

GUT RESTART

An effective gut clear out and detoxifier



What is it?

A unique combination of Ayurvedic herbs, **Gut Restart** is a pre-treatment powder to be used **before** any other of our digestive products. It is only to be used for short periods at a time.

A healthy functioning gut is essential for the health and well being of your horse and pony.

Gut Restart is used to improve the digestive workings of the intestines through detoxification. Toxins in the gut can result from undigested foods which remain in the gut, putrefy and ferment e.g. from the consumption of large amounts of cereals or a carbohydrate overload from spring grass. The digestive process becomes sluggish and such foods stay in the intestine for longer periods. In Ayurveda this principle is known as AAM DOSH. Toxins resulting from this process interfere with the absorption of nutrients from food and change the gut bacteria to those which favour acidic conditions. Toxins can also pass through the gut into the bloodstream and lymphatic systems, preventing them from working properly. Health issues can subsequently occur e.g. skin disorders, liver problems, muscular problems, laminitis or colic. The toxins can also block energy flow within the non-physical channels, which can lead to emotional issues.

Use **Gut Restart** if your horse is in poor general health or if recovering from an illness. Use if your horse has excessively consumed feed or forage high in carbohydrates. Also use if your horse is grazing sandy areas and is at risk of ingesting sand which may cause impactions in the gut and possibly colic.

If your horse shows severe symptoms associated with poor digestion, use **Gut Restart** prior to using our other products, particularly **Pre-Ulc** powder, **Ulc30ExPlus** and **Remount** (see product sheets for more information). Trials have shown that results by the **Ulc30ExPlus** and **Remount** are significantly improved and occur within a shorter time frame, if **Gut Restart** is used first.

Gut Restart is suitable for use by all horses and ponies from racehorses, competition horses to happy hackers and those retired.

Symptoms of an unhealthy gut

Your horse may show one or many symptoms associated with an unhealthy gut. These may include:

- Regular bouts of mild or severe colic
- Diarrhoea
- Constipation
- Excessive flatulence
- Faecal water
- Mild or severe ulcers (see our **Ulcer Factsheet**)
- Footiness
- Laminitis
- Moodiness
- Aggressive behaviour
- Bolting food
- Foul smelling faeces
- Bloating
- Sluggishness
- Does not like being touched or groomed
- Does not like being worked or ridden

What does Gut Restart do for your horse?

This product will enable your horse's digestion to work better and more efficiently. Your horse will be able to digest suitable food properly and get the nutrients he needs to be healthier and sounder. As the gut flora changes to favour the normal species, your horse should become happier, calmer and more willing to be handled or ridden.

Information about the herbs found in Gut Restart are listed below:

Herb	Latin name	What the herbs do?
Sesame seeds	<i>Sesamum indicum</i>	Detoxifier, improves digestion
Indian long pepper	<i>Piper longum</i>	Appetite stimulant, eliminates gas, anti-inflammatory, anti-oxidant, anti-fungal, anti-microbial
Black pepper	<i>Piper nigrum</i>	Anti-oxidant, anti-microbial, anti-inflammatory, enables good digestion, gastro-protective
Caraway	<i>Carum copticum</i>	Cleanser, stimulates appetite, improves digestion, alleviates gas, alleviates gut discomfort
Ginger	<i>Zanziber officinale</i>	Appetite stimulant, anti-inflammatory, anti-fungal, antispasmodic, anti-bacterial, alleviates digestive discomfort
Indian ginseng	<i>Withania somnifera</i>	Anti-inflammatory, anti-stress, prevents stress induced ulcers, boosts immunity, improves energy
Sacred fig	<i>Ficus religiosa</i>	Anti-microbial, anti-inflammatory, anti-ulcer, anti-bacterial, improves digestion, purgative, alleviates gas and gut discomfort
Kamala tree	<i>Mallotus philippensis</i>	Antimicrobial, antioxidant, antiviral, antioxidant, anti-inflammatory, purgative, anti-parasitic, promotes healing of ulcers
Flame of the forest	<i>Butea monosperma</i>	Improves digestion and bowel movement, de-toxifier, anti-parasitic
Indrayan	<i>Trichosanthes palmata</i>	Eliminates gas, purgative, anti-inflammatory,
PrebioSure	<i>Prebiotic</i>	Increases levels of good bacteria

What conditions can it be used for?

Gut Restart can be used to help alleviate:

- Gut and health problems associated with excessive consumption of simple carbohydrates e.g.
 - Bloating
 - Excessive gas
 - Gut discomfort
 - Toxins
 - Diarrohea
 - Constipation