

# The Gut Tonic Guide

Restore Your Gut. Rebuild Your Energy.  
Reinforce Your Microbiome.



**PACHAMAMA<sup>TM</sup>**  
**REGEN**

**Our Honey Gut Tonic is a living, wholefood ferment crafted to gently support digestion, gut health and immunity.**

**Raw honey is slowly fermented with rich botanicals to unlock deeper flavour and bioactive complexity, then blended with raw apple cider vinegar to create a naturally sweet-sour tonic rich in organic acids and prebiotic substrates.**

**Together, they work to support a healthy gut environment by nourishing the conditions beneficial microbes thrive in.**





PACHAMAMA REGEN



**FIRESHOT**  
TONIC  
DAILY GUT SHOT

FERMENTED HONEY  
& APPLE CIDER VINEGAR

# A FLAVOUR PACKED DAILY BOOST FOR IMMUNITY, ENERGY AND GUT HEALTH

Taken daily, this simple fermented tonic reflects a time honoured approach to gut health using natural ingredients.

- ⦿ Increased probiotic and natural enzymes
- ⦿ 100% Natural Botanicals
- ⦿ 100% Raw Australian Honey



  
**HONEYSHOT**  
ALL NATURAL  
RAW INGREDIENTS  
FERMENTED  
RAW HONEY  
GINGER GARLIC  
TURMERIC THYME  
RAW APPLE  
CIDER VINEGAR

Sweet Honey prebiotic fermentation of Raw Australian Honey, Ginger, Garlic, Turmeric & Thyme blended with Raw Apple Cider Vinegar.



  
**GINGERSHOT**  
ALL NATURAL  
RAW INGREDIENTS  
FERMENTED  
RAW HONEY  
GINGER GARLIC  
TURMERIC THYME  
RAW APPLE  
CIDER VINEGAR

Warming Ginger prebiotic fermentation of Raw Australian Honey, Ginger, Garlic, Turmeric & Thyme blended with Raw Apple Cider Vinegar.



  
**FIRESHOT**  
ALL NATURAL  
RAW INGREDIENTS  
FERMENTED  
RAW HONEY  
GINGER GARLIC  
**CHILLI**  
RAW APPLE  
CIDER VINEGAR

Spicy Chilli prebiotic fermentation of Raw Australian Honey, Chilli Ginger & Garlic blended with Raw Apple Cider Vinegar.

DAILY GUT SHOT FOR IMMUNITY, ENERGY AND GUT HEALTH

[pachamamaregen.com](http://pachamamaregen.com)

# WHAT IS A HONEY GUT TONIC?

A honey gut tonic is a microbiome-supporting functional blend combining raw honey with digestive botanicals, fermented elements, or plant extracts to:

- Enhance digestive resilience
- Support microbial diversity
- Strengthen your immune system
- Improve nutrient absorption
- Reduce inflammatory load
- Boost energy and mood

Think of it as soil conditioning for your internal ecosystem. Just as healthy soil grows nutrient dense crops, a thriving gut microbiome supports systemic vitality.

# BENEFITS OF A HONEY GUT TONIC?

Unlike refined sugar, raw honey selectively feeds beneficial microbes while exhibiting mild antimicrobial properties against pathogenic strains.

## Raw honey contains:

Fructooligosaccharides (FOS) – feed beneficial gut bacteria

Polyphenols – antioxidant and antimicrobial modulators

Enzymes (diastase, invertase) – support digestion

Trace minerals – magnesium, potassium, zinc

Raw Honey acts like a slow-release nutrient solution for your internal garden.

# MICROBIOME MODULATION

When raw honey is fermented with botanicals and combined with Apple Cider Vinegar...the tonic can:

- Improve gastric acid response
- Stimulate bile flow
- Support intestinal barrier integrity
- Reduce microbial imbalance

Emerging microbiome research supports the link between microbial diversity and:

- Immune regulation
- Metabolic health
- Mood stability
- Reduced chronic inflammation

# METABOLIC & ENERGY SUPPORT

Improved gut function leads to:

- Better macronutrient absorption
- Stable blood sugar response (when used correctly)
- Reduced bloating
- Improved mitochondrial efficiency
- Higher gut energy function
- Strengthening of microbial diversity

A functioning gut = healthy gut.

# HOW TO USE THE GUT TONIC

## When to Take It

### Option A: Morning Activation

20ml breakfast starter shot

20ml in cold water (Tonic Cordial)

20ml in warm water (Tonic Elixir)

Take 15–20 minutes before food

### Option B: Digestive Support

1 teaspoon before heavier meals

### Option C: Evening Repair

1 teaspoon in herbal tea

Avoid boiling water (destroys enzymes).

# DOSAGE GUIDELINES

Maintenance: 20ml daily

Gut Reset (2–4 weeks):

20ml morning + 20ml before main meal

Sensitive gut: Start with 10ml

## Who Benefits Most

- Individuals with bloating or sluggish digestion
- People suffering high-stress
- Those recovering from antibiotic use
- People consuming ultra-processed diets
- Athletes with high metabolic turnover



## **MORNING TONIC SHOT**

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**20ml Tonic Shot straight**

**Add 20ml Tonic to water and  
lemon to suit your taste**

**Supports gut activation and  
digestion.**



## **MORNING MICROBIOME ELIXIR**

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**20ml honey gut tonic**

**Juice ½ lemon**

**Pinch sea salt**

**250ml warm water**

**Supports hydration, digestion,  
adrenal rhythm.**



## **GUT-GLOW SMOOTHIE**

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**20ml tonic**

**½ banana**

**½ cup berries**

**Handful spinach**

**Coconut water**

**Polyphenol + fiber synergy.**



## **RECOVERY ELECTROLYTE**

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**20ml tonic**

**Pinch sea salt**

**Coconut water**

**Squeeze orange**

**Athletic replenishment.**



## **MICROBIOME OATS**

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**20ml tonic stirred into soaked rolled oats**

**Chia**

**Cinnamon**

**Berries**

**Resistant starch + prebiotic synergy.**



## **PREBIOTIC SALAD DRESSING**

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**1 tbsp Tonic**  
**1 tbsp olive oil**  
**1 tsp Dijon**  
**Apple cider vinegar**

**Feeds microbes while  
improving fat absorption.**



## **ROAST VEGETABLE DRIZZLE**

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**1 tbsp honey gut tonic**

**1 tbsp olive oil**

**Pinch sea salt**

**Supports digestion and flavour.**



## **TONIC MARINADE**

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**1 tbsp tonic**  
**1 tbsp soy sauce**  
**Garlic**  
**Ginger**

**Improves digestibility and  
flavour of protein.**



PACHAMAMA REGEN



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# Healthy Soil. Healthy Gut.

At Pachamama Regen, we work with living systems. Soil is alive, just like the human gut. Each relies on diverse microbes working together to cycle nutrients, build resilience, and support overall health.

When soil biology is damaged, food loses complexity and nourishment. Over time, this affects the gut and the health of people who rely on that food. When soil life is restored, the food chain begins to heal from the ground up.

Our approach focuses on rebuilding the foundations. In the soil, that means restoring carbon, biology, minerals, and water balance so the system can function as it was designed to. In food, it means using nutrient dense and microbial rich ingredients to support the gut environment.

Soil is alive.

Your gut is alive.

An integrated living ecosystem.

