glutamine does is help to heal your systems at a cellular level once the inflammation is gone. This helps with both insulin resistance and leaky gut. Since L-Glutamine is an amino acid, one of its main functions is to heal damage and help to rebuild strong cells. This will slowly repair any fissures or cracks in your intestines, which can increase your nutrient absorption. Your body will start getting the nutrients it needs, and this can reduce your sugar cravings ([133](#)).

Can Help To Combat A Hidden H.Pylori Infection:

H. pylori is a type of bacteria that some people have throughout their stomach and intestines in the mucosal layer. H. Pylori is something which should be removed. The reasoning behind this is that a hidden infection of H. pylori can be mistakenly diagnosed as IBS.

H. pylori bacteria can cause problems like gut irritation and ulcers which can often masquerade as IBS. In fact, studies show that roughly 50% of people who have IBS have an infection of H. pylori. This means that H. pylori can potentially cause IBS, and having IBS can make you more susceptible to the effects of H. pylori given your gut is already compromised. This creates a vicious cycle ([134](#)) ([135](#)).

Since L-Glutamine helps boost your immune system, it's safe to say that it can help with an infection of H. pylori. Taking L-Glutamine will encourage your immune system to send immune cells to the problem areas in your stomach lining. Once they get there, they'll start to fight the H. pylori, and L-Glutamine will begin the cellular repair process ([136](#)).

The Massachusetts Institute of Technology led a study examining L-Glutamine's effectiveness in combating a H. Pylori infection and treating stomach ulcers. They took 105 mice and divided them into two groups. One group got a traditional diet, and one group got a traditional diet with an L-Glutamine supplement. After 2 weeks, they divided the original two groups of mice again into two more groups. You now have:

- An uninfected control group on a traditional diet
- AH. pylori infected control group on a traditional diet
- An uninfected group with L-Glutamine supplements
- A H. pylori infected group with L-Glutamine supplements

They studied these mice with tissue and blood samples over a period of five months. At the end of the study, they found that the mice who were given L-Glutamine and H. Pylori had reduced levels of inflammation. They also found that the groups of mice who got the L-Glutamine supplements were protected from cellular damage due to H. pylori-induced ulcers. The groups that didn't get the L-Glutamine but were infected by H. pylori had ulcers and cellular damage ([137](#)).

L-glutamine is therefore a good measure to protect against the effects of H.pylori.

May Help IBS By Reducing Certain Bacterial Overgrowths:

When your gut is healthy, the bacteria species stay balanced. They help break down the food you eat, and the “good” bacteria and “bad” bacteria keep each other in check. However, when certain strains of bacteria get overgrown, you start to see problems because overgrowths can cause IBS symptoms. Often IBS is just a sign of an overgrowth of bad bacteria and nothing more.

Firmicutes are the main phyla of bacteria responsible for IBS when they become overgrown. This phyla of bacteria is one of the largest classes of bacteria in your digestive tract. They absorb the nutrients from your food, and they also stimulate your appetite. However, many species of firmicutes have been known to cause intestinal inflammation.

Researchers recruited 33 adults who were overweight (and had high levels of firmicutes pre-study) and put them on an oral L-Glutamine supplementation or an oral supplementation of L-alanine. At the end of the study, they measured the Firmicutes and Bacteroidetes. They found that the group who got the L-Glutamine supplements had a 0.3 reduction in the ratio of Firmicutes and Bacteroidetes. The group who got the L-alanine had an increase in the ratio of Firmicutes and Bacteroidetes of 0.21 ([138](#)).

What Are Our Customers Saying About Ultra Absorb L-Glutamine?

“I suffer from leaky gut and I’m feeling better so far. Only been taking it a few days”

- Bernie

What Other Products Can I Take With Ultra Absorb L-Glutamine and Why?

Ultra Absorb L-Glutamine + Prebiotic Collagen Protein

Prebiotic Collagen Protein helps repair damaged cells and builds new tissue to seal the lining of the gut- resulting in improved digestion and reduced signs of bloating. Ultra Absorb further

assists as it enables your gut cells to restore more quickly, heals the tight junctions in your gut and also helps to restore the gut lining.

Frequently Asked Questions:

1. When is the best time to take Ultra Absorb L-Glutamine to address Leaky Gut, IBS and digestive problems?

We recommend mixing 5g (approximately one scoop) once daily with 200-300mL of water or as directed by your healthcare professional. For best results, we recommend consuming it 30-45 minutes before or after meals. It should not be mixed with any other fluids or foods except water.

2. When is the best time to take Ultra Absorb L-Glutamine to address food and sugar cravings?

We recommend mixing 5g (approximately one scoop) twice daily with 200-300mL of water or as directed by your healthcare professional. For best results, we recommend consuming it one hour before or after lunch to avoid mid-after glucose crashes and before dinner to avoid weird night time cravings. It should not be mixed with any other fluids or foods except water.

3. When is the best time to take Ultra Absorb L-Glutamine to assist with weight loss?

We recommend mixing 10g (approximately two scoops) upon waking with 400-500mL of water or as directed by your healthcare professional. We recommend consuming it on an empty stomach upon waking to place your body in a constant fat burning state throughout the day.

4. When is the best time to take Ultra Absorb L-Glutamine when using The Gut Synergy Package?

If you are consuming these products with The Gut Synergy Package, we recommend consuming 5g of Ultra Absorb in 200-300mL of water first thing in the morning and on an empty stomach. We then recommend consuming the 15g (one scoop) of Prebiotic Collagen Protein and 10g (one scoop) of Postbiotic Beauty Reds together with or after breakfast. We then recommend taking 10g (one scoop) of Probiotic Power Greens after lunch for a gently and sustained energy kick to power you through the afternoon.

5. Why does Ultra Absorb L-Glutamine need to be taken separately from food and your other products?

When L-Glutamine is taken alongside other amino acids (coming from other foods or supplements), it has to compete for uptake in the body. For this reason, we recommend consuming it separately and on an empty stomach.

6. Can Ultra Absorb L-Glutamine be mixed with hot water?

We recommend consuming it with cold or room temperature water as hot water denatures L-Glutamine and thus reduces its effectiveness.

7. Can i add Ultra Absorb L-Glutamine to my Prebiotic Collagen Protein smoothie?

We recommend consuming it separately from other products to maximise its effects.

8. What does Ultra Absorb L-Glutamine taste like?

Our L-Glutamine is completely neutral in taste.

9. When form of l-glutamine is Ultra Absorb L-Glutamine?

This product contains ultra-fine, free-form for enhanced bioavailability.

10. Why is Ultra Absorb L-Glutamine in powdered form rather than tablet form?

Taking a large amount of capsules each day can be bad for your health. Consuming large amounts of gelatin-based capsules each day can put a strain on your liver and kidneys. They're also more difficult for your body to break down and digest than traditional powder supplements are. This is even more critical if you already have digestive problems like leaky gut syndrome.

11. Can I mix Ultra Absorb L-Glutamine with my coffee?

We recommend having it completely separate from other foods or beverages to maximise its effectiveness.

12. How long until I start noticing improvements?

The time at which you start noticing improvements differs from person to person and depends on the health status of your gut when starting its supplementation and how quickly your body absorbs it.

13. Will taking Ultra Absorb L-Glutamine build muscle?

The supplementation of L-Glutamine doesn't affect body composition. However, it may accelerate strength recovery from resistance-training sessions and reduce the occurrence of infections in hard-training endurance athletes.

14. Since Digestive Super Cleanse also has to be taken on an empty stomach, can i mix both this and Ultra Absorb L-Glutamine to the same glass of water?

We recommend keeping these products separate. If supplementing with both on the same day, we recommend having Ultra Absorb first thing in the morning, followed by Digestive Super Cleanse one hour or so before your last meal of the day.

15. Why are the recommended dosage amounts of Ultra Absorb L-Glutamine so low?

Firstly, most supplements tend to be marketed towards athletics, who use this amino acid to help their bodies and muscles recover after an intense training session. However, when it comes to repairing the gut lining, it's important to start off with small sub-doses to give your body a chance to get used to it and see how it sits with you.

16. What ratio of Ultra Absorb L-Glutamine to water should I be having?

We recommend mixing it with 200-300mL of water.

17. Do I need to use a blender to blend Ultra Absorb L-Glutamine into water?

Our product mixes effortlessly into water, so no need to use a blender.

18. Are there any side effects of taking Ultra Absorb L-Glutamine?

L-glutamine is considered a safe supplement. At normal doses, there are very limited side effects. There are no known dangers of glutamine.

19. Can I take Ultra Absorb L-Glutamine if I am currently taking medication?

Although this product is a natural supplement, we always recommend seeking advice from a healthcare professional when it comes to medication and interactions.

20. Is Ultra Absorb L-Glutamine safe to take when pregnant and breastfeeding?

It is always best to consult a healthcare professional before introducing any new foods or supplements during these times.

Hormone Harmony™

Ingredients:

Maca Extract 10:1 [2000mg]; Chamomile Extract 2% Flavones, 1.2% to 2.5% Apigenin, 4- 10:1 [1,200mg]; Ashwagandha Extract 25:1 [1200mg]; Fennel Seed Extract 10:1 [900mg]; Chaste Tree Berry Extract 0.5% 10:1 [700mg]; Rhodiola Rosea Extract (Rhodiola5Plus™) 3% Rosavins+2% Salidroside HPLC 10:1 [680mg]; American Ginseng Root Extract 8:1 [520mg]; Rosemary Extract 7.5% Rosmarinic Acid HPLC 8:1 [200mg]; Gymnema Sylvestre Extract 4:1 [160mg]

What Is Hormone Harmony?

The New Ultra Potent Hormone Harmony contains 9 specific 'Smart Extracts.' These super plants can help manage the 4 major hormone-triggered problems that plague women of all ages:

#1: Unpredictable hormonal changes:

For over 30 years of our lives, we get random symptoms like painful PMSs and awful menstrual pain, irregular cycles that vary in length, and even hormonal acne like in teenage years.

And all we can do to find relief is take a couple of anti-inflammatory tablets that work for a few hours. Or - in the worst case scenario - we get put on HRT that may cause weight gain, low moods and long-term side effects.

Then, just when we start predicting and managing these hormonal changes better...

Perimenopause and Menopause change EVERYTHING

Symptoms literally change from one day to the next. Hot flashes, night sweats, bloating, poor sleep, losing desire... the list goes on and on.

And everything that was so hard to achieve — a family, a career, personal relationships, a happy marriage, confidence and self-esteem — they all seem to go haywire at the snap of a finger.

#2: Hormonal weight and cravings:

Hormonal weight is in a class of its own. It's not the kind that melts off with healthy eating and exercising.

When our hormones are out of whack, it doesn't really matter what we eat or how much time we spend on the treadmill...

It seems like everything that touches our mouth goes to the waist and hips. And stays there.

Suddenly, the whole body acts strange and feels unfamiliar...

Cravings are through the roof and sometimes it's the ONLY thing that plagues our minds and makes it impossible to focus on anything else.

But then every time we eat something — anything! — the belly inflates like a balloon about to pop.

That's what hormonal imbalances do to our bodies. It's like we can't get a break from feeling off balance...

#3: Low energy and lack of focus:

Listen... we all have "those days" when we wake up wondering what year it is.

But hormonal brain fog and fatigue? Those are on a whole other level! And they don't only affect us, but also those around us who are counting on us on a daily basis...

Losing control over our own brain is possibly the strangest thing anyone can experience...

And when our hormones aren't balanced, it means that our stress hormones are keeping us up at night — which triggers moodiness, fatigue and confusion from the first hours of the morning.

So we're forced to power through our daily tasks and chores. But that only drains our energy even more and by the end of the day we're too tired to spend quality time with our loved ones.

#4: Mood swings and loss of libido:

This one hits where it hurts most: our relationships, our marriage, and our very sense of self.

The emotional roller coaster that hormonal changes trigger makes us feel like we're not ourselves anymore.

And the worst part of these vicious hormonal changes...

It's when our loved ones start saying they can barely recognise us anymore

It's not like we don't want to be the way we used to: bubbly, spontaneous, and full of energy.

But it's like we've suddenly lost the blueprints to our old self and we have to survive on uncharted territory.

What Are The Top 9 Science-Backed Benefits of Hormone Harmony?

1. Gymnema Sylvestre (The "Destroyer of Sugar")

Gymnema sylvestre is a powerful Indian herb also known as Australian Cowplant or Gurmar (which means "destroyer of sugar" in Hindi). It has a long history of use in Ayurvedic medicine as a herbal treatment for diabetes, as well as a number of other conditions, from constipation to liver disease.

Gymnema sylvestre's superpower is its ability to help reduce sugar cravings. The herb contains gymnemic acid, which can block sweet receptors on our taste buds. One study by the Florida State University showed that when taken an hour before sugary foods, Gymnema sylvestre reduced the perception of sweetness, making sweet treats less appealing and so causing participants to eat less of them.

In this way, regular supplementation of *Gymnema sylvestre* can help reduce sugar cravings and make you less likely to want to hit the calorific snack cupboard.

As well as blocking sweet receptors, 200-400 mg of *Gymnema sylvestre* taken daily has been clinically proven to block receptors in the intestines responsible for sugar absorption and lower your blood sugar levels after eating. This makes it a particularly helpful supplement for diabetics. One study on the effect of *Gymnema sylvestre* on insulin levels also showed that taking the herb for 90 days lowered blood glucose levels in people with diabetes by 11% on average.

Recent research also supports the use of *Gymnema sylvestre* as an effective weight management tool. Research published in *Molecular and Cellular Biochemistry* revealed that taking *Gymnema sylvestre* for just two weeks was enough to reduce body weight and HDL cholesterol.

A Georgetown University Medical Center study also found that 400 mg of *Gymnema* extract taken for eight weeks decreased body weight and BMI by 5-6%. A further study showed that when 120 mg of *Gymnema sylvestre* extract was taken for 21 days, it significantly reduced levels of serum lipids, insulin, leptin and glucose in the blood.

Plus, studies have shown that *Gymnema sylvestre* can raise antioxidant levels in the body, too, thereby helping to protect it from dangerous free radicals and oxidative stress. This is because *Gymnema sylvestre* contains several valuable antioxidants, including flavonoids, phenols and bioactive compounds.

2. Ashwagandha Root Extract

Ashwagandha is a small flowering shrub that's found in North Africa and India. It's another important herb in Ayurvedic medicine and has been clinically proven to help a variety of mood and anxiety disorders, including mood swings, irritability and anxiety.

Ashwagandha's potency as an anti-anxiety remedy has been shown in a number of clinical studies. In one randomised controlled trial, 75 participants with moderate to severe anxiety were prescribed either a placebo or 300 mg ashwagandha root extract a day for eight weeks.

Both groups also received psychotherapy and deep breathing relaxation techniques. The group who took ashwagandha reported a 56.5% reduction in anxiety and fatigue, while the placebo group reported only a 30.5% reduction. In another double-blind, placebo-controlled study, researchers found that 88% of people who took ashwagandha for just six weeks reported a reduction in anxiety.

Ashwagandha has also proved its worth as a popular natural remedy for depression, mood swings and irritability. One randomised double-blind, placebo-controlled study, for example, looked at the effect of the herb on 64 stressed adults. Researchers found that those who took 600 mg of high-concentration ashwagandha extract daily reported a 79% reduction in severe depression.

Another experimental study compared the effects of ashwagandha to those of the antidepressant medication imipramine in rats. Results showed that, as a mood stabiliser and antidepressant, ashwagandha was just as effective as the pharmaceutical drug.

And in a clinical trial involving 51 randomly selected menopausal women, patients who received 3 mg ashwagandha twice a day for three months reported a reduction in a range of menopausal symptoms including irritability, mood fluctuations, sleeping problems, hot flashes and anxiety.

This potent herb may also be useful as a natural weight management tool. An exploratory study by the Advanced Centre for Reverse Pharmacology in Traditional Medicine showed a reduction in total body fat percentage and an increase in muscle strength in individuals who took increasing daily doses (up to 1,250 mg) of ashwagandha.

Further research has revealed that ashwagandha can also increase muscle mass and strength and help to minimise muscle damage after exercise. This natural adaptive herb can also help the body to adapt to stress. Research has found that taking 300 mg of ashwagandha root for 60 days can build your resistance to stress and help you cope in demanding situations.

3. Maca Root Extract

Maca root is a native Peruvian vegetable that's recently achieved super herb status, thanks to a nutritional profile that packs a powerful punch with plenty of minerals, vitamins and antioxidants.

This adaptogenic herb has proved particularly helpful in easing perimenopausal and menopausal symptoms. In one randomised pilot trial supported by NSW's Charles Sturt University, for example, 10 perimenopausal women were given a placebo and another 10 received 100 mg of maca root extract twice daily for two months.

The women who took maca root reported a dramatic reduction in perimenopausal symptoms of up to 87%, as well as lower blood pressure and body weight.

Another clinical study of 34 early-postmenopausal women found that the group who received 1,000 mg of maca root powder twice daily for two months experienced reduced menopausal symptoms, and an alleviation of night sweats and hot flashes in particular.

These findings were supported by another clinical examination that found that women who took 2 g of Maca powder a day benefited from either reduced or completely eliminated hot flashes in as little time as four days to a week (Muller V. South American Herb Maca as Alternative to Hormone Replacement Therapy. Whole World Botanicals Report. 2002. p. 11).

Furthermore, the mood-boosting flavonoids in maca root extract have been shown to fight depression and anxiety in postmenopausal women. One randomised pilot study of 29 postmenopausal women revealed that those who received 3.3 g of maca a day for six weeks experienced a significant decrease in both depression and blood pressure.

4. Chaste Tree Berry Extract

Chaste tree berry (also known as monk's pepper or chasteberry) is the small, dark berry of the native south Asian tree. Chaste tree berry extract was traditionally used to treat premenstrual syndrome (PMS) symptoms in ancient Greece, and it is still used to treat a number of hormonal conditions in both men and women today.

This popular herbal treatment has been shown to support healthy hormone levels and relieve menstrual cycle irregularity. In one review of 13 randomised, controlled trials, researchers concluded that chaste tree berry extract was helpful in regulating hormones during the menstrual cycle and, consequently, helped to ease PMS symptoms such as mood swings and irritability.

In one randomised placebo-controlled study of 170 women, half the patients were given one tablet of dry chaste tree berry extract a day for three consecutive menstrual cycles, while the other half received a placebo. At the end of the trial, 93% of the women who had taken the chaste tree berry reported a decrease in PMS symptoms such as anxiety and depression.

Another randomised double-blind study looked at the effects of chaste tree berry extract on the hormone levels of 52 women with menstrual cycle irregularity. Researchers found that after three months, progesterone levels and luteal phase length had normalised in the women who took 20 mg chaste tree berry extract a day.

In addition to easing the symptoms of PMS, chaste tree berry extract has also been shown to relieve the symptoms of menopause. In a 2002 study of 52 pre- and postmenopausal women, 33% of patients who took chaste tree berry essential oil experienced major improvements in menopause symptoms such as hot flashes and night sweats, while an additional 36% reported moderate improvements.

5. Chamomile Extract

Like the popular tea, chamomile extract is made from the dried chamomile flower plant. This natural sedative is renowned for its calming effect. But chamomile also has powerful anti-inflammatory and anti-irritant properties proven to be effective in the treatment of premenstrual tension, digestive tract inflammation and stomach pain.

Chamomile is packed full of anti-inflammatory compounds called flavonoids, which also help to protect the body from toxins. These flavonoids might be one reason why extract from the plant has been found to be useful in relieving symptoms of indigestion and stomach pain or discomfort.

A systematic review of 27 studies also concluded that chamomile has anti-spasmodic, anti-inflammatory and anti-anxiety effects that all help to relieve symptoms of premenstrual tension.

In addition, chamomile extract has anti-diarrheal properties and has been clinically proven to be effective in the relief of inflammatory conditions of the gastrointestinal tract.

In fact, one 12-month double-blind study of 96 patients with ulcerative colitis found that a herbal treatment of myrrh, chamomile extract and coffee charcoal was comparable to the medicine mesalazine in preventing a relapse of the inflammatory bowel disease.

6. Rhodiola Extract

Rhodiola is another clever adaptogenic herb that helps the body cope with physical, environmental and chemical stress. Traditionally, Vikings drank cups of Rhodiola tea to enhance stamina and physical performance before a raid. Today, rhodiola extract is still used to increase energy, but it's also clinically proven to be effective in de-stressing, treating depression and boosting confidence.

Rhodiola works by increasing levels of dopamine – a hormone and neurotransmitter that boosts confidence, self-esteem, happiness, motivation and alertness.

Plus, it's been shown to work incredibly quickly. In fact, one clinical study compared the mood state of 10 patients who had been given either a placebo or rhodiola extract before exercise. The study found that the herb significantly improved mood in just 30 minutes, compared to those who had the placebo.

A six-week clinical trial involving 90 people with mild or moderate depression also found that those who were given either 340 mg or 680 mg of rhodiola daily experienced significant improvements in depression, emotional stability and insomnia. Those who were given a placebo, however, showed no improvements.

Rhodiola extract is a known fatigue fighter, too, and it's been shown to be particularly effective against stress-related fatigue. A randomised double-blind study of 60 patients suffering from

stress-related fatigue revealed that fatigue levels and attention were improved in those who took 576 mg of rhodiola daily, compared to those who took a placebo.

Another clinical trial that studied 100 patients with chronic fatigue showed that 400 mg of rhodiola per day can significantly improve symptoms in just one week.

Clinical evidence also suggests that rhodiola extract can increase the body's resistance to stress and help you to cope during stressful times. One clinical trial involving 188 patients suffering from burnout found that taking 400 mg of rhodiola extract daily over 12 weeks alleviated both stress and depression.

7. Fennel Seed Extract

Fennel is a flavoursome herb with wide culinary uses, and its seeds provide a range of health benefits, too. In particular, fennel seed extract is clinically proven to provide antioxidant, antibacterial and anti-inflammatory benefits that are useful in relieving a number of premenstrual and digestive problems, including pain, bloating, fluid retention and gas.

Fennel seed extract contains helpful compounds that can mimic oestrogen's role in the body, which might explain why the herb is useful in relieving symptoms of premenstrual tension. One clinical trial studied 80 female students, half of whom were given 30 mg fennel every four hours, from three days before menstruation until the fifth day.

After three months, the group that had taken the fennel seed extract experienced a decrease in weakness and nausea, as well as a significant reduction in the duration of their period. And another study of 68 patients found that taking fennel and vitamin E was more effective than ibuprofen for the treatment of period pain.

In addition, fennel seed extract is packed full of the organic compound anethole, which is clinically proven to have anti-inflammatory, antiviral and antimicrobial benefits. This potent oil can also work as an anti-spasmodic, helping to relieve stomach cramps and digestive discomfort.

Anethole has also been shown to relax the passages in the gastrointestinal tract, allowing gas to pass more easily and helping to reduce bloating. And in one frequently cited experimental study, dried fennel extract was shown to improve bile secretion in rats, which directly helps with digestion, too.

8. Rosemary Extract (Reverses Oestrogen Dominance)

Rosemary isn't just a delicious herb, but it's also a potent medicinal plant that's packed full of antioxidants such as carnosic acid, which helps to protect your cells against dangerous free radicals that play a role in heart disease and cancer. It has also been shown to regulate metabolism.

Rosemary is also high in carnosol, which has important benefits for hormone regulation. Cancer research has shown that carnosol has both anti-androgen and anti-oestrogen properties. It has shown to have promising anti-cancer properties, too. And according to research published in Bioscience, Biotechnology, and Biochemistry, rosemary may also have anti-inflammatory and anti-tumour benefits.

The hormone-regulating properties of rosemary also make it a fantastic natural remedy for women with heavy periods, bad PMS, fibroids, fibrocystic breasts, endometriosis and hot flashes.

One recent randomised study conducted on 82 students, for example, found reduced menstrual pain and bleeding in those who took 250 mg rosemary capsules in the first three days of menstruation.

This adaptive herb has also been shown to aid the breakdown and detoxification of oestrogen, making it particularly helpful for those with oestrogen dominance. A study on female mice found that a diet high in rosemary extract increased liver break down of certain oestrogen hormones by 54-67% in just three weeks.

9. American Ginseng

American Ginseng also goes by the name of Panax, which comes from the Greek word panacea, which means “all healing.” Traditionally, the root of this all-healing aromatic plant has been highly valued for its sedative and cooling medicinal effects.

In recent years, however, American Ginseng has also been recognised as a powerful adaptogen that can boost immunity, fight inflammation, lower blood sugar levels and enhance physical performance. Plus, Ginseng has been clinically proven to enhance mental performance, improving both memory and mood.

In one controlled clinical trial involving 82 postmenopausal women, half the participants were given 3 g ginseng daily, and another half were administered a placebo over a period of 12 weeks. Researchers then assessed blood antioxidant enzymes and oxidative stress markers in the women and concluded that ginseng can help to increase antioxidant enzyme activity in the body, thereby reducing oxidative stress.

American Ginseng may also fight tiredness and increase energy levels, particularly post-exercise. During one clinical investigation, nine participants were given 2 g red ginseng extract three times a day for a week, and another nine were given a placebo. The participants then underwent an exercise test, after which they had their inflammation levels tested. The group that had taken ginseng showed significantly lower inflammation than the placebo group.

Importantly, ginseng has also been shown to lower blood sugar levels and improve cholesterol levels. A 2016 analysis of eight clinical trials found that using ginseng as part of a treatment program for patients resulted in improved fasting glucose levels, total cholesterol levels and insulin resistance.

And in one 12-week study of 19 patients with type 2 diabetes, patients who were given 12 g ginseng daily showed an 11% decrease in blood sugar levels, a 38% decrease in fasting insulin and a 33% increase in insulin sensitivity.

Last but definitely not least, ginseng may also act as a powerful immunity booster. One expansive scientific review concluded that ginseng helped the body regulate each type of

immune cell and fight off inflammatory diseases and microbial infections. Another study found that antibody production and natural killer cell activity increased by up to 150% in mice who were fed ginseng root for just six days.

What Other Products Can I Take With Hormone Harmony and Why?

We recommend taking Hormone Harmony with Hormone Harmony PLUS. This unique formula works synergistically with Hormone Harmony™ to help combat Common Antioxidant, Probiotic and Vitamin Deficiencies in women of all ages.

Whilst targeting the essential 4 Pillars of Hormone Health, further research revealed 2 “extra” Pillars that can further improve overall health and trigger even better results by increasing the absorption of Hormone Harmony by 115%.

To get even faster and better results, we recommend investing in The Complete Hormone Synergy System...

The Complete Hormone Synergy System is a package that contains 3 Happy Mammoth formulas that work together to target and fix unique hormonal imbalances, boost essential nutrient intake for women of all ages, and significantly reduce signs of aging on the skin, body, hair, nails, and joints.

This natural system helps bring back comfort, confidence, energy and focus into any woman’s life by ending crippling hormone imbalance, nutrient deficiencies and rapid aging triggered by hormonal changes.

It also helps terminate brain fog, low energy and gut lining inflammation, laying the perfect foundation for a happy, healthy life.

The Complete Hormone Synergy System is a done-for-you natural system. All it takes is 3 scoops per day. The system works to gently balance and rejuvenate the entire body without any disruptions to daily routines.

The 3 formula work synergistically to adapt to each body’s unique requirements:

- ✓ Hormone Harmony targets each person’s unique hormonal imbalances
- ✓ Hormone Harmony PLUS boosts women’s essential nutrients intake
- ✓ Prebiotic Collagen Protein effectively reduces signs of aging inside and out

Frequently Asked Questions:

How do I use the product?

Simply take 4 capsules with a small glass of water, first thing in the morning. It only takes 10 seconds and then you can go about your day, enjoying the effects.

How does the formula taste?

The ingredients are tightly encapsulated in small plant-based capsules, so you won't feel any taste or flavour.

Where is Hormone Harmony produced?

Hormone Harmony is produced in small batches to maintain ultra high quality levels in a TGA Certified facility in Australia. The TGA certification is the world's leading standards in ingredient, production and final product quality certifications and testing benchmarks.

Is there anything else I can take this with?

Yes! Hormone Harmony works synergistically with Hormone Harmony PLUS+, a formula we've developed after our research uncovered 2 extra pillars of hormone balance: inflammation-hormone connection and vitamin-hormone connection.

Hormone Harmony PLUS+ contains ingredients that were carefully selected to provide a rich amount of vitamins, minerals and antioxidants that perfectly complement Hormone Harmony and boost its absorption by 115% or more.

You can take both these formulas together for maximum benefits.

What are the product disclaimers?

Warning: Do not use if pregnant, likely to become pregnant or you suspect you could be pregnant. Do not use whilst breastfeeding. Consult your healthcare professional before use. If symptoms persist, contact your Doctor or healthcare professional. Store below 25 degrees celsius and away from direct sunlight. Do not use it if the cap seal is broken. Chaste Tree Berry Extract may affect hormones.

Deep Sleep Mode™

Ingredients:

Hydrolyzed Collagen Peptides, Natural Flavour, Probiotic (Lactobacillus Casei), L-Theanine, Organic Baobab powder, Magnesium Glycinate, Organic Mesquite powder, Turmeric extract (Standardized to 95% Curcuminoids), European Valerian Root Extract [4:1], Organic Red Reishi Mushroom extract [8:1], Himalayan Crystal Salt, Natural Stevia Leaf extract, Passionflower extract, Zinc Picolinate, Australian Kakadu Plum powder, Cinnamon, and Black Pepper extract.

What Is Deep Sleep Mode?

Our Scientific Research and Development team spent over a year going through over 13,367 scientific studies and even assembled a focus group of 628 people of all ages, just to find a solution to the sleep deprivation burden. This is how we discovered the little-known, yet essential 7 pillars of deep sleep...

Pillar #1: The Mood-Sleep Connection

Deep Sleep Mode contains a deeply calming blend of clinically-validated adaptogens and essential minerals that can naturally induce relaxation—preparing the body to glide into an uninterrupted 7+ hour sleep up to 36% faster.

Pillar #2: The Weight Loss-Sleep Connection

We added 3 natural ingredients that help improve metabolism and balance hormones responsible for fat storage. That's because sleep deprivation has been directly linked with a decrease in natural weight loss by up to 52%.

Pillar #3: The Gut-Sleep Connection

The formula contains a Probiotic that helps alleviate stress and reduce the risk of gut associated wake up. This Probiotic is supported by two other natural ingredients that work together to repair the gut lining and provide an extra 7-8 hours of overnight healing.

Pillar #4: The Hormone-Sleep Connection

Deep Sleep Mode contains ingredients that can balance out key hormones that affect sleep, such as Cortisol, Progesterone, Leptin and Estrogen. These ingredients help prevent wake-ups during the night from hot flashes, night sweats and the urge to urinate.

Pillar #5: The Inflammation-Sleep Connection

We developed a potent natural anti-inflammatory blend that can help with overnight alkalisation of the body. These ingredients are shown to reduce inflammation and soothe body aches and pains that may significantly lower sleep quality.

Pillar #6: The Premature Aging-Sleep Connection

Science unfortunately shows that sleep deprivation can speed up aging, causing damage at a cellular level. We added scientifically-proven anti-aging ingredients that can enhance the production of collagen—improving skin, nail and hair texture.

Pillar #7: The nREM-Sleep Connection

All the 6 connections listed above are designed to work together in synergy to activate the 7th and final connection: The nREM-Sleep Connection. This is the deepest stage of sleep, where the mind and body rest in complete relaxation.

Your Deep Sleep Mode Is Now Activated

Activating your unique Deep Sleep Mode switch restores your body's natural ability to sleep peacefully at night. Your body regains its ability to transition through all 4 stages of a perfect 7+ hour sleep within little to no midnight wake-ups...

What Are The Top 14 Science-Backed Benefits of Deep Sleep Mode?

1. Passionflower Extract

Passionflower (*passiflora incarnata*) is an herbal supplement traditionally used in the treatment of anxiety and insomnia. It is available in a variety of forms for ease of use, including dry powder, liquid, capsules and tablets. In its naturally-occurring form, *passiflora incarnata* may increase levels of gamma-aminobutyric acid (GABA), a chemical known to help the brain regulate mood.

When used correctly, it can counter neurotransmitters in the brain that cause us to become excited, providing a calming effect. It is recommended for use approximately an hour before bedtime due to its sedative nature. According to the National Center for Complementary and Integrative Health (NCCIH), passionflower is safe for use and may cause drowsiness.

The NCCIH advises against using passionflower during pregnancy because it may cause contractions. A study (9) published in the *International Clinical Psychopharmacology Journal* on the effects of passionflower on subjects suffering from insomnia disorder demonstrated positive results.

Patients in the control group who were administered passionflower showed an increase in total sleep time compared with their counterparts who received a placebo.

2. Lactobacillus Casei

An unhealthy gut can cause more than stomach upset and discomfort. Studies have shown that an unhealthy microbiome – genetic material consisting of bacteria, fungi, protozoa and viruses that live on and in the body – can greatly diminish our capacity for a restful night's sleep.

Some research suggests that a good night of sleep starts in the gut, backing the recommendation for maintaining a healthy microbiome. Dr. Michael Breus, a clinical psychologist, diplomate of the American Board of Sleep Medicine and a fellow of The American Academy of Sleep Medicine, is a firm believer in the gut-brain connection.

Dr. Breus cites the fact that the microbiome is regulated by circadian rhythms (10) He notes that emerging research supports that a disruption in a body's circadian rhythms has a direct correlation to the health of the microbiome. It would make sense, then, that improving the health of the microbiome could result in more restful sleep.

Probiotics such as Lactobacillus Casei can improve the health of the microbiome. Lactobacillus Casei belongs to the genus Lactobacillus, which is commonly found in the human urinary tract and mouth.

It is documented as having a wide pH and temperature range, complementing the growth of L. acidophilus, a carbohydrate-digesting enzyme. A 2016 study (11) found that daily consumption of Lactobacillus Casei can help to maintain sleep quality, particularly during periods of increased stress.

Lactobacillus Casei can be found in certain fermented foods, such as yogurt and cheese. It also can be taken in a supplement form.

3. Magnesium Glycinate

Low magnesium levels, especially in women, can be a major contributing factor in sleeplessness. In a Psychology Today (12) piece from Dr. Breus, he indicates that magnesium is one of the few dietary elements with a huge influence over the body and its many functions.

As an essential mineral, the human body requires large quantities of magnesium for optimal performance. Dr. Breus specifically cites magnesium's ability to improve sleep, as insomnia often is a sign of a magnesium deficiency.

The human body is incapable of producing magnesium on its own; the only way to provide our bodies with enough of this mineral is through supplementation and consumption of magnesium-rich foods. Among the foods naturally rich in magnesium are:

- Chocolate
- Dark, leafy greens
- Seeds and nuts

- Squash and broccoli
- Meat
- Unprocessed whole grains
- Dairy products
- Legumes

Another way to absorb ample amounts of the mineral is via the ingestion of the supplement magnesium glycinate. Sold as a dietary supplement, magnesium glycinate consists of the magnesium salt derived from glycine. It contains, on average, 14 percent elementary magnesium by mass.

4. Baobab

Found in the arid regions of Madagascar, mainland Africa, Arabia and Australia, baobabs are an indigenous tree that produces an amazing fruit that is associated with many health benefits. According to a 2018 article (13) by registered dietician Rachael Link, baobab fruit is rich in many important vitamins and minerals, including the aforementioned magnesium.

It also acts as a prebiotic, feeding the beneficial bacteria in the gut to keep the microbiome healthy. Whether eaten as a fruit, a juice or taken in supplement form, the benefits are the same to the human body. A 2015 study published in the journal *Cell* (14) determined baobab's high vitamin C and B complex levels, combined with its potassium-rich properties, could contribute to achieving a better night of sleep.

5. Mesquite

Mesquite bark and pods, also known as *Prosopis juliflora*, are derived from the leguminous part of the mesquite tree. The bark and pods are ground up into a powder, which can be used for a number of health benefits, including achieving better sleep.

Native to South America, mesquite is considered a superfood because of its numerous nutritional and medicinal properties. Like baobab, mesquite is high in minerals, including magnesium. It is also considered to be an adaptogen, which means it works to help the body react better to stress through the balancing of cortisol levels. Adaptogens (15) are proven to promote relaxation, which can lead to more restful sleep.

6. L-Theanine

L-Theanine is an amino acid most commonly found in tea leaves. It's also found in Bay Bolete mushrooms in small amounts. Touted for its ability to promote relaxation without drowsiness (16), L-Theanine is among the many supplements recommended for achieving a better night's sleep.

Research (17) pointing to the use of L-Theanine as a means of encouraging a better night's sleep indicates that when used in doses of 250 mg and 400 mg, this supplement greatly improves sleep in both animal and human test subjects.

L-Theanine is proven to reduce resting heart rate, which can help the body to achieve a state of relaxation and therefore restfulness.

7. Zinc Picolinate

Zinc is important for a number of biological processes at both a molecular and physiological level. New evidence (18) suggests it also plays a vital role in sleep regulation. After iron, zinc is the second most abundant trace mineral in the human body.

While researchers continue to conduct further studies on exactly how zinc regulates sleep, initial studies (19) indicate that zinc plays a role in shortening the amount of time it takes us to fall asleep.

Individuals who choose to include zinc in their improved sleep regimen plans should take zinc picolinate. Of the various forms of zinc available on the market today, some research suggests that the body absorbs zinc picolinate the best.

8. Hydrolyzed Collagen Peptides

Mainly derived from cows, hydrolyzed bovine collagen peptides are a form of protein that is associated with numerous health benefits. Supplementing with hydrolyzed bovine collagen peptides is a great way to deliver glycine to the body. Studies (20) have shown that glycine produces four distinct sleep benefits:

- Fall asleep faster

- Increased sleep efficiency
- Insomnia symptom reduction
- Improved sleep quality
-

Not only does glycine lower body temperature and increase blood flow to the body's extremities, but it also increases serotonin levels. Serotonin is required to produce the sleep hormone melatonin.

9. Valerian Root Extract

Valerian root extract is derived from the valerian herb native to Europe and Asia and parts of North America. Its most common use is as a sleep aid, and for good reason.

Valerian root promotes deep relaxation and contains a number of compounds, including valerenic acid and isovaleric acid, which interact with gamma-aminobutyric acid (GABA) to regulate nerve impulses in the brain and nervous system.

Research (21) has shown that low GABA levels are related to anxiety and poor sleep quality. Combined with other supplements, short-term use of valerian root can produce sleep benefits.

10. Reishi Mushroom Extract

The reishi mushroom is a mushroom that grows in hot and humid locations in Asia. Long a staple of Eastern medicine, it is believed to boost the immune system and fight fatigue and depression, among other benefits.

While it can be consumed fresh, most people who use reishi mushrooms take it as a supplement. In sleep studies(22), the use of reishi mushroom extract significantly increased the total sleep time and non-rapid eye movement (NREM) sleep time.

A similar study (23) conducted using human subjects produced results indicating that the use of reishi mushroom extract reduced fatigue and helped people experience less anxiety and depression.

11. Himalayan Crystal Salt

Touted as the purest and healthiest sodium in the world, Himalayan crystal salt is mostly derived from the Khewra Salt Mine in the Punjab province of Pakistan. The human body requires sodium for a variety of functions, including the contraction and relaxation of muscles and sending nervous system impulses.

Evidence (24) indicates it is highly effective in normalising mineral balance in the human body while stabilizing pH levels. Adequate sodium levels are extremely important in regulating the sympathetic nervous system to prevent the body from launching into “fight or flight” mode.

Mixing a bit of Himalayan crystal salt with a teaspoonful of honey each night before bed can aid in more restful sleep. Use a ratio of five parts honey to one-part salt for the best results.

12. Black Pepper Extract

When we think of herbs and spices that are beneficial to our health, one that often is overlooked is black pepper. The active ingredient in pepper, known as piperine, is believed to fight free radicals and improve digestion.

Among its many perceived benefits (25), piperine helps improve dopamine and serotonin levels, which are responsible for elevating mood. It also can reduce inflammation in the body. Piperine has the added benefit of enhancing the bioavailability of other substances.

Simply speaking, it increases the body’s ability to properly absorb and use other nutrients and drugs. When paired with turmeric (26) piperine increases the bioavailability of curcumin by 2,000 percent in humans. Curcumin is a compound found in turmeric.

13. Kakadu Plum

This fruit from the Eucalypt open woodlands of Northern Australia may be small, but it packs a significant health punch. Kakadu plum is extremely rich in vitamin C, a potent antioxidant known to fight free radicals.

It also contains healthy amounts of copper, iron, magnesium and zinc, all of which are considered essential micronutrients for the human body. Its incredible antioxidant powers have

earned it the reputation for being a “dream maker.” Studies (27) have suggested the role of antioxidants in helping people to fall asleep faster and staying asleep.

14. Turmeric Extract 95% Curcuminoids

Turmeric is a powerful inflammation reducer. According to some research (28), women are more likely to suffer from chronic inflammation issues than men. Because sleep and inflammation are regulated by the same biorhythms (29), lack of sleep can cause an increase in inflammation in the body.

Likewise, increased inflammation can result in a restless night’s sleep. It’s a vicious cycle. Turmeric extract containing 95 percent curcuminoids is proven to reduce inflammation in the body. Taking black pepper extract with turmeric (30) improves the body’s ability to absorb curcumin, so you may wish to pair these two powerful sleep activators for the best results.

Frequently Asked Questions:

How do I use this product?

You can mix, shake or blend one scoop (apx. 10g) of this formula into the warm drink of your choice about one hour before bed. You can drink it with filtered water or, if you prefer, warm almond or oat milk.

How does the formula taste?

Deep Sleep Mode has a subtle natural caramel toffee flavour that mixes perfectly with any warm drink without tasting too sweet.

Where is the formula produced?

Deep Sleep Mode is produced in small batches to maintain ultra high quality levels in a HACCP and International Standards 9001 Certified facility in sunny Queensland, Australia.

Best Blog Posts

Foods For Leaky Gut: 10 Foods That Causes It + 10 Foods That Heal It:
<https://happymammoth.co/foods-for-leaky-gut/>

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<https://happymammoth.co/reverse-insulin-resistance/>

Histamine Intolerance: The Definitive Science-Backed Guide (2018):
<https://happymammoth.co/histamine-intolerance/>

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