



Gut Thrive Study

We conducted a study with previous Gut Thrive participants to investigate the effects of two supportive botanical formulas designed

Study Goals

- To find a breakthrough for people with inveterate constipation, abdominal bloating, and brain fog associated with intestinal issues such as SIBO (Small Intestinal Bacterial Overgrowth).
- Re-engage the brain in motility and gut health so that it could take over without additional supplements or exercises after being stimulated and retrained.

to help the cognitive and neurological pathways better perform their executive functions of regulating the body's autonomic processes. Rather than a Gut-Brain communication, we supported the Brain-Gut communication nutritionally via the following:

- Systemic Formulas: [Neurosyn](#) (Neuro-Cognitive & Memory Support)
- Systemic Formulas: [CALM](#) (Stress Relief & Mood Support)
- 5 different [neuro-activation](#) techniques.

We surveyed our study group participants after they had (1) taken the two formulas and completed the neuro-activation techniques for 30 days and (2) stopped the formulas and techniques for 7-12 days (to gauge progress). Below are the study findings.

Study Findings

General Outcomes:

62.5%	Gained bowel function improvement. Of the 37.5% who did not, most continued on the supplements at a lower dose for an additional 30 days and a small portion of the 37.5% discontinued supplements altogether because they did not work for them.
54%	Experienced unexpected improvements in mood and relationship to stress.
37%	Experienced improvements in cognitive ability.
41 %	Experienced improvement in bloating and 41% did not, while 18% did not have bloating going into the trial (only constipation or brain fog).
45%	Experienced additional, unexpected benefits including, better sleep, weight loss, more energy, mental focus, less hungry between meals, better muscle strength and response to exercise.

Supplement Withdrawal:

54%	Reported no withdrawal from the supplements.
45%	Reported withdrawal and needed the supplements for an additional 30 days at a lower dose to continue the recalibration process.



Program Completion:

46%	Finished the full program (30 days)
30%	Completed up to 21 days. Some participants stopped early because they achieved their desired benefits, and others stopped because the supplements were not working for them.
23%	Participated for 8 – 14 days.

(Note: External, environmental mold conditions were contributing factors for some participants who did not experience success.)

Neuro-Activation Techniques:

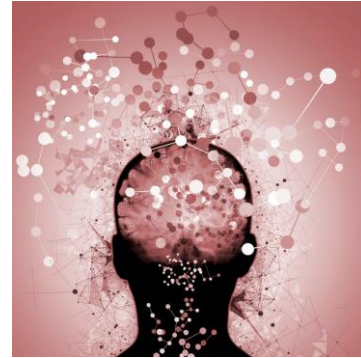
Of the 5 techniques, participants found them to be helpful in the following order:

(1) Coffee enemas, (2) Yogic breathing (beneficial for sympathetic dominant people who tend to live in “fight or flight mode”), (3) Gagging, (4) Singing and gargling were a tie.

The top dose which produced the greatest success for the average participant was **2 capsules each of Neurosyn and CALM, twice daily (with or without food).**

Recommended Neurological Supplement Protocol

If you are still experiencing bloating, constipation, or brain fog at the end of Gut Thrive (after Step 4) and think that you need to re-engage your brain to take over autonomic processes as a possible solution, you can take Neurosyn and CALM, using the protocol below.



If you are struggling with constipation before the end of Step 4, we highly recommend that you hold off on adding these supplements to your protocol, until after you have implemented the suggestions in the handout on [Diarrhea, Constipation, and the Neuro-Sensory Activators](#). If none of these options help to resolve the constipation, you can begin taking CALM and Neurosyn before the end of the program.

Try these supplements without food first and if you experience any nausea, take them with food.

Day 1: Take Neurosyn	Take 1 capsule of Neurosyn daily for 2 days and gradually increase the amount using the directions below.
	If you have trouble with that dose, drop down to ½ capsule daily and see how you do. (Note: Too much of either supplement can cause brain fog, overstimulation, or sleepiness.)
Add in CALM	When you find a dose that is non-reactive OR when you experience positive benefits from taking 1 capsule of Neurosyn, twice daily, add in the CALM using the same instructions.
	Gradually work up to the full dose of 2 capsules of each supplement twice daily and continue taking both supplements for 30 days (OR a dose that is well-tolerated).

After 30 Days	After 30 days at your top dose, begin staging back down to 1 capsule, twice daily for 7-14 days (see example below).
Example of Titrating down	DAY 30: 2 caps Neurosyn, 2 caps CALM twice daily
	DAY 31: 2 caps Neurosyn, 2 caps CALM once daily AND 1 capsule Neurosyn, 1 capsule once daily
	DAY 32: 1 capsule of each supplement twice daily (Continue for 7-14 days)
	END: Follow this with 1 capsule of each supplement once daily for another 7-14 days, and then discontinue.

Note: If you determine that you are unable to tolerate either Neurosyn or Calm, they may be taken separately, using the same directions.

You may order the formulas here:



[NEUROSYN](#)



[CALM](#)

Order both supplements [HERE](#).

Additional Notes

These supplements are working to recalibrate the brain, so you may experience heightened emotions or “old memories or wounds” arising. That is a good thing as healing is not just physical and it’s important to clear out and heal the old thoughts and emotions as we move forward in life. Some experienced lightheadedness, dizziness, and fatigue.

Please note that Neurosyn is also beneficial for depression, anxiety and memory issues and can support those symptoms as well.

The idea is to use the supplements temporarily to restore autonomic function and “wake up” the brain to its job of motility so you should not need the supplements beyond 60 days.

Supplement Ingredients & Descriptions

Neurosyn by Systemic Formulas, Inc.

Formula Key/Active Ingredients:

Sceletium tortuosum: Often called a “mood elevator” and relaxant. Supports the sensitivity of dopamine and serotonin receptors. Help with anxiety. Provides energy. Help relieve overactive appetite. Improves brain synapse connection.

Alpha-GCP (Glycerol Phosphoryl Choline): A form of the B-lipid, choline, promotes immediate recall, reaction time, and good mood. Protects brain cell membranes. Helps the body counter cognitive decline, and neurodegenerative diseases, Alzheimer’s, and Parkinson’s. Helps the brain recover from injury.

Camilla sinensis: Provides Herbalomic™, epigenetic and antioxidant attributes of green tea. Cellular longevity.

Supplement Facts		
Serving Size: 3 capsules		
Amount Per Serving	% Daily Value	
Vit B6 (Pyridoxine-5-phosphate)	4 mg	200
Vit B1 (Sulbutiamine).....	100 mg	6667
Manganese (Chelate).....	0.4 mg	20
Zinc (Lipoate)	3 mg	20
Cognitive Nutrition Blend.....	815 mg	*
Acetyl L-Carnitine; Alpha-GPC (Glycerol Phosphoryl Choline); Alpha Ketoglutarate; L-Tyrosine; N-Acetyl Cysteine; R-Alpha Lipoic Acid; N-Acetyl L-Tyrosine; DMAE Bitartrate; Propionyl L-Carnitine; Uridine-5'-Monophosphate; Noopept		
Cognitive Herbalomics Blend.....	1180 mg	*
Phosphatidylserine (from Sunflower); Magnolia officinalis; Lycopodium (Huperzine A1); Bacopa monnieri; Scutellaria lateriflora; Centella asiatica; Camellia sinensis (Green Tea EGCG); Ginkgo biloba; Polygala tenuifolia; Phellodendron amurense; Vinca minor (Vinpocetine); Gastrodia elata (Gastrodin)		
*Daily Value is not established		
Other Ingredients: Gelatin, Leucine, Ascorbyl Palmitate and Silica		



L-Tyrosine: an amino acid essential for brain neurotransmitter production: norepinephrine, epinephrine, and dopamine.

Scutellaria lateriflora: Blue Skullcap. Helps relax, relieve nervous tension, and alleviate brain fatigue.

Alpha Ketoglutarate: Supports the Krebs Cycle of cellular energy production, nitrogen transporter, and oxygen regulator. Antioxidant. Increases brain longevity.

Magnolia officinalis: A traditional Chinese botanical known to exert a powerful and beneficial effect on preserving the brain's acetylcholine, reducing cell death. Helps lower cortisol. Helps reduce amyloid plaque associated with Alzheimer's.

Acetyl L Carnitine: Positively impacts the brain's stress tolerance and metabolism of fat for energy. Anti-aging. Helps prevent toxins from impacting the brain. Helps peripheral neuropathy. Helps correct leptin hormone resistance. Helps the liver in hypothyroid cases.

Lycopodiopsida: Huperzine-A1. A fern that contains acetylcholinesterase-inhibitors thus serves as a nootropic or "smart nutrient" that helps with memory, motivation, intelligence-

enhancement, and attention improvement.

Phosphatidyl Serine: Called a "brain food," is a documented way to prevent brain-aging via fluidity of brain cell membranes.

Bacopa monnieri: Baobab tree fruit. Improves memory, brain function, and prevents mental disease. Boosts mood. Supports blood circulation and helps repair damaged neurons.

N-Acetyl Cysteine: Helps rid the neuro-system of harmful toxins, reduces brain inflammation, helps remove excessive glutamate in the brain. Helps regulate glucose metabolic function. Helps replenish glutathione.

Centella asiatica: Gotu Kola. Protects the brain from heavy metal exposure, reduces oxidative stress, protects nerve function. Reduces anxiety.

R Alpha Lipoic Acid: Protects against oxidative stress. The "R" form is biologically active. Reduces inflammation, free-radical scavenger, and supports mitochondrial function.



Ginkgo biloba: Supports brain health and circulation. Improves memory processes. Protects against dementia.

Polygala tenuifolia: Yuan Zi in Chinese Medicine. Contains brain growth factors and brain cognition improvement factors via BDNF (Brain Derived Neurotrophic Factor).

DMAE Bitartrate: Dimethylaminoethanol. The real reason that fish is called “brain food.” Supports acetylcholine turnover rate. Research shows improvement for ADD and ADHD. Free radical scavenger.

Phellodendron amurense: Cork Tree. A Traditional Chinese Botanical. Helps preserve neuro-function. Anti-inflammatory. Synergistic with Magnolia Officinalis to reduce anxiety.

Vinca minor: Vinpocetine. Supports circulation to the brain. Improves both long- and short-term memory. Enhances alertness. Protects brain cells from toxins. Prevents and reverses ischemic damage. Reduces arterial plaque.

Gasgrodia elata: Gastrodin. A Traditional Chinese Botanical. Mobilizes the brain’s innate neuro-protective functions. Improves neuro- signaling.

Noopept: A nootropic dipeptide heavily researched in Russia, supportive of memory retrieval and memory consolidation. Neuro- protective. Supports NGF (Nerve Growth Factors). Enhances color perception.

CALM by Systemic Formulas, Inc.

Formula Key/Active Ingredients:

Camilla sinensis; Provides Herbalomic™, epigenetic and antioxidant attributes of green tea.

SAMe: S-adenosyl-L-methionine. Helps relieve depression. Part of the methylation pathway. Pain reliever. Helps produce melatonin which is necessary for sleep. Supports detoxification.

Supplement Facts		
Serving Size: 4 capsules		
Amount Per Serving	% Daily Value	
Vit B6 (Pyridoxal-5-Phosphate)	4 mg	200
Vit B1 (Sulbutamine)	25 mg	1667
Nutritional Mood Support	775 mg	*
Beta-Alanyl-L-Histidine; S-Adenosyl-L-Methionine Tosylate (SAMe); L-Taurine; GABA; L-Tryptophan; DHEA		
Herbalomics Mood Support	1200 mg	*
Ocimum sanctum; Griffonia simplicifolia (5-HTP); Melissa officinalis; Withania somnifera; Rhodiola rosea (Rosavin, Salidroside); Ziziphus spinosa; Camellia sinensis (L-Theanine); Corydalis militaris; Mucuna pruriens (L-DOPA); Scellium tortuosum (Zembrinil); Hypericum perforatum		
* Daily Value is not established.		
Other Ingredients: Cellulose, Leucine and		



Griffonia simplicifolia: An herb bearing Nature's 5-HTP. Anti-infective, aphrodisiac, and kidney/bladder supportive; it's traditionally used for anxiety, depression, migraines, insomnia, and appetite regulation.

Mucuna pruriens (L-Dopa): An East Indian adaptogenic herb, Cowhage, contains Nature's L-Dopa, the precursor to the neurotransmitter, dopamine, which helps release human growth hormone, a key factor in longevity. Famous for enhancing sexual pleasure, improve lucid dreaming, improves more youthful hormone levels.

GABA – An inhibitory neurotransmitter that calms the excitatory brain processes. Improves mood. Counterbalances glutamate. Improves brain focus.

Sceletium tortuosum: Often called a "mood elevator," relaxant, empathogen. Supports the sensitivity of dopamine and serotonin receptors. Help with anxiety. Provides energy. Help relieve overactive appetite. Improves brain synapse connection.

L Taurine: An amino acid for stress relief. Facilitates production of the neurotransmitter GABA. Also reputed to help the body burn fat by

supporting beta oxidation. Improves cellular insulin receptivity for better glucose transport into the cells. Helps muscle recovery and supports cardiovascular health. Delays cognitive decline. Improves learning and retention.

Melissa Officinalis: Lemon balm. Improves mood and mental performance. Studies show helps with Alzheimer's. Antioxidant.

Tryptophan: An essential amino acid and precursor to the neurotransmitter, serotonin. Can improve depression.

Rhodiola rosea: Adrenal tonic, anti-depressive, anti-anxiety, and historically exhibited benefits for migraines. Russian research cites "reduces risk of disease."

Beta-Alanyl-Histidine: Carnosine, a dipeptide of amino acids beta-alanine and histidine, is highly concentrated in the brain. Reduces telomere shortening rate contributing to cellular longevity. An anti-senescence nutrient. Reduces advanced glycation end products which contribute to plaque and Alzheimer's.

Hypericum Perfoliatum: St. John's Wort is long known to help alleviate depression and support



neurological function. The rigorous German Commission E studies cite its ability to slow down serotonin uptake, thus facilitating better mood. Helps ADHD.

Cordyceps militaris: An ascocarp created by the Ascomycota fungus, famous for being an adaptogen, immune system enhancer, energizer, and provider of building blocks of RNA and DNA. Antioxidant and stabilizer of blood pressure. Oxygenator. Renowned for anti-tumor properties.

Dehydroepiandrosterone: The building block of estrogen and testosterone synthesized in the adrenals, gonads, and brain. An antioxidant known to help stimulate human growth hormone associated with anti-aging processes. Increases insulin receptor sensitivity.

Ocimum sanctum: Holy Basil. Adaptogen for recovering from stress.