



Love Your Gut Powder is diatomaceous earth (Fossil Shell Flour™) from fossilised freshwater plants, sourced from USA. Rich in silica, for bones, skin, hair, nails, and teeth. 100% natural, free from additives, gluten, dairy and sugar-free.
SUITABLE FOR VEGETARIANS & VEGANS

Ingredient

Diatomaceous earth (amorphous silica, freshwater type) from a food-grade source.

Directions

Take 2 capsules twice daily (4 capsules a day) preferably before food, drink up to 2L of water per day.

Cautions

Always consult your health practitioner before taking nutritional supplements. Not recommended for use by pregnant or breastfeeding women. Not to be used as a substitute for a varied balanced diet. Store in a cool dry place, out of reach of children. Do not exceed recommended daily dose.

Allergy Advice

Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that also handles allergy-based materials such as nuts, seeds, milk, eggs, cereals, soya, mustard, celery, fish, crustaceans, and sulphites.

NUTRITIONAL INFORMATION

Serving size: 4 capsules daily; 30 servings per pack; each capsule .35g diatomaceous earth

Typical Composition	Av. Qty per 2 capsules (70g) %NRV	Av. Qty per 4 capsules (1.4g) %NRV	Av. Qty per 100g %NRV
Sodium	0.167	0.334mg	23.88mg
Silica	0.58g	1.2g	82.6g
Iron	1.635mg 11.68%	3.27mg 23.36%	233.3mg 1666.43%
Calcium	2.38mg 0.3%	4.76mg 0.6%	340mg 28.75%
Magnesium	0.458mg 0.12%	0.917mg 0.24%	65.51mg 17.47%

Manufactured for Supercharged Food 8/19 Expo Court, Ashmore QLD 4214 Australia
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Ingredient from the USA

Storage: keep dry, below 30 degrees

Best Before September 2025

Product code LYGC002

Distributed by

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Supercharged Food

www.superchargeyourgut.co.uk