

BLU POO

Gut Transit Time Tracker

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BLU POO uses a natural pigment to color your stool, helping you determine your gut transit time. Tracking your gut transit time with BLU POO can provide valuable insights into how effectively your body processes food, absorbs nutrients, and metabolizes fiber, as well as the health of your gut microbiome.



Testing

Health Indications

- Discover Precise Gut Transit Time
- Develop Personalized Gut Health Protocol
- Monitor for Gastrointestinal Diseases and Dysregulation
- Early Detection of Gastrointestinal Disease Red Flags

Instructions For Use

Take 2 capsules with a meal and monitor your bathroom visits for 9–30+ hours, until you see blue poop. Log the time and the type that best matches the types in the Bristol stool chart. Repeat this test weekly, or as directed by your health care provider.

Product Description

In recent years, investigation into the importance of gut transit time has launched to the forefront of gastrointestinal health research. Gut transit time refers to the amount of time it takes the body to digest and move food through the digestive system from start to finish. Although it was initially given little thought, it has become clear that determining gut transit time not only provides valuable insights into gastrointestinal health, it is also important and possible to optimize it.

Recent research shows that slow gut transit time, such as 60 hours or more, is associated with harder stools, constipation, and higher gut microbial diversity. However, this increased diversity includes higher populations of microbes associated with poor health outcomes and a lower amount of critical microbiome metabolites, such as short chain fatty acids (SCFAs). It is thought that the longer the stool remains in the colon, the greater the opportunity for beneficial SCFAs to be broken down into harmful compounds.

Alternatively, a fast gut transit time, such as 12 hours or less, is associated with low gut microbial diversity, poor nutrient absorption, looser stools, diarrhea, and other negative

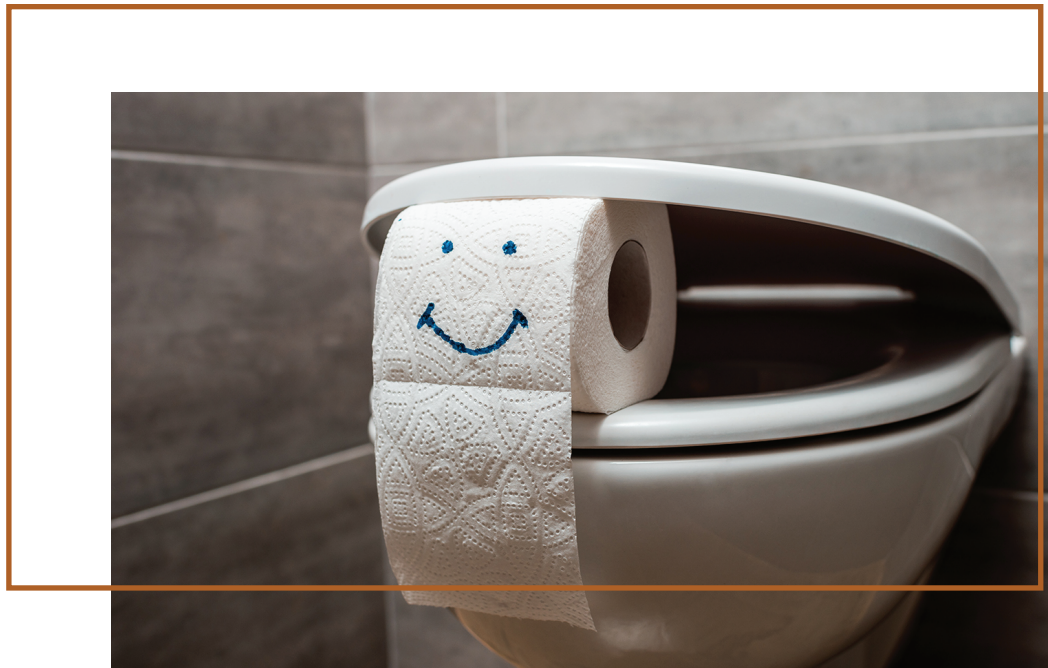
health outcomes. While the average gut transit time for healthy individuals is around 28 hours, healthy gut transit times can vary.^{1,2} Extremely fast or slow gut transit times may indicate underlying health issues that warrant further investigation and potential intervention.



Multiple factors can lead to dysregulated gut transit time, including poor diet, antibiotic use, endocrine and digestive disorders, stress, lack of exercise, chronic dehydration, and more. Repairing gut transit time is a keystone of gut health and overall wellness, but developing personalized protocols requires specific information.

This is where Alimentum Labs' BLU POO Gut Transit Time Tracker comes in. BLU POO blends science and simplicity for a healthier you. It offers a scientifically backed method for understanding your digestive health by measuring your gut transit time. Using natural pigments derived from blue spirulina and the indigo pigment plant, BLU POO colors your ingested food, resulting in vibrant blue-colored stool that allows you to track your gut transit time with ease.

By monitoring gut transit time, BLU POO provides invaluable insights into your body's digestion process, nutrient absorption, fiber metabolism, and the overall health of your gut microbiome. Seamlessly integrated with the Bristol Stool Chart, BLU POO enables you to assess your stool consistency, helping you identify potential microbiome dysbiosis and take proactive steps towards achieving optimal digestive wellness. This simple, yet effective product not only helps you monitor your gut health, it also provides you with indispensable information that can help you to transform your gut health and enhance your overall wellness.



Key Elements and Features of BLU POO

Provides Precise Digestive Health Monitoring

Through the consumption of natural dyes, BLU POO stains the stool, allowing for precise tracking of gut transit time. This noninvasive and cost effective method offers a distinct advantage over conventional medical approaches, which tend to have limitations.

Enables Personalized Wellness Protocols

BLU POO provides detailed insights into gut health that can be used to help build truly personalized wellness protocols. These protocols can also be adjusted as needed to address current health needs, as BLU POO can be used at regular intervals to monitor changes in gut health.

Enables Early Detection of Digestive Issues

BLU POO can help detect early signs of digestive issues in individuals who are concerned about their digestive health or who may be at risk for digestive problems. Early intervention is often critical to prevent conditions from worsening or triggering related conditions. Any changes detected by BLU POO can prompt further investigation to determine if additional action is needed.

Optimizes Digestive Health

BLU POO provides valuable information that allows informed changes to be made in an individual's diet, exercise routine, supplement regimen, etc., to help improve overall digestive health and alleviate uncomfortable and disruptive digestive symptoms. By pinpointing personalized adjustments that need to be incorporated, individuals can improve their digestive health without the guesswork to determine the best course of action.

Offers Invaluable Microbiome Insights

Gut transit times are heavily correlated with the composition of the gut microbiome. Slower transit times are often associated with microbiomes that have an overgrowth of harmful microbes, while faster transit times are associated with microbiomes lacking in microbial diversity and low levels of beneficial microbes.

How BLU POO Works

BLU POO is a simple, mess-free, cost-effective, non-invasive method for observing gut transit time. When used in conjunction with other informative tools, such as the Bristol Stool Chart and known gastrointestinal symptoms, a personalized protocol can be created to improve gut health, repair microbiome diversity, and relieve symptoms of gastrointestinal distress. BLU POO can be used intermittently to evaluate how lifestyle changes and wellness regimens affect gut transit time.



Key Ingredients

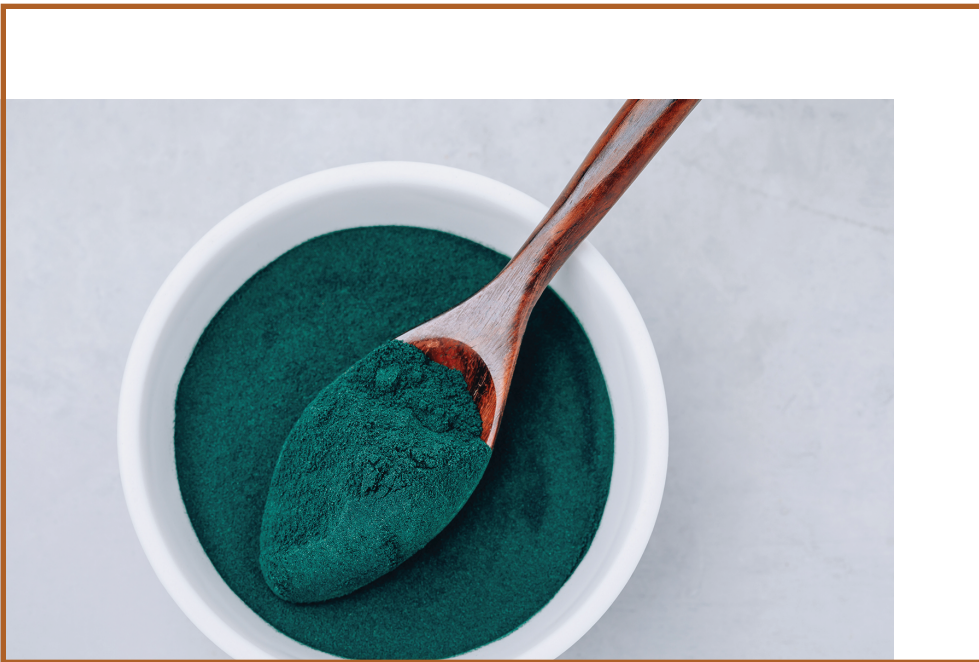
BLU POO avoids harsh chemical dyes like other products and instead uses natural colorant: blue spirulina and indigotine. By using these naturally sourced dyes, BLU POO provides easy access to critical health insights without exposing users to synthetic dyes.

Blue Spirulina

Spirulina platensis, commonly known as blue or green spirulina, is a type of algae. It produces a deep blue antioxidant pigment, similar to that found in blueberries, known as phycocyanin. This pigment is particularly concentrated in blue spirulina.³

Indigotine

Indigofera tinctoria, commonly known as true indigo, is the natural source for indigo coloring. Indigotine is a natural, antioxidant pigment derived from the indigo plant and has been used as a natural dye for millenia.⁴



Warnings/Contraindications

BLU POO is generally considered safe for use during pregnancy. However, it's essential to recognize that various factors can affect bowel movements during pregnancy. Therefore, it's crucial to consult your health care provider before and after using BLU POO to determine if your gut transit time is within 'normal' range during this time. Your health care provider can offer personalized advice and ensure that monitoring your digestive health with BLU POO is accurate and effective.

It is always recommended that you consult your practitioner prior to adding any new supplement to your regimen if you are pregnant, breastfeeding, experiencing renal failure, undergoing an organ transplant(s), managing diabetes with insulin, or are taking medication(s) for any pre-existing conditions.

Safety

All ingredients are tested before use for:

- Pathogenic microbial contaminants
- Heavy metals and/or chemical contaminants
- Purity

Additional Information

- Gluten Free
- Dairy Free
- Vegan
- No Sugar
- Non-GMO
- cGMP Facility
- No Egg



References

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2. Asnicar, F.; Leeming, E. R.; Dimidi, E.; Mazidi, M.; Franks, P. W.; Al Khatib, H.; Valdes, A. M.; Davies, R.; Bakker, E.; Francis, L.; Chan, A.; Gibson, R.; Hadjigeorgiou, G.; Wolf, J.; Spector, T. D.; Segata, N.; Berry, S. E. Blue Poo: Impact of Gut Transit Time on the Gut Microbiome Using a Novel Marker. *Gut* **2021**, *70* (9), 1665–1674. <https://doi.org/10.1136/gutjnl-2020-323877>.
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