



# Synogut Side Effects SIDE EFFECTS INGREDIENTS OFFICIAL WEBSITE (SNRLP)

Article Updated On: May 03, 2024

mare

Synogut Side Effects

Synogut Review: Natural Gut Healer or Scam?

Calloway Cook Calloway Cook is the President of Illuminate Labs and has reviewed over 1,000 clinical trials. See full bio. , Author | Auren Weinberg MD Auren Weinberg is a practicing Medical Doctor (MD) and a healthcare executive. He won Philadelphia's Top Doctor award in 2018, and has won eight awards for his work in clinical research and healthcare. See full bio. , Medical Reviewer | .

Calloway Cook Calloway Cook is the President of Illuminate Labs and has reviewed over 1,000 clinical trials. See full bio. , Author.

Auren Weinberg MD Auren Weinberg is a practicing Medical Doctor (MD) and a healthcare executive. He won Philadelphia's Top Doctor award in 2018, and has won eight awards for his work in clinical research and healthcare. See full bio. , Medical Reviewer .

Medically Cited.

We review published medical research in respected scientific journals to arrive at our conclusions about a product or health topic. This ensures the highest standard of scientific accuracy.

**[LIMITED OFFER: Visit SYNOGUT Official Site And Get Best Price Today](#)**

**!!!**

Illuminate Labs has a team of medical experts including doctors and Registered Dietitians who are assigned to review the accuracy of health claims and medical research summaries based on the relevancy of their expertise to the article topic.

Illuminate Labs doesn't accept compensation for reviews. We choose products and topics to review based on consumer interest, and recommend products based on formulation only.

Medically Cited.

We review published medical research in respected scientific journals to arrive at our conclusions about a product or health topic. This ensures the highest standard of scientific accuracy.

| Fact-Checked.

Illuminate Labs has a team of medical experts including doctors and Registered Dietitians who are assigned to review the accuracy of health claims and medical research summaries based on the relevancy of their expertise to the article topic.

Illuminate Labs doesn't accept compensation for reviews. We choose products and topics to review based on consumer interest, and recommend products based on formulation only.

Medically Cited.

We review published medical research in respected scientific journals to arrive at our conclusions about a product or health topic. This ensures the highest standard of scientific accuracy.

**LIMITED OFFER: Visit SYNOGUT Official Site And Get Best Price Today**

**!!!**

Illuminate Labs has a team of medical experts including doctors and Registered Dietitians who are assigned to review the accuracy of health claims and medical research summaries based on the relevancy of their expertise to the article topic.

Illuminate Labs doesn't accept compensation for reviews. We choose products and topics to review based on consumer interest, and recommend products based on formulation only.

Read our Editorial Guidelines to learn more about what makes our site the premier resource for online health information.

Synogut is a gut health supplement sold on Amazon and on the brand's website. The manufacturer claims that "this formula will change your life" and that it consists of natural ingredients.

But does Synogut contain ingredients shown in medical studies to improve gut health or are these just marketing claims? Does the supplement contain any questionable filler ingredients? What retailer sells it for the best price? And how do real users rate and describe the effects of Synogut?

In this article we'll answer all of these questions and more as we analyze the ingredients in Synogut based on medical studies to give our take on whether or not the supplement is likely to be effective for improving gut health.

We'll share our concerns about ClickBank products (Synogut is a ClickBank product), explain what retailer sells Synogut for the best price, and feature real, unsponsored Synogut customer reviews.

Ingredient Analysis.

The Synogut website does not include a full ingredients list or Supplement Facts label, which is a major red flag. The ingredients shown above are from the product's Amazon listing.

**LIMITED OFFER: Visit SYNOGUT Official Site And Get Best Price Today**



As shown below, Synogut’s website mentions ingredients like flaxseed, prune and bentonite clay, none of which are shown in the Amazon ingredient list:

The Amazon listing is primarily composed of probiotics at a 40 billion colony-forming unit (CFU) dose. This is an effective dose, and probiotics have been shown in a medical review published in the European Journal of Clinical Nutrition to improve gut health, immune system response and improve bowel frequency.

Fructooligosaccharides are prebiotic ingredients that can feed healthy bacteria in the gut and are as important as probiotics to maintaining optimal gut health, as we documented in our review of another brand containing this ingredient called Seed probiotics .

There are no harmful or toxic filler ingredients which is a good sign, but two of the ingredients are spelled wrong (“rice flower” instead of “rice flour and “l-lucine” instead of “l-leucine”) which is a sign of a very low-quality brand.

Based on the Amazon list of ingredients, we do believe that Synogut can improve gut health, but we strongly advise consumers to be cautious about purchasing supplements from companies that fail to make their ingredients clear or have ingredient discrepancies between platforms.

Our Concerns About ClickBank Products.

Synogut is promoted and marketed on an affiliate platform called ClickBank, as shown in the disclaimer above which is in the footer of the Synogut website.

As we discussed in our review of another ClickBank product called Alpilean , ClickBank allows website owners and marketers instant approval to promote products. This creates an incentive structure for people without any medical credentials or experience to make health claims about products that may not be accurate.

We generally consider brands on ClickBank to be low-quality, because a high-quality brand would want to source and pre-approve marketing partners. They would not be comfortable with just anyone recommending their products and potentially making specific health claims about their products.

**[LIMITED OFFER: Visit SYNOGUT Official Site And Get Best Price Today](#)**



We haven’t come across one single ClickBank product that we would recommend in our hundreds of Illuminate Health reviews, and we advise consumers to be wary of any supplements sold on ClickBank. You can check if a supplement is sold on ClickBank by navigating to the footer of its website and checking for the ClickBank disclaimer.

Real, Un-sponsored Synogut Customer Reviews.

We consider Amazon to be a better resource for honest customer reviews than a brand’s website.

Synogut has been reviewed over 200 times on Amazon, with an average review rating of 3.3 out of 5 stars.

The top positive review from a verified purchaser comes from a user named “Janet Watkins” who gives the supplement a 5-star rating and claims it reduced bowel urgency:

“Amazing how it worked for me. Had kept diarrhea for three years Every time I ate. It is corrected and rarely do I have to run to rest room after eating now. I’m going to stay on it another two months”

The top negative review from a verified purchaser is written by a user named “Nancy J. Dunn” who’s concerned about the ingredient discrepancy between the website and Amazon listing:

“i am spoiled with amazon prime and didn't read where this product is not returnable. i am stuck with a lie, this does not have the same ingredients as the synogut sold on the internet, it is unfair. you might as well just flush your money down the toilet than to think you bought something that would help with your constipation and bowel issues.”

Unfortunately, the vast majority of YouTube videos on Synogut are promotional, so we cannot find a single unsponsored review from a customer to feature.

**LIMITED OFFER: Visit SYNOGUT Official Site And Get Best Price Today**  
**!!!**

Here’s a price breakdown for Synogut at the time of publishing this article:

Brand website: \$69.

Synogut is currently 42% cheaper on Amazon than on the brand’s website, but again we cannot confirm which is the better (or true) product due to the ingredient discrepancy.

Will Synogut Cause Side Effects?

Synogut doesn’t appear to have been studied in any clinical trials, so it’s impossible to say for certain whether or not the supplement will cause side effects.

However, we can make an educated guess based on its ingredients.

High doses of probiotics may cause gastrointestinal symptoms like gas and bloating according to a medical review published in the Microorganisms journal. The 40 billion CFU dose in Synogut is relatively high.

This suggests that especially in individuals with an unhealthy diet that’s low in fiber and natural probiotics, Synogut may cause intestinal distress.

To reduce the risk of side effects, it may be worthwhile to break the capsule and only use half or less of the powder within for the first use, just to make sure there isn’t a bad reaction.

**LIMITED OFFER: Visit SYNOGUT Official Site And Get Best Price Today**



## Can Fiber Naturally Improve Gut Health?

The gut health supplement we recommend is medical review published in the Advances in Nutrition journal analyzed data from various clinical trials and concluded that resistant starch intake was associated with improved gut health, weight loss in overweight and obese individuals, and improved insulin resistance.

Interested consumers can check out Supergut Fiber Mix Pros and Cons of Synogut.

Here are the pros and cons of Synogut in our opinion:

Pros:

No harmful ingredients Effective probiotic dose May improve gut health.

Cons:

Unclear ingredients ClickBank product Expensive when purchased on website Unimpressive Amazon reviews Not clinically proven to work May cause intestinal distress.

Get our most popular articles straight to your inbox.

**LIMITED OFFER: Visit SYNOGUT Official Site And Get Best Price Today**



Conclusion.

We do not currently recommend Synogut. While it may improve gut health because it contains an effective probiotic dose, we're unclear on the full set of ingredients which is a consumer safety issue.

The ingredients listed on the product's website and Amazon listing are totally different, and the website fails to even publish the full ingredient list and the associated ingredient doses.

Synogut is promoted on ClickBank, which is an affiliate marketplace that allows people with no health or medical background to promote health products. We believe that this incentive structure is suboptimal and that only low-quality brands would sign up for ClickBank. In all of the ClickBank products we've reviewed on Illuminate Health, there has not been one that we recommended.

We do not believe that Synogut is likely to cause side effects in most healthy adults, but its high probiotic dose may cause some intestinal discomfort for those with an unhealthy gut and poor diet.

For those intent on purchasing Synogut, the supplement is currently much cheaper on Amazon than on the brand's website.