

# DR.VEGAN®

## THE ANNUAL GUT HEALTH SURVEY 2022

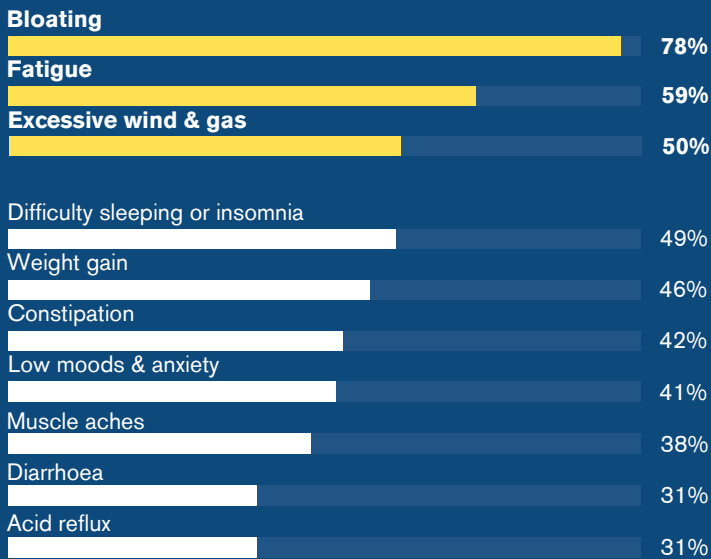
Our annual survey reveals the symptoms affecting those suffering from poor gut health, and the impact on their mental health and daily lives.

Online survey of 811 people in the UK during September 2022. Nationally representative.

### Common symptoms of poor gut health

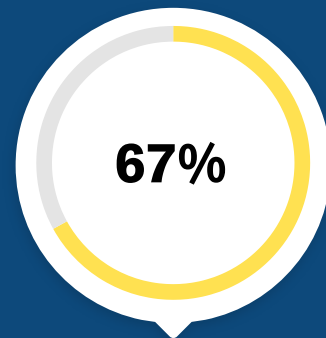
#### Top reported symptoms

There were more than 20 symptoms of poor gut health reported.



### Bloating

Stress and anxiety makes gut health worse, but it can also cause more stress and anxiety. Over half of respondents reported that their gut health is linked to stress.



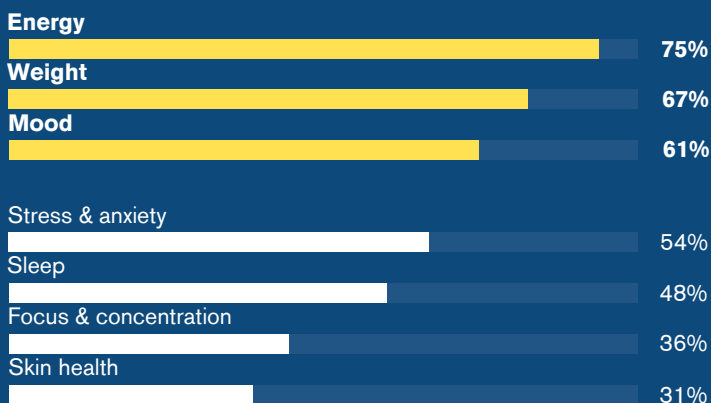
People whose bloating worsens with stress

40-49 is the most reported age range that bloating starts.

### Gut health impacts

#### What does poor gut health impact?

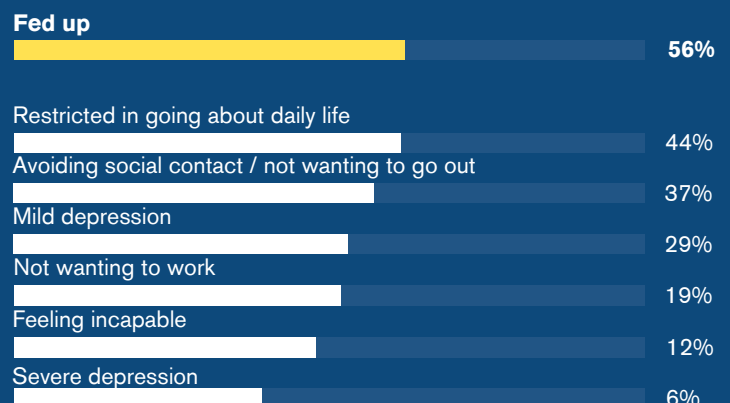
Of those with gut health issues 75% reported struggling with energy. Less than 3% reported their gut health having no impact on their life.



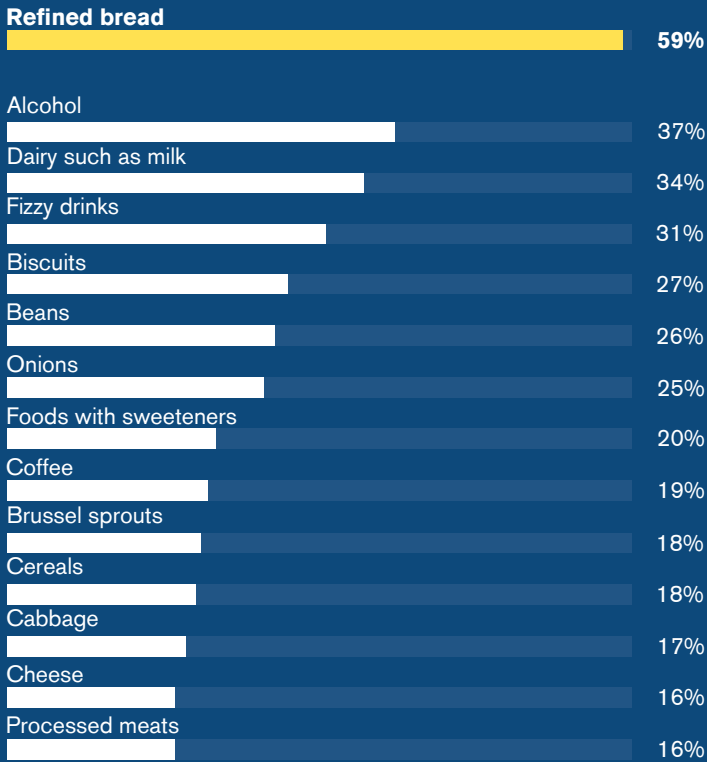
### Mental impact of poor gut health

#### How it makes people feel

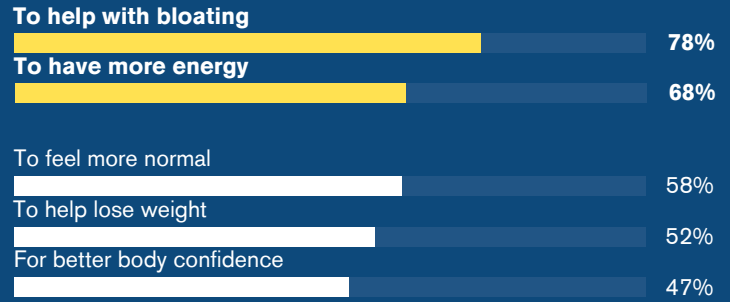
Poor gut health massively impacts people's lives, with 44% restricting how they go about their daily life. For those with IBS this number increases to 62%.



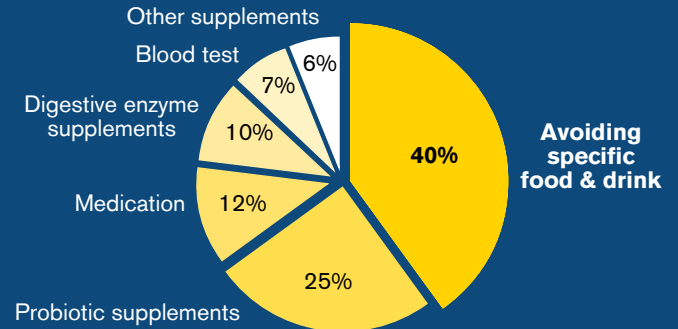
## Food triggers of digestion issues



## Reasons for investing in gut health



## IBS treatments tried



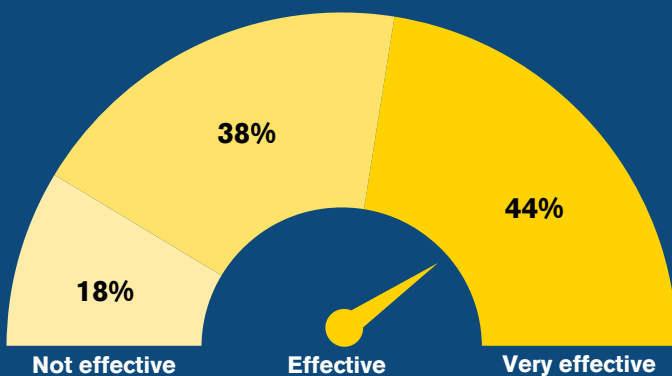
## GUT WORKS®

## DEBLOAT & DETOX

### Effectiveness of Gut Works®

#### vs standard probiotics

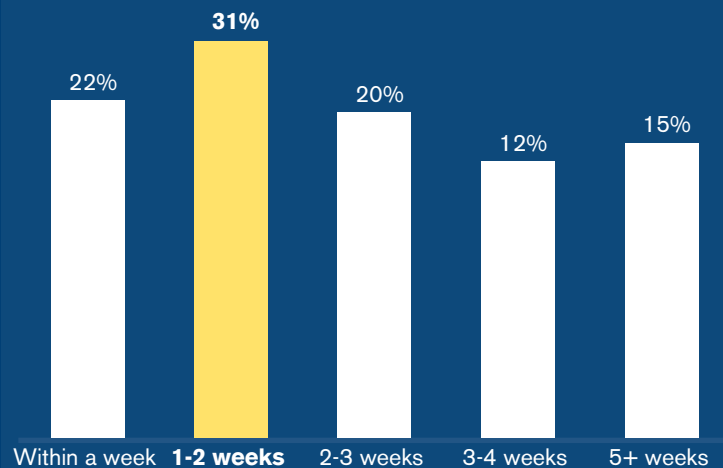
3x more effective than standard probiotics



8 out of 10 Recommend Gut Works®

### How long does

#### Debloat & Detox take to work?



85% enjoyed relief within a month

For the full report & results of our Annual Gut Health Survey 2022 please contact us at [team@drvegan.com](mailto:team@drvegan.com)