

# 5 Best Kombucha for Gut Health (and Other Ways to Heal Your Gut)

Top Picks, Benefits, and Expert Tips for a Healthier Digestive System



Gut health has rightfully earned the spotlight as we learn more about its effects on digestion, mood, immune strength, and even skin health. A balanced gut microbiome can enhance overall wellbeing, so it's no wonder people are turning to natural solutions to boost gut health!

Kombucha, a fizzy fermented tea, is particularly popular for this purpose. It's a flavorful, probiotic-rich drink that's as beneficial as it is trendy.

But how exactly does kombucha support gut health, and are there other lifestyle practices that also contribute to a balanced microbiome?

Today we're answering all of your top questions about kombucha and what it has to do with gut health, including:

- Benefits of drinking kombucha

- Best kombucha brands + their most beneficial flavors
- Lifestyle choices that support your digestive wellness
- Supplements that will help you feel your best from the inside out

Let's explore the benefits of kombucha, highlight some of the best brands, and discuss how additional support from Dr. Emil Nutrition's digestive health supplements can keep your gut thriving in a holistic way.



Kombucha is a simple and tasty way to get lots of antioxidants and probiotics that support healthy digestive function into your diet so that you can feel your best!

## Why Kombucha Is Good for Your Gut

Kombucha has only gotten trendy pretty recently, but it's not just another wellness gimmick. Kombucha is actually a gut health powerhouse!

Made by fermenting tea with a combination of bacteria and yeast (a SCOBY), kombucha undergoes a natural fermentation process that produces probiotics, organic acids, and antioxidants – all of which offer unique benefits to gut health. Let's break down the key reasons kombucha is so good for the digestive system.

Probiotics are good for digestive balance.

Probiotics are beneficial bacteria that help balance the gut microbiome. Kombucha is full of these “good bacteria,” which, when introduced to the digestive system, support healthy digestion, prevent bloating, and can even improve immune function. Having a wide variety of probiotics enhances your gut’s ability to process food, absorb nutrients, and maintain a healthy bacterial balance, which is essential for overall digestive health.

It contains organic acids that help with digestion.

Kombucha produces organic acids during the fermentation process, including acetic, gluconic, and glucuronic acids. These organic acids have antimicrobial properties that inhibit the growth of harmful bacteria in the gut, supporting a balanced environment where beneficial bacteria can thrive. Additionally, these acids aid digestion by breaking down nutrients and improving absorption, making it easier for your body to access essential vitamins and minerals from your food.

Kombucha is rich in antioxidants to combat inflammation.

Kombucha is often brewed with green or black tea, both rich in antioxidants. These compounds reduce inflammation and oxidative stress in the gut, which can otherwise damage the lining of the digestive tract and lead to discomfort or poor absorption. Chronic inflammation is linked to many digestive issues, and the antioxidants in kombucha help counter this, keeping your gut lining healthy and resilient.

It helps your body detox... for real.

Kombucha’s glucuronic acid is a natural detoxifier. This acid binds to toxins in the body, helping the liver process and eliminate them. Since your liver plays a critical role in filtering out toxins, supporting liver health indirectly promotes a cleaner, healthier gut environment by reducing the toxic load your digestive system has to handle.

Kombucha can curb your sugar cravings.

Kombucha has a touch of natural sweetness, which can curb sugar cravings without causing blood sugar spikes. Lowering sugar intake is beneficial for gut health, as sugar feeds harmful bacteria and yeasts, which can lead to imbalances. Opting for kombucha over sugary drinks is a great way to enjoy a flavorful beverage without negatively impacting your microbiome.

## 5 Best Kombucha Brands for Gut Health

With countless kombucha brands on the market, choosing one can be overwhelming. To help you narrow down the options, here are some top kombucha brands known for quality,

gut-friendly ingredients, and low sugar content, making them ideal for supporting digestive health.

## 1. GT's Organic Kombucha



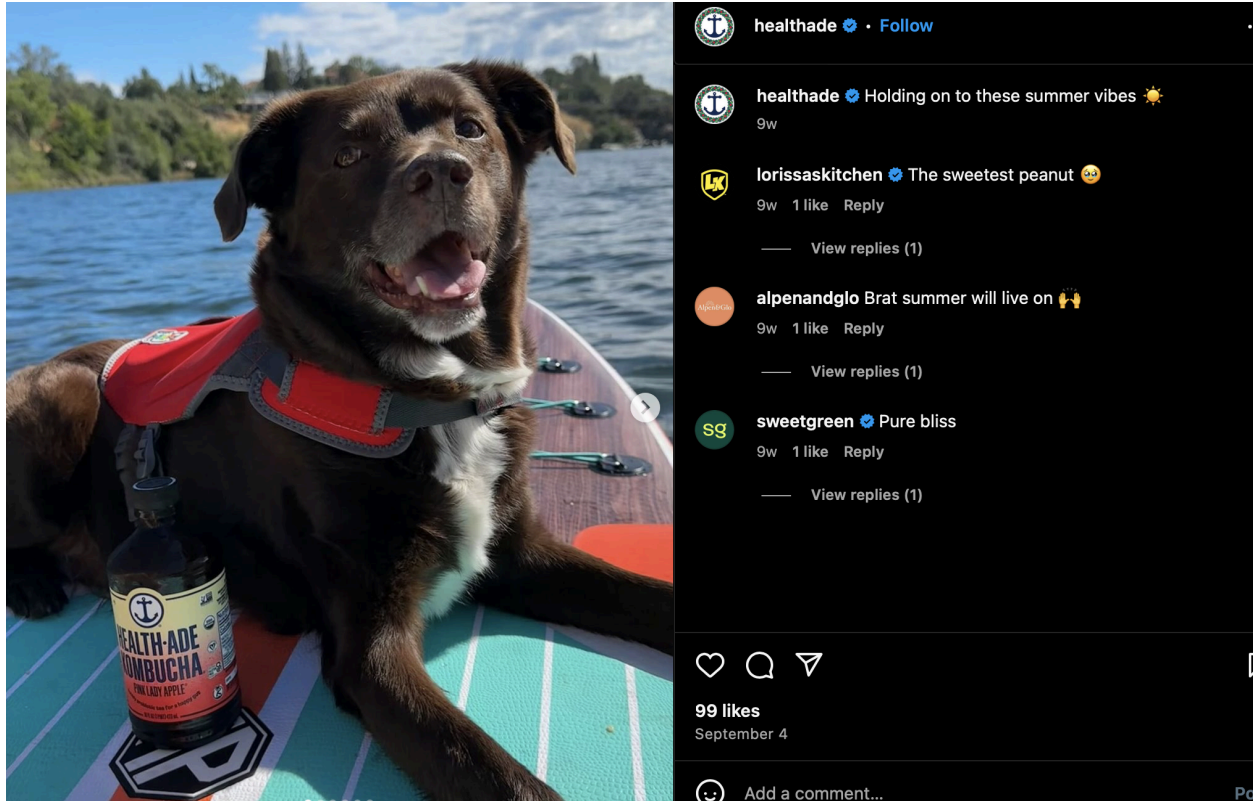
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GT's is a kombucha classic and a [pioneer in the kombucha world](#). They use raw, organic ingredients, and their kombucha is unpasteurized, preserving the natural probiotics. Each bottle contains millions of live probiotics to support gut health.

**Best Flavor for Gut Health:** *Gingerade* – This flavor combines kombucha with ginger, which has natural anti-inflammatory properties and can soothe the stomach, making it a perfect option for those seeking digestive benefits.

## 2. Health-Ade Kombucha



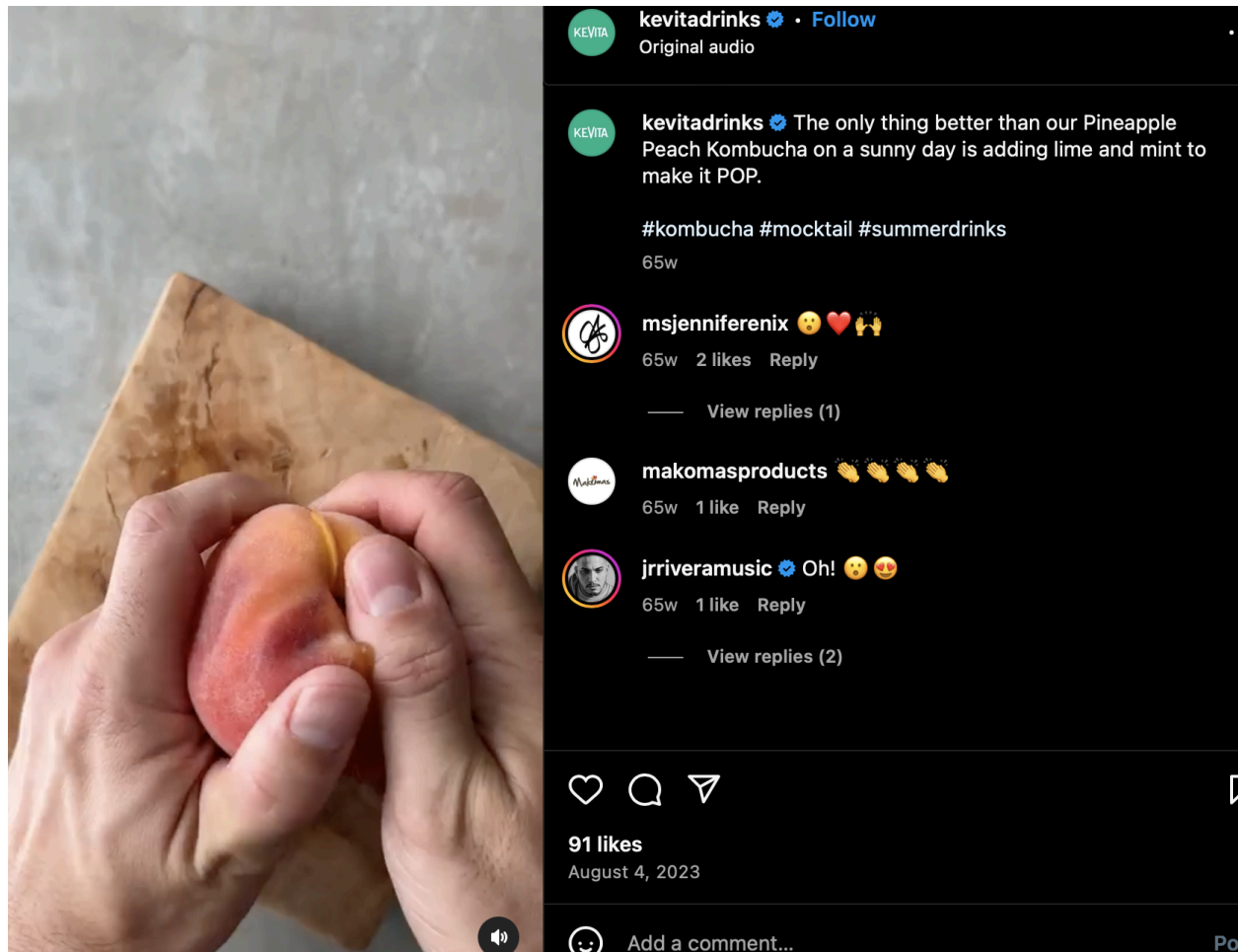


[https://www.instagram.com/p/C\\_gZPCkSUKs/?img\\_index=1](https://www.instagram.com/p/C_gZPCkSUKs/?img_index=1)

Health-Ade uses small-batch brewing, ensuring consistency and a probiotic-rich final product. Their kombucha is also 100% vegan and gluten-free, with minimal added sugar.

**Best Flavor for Gut Health:** *Pink Lady Apple* – Made with organic apple juice, this flavor is not only delicious but offers a naturally sweet option with low sugar content, making it easier on the gut.

### 3. KeVita Master Brew Kombucha

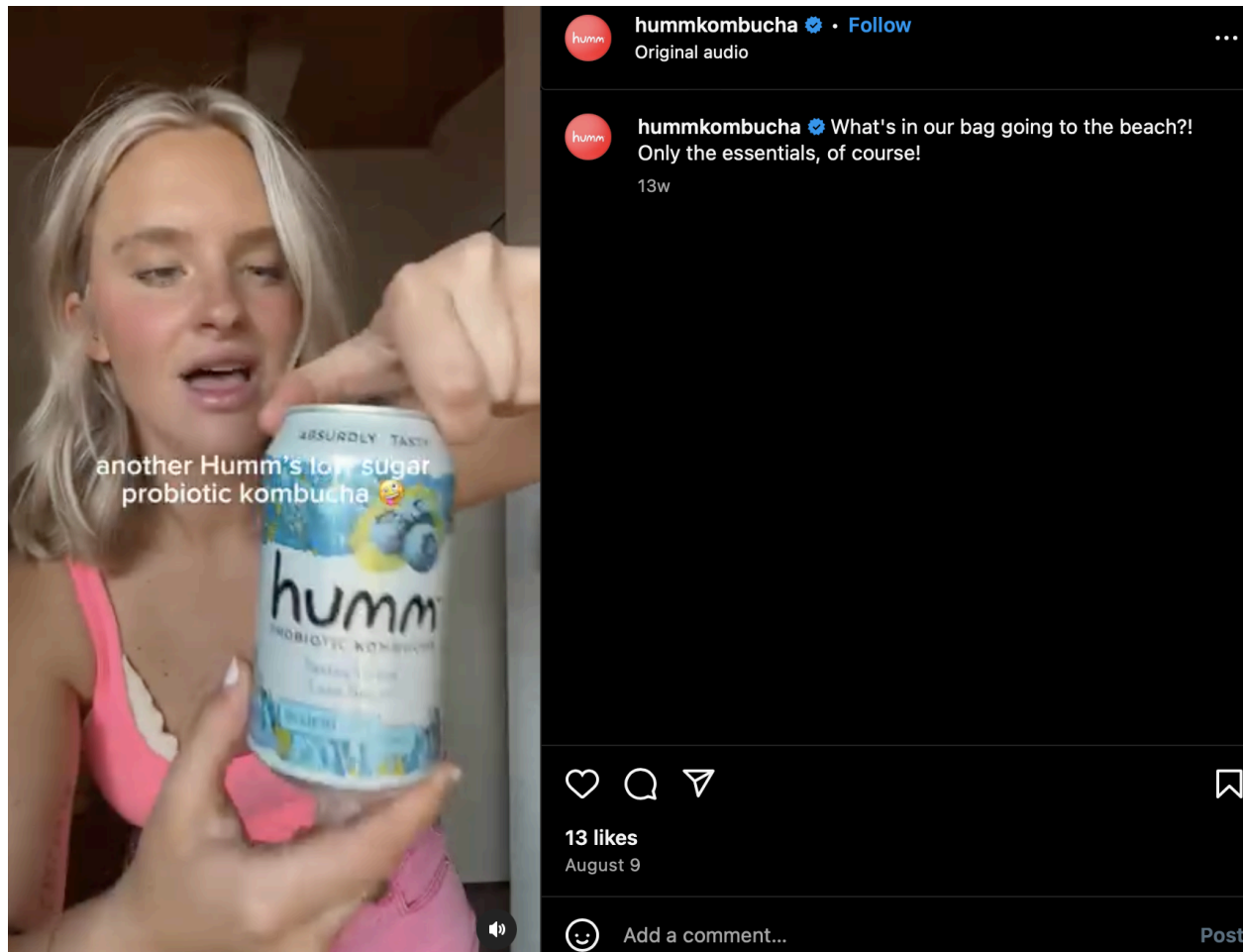


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[KeVita's Master Brew Kombucha](#) has live probiotics and is often less sugary than other brands. It's brewed with organic ingredients and tends to be lighter in taste, which is gentle on the stomach.

**Best Flavor for Gut Health: *Pineapple Peach*** – Pineapple contains natural digestive enzymes that aid digestion, making this a particularly gut-friendly option.

#### 4. Humm Kombucha



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[Humm kombucha](#) is smooth and less vinegary, making it a great starter kombucha. They use organic, non-GMO ingredients and a proprietary fermentation process that keeps the probiotics intact.

**Best Flavor for Gut Health: Blueberry Mint** – The mint flavoring has digestive properties that can help soothe any potential bloating or gas, and the blueberry adds a mild, enjoyable sweetness.

## 5. Brew Dr. Kombucha



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Brew Dr. is known for blending tea with botanicals, adding an extra layer of beneficial nutrients and elevating the flavor profile of your favorite tea based beverage. Their kombucha is raw and unfiltered, making it an excellent source of live probiotics.

**Best Flavor for Gut Health:** *Clear Mind* – This flavor is made with rosemary, peppermint, and sage, herbs known for their anti-inflammatory properties. It's an excellent option for those looking for a kombucha that supports mental and digestive well-being.





Kombucha and other foods with probiotics in them (like these fruity yogurt parfaits) can go a long way toward making sure your digestive system is operating smoothly.

## Other Gut-Healthy Practices Beyond Kombucha

While kombucha is an excellent tool for supporting gut health, a truly balanced microbiome requires a multi-faceted approach. Here are some other practices that contribute to a happy gut:

### 1. Load Up on Prebiotic Foods

Prebiotics are the fiber-rich foods that probiotics feed on, and they're essential for a healthy gut microbiome. Garlic, onions, asparagus, and bananas are all rich in prebiotics, [feeding the good bacteria](#) and supporting their growth.

### 2. Incorporate a Variety of Fermented Foods

Besides kombucha, other fermented foods like yogurt, kefir, sauerkraut, and kimchi are packed with probiotics. Each fermented food offers different strains of beneficial bacteria, so having a variety can lead to a more diverse microbiome.

### 3. Hydrate, Hydrate, Hydrate

Water is crucial for digestion and nutrient absorption, helping food pass through the digestive tract smoothly. Staying hydrated also aids in maintaining the mucosal lining of the gut, protecting it from harmful bacteria and promoting regular bowel movements.

#### 4. Exercise Regularly

Physical activity promotes good blood flow, which enhances gut function and has been shown to diversify gut bacteria. Even low-intensity exercise can positively impact your microbiome, reducing symptoms of bloating and improving regularity.

#### 5. Mind Your Stress Levels

Chronic stress can throw your gut microbiome out of balance, causing digestive issues like bloating or discomfort. Mindfulness practices such as meditation, yoga, and deep breathing can help reduce stress, supporting a balanced and calm gut.

### Dr. Emil Nutrition Products for Gut Health

When it comes to wellness supplements, it's important to take a close look at a brand before you start buying. You never know when you'll find hormones, additives, and other not-so-health-conscious ingredients on the label. But with Dr. Emil's doctor formulated digestive health supplements, you get 100% good stuff. And by that we mean no GMOs, no gluten, and no gimmicks.

Here are some of our most popular products that support gut health!

#### Dr. Emil's Total Gut Complex



[Shop Dr. Emil Total Gut Complex >>](#)

You've heard of probiotics, but what about prebiotics and postbiotics? Most supplements only contain one, but Total Gut Complex by Dr. Emil has it all. The powerful combination will help stimulate the growth of good gut bacteria, which obviously help you reap the benefits of investing in supporting your own gut biome.

Total Gut Complex is made up of ingredients such as CoreBiome, shiitake mushroom extract, and Lion's Mane mushroom extract. All it takes to have your gut feeling great is two fast acting, easy to digest capsules a day.

## Dr. Emil's Collagen Peptides + Gut Health



[Shop Dr. Emil Collagen Peptides + Gut Health >>](#)

When you think of collagen, gut health probably isn't the first thing that comes to mind. That's a hair, skin, and nails supplement, right? You may even know that since cartilage and connective tissue is made up of collagen, collagen supplements have been linked to better joint health, too. But research shows collagen peptides can actually reduce bloating and [soothe digestive discomfort](#), too.



But you don't have to choose between collagen peptides and our gut health formula – you can take advantage of both in one product with our Multi-Collagen Peptides + Gut Health powder. It has an indulgent vanilla flavor, perfect for mixing into your morning coffee or smoothie

With collagen and probiotics working together, disruptions to your gut health won't stand a chance.

### Dr. Emil's Berberine Plus



[Shop Dr. Emil Berberine Plus >>](#)

Collagen is a pretty common name, and most people have an idea of what it is and what it's used for. But what is berberine? For a while, the supplement was getting a lot of hype on social media. And honestly, we think it deserves to continue getting people excited.

Berberine is a compound that can be extracted from bark, roots, and other organic things. Most commonly, it's derived from the barberry.

But where things really get exciting is with the potential benefits of taking berberine. [Studies have shown](#) that the compound works and has anti-inflammatory properties. Berberine also helps lower LDL (bad cholesterol) and offers metabolic assistance.

Taken alone or combined with one of the other products on this list, it will have you feeling your best in now time )

## Your Ultimate Gut Health Routine: Kombucha, Dr. Emil Supplements, and More

Maintaining a healthy gut can seem complex, but with kombucha, the right foods, and high-quality supplements, you're on the right path to balance. With kombucha, lifestyle tweaks, and the right supplements from Dr. Emil Nutrition, a happy and healthy gut is within reach!