

GutGard[®]

Flavonoid Rich Licorice

**Digestive
Strength.
Metabolic
Balance.**



Hungry for science?

WHAT BRAIN SCANS SHOW¹

Emotions feed cravings



DID YOU KNOW?⁵

What really drives cravings

1 in 3 

people trying to lose weight name **cravings** as their No. 1 barrier (33%).

3 of the top 6 barriers are about appetite

● Appetite-driven

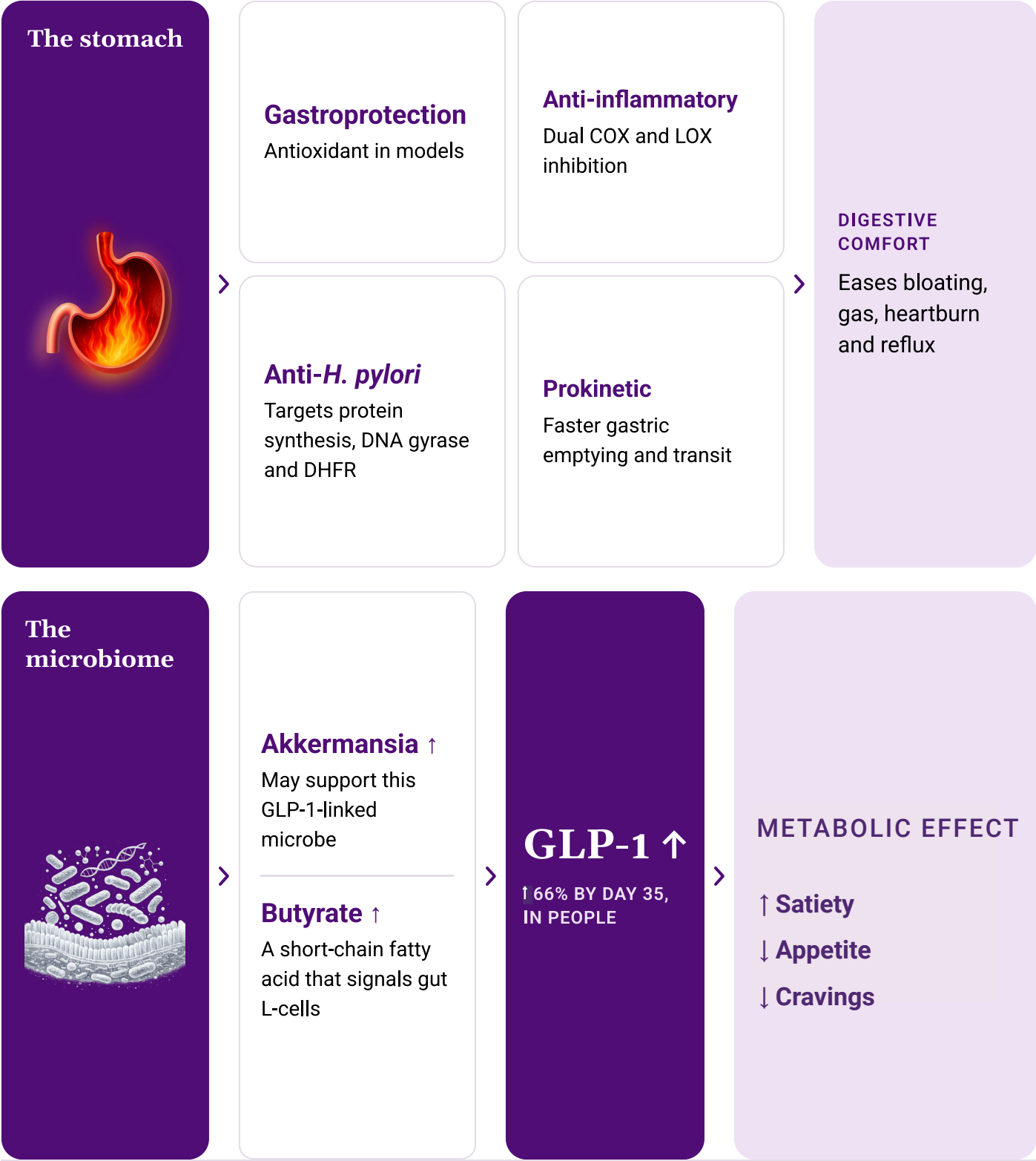
1	Cravings	33%
2	Exercising consistently	27%
3	Lack of motivation	26%
4	Cost of food, supplements, meds	25%
5	Emotional eating	24%
6	Controlling appetite	22%

1 Pelchat ML, NeurolImage 2004;23:1486–93 · 2 Epel E, Psychoneuroendocrinology 2001;26:37–49 · 3 Rinaman L, Stress 2015;18:381–99 · 4 Chao AM, Eat Behav 2014;15:478–82 · 5 Nutrition Business Journal 2026 report, p. 66, weight-management consumer survey, June 2026

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

Take a bite: How GutGard® works

Stomach to Satiety Signalling



Stomach: Mukherjee 2010; Chandrasekaran 2011; Thiyagarajan 2011; Asha 2013 and Kim 2013 (*H. pylori*); Sasikumar 2017 (gastric emptying, rats). Microbiome: GutGard® preclinical study, Oct 2025, data on file; Yoon HS et al. Nat Microbiol 2021 (Akkermansia and GLP-1).

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Less is More.



PRIMARY ENDPOINTS, DAY 60

Visual analogue scale, change from baseline, all P < 0.001

↓73%

Appetite

Score 64 → 17

↓75%

Hunger

Score 67 → 16

↑58%

Satiety

Score 45 → 71

↑64%

Fullness

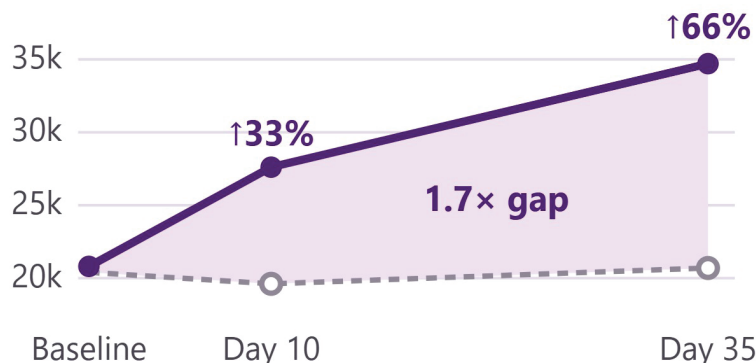
Score 44 → 72

GLP-1 SIGNALS

**GLP-1 response up
66% in 35 days**

P < 0.001

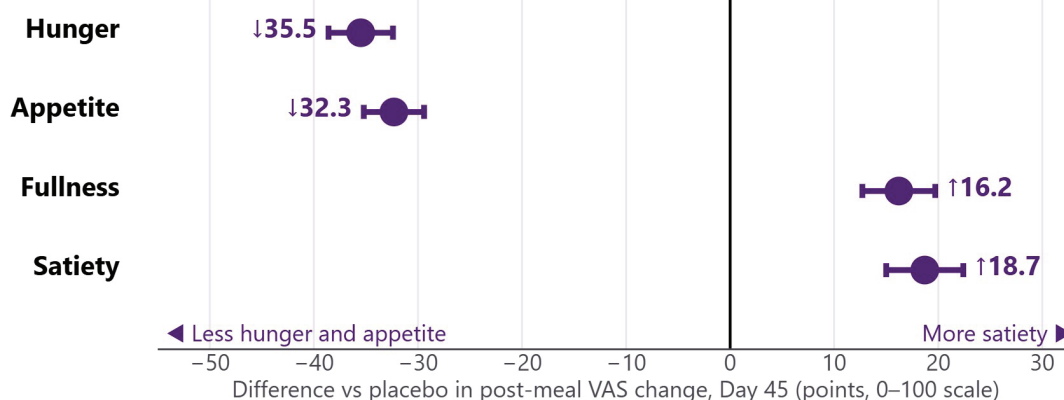
— GutGard® - - - - Placebo



Every primary endpoint favours GutGard®

Every one at P < 0.001

Difference vs placebo after a standardised meal, Day 45, with 95% confidence intervals. No interval crosses zero.



**Savour the
claims**

Helps reduce appetite*

Helps curb hunger*

Promotes satiety and fullness*

Helps you feel satisfied after meals*

Supports appetite control*

GLP-1: Day 10 vs placebo P = 0.003. Study NRG006, Natural Remedies, data on file, 2026; not yet peer-reviewed. Appetite measures self-rated on a 0–100 visual analogue scale. *Structure/function wording, to be confirmed per market.

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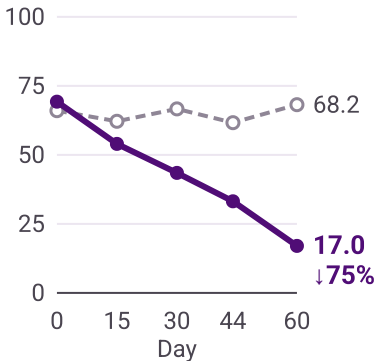


Not all cravings are the same

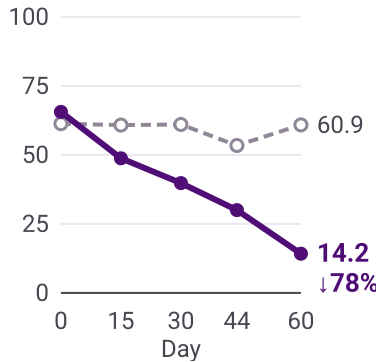
Every craving type reduced 75–78% by Day 60; placebo moved ↓6% to ↑3%.

— GutGard® 300 mg/day (n = 30) - - - - Placebo (n = 29)

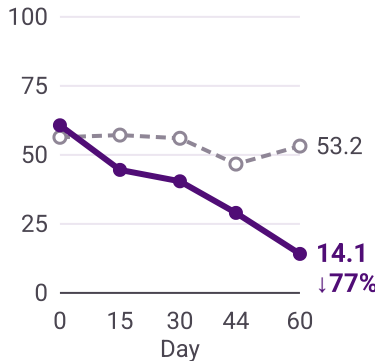
Food in general



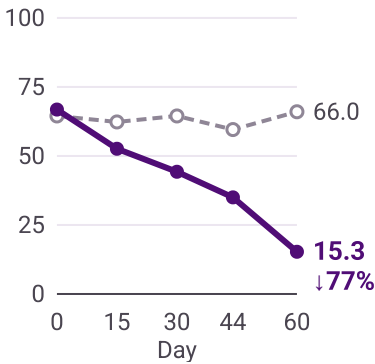
Sugary



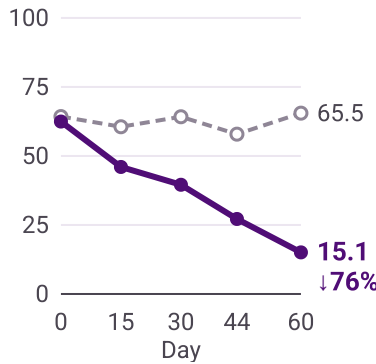
Salty



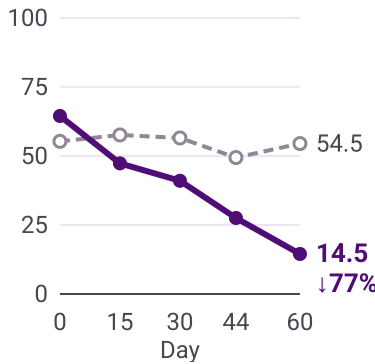
Fatty



Savoury



Spicy



↓78%

Sugar cravings fell the most

↓21% to ↓27%

Already by Day 15, every type

73%

Still reported lower appetite 10 days after stopping

Savour the claims

Helps curb sugar cravings*

Helps reduce cravings, from salty to spicy*

Helps curb cravings for sweet and fatty foods*

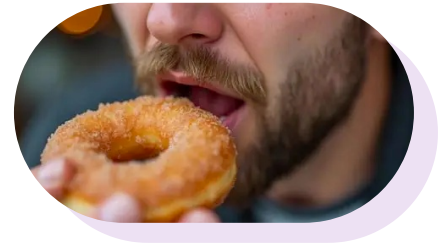
Helps reduce cravings from Day 15*

Study NRG006, Natural Remedies, data on file, 2026; not yet peer-reviewed. Day 70 follow-up: 22 of 30 GutGard® participants still reported lower appetite. *Structure/function wording, to be confirmed per market.

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Sugar, Meet Science

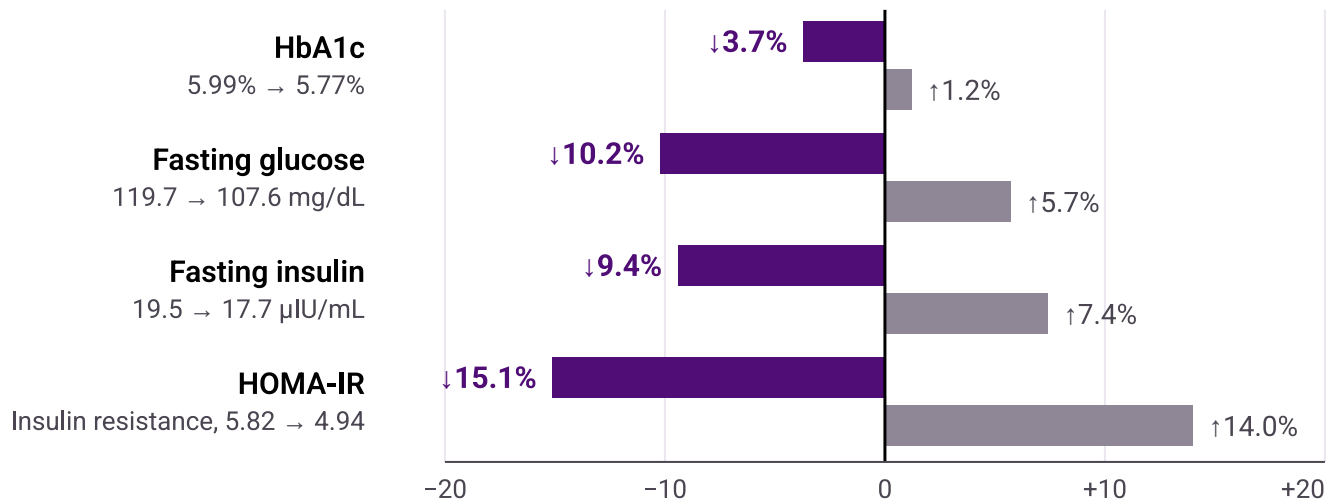
Appetite control translated into fewer calories, better glucose handling and no weight gain.



Every glucose and insulin marker improved on GutGard®

All P ≤ 0.001

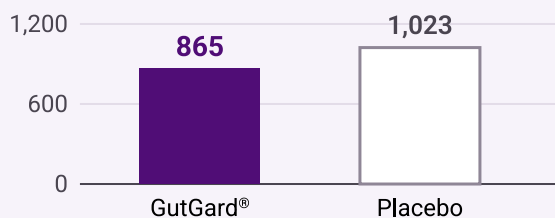
Change from baseline to Day 60 (%) GutGard® Placebo



Calories at a free-choice meal

↓157 kcal (↓15%)

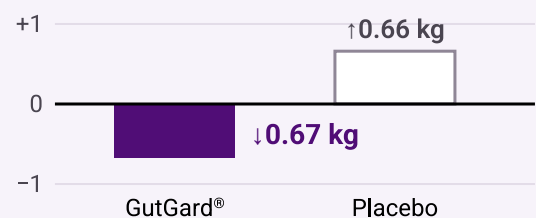
95% CI -191 to -123 · P < 0.001



Body weight change at Day 60

↓1.41 kg vs placebo

95% CI -2.49 to -0.33 · P = 0.010



Savour the claims

Supports healthy blood sugar levels*

Supports healthy insulin sensitivity*

Supports healthy glucose metabolism*

Helps reduce calorie intake*

Supports healthy weight management*

Study NRG006, Natural Remedies, data on file, 2026; not yet peer-reviewed. Calories and weight: model-adjusted differences. Participants had HbA1c of 5.7–6.4% at entry. *Structure/function wording, to be confirmed per market; in the US, blood sugar claims must refer to maintaining levels already within the normal range.

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Easy to digest

75 mg twice a day for 30 days cut total dyspepsia symptoms by 51%, against 29% on placebo.



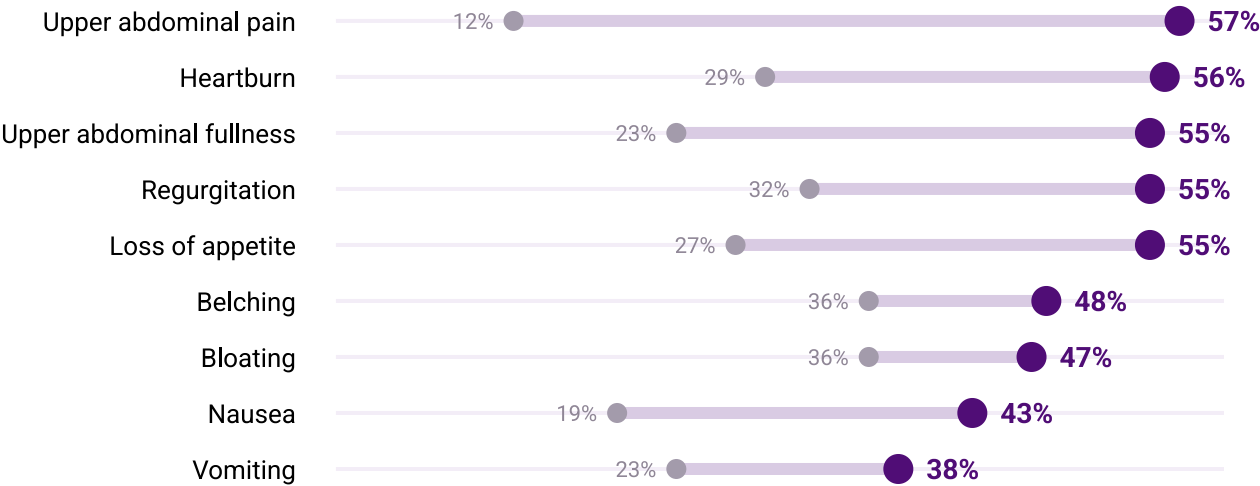
↓51%
Total symptoms
Day 30; placebo ↓29%

56%
Markedly improved
Placebo 0%

↓55%
Reduction in NDI
Improves quality of life; placebo ↓19%

Stomach at ease

% reduction from baseline, Day 30 ● GutGard® ● Placebo



Savour the claims

Helps manage occasional indigestion*

Helps relieve upper abdominal fullness, bloating and belching*

Helps ease occasional upper abdominal discomfort*

Helps improve quality of life*

Raveendra KR et al. Evid Based Complement Alternat Med 2012;2012:216970. Randomised, double-blind, placebo-controlled; 50 adults aged 18–65 with functional dyspepsia; GutGard® 75 mg or placebo twice daily after food for 30 days; assessed on Days 15 and 30. Markedly improved and NDI: P ≤ 0.05 vs placebo. NDI: Nepean Dyspepsia Index, the standard quality-of-life measure in functional dyspepsia. *Structure/function wording, to be confirmed per market. ***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

Cooling the burn: heartburn and reflux

In a 200-person Phase III trial, 150 mg a day eased heartburn and regurgitation within 2 weeks, with no rebound after stopping.



↓88%

Reflux symptom score

GERD-HRQL, Day 28; placebo ↓42% (P = 0.014)

↓87%

Heartburn frequency

Day 28; placebo ↓42%

↓95%

Regurgitation frequency

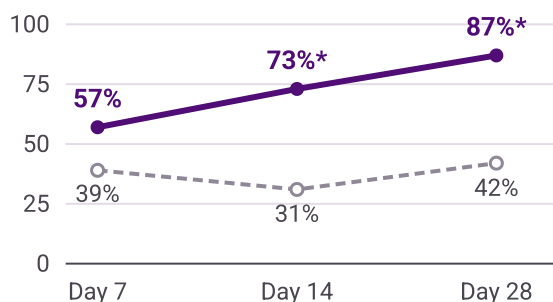
Day 28; placebo ↓40%

2 weeks

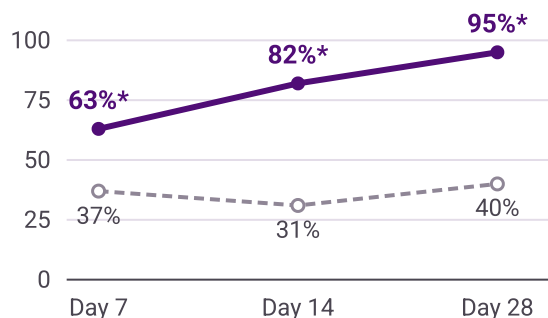
To significant relief
Regurgitation from Day 7, heartburn from Day 14

Symptom frequency, % reduction from baseline (GSAS) — GutGard® - - - Placebo * P < 0.05 vs placebo

Heartburn



Regurgitation



Savour the claims

Helps manage occasional heartburn and regurgitation*

Helps relieve occasional heartburn within 2 weeks*

Supports comfort after meals*

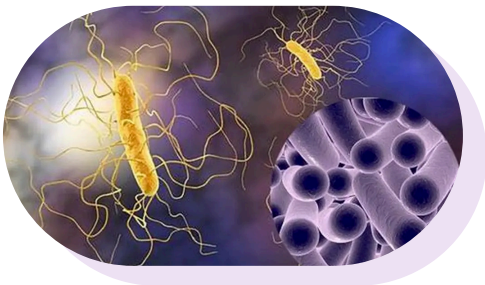
Supports digestive quality of life*

Raj JP et al. Complement Med Res 2025;32:26–36. Heartburn frequency P = 0.017 (Day 14) and 0.005 (Day 28); regurgitation P = 0.025, 0.029 and 0.022 (Days 7, 14, 28). Percent reductions as reported by Natural Remedies from the trial data. Gastric emptying by scintigraphy did not differ between groups. GERD-HRQL: GERD Health-Related Quality of Life; GSAS: GERD Symptom Assessment Scale. *Structure/function wording, to be confirmed per market.

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Bye Bye, H Pylori

150 mg a day lowered *H. pylori* load by 41%, and nearly half of participants tested negative.



↓41%

***H. pylori* load**

Breath test, Day 60; placebo
↓11%

48%

Tested negative

¹³C-urea breath test; placebo 2%

56%

Tested negative

Stool antigen test; placebo 4%

How GutGard® takes on *H. pylori*

Anti-<i>H. pylori</i> Lab and animal	DNA gyrase ↓ IC ₅₀ 4.4 µg/mL; blocks DNA copying	DHFR ↓ Halts DNA synthesis	Protein synthesis ↓ Slows bacterial growth	Colonisation ↓ Dose-dependent, in gerbils and mice
Anti-inflammatory Cell and animal	COX ↓ Lower PGE ₂ and TXB ₂	LOX ↓ Lower LTB ₄	Cytokines ↓ Lower NO, IL-1β, IL-6	Gastroprotection Anti-ulcer, antioxidant

Savour the claims

Supports management of *H. pylori**‡

Helps maintain a healthy stomach*

Helps maintain a healthy stomach lining*

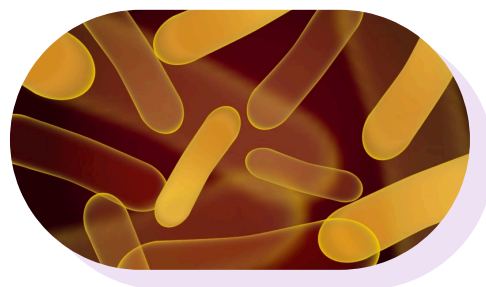
Supports gastric comfort*

Trial: Puram 2013, eCAM (adults 18–45; GutGard® 150 mg n = 55 vs placebo n = 52; 50 per group analysed; side effects mild and similar in both groups). Mechanism: Asha 2013 (DNA gyrase, DHFR, protein synthesis); Kim 2013 (gerbils and mice); Fukai 2002 (glabridin); Chandrasekaran 2011 (COX/LOX); Thiyagarajan 2011 (cytokines); Mukherjee 2010 (anti-ulcer); Yoon 2019 (*L. paracasei*); Raveendra 2012 (dyspepsia). ‡An *H. pylori* claim is approved in Korea (MFDS); in the US, avoid infection or eradication language.

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Probiotics + GutGard®

GutGard® acts against *H. pylori*, yet leaves common probiotic strains and four key digestive enzymes unaffected.



Probiotics MIC of GutGard®, µg/mL

L. casei 7,500

L. fermentum 7,500

L. plantarum 7,500

S. thermophilus >10,000

Digestive enzymes Not inhibited

✓ Pancreatic α-amylase

✓ α-Glucosidase

✓ Phytase

✓ Xylanase

MIC: the lowest GutGard® concentration that stops a strain growing; a higher MIC means gentler on probiotics.

WATER ACTIVITY

$a_w < 0.2$

GutGard® powder

Dry by design, gentle on cultures

Free water shortens probiotic shelf life in dry blends. GutGard® adds almost none, so it suits probiotic powders, sachets and capsules.



Count held in a probiotic drink

L. acidophilus drink with GutGard®: stayed in the 10⁹ range for all 14 days



Day 0

2.8×10⁹ cfu/mL



Day 1

2.9×10⁹ cfu/mL



Day 7

2.6×10⁹ cfu/mL



Day 14

2.3×10⁹ cfu/mL

Savour the claims

Works with probiotics to support digestive wellbeing*

Complements probiotics for stomach health*

Supports digestive wellbeing*

Asha 2017, J Diet Suppl 14:323 (MIC, enzymes, drink). Natural Remedies, data on file (water activity; stability at 25 °C/60% RH). Yoon 2019, Medicine 98:e16601 (combined trial). *Structure/function wording, to be confirmed per market.

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Why GutGard®?

Clinically studied. Flavonoid-rich. Format-flexible.



Clinically studied for gut & metabolic support



Clinically studied for *H. pylori*

Load ↓41% vs ↓11%; 56% stool-test negative vs 4%



Soft extraction, rich in goodness

Gentle process keeps flavonoids; glycyrrhizin below 0.5%



High flavonoids, fully profiled

>10% w/w by HPLC; 50+ flavonoids identified by LC-MS

GutGard®
Flavonoid Rich Licorice

8 reasons to
formulate
with
GutGard®



Works with probiotics and enzymes

No inhibition of tested probiotic strains or 4 enzymes



Low dose, flexible formulas

150 mg a day for digestion; 300 mg a day for appetite



Wide range of delivery formats

Chews, gummies, beverages, powders, capsules and bars



Compliant with global standards

Patented; kosher and halal; Australia TGA PI no. 107219

150 mg a day

Digestive health

Indigestion, heartburn and reflux, *H. pylori* and everyday stomach comfort

300 mg a day

Appetite and metabolic support

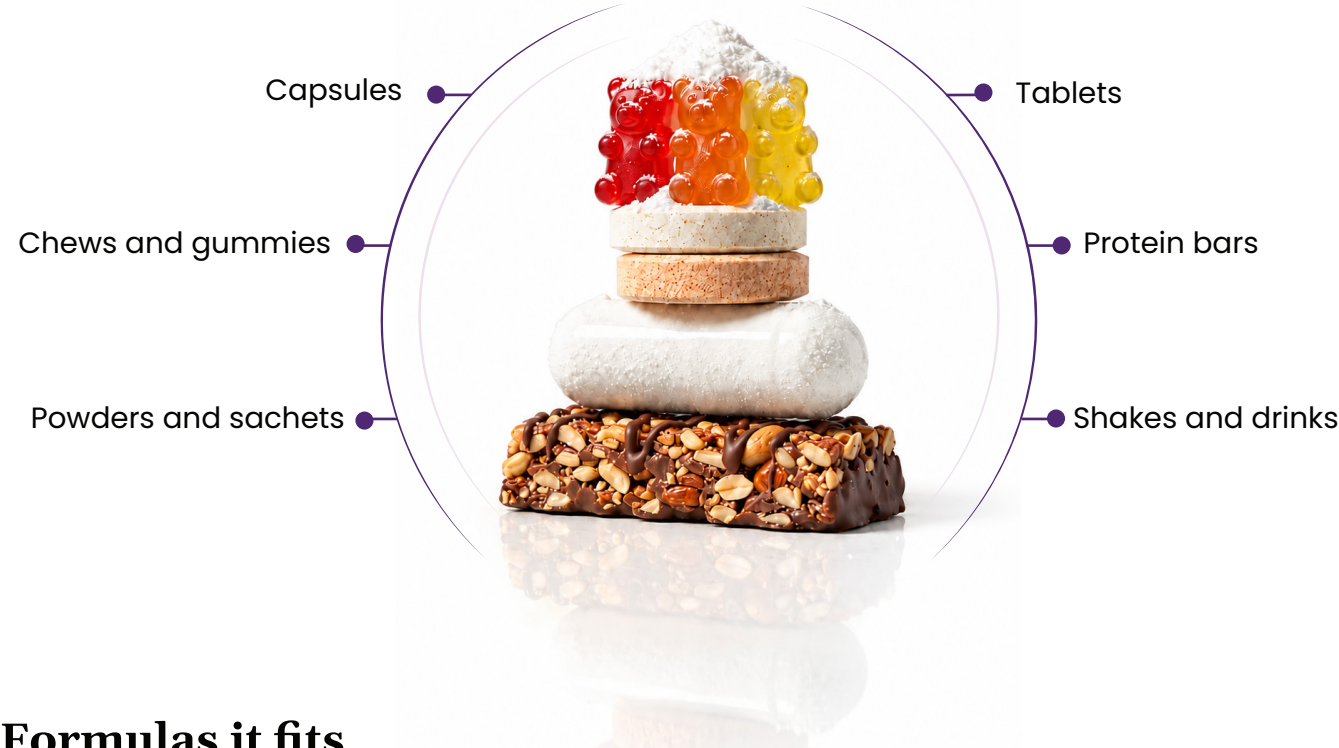
Appetite, cravings, natural GLP-1, healthy blood sugar and weight management

One ingredient, many formats

GutGard® fits easily into stomach-health, digestive, protein, metabolic-support and weight-management formulas. It works at a low dose , 150 mg or 300 mg a day , has a neutral taste and is compatible with common probiotics and digestive enzymes, making it a natural partner for probiotic stomach-health blends.



Formats



Formulas it fits

- Stomach health
- Digestive comfort
- Probiotic blends
- Protein
- Metabolic support
- Weight management

Formulate with GutGard®

Contact Natural Remedies for samples, specifications and formulation support.

nutraceutical@naturalremedy.com
www.naturalremedieshumanhealth.com



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