

Gut Go Reviews: Should You Buy GutGo Liquid Drops for Constipation, Bloating and Gas Relief?



Gut Go is a liquid nutritional supplement designed to target the real root cause of constipation, bloating, gas, and belly fat with a 10-second home remedy.

Whether dealing with constipation, digestive health issues, or general bloating and discomfort, you may get relief with [Gut Go](#).

Please keep reading to find out how Gut Go works, what the supplement does, and whether or not it's the right choice for you today in our review.

What is Gut Go?

Gut Go is a digestive health supplement available exclusively through GetGutGo.com.

If you have constipation, bloating, indigestion, or general digestive discomfort, you may have tried everything: changing your diet, eating more fiber, taking laxatives or probiotics.

Gut Go is designed to work better than alternative solutions because it targets the root cause of digestive problems: swollen gut syndrome.

Over time, your gut cells may swell, leading to uncomfortable digestive issues. Swollen gut problems tend to get worse with age.

By taking one full dropper of Gut Go, you can use a 10-second home remedy to get rid of bloating, constipation, gas, and belly fat.

Gut Go Benefits

According to the official website, Gut Go can support the following benefits:

10-second home remedy

Get rid of constipation, bloating, gas, and belly fat for good

Target swollen gut syndrome, which is the root cause of digestive discomfort

Eliminate harmful organisms in your stomach causing constipation

Stimulate your body's main digestive enzymes, like pepsin

Improve overall gut health

Overall, [Gut Go claims to be a “complete game changer” for people with digestive health problems.](#) You can poop frequently, avoid feeling bloated during meals, and avoid worrying about being close to the nearest toilet.

Gut Go Targets Swollen Gut Syndrome in Multiple Ways

A swollen gut syndrome is the root cause of digestive problems, according to the makers of Gut Go. That's why the supplement uses multiple methods of action to target swollen gut syndrome.

Here are some of the ways Gut Go targets swollen gut syndrome:

It supports healthy inflammation in your gut to promote a better microbial environment, allowing probiotic bacteria to flourish.

Detoxify your gut to create a clean slate, making it easier to lay a solid foundation of gut health for the rest of your life.

Neutralize free radicals using phenolic compounds and polyphenols, which are plant-based antioxidants active throughout the body.

Poop frequently and quickly without straining or spending excessive time on the toilet.

Lose weight and flatten your tummy. In fact, some customers claim to have lost 20 to 30 lbs while taking Gut Go.

Using these multiple methods of action, Gut Go claims to defend your body against swollen gut syndrome in various ways.

Gut Go Ingredients: 4 Japanese Tea Herbs for Digestion

The maker of Gut Go discovered four herbs used in Japanese tea linked to digestion and overall health. By adding those four herbs to the Gut Go formula, they created the [ultimate formula for ending swollen gut syndrome](#).

Here are the four Japanese tea herbs in Gut Go and how they work:

Lepidium Meyenii (Maca): Sourced from a plant growing at 13,000 feet above sea level, this natural extract has been used in

traditional medicine for centuries. Today, it's better known as maca. The root of the maca plant is nutrient-dense, and studies show it's rich in antioxidants to find inflammation. Inflammation can cause a swollen gut, and people with high levels of inflammation tend to have worse digestive issues. Although maca is best known as a South American plant used in indigenous medicine in the region, the makers of Gut Go discovered the ingredient in Japanese tea.

Guarana Seed Extract: Guarana seed extract is the second of four Japanese tea-inspired herbs in the supplement. Described as “nature’s very own laxative,” guarana seed extract can help maintain digestive regularity, making it easier to poop daily. Guarana seed extract, like the maca root above, is also linked to anti-inflammatory effects and can support healthy inflammation throughout your body. Guarana specifically works by pushing contents in your digestive tract to your rectum, which can then be pushed naturally out of the body. This gives you laxative-like effects without laxative side effects.

L-Glutamine: Gut Go contains L-glutamine, an important ingredient for digestion. Studies show digestive problems deplete your L-glutamine stores, and people with chronic digestive issues tend to have lower L-glutamine levels. When glutamine levels are low, it can cause chronic bloating, gas, constipation, diarrhea, and stomach cramps, among other noticeable issues. Each serving of Gut Go contains L-glutamine to counteract this effect.

If you're dealing with swollen gut and leaky gut, then the L-glutamine in Gut Go could help. L-glutamine can also boost immune cell activity in the gut, help to prevent infection and inflammation, soothe the intestinal tissue to stop cramps and spasms, and support the integrity of your gut's mucosal wall, helping with a barrier function. It's one reason why L-glutamine is found in most leaky gut supplements sold online today.

Green Tea: Gut Go contains green tea extract, which has a long history of use in eastern Asia. It's widely consumed in Japan, China, and other Asian countries. Some consider it a superfood for weight loss and metabolism. Others drink it to help with inflammation. Studies show green tea can also help digestion because it makes your gut digest and absorbs nutrients more quickly. Described as a "Japanese tea secret herb" by the makers of Gut Go, green tea consumption is linked to lower rates of inflammation-linked digestive health problems like bloating, gas, and constipation. In fact, one study specifically linked green tea to 48% reduced symptoms of gastritis. Plus, green tea's rich natural catechin content could make it one of nature's best bloating remedies.

What to Expect After Taking Gut Go

[Gut Go is backed by strong reviews online](#) from customers who have experienced significant changes in gut health, bloating, gas, and digestive comfort soon after taking the supplement – even after the first time.

The maker of Gut Go developed the formula after drinking a special tea at a Japanese tea house. That tea inspires Gut Go's formula, and it contains the same four ingredients in that tea (the four ingredients listed above).

Here's what happened when the maker of Gut Go took the special tea for the first time:

About 10 minutes after taking the Japanese tea for the first time, the creator of Gut Go had a bowel movement.

Since then, the creator of Gut Go has not had a single problem with constipation.

The creator of Gut Go traveled to the Japanese tea house daily to drink the tea. As long as she drank the tea, she experienced no digestive discomfort whatsoever.

One day, she arrived at the Japanese tea house and found it was shutting down. She decided to help the Japanese tea house sell its special tea through a supplement company. Today, that same formula is known as Gut Go.

The maker of Gut Go developed the formula based on the Japanese tea recommended by her friend Minato. Minato drank the tea daily for digestive health.

After developing the Gut Go formula based on the tea, the maker of the formula claims, “*you will feel lighter, healthier, and happier*” after drinking the tea.

In fact, you can “quickly lose 5, 10, even 20 pounds or more” while taking Gut Go – all without implementing a crazy diet or exercise routine.

You may also notice higher energy levels, greater happiness, more self-confidence, and less stress, thanks to Gut Go.

Long-Term Use of Laxatives Can Be Dangerous

Gut Go may be a more natural solution to constipation because it targets the root cause of digestive health issues: swollen gut syndrome. That’s why the manufacturer sees the supplement as a [superior alternative to the long-term use of regular laxatives](#).

Some of the reasons the makers of Gut Go advise against regular laxative usage include the following:

Long-term, regular use of laxatives causes your bowel to rely on these medicines for help with bowel movements.

Over time, regular laxative use makes constipation worse.

You can find plenty of reports online of people criticizing Miralax, Senokot, Dulcolax, and other popular laxative formulas. Some claim they impede normal colon function, while others worry they cause dependency. There's even a Facebook group called "Parents Against Miralax" filled with 4,700+ concerned parents.

According to the makers of Gut Go, long-term laxative use causes the bowel to lose its muscle tone over time and forget how to push out stool on its own, making it increasingly challenging to poop normally.

For all of these reasons and more, the makers of Gut Go recommend taking their concentrated liquid formula instead of an over-the-counter laxative.

Scientific Evidence for Gut Go

Gut Go is a blend of four ingredients in a particular type of Japanese tea designed to relieve constipation. Studies show taking these ingredients daily can help with constipation, bloating, digestive health, and more. We'll review some of the scientific evidence behind Gut Go below.

Green tea is one of the most essential ingredients in Gut Go.

Studies show green tea has several natural compounds contributing to healthy bloating. In a [2021 study](#), for example, researchers found the natural antioxidants in green tea could support gut health by supporting healthy inflammation throughout the gut. Healthy inflammation can help balance gut microbiota or good bacteria in your gut. If your gut bacteria are imbalanced, then you could struggle with bloating, digestion, and other issues.

Guarana, another key ingredient in Gut Go, has also been linked to good gut bacteria. A [2018 study](#) found guarana extract improved gut microbiota levels and toxins in the gut, which could help with bloating, indigestion, and other issues.

Maca, labeled as *Lepidium meyenii* on the Gut Go website, has a long history of use in traditional South American medicine. Maca grows naturally in the high elevations of the Andes Mountains, and it's been used as a natural aphrodisiac and vitality booster for centuries. Although it's best known for its effects on vitality, some studies have connected maca to positive effects on digestion. A [2021 study](#), for example, found maca increased the digestibility of nutrients, increasing the body's ability to extract nutrients from food. The study took place on rats – not humans.

L-glutamine may be the most science-backed ingredient in Gut Go for leaky gut syndrome, which could be connected to the swollen

gut syndrome. If your intestinal wall is more permeable than normal, then you could have a leaky gut. Many people with leaky gut [take L-glutamine](#) supplements daily to help support the permeability of the intestinal lining.

There's also some evidence the **chronic use of stimulant laxatives harms the colon**. As Harvard Health [explains](#), you shouldn't bombard your gut with laxatives without some basic considerations. Start by eating a fiber-rich diet and drinking more fluids, for example. Then, visit a doctor to determine if laxatives are the right choice for you – and which laxatives may work better than others.

Overall, Gut Go contains a blend of four natural ingredients to support gut health in various ways. By targeting healthy inflammation and bacteria balance throughout your gut, Gut Go may be able to tackle the root cause of digestive health problems and swollen gut syndrome without the side effects of over-the-counter laxatives and other solutions.

Gut Go Reviews: What Do Customers Say?

Gut Go is primarily marketed to people with digestive health problems, bloating, constipation, and other similar issues. Many of

these customers claim to have experienced significant and rapid relief after taking Gut Go for the first time.

Here are some of the [reviews from Gut Go users shared online](#):

One 56-year-old woman finds herself constipated because of her prescription medication. She tried multiple solutions, but nothing worked. She was miserable – until she discovered Gut Go. Today, she wants to “*thank God for this solution,*” claiming it was the only thing ending her constipation, bloating, and gas.

A 42-year-old customer used to be so constipated he would only poop once every five days. After taking Gut Go, however, he has one bowel movement daily.

Some customers claim to have lost significant weight with Gut Go. For example, one customer claims he lost 23 lbs after taking Gut Go.

A 66-year-old reviewer was skeptical that Gut Go would work because she had tried many things in the past without success. However, she was impressed by the no-risk moneyback guarantee and decided to try it, finding the formula worked for her digestive issues.

One customer “*went from awful constipation to being regular in a jiffy,*” thanks to Gut Go. Now, she’s on and off the toilet in 5 minutes

with no straining. She also claims to have lost 22 lbs since taking Gut Go.

One customer was so constipated before he took Gut Go that he wouldn't have a bowel movement for a week or "*sometimes longer.*" Doctors prescribed constipation medication, but none worked. Once, his constipation grew so severe he was hospitalized for a colon flush. After taking Gut Go, however, he has an "easy and fast bowel movement every day with no pain."

Another customer had a case of constipation that was "life-ruining" and leading to debilitating issues. She stopped listening to her doctor's advice on treating the condition because none of the solutions worked. After taking Gut Go, however, she has "*a good poop every day*" and feels like a new woman. She has even lost 27 lbs.

The manufacturer recommends taking it for a minimum of 30 days to assess the effects. [Some people experience relief within minutes of taking Gut Go.](#) With others, the formula takes a few days to work. One woman was disappointed with the results after the first few days. After a time, however, she lost 27 lbs with Gut Go and is happy with the results.

How Much Does Gut Go Cost?

Gut Go is priced at \$59 per bottle. However, as part of a 2023 promotion, you could pay as little as \$39 per bottle while enjoying free domestic shipping and a 365-day money-back guarantee.

Supply Option	Best Value	Most Popular
1 Month Supply	6 Months Supply	3 Months Supply
\$59 / bottle	\$39 / bottle	\$49 / bottle
YOU SAVE \$30	YOU SAVE \$300	YOU SAVE \$120
ADD TO CART	ADD TO CART	ADD TO CART
*Free Domestic Shipping! 365-DAY MONEY-BACK GUARANTEE	*Free Domestic Shipping! 365-DAY MONEY-BACK GUARANTEE	*Free Domestic Shipping! 365-DAY MONEY-BACK GUARANTEE

Here's how pricing works when ordering Gut Go online today:

One Bottle: \$59 + Free Shipping

Three Bottles: \$177 (\$49 Per Bottle) + Free Shipping

Six Bottles: \$234 (\$39 Per Bottle) + Free Shipping

[Click Here to Get Gut Go At Discounted Price!!!](#)

You can also pay \$4.95 for international shipping if you ship Gut Go to addresses outside the United States.

Gut Go “No Returns Required” Refund Policy

All purchases come with a 365-day money-back guarantee. You have one full year to try Gut Go to see if it works, then request a refund if you're unsatisfied for any reason.



In fact, you don't even need to return the products to receive a refund. You can keep any bottles of Gut Go you received for trying the supplement.

Who Created Gut Go?

Gut Go was created by a pediatric nurse named Maria Neptuna. Maria started to have digestive problems soon after she turned 21. It started small with cramps, gas, and constipation. Then, it got worse. Her doctor performed a battery of tests and a CAT scan, then diagnosed her with chronic constipation and IBS.

Maria started to take over-the-counter laxative supplements and other doctor-recommended solutions, but nothing seemed to help.

Maria's digestive health issues led to an embarrassing incident at a dinner party. Maria was sitting at a table with 20 friends when she audibly farted "so loud...everyone in the restaurant heard it." Maria was horrified, so she started researching natural ways to improve her gut.

One day, Maria met her old friend Minato at a grocery store. Minato is of Japanese heritage. Minato told Maria to take Japanese tea to relieve her constipation and bloating. After Maria took the tea, she experienced rapid relief.

To make a long story short, Maria partnered with a supplement company and the maker of Japanese tea, condensing the ingredients into a liquid formula. [Today, anyone can buy that formula in the form of Gut Go.](#)

Gut Go is made in the United States in an FDA-registered, GMP-certified lab. You can contact Gut Go and the company's customer service team via email:

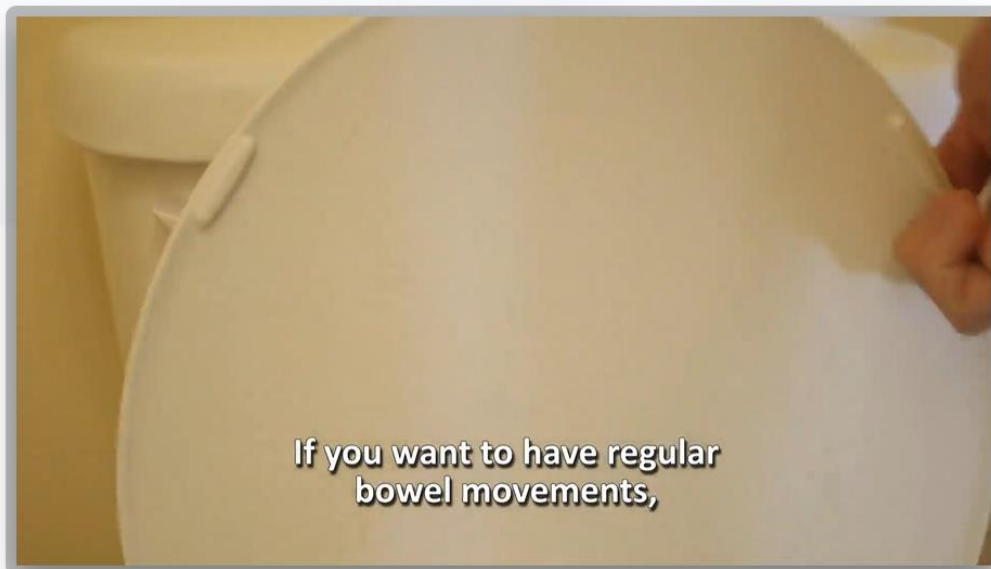
Email: support@getgutgo.com

Final Word

Gut Go uses a blend of four science-backed herbs and plants sourced from Japanese tea. These natural ingredients can end constipation, bloating, and digestive discomfort.

New Research Has Finally Discovered
The Real Root Cause Of Why You Have
Constipation, Bloating, Gas and *Belly Fat*

Plus a simple **10-Second Home Remedy** that
gets rid of these problems for good



Many people have lost significant weight, relieved significant constipation problems, and achieved noticeable effects after taking Gut Go for the first time. The supplement works by targeting swollen gut syndrome.

[You can buy Gut Go online today through the official online store!](#)

[>>>](#)