



BLU POO

Gut Transit Time Tracker



Gut



Detox



Whole Body



Immunity

KEY INDICATIONS

- Determine precise gut transit time
- Monitor gastrointestinal function and stool consistency
- Detect early red flags for digestive disorders
- Support personalized gut health protocols

HOW IT WORKS

BLU POO provides a non-invasive, cost-effective method for observing gut transit. The natural pigments pass through the digestive tract, coloring stool without affecting gut function. By combining transit time with stool consistency and gastrointestinal symptoms, practitioners can create personalized interventions to improve microbiome diversity, digestive efficiency, and overall gut health.

INSTRUCTIONS

1. Take 2 capsules with a meal to log a start time.
2. Monitor stool for 9–30+ hours until blue (or greenish-blue) coloration appears.
3. Log endpoint time and stool type using the Bristol Stool Chart.
4. In the absence of detectable blue coloration after 5 days, a second round of BLU POO testing is recommended.
5. Repeat weekly or as directed by a healthcare provider.

CLINICAL PEARLS

- **Early Detection of Digestive Issues:**
Identify potential gastrointestinal problems before they worsen.
- **Personalized Wellness Protocols:**
Track transit time over weeks to inform diet, supplements, and lifestyle adjustments.
- **Precise Digestive Health Monitoring:**
Natural dyes allow accurate, visual tracking of gut transit.
- **Microbiome Insights:**
Correlates transit times with microbial composition—slower times may indicate overgrowth of harmful microbes; faster times may reflect low microbial diversity.
- **Optimizes Digestive Health:**
Data informs actionable changes to improve stool consistency, nutrient absorption, and overall gut function.

KEY INGREDIENTS & BENEFITS

Blue Spirulina (*Spirulina platensis*):

A cyanobacterial extract rich in the antioxidant phycocyanin, used for natural blue coloration. Compounds in *Spirulina platensis* have been shown to support a healthy gut environment by promoting beneficial microbial activity and providing nutrient substrates that help maintain microbiome balance.

Indigotine (*Indigofera tinctoria*):

A plant-derived indigo pigment composed primarily of indigotin molecules produced via enzymatic oxidation pathways in *Indigofera tinctoria*. This natural variant is not to be confused with synthetic indigotine, despite their structural similarity.

ALLERGEN & DIETARY INFO

- cGMP Facility
- Vegan
- Dairy Free
- Chemical Dye Free
- Gluten Free
- No Sugar
- Non-GMO

SAFETY & CONTRAINDICATIONS

- Made with naturally derived Blue Spirulina and Indigotine, this product is safe for pregnant women and children and provides vibrant color without synthetic additives.

Updated: 2/9/26



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

