



ANCIENT +BRAVE

GUIDE TO GUT HEALTH

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GUT HEALTH

Inside you is a hidden world - a living, breathing ecosystem more rich and diverse than the Amazon rainforest, yet small enough to fit inside your belly. It's home to trillions of microbes that hum with quiet intelligence,

influencing everything from how deeply you sleep to how brightly your skin glows.

This is your gut. And when you learn to care for it, you unlock a ripple effect of health that reaches every corner of your body.

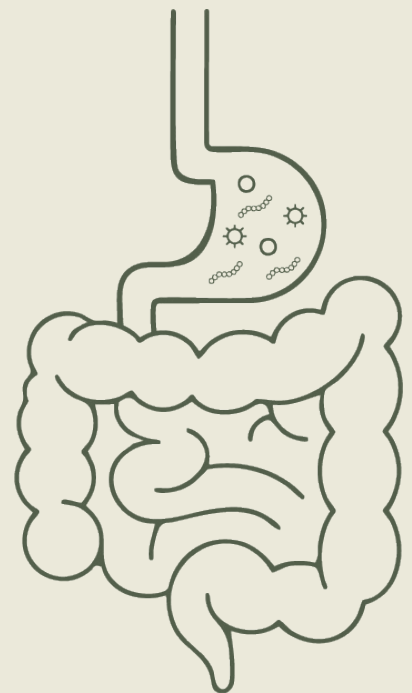


WHY GUT HEALTH MATTERS

Your gut is more than a digestion hub – it's the silent epicentre of whole-body health. Within you lives a vast, intelligent ecosystem: the gut microbiome. This community is as unique to you as your fingerprint, shaping everything from your immunity to your mood, energy, hormones, skin, and beyond.

Your gut lining is laced with nerve endings that speak directly to your brain, and every meal you eat sets off a cascade of signals influencing the way you feel, think, and function. Stretching around 30 feet from mouth to colon, your digestive tract is home to trillions of microbes, immune cells, enzymes and messengers – all working together to break down food, absorb nutrients, neutralise threats and communicate with the rest of the body.

When your gut ecosystem is in harmony, your body feels alive, steady, and strong.





GUT MICROBIOME

Inside your intestines, trillions of tiny life forms – bacteria, viruses, fungi, and more – live together in a delicate but powerful balance. This is your gut microbiome.

Each species plays its own role:

- Communicating with your immune system
- Helping to keep inflammation in check
- Supporting hormone balance
- Influencing mood and mental clarity
- Producing essential vitamins

Like any thriving community, they need food.

Their favourite fuel? Prebiotics – certain fibres and plant compounds. When well-fed, these microbes ferment prebiotics into short-chain fatty acids (SCFAs), which:

- Energise the cells lining your gut
- Help regulate inflammation support immune balance
- Maintain a strong gut barrier and keep harmful bacteria in check
- Support blood sugar regulation and appetite
- Contribute to mood and brain health

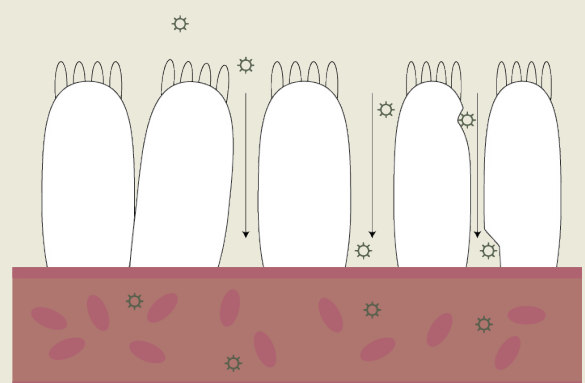
THE GUT LINING

Equally vital is your gut lining – a single-cell-thick barrier acting like the walls, insulation, and doors of a home. Its role is to let nutrients through, while keeping toxins, pathogens, and undigested food out.

When this barrier is compromised, it's like cracks appearing in the walls: unwanted particles slip through, triggering immune reactions, sensitivities, and widespread symptoms.

Beyond this, the gut lining is home to your microbiome – the only point of contact

your body has with the outside world. And because it's where your internal and external worlds meet, it needs to be strong, alert, and always ready to protect you.



HOW GUT HEALTH SHAPES WHOLE-BODY HEALTH

Because this system is so interconnected, its influence extends far beyond digestion:



IMMUNE BALANCE

70% of your immune system resides in your gut. A healthy gut helps the immune system react appropriately - avoiding both overreaction (as in allergies or autoimmunity) and underreaction (leaving you more vulnerable to infections).



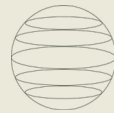
MOOD, STRESS, & COGNITION

Through the gut-brain axis, microbes influence neurotransmitters like serotonin, which affect mood, stress resilience, and clarity of thought.



INFLAMMATION CONTROL

Balanced gut health helps keep inflammation in check. When disrupted, it can contribute to low-grade, chronic inflammation.



HORMONAL BALANCE

Your microbiome helps metabolise and regulate hormones. A healthy gut also supports hormone detoxification, ensuring that metabolised hormones are efficiently cleared rather than reabsorbed.



SKIN HEALTH

Through the gut-skin axis, microbial imbalance or gut barrier disruption can contribute to skin concerns such as acne, eczema, or rosacea.



METABOLIC HEALTH & VITALITY

Healthy microbes support nutrient extraction, blood sugar balance, and energy stability.



MODERN-DAY CHALLENGES

In a world where everything moves fast and nourishment often feels rushed, this entire landscape is easily disrupted. Our modern lives pose many challenges to this delicate ecosystem.

- Chronic stress alters gut motility and reduces microbial diversity
- Antibiotics and other medications can damage both beneficial microbes and the gut lining
- Diets low in fibre but high in processed

foods and sugar reduce microbial diversity and fuel inflammation

- Environmental toxins and pollutants can disrupt gut barrier function and microbial balance
- Poor sleep and lack of movement impair gut repair and circadian rhythm, affecting microbial health

Left unchecked, these influences creep in like weeds, disturbing balance and draining both diversity and vitality.



YOUR GUT HEALTH RITUAL

We invite you to imagine your gut like a beautiful, wild garden – diverse, dynamic and deeply alive. To keep it flourishing, it needs consistent care: nourishment, movement, rest, sunlight and attention. Without this, imbalance can take root. The rich microbial ‘soil’ becomes depleted, and the integrity of the ‘walls’ begins to weaken.

Understanding your gut means coming back to the roots – honouring the foundation from which everything else grows. In the pages that follow, we’ll explore the products we recommend to support your inner ecology – so you can nourish your body at the centre, and feel the benefits ripple through every system.

TRUE BIOME

True Biome is an advanced formula designed to nourish your gut ecosystem from the inside out – feeding beneficial microbes, supporting the gut lining, and encouraging immune balance.

This intelligent formula blends three synergistic ingredients that tend to the inner terrain with intention and care – creating the calm, resilient conditions where your microbiome can truly thrive.



WHAT'S INSIDE: 3 INGREDIENTS. MULTIPLE BENEFITS.



FEED

PHGG (PARTIALLY HYDROLYSED GUAR GUM)

A gentle, low-FODMAP prebiotic fibre that feeds your beneficial gut bacteria and fuels the production of short-chain fatty acids like butyrate – key compounds that help maintain the integrity of the gut lining. PHGG also supports digestive comfort, helping to reduce bloating and support regularity.



REPAIR

L-GLUTAMINE

An amino acid essential for maintaining and repairing the gut barrier. It plays a critical role in supporting the structure of the intestinal wall – helping to reinforce your body's first line of internal defence, especially during times of stress or imbalance.



PROTECT

HK L-137 (POSTBIOTIC LACTOBACILLUS PLANTARUM)

A clinically studied, heat-treated postbiotic derived from fermented foods. Unlike live probiotics, this postbiotic is shelf-stable and works by gently modulating the immune system and supporting communication between the gut and the brain.

True Biome is a neutral tasting powder, making it easy to add to water or any hot or cold drink of your choice.

For optimal benefits, we recommend using it daily and consistently.

RITUAL: Start with half a serving (3g) for the first few days, then gradually increase to a full serving (6g) as your body adjusts.

TRUE OR WILD COLLAGEN

True Collagen and Wild Collagen provide 100% hydrolysed type I collagen peptides – powerful building blocks that support the strength and resilience of your connective tissues, including the delicate lining of your digestive system.

Collagen is the most abundant protein in the body, giving structure and flexibility to your skin, bones, tendons, and importantly, your gut lining. The amino acids glycine and proline are especially vital for gut health – helping to maintain and repair the intestinal barrier. Glycine calms sensitivities and supports liver function, while proline helps rebuild connective tissue in the digestive tract and supports nutrient absorption.

A [recent study](#) found that collagen peptides may help prevent the breakdown of the gut lining – supporting a more balanced digestive environment. This repair often extends beyond digestion, with benefits also seen in skin health and other systems connected to the gut.

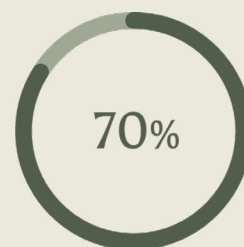


of participants in a [recent clinical trial](#) reported improvements in digestion – including bloating and abdominal comfort – within 8 weeks.



Collagen also supports digestion by bonding with water and stomach acid, helping maintain the ideal environment for breaking down food and absorbing nutrients – particularly helpful for those experiencing bloating or discomfort.

From around age 25, your body's natural collagen production begins to slow. Supplementing daily with True or Wild Collagen offers targeted support to maintain the integrity of your gut and connective tissues as you age.



of participants in our [True Collagen study](#) saw reduced digestive issues like bloating and constipation in just 6 weeks.

True and Wild Collagen work quietly yet powerfully – strengthening your inner framework and laying the foundation for whole-body health.

RITUAL: 5-10g daily, added to drink of choice.



TRUE OMEGAS+

True Omegas+ is a unique blend of omega-3 and omega-7 fatty acids, carefully formulated to support the health of your gut lining and promote whole-body resilience from the inside out.

Omega fatty acids play a vital role in maintaining the structure and fluidity of cell membranes - including those that line your digestive tract. By supporting the integrity of the gut lining and nourishing the mucous membranes, that protect it, True Omegas+

helps maintain the body's natural barrier function.

This essential fatty acid blend also supports balanced immune function - helping to maintain harmony within the gut environment. When your gut lining is strong and well-nourished, it becomes more resilient -able to absorb nutrients efficiently while keeping unwanted substances out.

Taken daily, True Omegas+ is designed to work at a foundational level to support digestive wellness, immune balance, and the integrity of your inner terrain.

RITUAL: 2 soft gels per day, any time.



BRAVE IMMUNITY

Brave Immunity is a powerful herbal tincture designed to support your immune system where it begins - within the gut.

This advanced formula blends Shiitake and Maitake mushrooms, Elderberry, Ginger, Thyme, and Vitamin C - each chosen for their ability to modulate immune responses and nourish the gut microbiome.

Mushrooms are rich in beta-glucans, natural compounds known to support gut barrier integrity and immune balance. By reinforcing the gut lining and encouraging

microbial diversity, they help build the internal conditions where immunity can thrive.

Combined with antioxidant-rich Elderberry, warming Ginger, soothing Thyme, and immune-supportive Vitamin C, this tincture works in harmony to strengthen your body's natural defences - helping you stay resilient in the face of everyday stressors

Taken daily, Brave Immunity supports a healthy gut environment and a balanced immune system - two systems that are deeply interconnected and essential for whole-body health.

RITUAL: 1.5ml daily - under the tongue or in a drink of choice.



NUTRITION & LIFESTYLE FOUNDATIONS FOR A THRIVING GUT

While your Ancient + Brave gut health ritual provides powerful daily support, supplements alone are not a fix. For true, long-lasting gut health, we must nourish our inner ecosystem with consistent, diverse, and fibre-rich food - and tend to the wider environment in which our gut lives: the body, the mind, and the world around us.

Every choice we make - what we eat, how we move, how we rest, and even how we breathe - can influence the balance of our microbiome. Below are simple yet impactful ways to nurture your gut daily, helping to create the conditions where your inner terrain can truly flourish.

EMBRACE VARIETY

Your gut microbiome is a living, breathing ecosystem – and like any thriving community, diversity is its greatest strength. The more types of microbes you nurture, the more resilient your gut becomes against unwanted invaders.

Different foods feed different beneficial bacteria, providing a rich spectrum of phytonutrients that keep your biome balanced and strong. Eating a colourful, varied diet ensures you supply your gut with plenty of polyphenols – potent antioxidants that protect your cells and help calm inflammation.

EAT YOUR PROBIOTICS

Probiotics are the friendly microbes living in your gut that help keep your digestion and immune system in check. Stress, poor sleep, antibiotics, and low fibre diets can reduce their numbers – so it's important to not just feed them but also replenish them regularly.

Fermented foods are rich in natural probiotics. Try including sauerkraut, kimchi, kefir, miso, or sourdough in your meals to support a thriving gut community.

FUEL YOUR GUT BUGS

Fibre is the ultimate fuel for your gut bugs – feeding them so they can flourish and produce powerful compounds like butyrate. Butyrate is essential for soothing your gut lining and keeping it healthy. Plus, fibre keeps things moving smoothly, supporting regular digestion and helping to prevent discomfort.

Adults need around 30 grams of fibre daily.



Here are simple ways to boost your intake:

- Sprinkle nuts and seeds on oats, soups, and salads
- Swap wheat pasta for lentil or chickpea pasta
- Keep the skin on your veggies
- Choose whole grains like millet, buckwheat, and quinoa
- Add beans and legumes to meals like stews and curries

CULTIVATE CALM

Ever notice that fluttery feeling in your tummy when you're nervous? That's your gut-brain axis in action – the two-way communication system between your gut and your brain. When stress levels rise, this connection intensifies, often worsening digestive symptoms like bloating, indigestion, or diarrhoea. Chronic stress can reduce the diversity of your gut microbes, making it harder to maintain a healthy balance. The good news? You can support your gut by caring for your nervous system. Incorporate calming practices into your daily routine like breathwork, meditation, yoga, or mindful moments outdoors.



At Ancient + Brave, we encourage you to use our products as moments of pause – little rituals to slow down and reconnect.

Mindful eating can also profoundly impact digestion. Try to enjoy meals away from your workspace, in a relaxed and comfortable setting. Taking deep breaths before you eat signals your nervous system to shift into 'rest and digest' mode. Eating slowly and chewing thoroughly helps ease bloating, constipation, and other digestive discomforts.

HYDRATION

We often overlook how vital hydration is for a happy gut – but it truly plays a key role in digestion, nutrient absorption, waste elimination, and supporting your gut microbiome.

When you're dehydrated, your body pulls water from the contents of your large intestine, which can lead to hard, difficult-to-pass stools – a common cause of constipation. Stools lingering too long in the gut create an unfriendly environment for your beneficial microbes, disrupting the delicate balance they need to flourish.

Aim to drink around 1.5 to 2 litres of water daily, though your needs may be higher depending on factors like fibre intake, climate, exercise, pregnancy, body weight, or breastfeeding.

For an extra boost of hydration, we recommend our True Hydration – a thoughtfully crafted coconut water formula, packed with essential electrolytes to nourish your body inside and out.

OUR GUT HEALTH

PROTOCOL



True Biome

[VIEW PRODUCT](#)



True Collagen

[VIEW PRODUCT](#)



Wild Collagen

[VIEW PRODUCT](#)



True Omegas+

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Brave Immunity

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Whether you need advice, support, or simply have something to share, our dedicated customer support team and in-house nutritionists are here to help you on every step of your journey.

This guidance is not intended to substitute any medical treatment or advice from a healthcare professional. Before taking any supplement, talk with your healthcare provider to ensure that it's safe and effective for its intended use, especially if you are taking medication.

This guide was written by our in-house nutritionist and reviewed April 2025. Our experts continually monitor the health and wellness space, and we update our articles when new information becomes available.

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