

# Revive MD Gut Health+ Targets Harmful Bacterial Overgrowth

written by Mike Roberto | December 17, 2022

It's been over two millennia since the ancient Greek physician, *Hippocrates* – a man who is widely considered the founding figure of Western medicine and is commemorated by the *Hippocratic Oath* – wrote that *all disease begins in the gut*.

Surveying the nutritional landscape of modern America, even Hippocrates himself would be shocked by how right he turned out to be.

## The Standard American Diet (SAD) – A Gut Health Catastrophe



Digestive disorders are widely prevalent in the United States, with at least 11% of all Americans suffering from one.[1] In all likelihood, this number is a lot higher. For example, inflammatory bowel syndrome (IBS), the most common gastrointestinal illness,[2] goes undiagnosed an estimated 75% of the time![3]

Gastrointestinal disease is a spectrum, of course, so we can have GI issues that stop short of full-blown clinical illness. According to one 2018 survey, a whopping *61% of American adults* had suffered from some GI complaint in the last seven days.[4]

Amongst the many concerns, one of the prevalent issues of our time is *bacterial overgrowth* – and this is where **Revive MD Gut Health+** comes in. Released on Black Friday of 2022, it's the next in the epic line of gut health supplements from the formidable brand following *GI+* and *Digest Aid* (as well as *Revive MD Fiber*

and *Revive MD Probiotic*).

## Revive MD Gut Health+ – Limit Harmful Bacterial Overgrowth

Whereas Revive MD's *GI+* focused on gut microbiome composition and gut lining health, *Gut Health+* works to *limit bacterial overgrowth*, which can subsequently *reduce and prevent bloating* while *minimizing gas*. You'll notice strong antimicrobial agents discussed in this article.

Let's get into it, but first, take a look at the PricePLOW news and deals:

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### Revive MD Gut Health+ Ingredients

In a single *2 capsule* serving of Gut Health+ from Revive MD, you get the following:

- **Caprylic Acid (53%) (from Medium Chain Triglycerides) – 200 mg**

<b>SUPPLEMENT FACTS</b>		
Serving Size 2 capsules Servings Per Container 30		
	Amount Per Serving	%DV
Calories	5	
Total Carbohydrate	1 g	< 1%*
Caprylic Acid (53%) (from Medium Chain Triglycerides)	200 mg	**
Thyme ( <i>Thymus vulgaris</i> ) (aerial parts) Extract 4:1	150 mg	**
Oregano ( <i>Origanum vulgare</i> L.) (whole plant) Extract Pwd 4:1	100 mg	**
Milk Thistle ( <i>Silybum marianum</i> ) (seed) Extract	100 mg	**
Lemon Balm ( <i>Melissa officinalis</i> ) (aerial parts) Extract	50 mg	**
*Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily value not established.		
<b>Other Ingredients:</b> Rice Flour, Vegetable Cellulose (Capsule), Silicon Dioxide, Magnesium Stearate, Stearic Acid		

**Caprylic acid** is a *medium chain triglyceride*, meaning it's composed of fatty acids between 6 and 12 carbon atoms in length.[5] Caprylic acid is also known as **C8**, due to it having eight carbon bonds.

Research consistently finds *gut flora disruptions* in obese individuals, and MCTs *in general* have been recognized for their potential to *improve* gut flora composition.[6] This is awesome, because having a healthy gut microbiome is a *huge* factor in metabolic health.

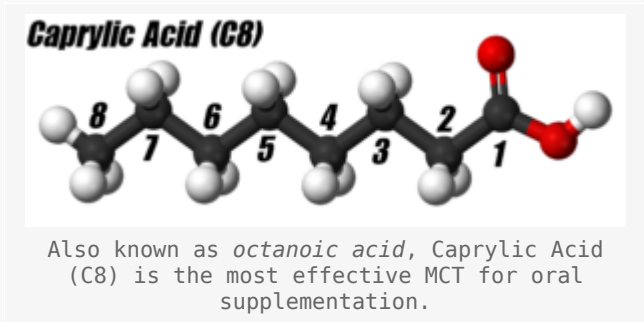
### Antimicrobial effects

One of the most common gastrointestinal complaints we hear about is *candida overgrowth*. This condition can be caused when *Candida albicans* (a naturally-occurring yeast species in the body) opportunistically grows to the point where it affects the health of its human host. Candida overgrowth can happen as the result of many common experiences – for example, *antibiotic treatment* is associated with this,[7] because once the antibiotics kill off affected micro-organisms, *Candida* faces less competition for resources.

Fortunately for us, researchers have discovered that caprylic acid possesses significant *antimicrobial activity*, and is particularly good at killing *Candida*. [8,9] Even if you aren't suffering from *Candida* overgrowth, taking some caprylic acid can help keep your *Candida* population in check, thus acting as a *prophylactic* against overgrowth.

Caprylic acid is also great at controlling *Helicobacter pylori*, another common and troublesome gut parasite that's been implicated in the onset of *stomach ulcers*. [10]

## Anti-inflammatory effects



Caprylic acid and the other MCTs also show promise as a therapy for *irritable bowel syndrome* (IBS), thanks in part to the fact that they're rapidly absorbed and used as a *fuel source* by cells within the digestive tract.[11]

This supplies your cells with the energy they need to *renew and repair* your gut lining, the integrity of which is a key factor in digestive health.[11]

**The reason this matters is that when your gut lining is compromised, undigested food and endotoxins can leak out of your digestive tract, causing inflammation in the rest of your body.** This is a potentially crippling condition called *leaky gut*, and as we will see, many of the ingredients in Revive MD Gut Health+ help decrease the likelihood of leaky gut.

So a healthy gut lining can lead to reduced levels of *inflammation* not just in the GI tract, but in the rest of your body as well.

The anti-inflammatory effects of MCTs also seem to help mitigate the symptoms of *certain* food allergies and intolerances.[11] Part of the explanation here is that MCTs have been shown *in vitro* to inhibit the secretion of *interleukin-8* (IL-8), an inflammatory cytokine.[12]

- **Thyme (*Thymus vulgaris*) (aerial parts) Extract 4:1 – 150 mg**

Next up we have *another* potent antimicrobial substance, **thyme extract**.



Thyme is another great *Candida* killer, and has been shown to actually *inhibit*

*Candida's ability to create biofilms.* Since biofilms are one of microorganisms' key strategies to resist antibiotic treatment, *inhibiting* the formation of biofilms is a powerful way to help kill microbes.[13]

In fact, thyme is so powerfully anti-microbial that it's been identified by researchers as a potential *food preservative*.[14]

One randomized, double-blind study found that thyme oil *increased stool frequency* while decreasing the severity of unwanted gastrointestinal symptoms.[15] One reason why this happens is probably that thyme oil can increase *digestive enzyme activity* in animals, which usually improves digestion.[16]

Thyme also seems to be a potent *antispasmodic* substance, which means it can potentially help treat *stomach cramps and spasms* that cause suffering for so many people with GI conditions.[17]

Additionally, thyme contains a constituent named *carvacrol*,[18] which has *anti-parasitic properties*.[19,20]

- **Oregano (*Origanum vulgare* L.) (whole plant) Extract Pwd 4:1 – 100 mg**

**Oregano** is about as *directly* beneficial for digestive health as it gets – this plant has been shown in *pig* models (a *very* close analogue to humans) to actually *improve the integrity of the intestinal barrier* that separates the digestive tract from the rest of your body.[21]



Three new Revive MD Gut Health Supplements released on Black Friday 2022

The same study found that oregano has significant antimicrobial activity

against *Escherichia coli* or *E. coli*, a pathogenic bacterium that most of us are familiar with.[21] This suggests that there may be some overlap between the effects of thyme and oregano – and indeed, the anti-microbial properties of oregano are so strong that it's actually been proposed as a treatment for *multiple drug resistant pathogenic bacteria*.[22]

One study in *mice* found that mice treated with oregano oil had almost as high a survival rate as mice treated with pharmaceutical antibiotics – 43% of the oregano mice lived past 30 days of exposure to pathogens, compared to 50% of the antibiotic-treated mice.[23]

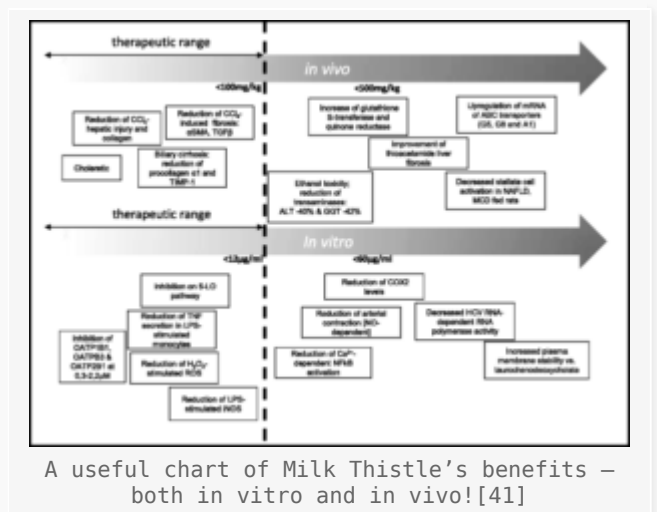
Oregano also has strong *anti-Candida* activity, and inhibits the formation of *microbial biofilms* in much the same fashion as thyme.[24]

All this overlap makes sense when you consider that *thymol* is a major bioactive constituent of *both* oregano and thyme, and contributes to most of both plants' beneficial effects.[25,26]

Like thyme, oregano also contains anti-parasitic *carvacrol*,[20] and there are additional studies showing it inhibiting enteric parasites,[27] something it's traditionally been used for.[28]

## • Milk Thistle (*Silybum marianum*) (seed) Extract – 100 mg

We hear a lot about **milk thistle** as a *liver* supplement, but it turns out this herb has great *digestive benefits* as well.



For one thing, it has been shown to inhibit the formation of *stomach ulcers*.[29] It does this not just by altering the pH of your stomach, but also by *protecting your cells* through upregulation of key endogenous antioxidants like glutathione and superoxide dismutase.[29]

It's also been shown to help prevent inflammation of the stomach lining in cases of *H. pylori* infection.[30]

A *rat study* showed that although milk thistle doesn't increase glutathione levels *everywhere* in the body, it *does* increase glutathione concentrations in the liver, intestine, and stomach specifically.[31] This *gastrointestinal-specific* effect of milk thistle on antioxidant status is key to understanding why milk thistle works so well as a GI health supplement.

*Chronic inflammation* caused by oxidative stress is a major health concern. It's been linked to the development of *insulin resistance and diabetes*,[32-34] and *gut dysbiosis*, the disruption of your gastrointestinal microbiome.[35]

*Dysbiosis* is linked to debilitating gastrointestinal conditions like Inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS), which generally come with symptoms like acid reflux, heartburn, food intolerance, gas, and bloating.[36] Definitely not great for gut health!

It's a huge win if we can help *prevent* the onset of dysbiosis from occurring, and milk thistle's ability to increase antioxidant defenses in the GI tract is definitely a huge step in the right direction.

- **Lemon Balm (*Melissa officinalis*) (aerial parts) Extract – 50 mg**



It looks like mint because it *is* part of the mint family. But when you crush these up... the effect is incredible

**Lemon balm** is often used for its calming properties, but has also been shown to help improve symptoms of *indigestion*. [37] One mechanism of action behind lemon balm's effects is its ability to increase *contractile activity* in certain parts of the digestive tract, [38] which can help speed up the transit of food through your intestines.

It's also a known *anti-spasmodic* substance, meaning it can help relieve the

*cramping* and *spasms* that are common in gastrointestinal disorders.[39]

Lemon balm infusions have also been shown to increase blood levels of *catalase*, *glutathione*, and *superoxide dismutase*, the same endogenous antioxidants that are upregulated by *milk thistle*.[40]

## The Revive MD Gut Supplement Stack Expands

In addition to new standalone ingredients such as *Revive MD Betaine HCl* (good for gut reacidification) and *Revive MD Zinc Carnosine* (often used against ulcers), Revive MD has several other gut health supplements:



1. **Revive MD Fiber:** A Fiber Supplement with the Best of Both Worlds
2. **Revive MD GI+:** A Gut Health Supplement That Does More
3. **Revive MD Probiotic:** Boost Your Healthy Gut Flora
4. **Revive MD Digest Aid:** Digestive Enzymes to Beat the Bloat
5. **Revive MD Glutamine:** Why Add to Your Gut Health Stack

They're not all necessary to take at once, but we can GI+ and Glutamine combining well with Gut Health+ for a total repair and restore function. After that, we envision a solid Probiotic round after running Gut Health+.

Digest Aid and Fiber can pretty much *always* be used, depending on your existing diet and philosophy on fiber.



## Conclusion: Kill the Negative Overgrowth



Revive MD Gut Health+ heavily focuses on *gut microbiome composition* through *inhibition of pathogenic microbes*, a decision that reflects the large body of cutting-edge research on this topic.

Increasingly, the scientific consensus is that if you want to take care of your health, then heed the wisdom of Hippocrates, as gut microbiome dysregulation has been shown to be associated with *chronic inflammation* and many other devastating diseases.

So too has *gut mucosal lining damage*, another area of emphasis for Revive MD Gut Health+.

In other words, for the right individuals who are having trouble with bacteria, we think Revive MD Gut Health+ is *right on the money*.

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