

FOODS TO HEAL LEAKY GUT SYNDROME

FRUIT

Avocado

Blackberries

Blueberries

Coconut

Grapes

Green Bananas

Kiwi Fruit

Lemon

Limes

Mandarin

Oranges

Papaya

Passion Fruit

Pineapple

Raspberries

Raspberries

Red Currants

Strawberries

VEGETABLES

Beetroot

Broccoli

Broccoli Sprouts

Cabbage

Capsicum

Carrots

Chilli

Eggplant

Kale

Mushrooms

Potatoes (Skin On)

Rocket

Spinach

Squash

Sweet Potatoes

Swiss Chard

Turnips

Yams

Zucchini

SEEDS (RAW OR SPROUTED)

Black Sesame Seeds

Chia seeds

Flax Seeds

Hemp Seeds

Pumpkin Seeds

Sunflower Seeds

NUTS (RAW OR SPROUTED)

Almond

Brazil Nuts

Cashews

Hazel Nuts

Macadamia

Pecans

Pine Nuts

Walnuts

GRAINS (GLUTEN FREE)

Amaranth

Black Rice

Brown Rice

Buckwheat

Millet

Oats

Quinoa

Red Rice

Wild Rice



SEAFOOD*

Herring
Mackerel

Oily Fish
Oysters

Salmon
Tuna

MEATS**

Beef
Chicken

Kangaroo
Lamb

Rabbit
Turkey

BEVERAGES

Black Tea
Bone Broth
Coconut Water

Filtered Water
Green Tea
Herbal Tea

Kombucha

HERBS

Aloe Vera
Ginger
Gotu Kola

Liquorice
Marshmallow
Nopal Cactus

Peppermint
Slippery Elm
Turmeric

OTHER ITEMS

Apple Pectin
Arbinoglactins
Collagen Protein
Fermented Foods
Free Range eggs

Inulin
L-Glutamine
Magnesium
Psyllium Husks
Quercetin

Spirulina
Vitamin A
Vitamin C
Vitamin D
Zinc

DIARY**

Greek Yoghurt
Kefir

Raw Butter
Raw Cheese

Yoghurt

FATS / OILS

Avocado oil
Coconut Oil

Extra Virgin Oil
Macadamia Oil

* Wild caught

** Grass fed and or organic



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