

## THE COMPLETE GUT DETOXIFICATION PACKAGE

### What Does This Package Consist Of?

**Digestive Super Cleanse:** Overtime, unwanted toxins accumulate and block the bodies 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.

**Ketone Energy PRO4™:** PRO4 activates long lasting energy with chronic health problems, busy work and family lives and those who want high impact workouts. Taking a scientific approach, PRO4™ utilises gut friendly ketones, medicinal mushrooms and adaptogens to naturally ignite energy levels, clarity and focus whilst reducing feelings of stress, irritability and anxiety.

The PRO4™ Energy System takes a quadruple approach to rapid energy production:

*Adaptogenic Stress Support:* Firstly, PRO4 strengthens your body's ability to withstand stress, anxiety, low confidence and low energy

*Medicinal Mushroom Cognition System:* Secondly, PRO4 takes your focus, clarity, learning abilities and decision making to an exciting new level

*Ketone Operating System:* PRO4 switches your body's energy needs from sugar to ketones giving you clean energy without crashes or sugar cravings

*Rapid Natural Energy Complex:* PRO4 then adds Yerba Mate and B12 to boost short and long-term energy levels without crashes, gut irritation or jitters.

**Vital Digestive Enzymes:** Whilst whole foods are rich in natural enzymes, these enzymes get destroyed during the cooking process. Taking digestive enzymes in supplement form helps replace enzymes destroyed during cooking and supports your body's natural enzyme production. Vital Digestive Enzymes contains 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.

### **What Is Our Recommended Routine For These Products?**

Let's walk you through our recommended routine now:

Step 1: First up in the morning, we recommend adding one teaspoon of Digestive Super Cleanse to plain water as it is most effective when taken on an empty stomach.

Step 2: After an hour or so, add one scoop of Vital Digestive Enzymes to plain water, almond/macadamia/coconut milk or a smoothie with or before your breakfast.

Step 3: Add one scoop of Ketone Energy PRO4 to a glass of plain water, almond/macadamia/coconut milk or a smoothie and consume before 1pm for sustained energy throughout the day.

Notes:

- After the first few weeks of taking Digestive Super Cleanse, you can slowly increase your intake to two teaspoons per day- one in the morning and one at night.
- Feel free to have Digestive Super Cleanse before bed instead to provide the body with an overnight detox.

### **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.

## THE COMPLETE GUT REPAIR SYSTEM

### What Does This Package Consist Of?

**Beef Bone Broth:** Made from the marrow bones of 100% grass-fed, organically raised cattle from small Australian farms. We allow our premium bones to simmer for 18 hours with fresh organic vegetables and our anti-inflammatory blend consisting of turmeric, ginger, garlic and peppercorns.

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.

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.

**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 hydrolysed 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.

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.

**Ultra Absorb L-Glutamine:** L-Glutamine is shown by 217 Scientific Studies To Heal and Seal Cracks, Holes and Fissures Caused by Leaky Gut Syndrome.

Ultra Absorb™ L-Glutamine is a plant based, pure and an ultra-fine form of L-Glutamine. L-Glutamine is the most abundant amino acid present in your system. It makes up between 30% and 35% of the amino acid nitrogen you find in your bloodstream. This abundance earned L-Glutamine the title of a “conditionally essential” amino acid.

L-Glutamine supports your metabolism as well as your muscular system. It’s also great for repairing damage due to oxidative stress, trauma or injuries, and returning your muscles to their peak performance levels.

### **What Is Our Recommended Routine For These Products?**

Let’s walk you through our recommended routine now:

Step 1: Start your morning off by warming up a cup (100g) of Bone Broth over the stove and having it in replacement of your tea or coffee.

Step 2: Follow Bone Broth with one scoop of Prebiotic Collagen Protein to plain water, almond/macadamia/coconut milk or a smoothie.

Step 3: Add one scoop of Ultra Absorb L-Glutamine to plain water and consume one hour before or one hour after a main meal, such as lunch or dinner.

Notes:

- Bone Broth and Prebiotic Collagen Protein can be combined. Simply freeze portions of the broth and add its ice-cubes to your collagen protein smoothie.

- Feel free to have one-two scoops of Prebiotic Collagen Protein per day all depending on personal dietary requirements and your lifestyle.

- Feel free to incorporate Bone Broth into any recipe which calls for broth.

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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.

## THE COMPLETE GUT SYNERGY PACKAGE

### What Does This Package Consist Of?

**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 hydrolysed 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.

**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 your skin will flourish.

**Probiotic Power Greens:** Contains 30 billion research backed probiotics to help repopulate your numbers of good gut bacteria and the super phytonutrient—sulforaphane

It consists of probiotics, antioxidants and cruciferous superfoods. Together, this formula is a bioavailable powerhouse and assists in the yielding of super phytonutrient sulforaphane.

The intense concentration of probiotics, phytonutrients and antioxidants may assist in overcoming nutritional and digestive deficiencies, boosting daily energy levels, lowering systemic inflammation and turbocharging your body's ability to burn fat.

## **What Is Our Recommended Routine For These Products?**

Let's walk you through our recommended routine now:

Step 1: Combine one scoop of Prebiotic Collagen Protein and one scoop of Postbiotic Beauty Reds to your morning smoothie.

Step 2: Add one scoop of Probiotic Power Greens to plain water, almond/macadamia/coconut milk or a smoothie in the afternoon.

Notes:

- All products in this package are highly versatile and can be taken at anytime of the day- it won't interfere with their effects. Feel free to switch up your routine unless you settle into one that works best for you.
- Feel free to have one-two scoops of Prebiotic Collagen Protein per day all depending on personal dietary requirements and your lifestyle.

## **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.