



10 SIGNS OF AN AILING GUT

Checklist

- CHECK THE SYMPTOMS APPLICABLE TO YOU
- GAS, BLOATING
- CONSTIPATION
- EXHAUSTION
- CRAMPING/ABDOMINAL PAIN
- DIARRHOEA/LOOSE STOOLS
- REFLUX/HEARTBURN
- NAUSEA
- CRAVINGS
- MOOD SWINGS
- SKIN BREAKOUTS/ACNE