

# Therapia: Glowing Gut

## Introduction

A healthy gut is the foundation of overall well-being—from immunity and mood to energy and nutrient absorption. *Therapia: Glowing Gut* is a nature-nourished nutraceutical designed to soothe digestive discomfort, restore balance to your microbiome, and support long-term gastrointestinal health.

## What is Glowing Gut?

*Glowing Gut* is a targeted nature-nourished nutraceutical developed by Arcafiena Life Sciences to address common digestive challenges. It is ideal for individuals dealing with bloating, acidity, indigestion, or poor gut flora diversity. This synergistic blend of herbs, amino acids, and probiotics promotes gut healing, nutrient absorption, and microbiota modulation.

## How Does Glowing Gut Work?

The formulation helps restore digestive equilibrium through:

- Healing and strengthening of the intestinal lining
- Promotion of healthy gastric secretions and enzyme activity
- Regulation of gut microbiota composition with probiotic support
- Reduction in inflammation and gastric discomfort

## What Does Glowing Gut Contain?

### Key Nature-Nourished Nutraceuticals:

- Triphala extract
- Shiitake mushroom
- Probiotics
- L-Glutamine
- Licorice root extract
- Manuka mushroom

# About Glowing Gut Ingredients

## Triphala Extract

Triphala, a cornerstone of traditional Ayurvedic medicine, is a synergistic blend of three medicinal fruits—*Amalaki* (*Emblica officinalis*), *Haritaki* (*Terminalia chebula*), and *Bibhitaki* (*Terminalia bellirica*). It is well-documented for its gentle laxative properties, ability to stimulate digestive enzymes, and role in improving colon health. Its polyphenolic content also provides significant antioxidant protection, thereby supporting detoxification and reducing oxidative damage to the gastrointestinal tract.

## Shiitake Mushroom

Shiitake (*Lentinula edodes*) is a medicinal mushroom rich in polysaccharides, notably beta-glucans, which serve as potent prebiotics. These compounds foster the growth of beneficial gut bacteria while enhancing mucosal immune response. Shiitake also possesses antimicrobial and anti-inflammatory properties, contributing to its protective effect on the intestinal lining and overall gut resilience.

## Probiotics (Multi-strain)

The inclusion of multi-strain probiotics—comprising *Lactobacillus*, *Bifidobacterium*, and other well-researched genera—facilitates restoration of microbial balance within the gastrointestinal tract. These beneficial microbes assist in digestion, enhance immune function, outcompete pathogenic bacteria, and contribute to the production of vital short-chain fatty acids such as butyrate, which is essential for colon health.

## L-Glutamine

L-Glutamine is a conditionally essential amino acid and a primary energy source for enterocytes, the absorptive cells lining the intestine. It plays a critical role in maintaining intestinal integrity by promoting tight junction protein expression, thereby preventing increased intestinal permeability ("leaky gut"). Furthermore, it supports mucosal regeneration following injury or inflammation.

## Licorice Root Extract (DGL)

Deglycyrrhizinated licorice (DGL) extract is included for its mucoprotective and anti-ulcerogenic properties. It has been shown to inhibit the adhesion of *Helicobacter pylori*, reduce gastric inflammation, and stimulate mucus production, all of which contribute to enhanced protection and healing of the gastric and intestinal linings.

## Manuka Mushroom

Manuka mushroom extract combines antimicrobial potency with anti-inflammatory properties. It helps inhibit pathogenic bacterial overgrowth, including resistant strains, while modulating inflammatory cytokines in the gut mucosa. This dual action helps restore microbial equilibrium and supports immune-mediated gut defence mechanisms.

## How to Use

- **Dosage:** Take 1–2 capsules daily, preferably after meals
- **Method:** Swallow with water; combine with a balanced diet rich in fiber
- **Precautions:**
  - Consult your healthcare provider if you are pregnant, breastfeeding, or on medication for ulcers or IBD
  - Not suitable for use during acute gastrointestinal infections unless advised
  - Discontinue if symptoms persist or worsen

## Benefits of Glowing Gut

- Alleviates bloating, gas, and gastric discomfort
- Enhances digestion and supports gastric ulcer healing
- Promotes a healthy gut microbiome and regular bowel movements
- Supports long-term gut lining health and immune resilience

## Safety Disclaimer

This product is a dietary supplement and not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider before starting a new supplement, particularly if you have a digestive disorder or are taking medication. Store in a cool, dry place and keep out of reach of children.

## Final Thoughts

*Therapia: Glowing Gut* brings together ancient herbal wisdom and modern probiotic science to help you feel lighter, more energized, and balanced from the inside out. It's more than just digestive relief—it's a full-spectrum approach to gut harmony.

## Where to Buy

Email: [info@arcafiena.com](mailto:info@arcafiena.com)

Phone: +91-9892007250

Address: 8, Krishna Nagar, Industrial Layout, Hosur Main Road, Bangalore - 560029, India

## References

1. *Curr Opin Clin Nutr Metab Care*. 2017 Jan;20(1):86–91
2. *Microorganisms*. 2023 Mar 30;11(4):893