Butyrate Fact Sheet

What is butyrate?
Butyrate is a short-chain fatty acid produced in the gut when dietary fibers are fermented by gut microbes. Butyrate has many important roles, including maintaining gut barrier function, acting as an anti-inflammatory, and regulating the immune system.

What is butyrate used for therapeutically?
Butyrate can be beneficial for people with gastrointestinal issues, since it is generally anti-inflammatory and helps to heal and seal the gut lining. It can also be very beneficial in kids with behavioral issues or autism spectrum disorder. Other conditions may benefit as well.

How can you increase butyrate?
One of the best ways to increase butyrate is to increase your intake of prebiotic fermentable fibers by eating foods like onions, Jerusalem artichokes, and asparagus. However, some people can also benefit from supplementing with butyrate.

Which supplement should I take?
Despite the potential benefits of butyrate, many butyrate supplements are simply not effective. A new product from Tesseract uses a molecular trap formulation to allow targeted, sustained release of butyrate in the colon, where it is needed. The molecular trap also mitigates the unpleasant odor and flavor of short-chain fatty acids and reduces the dose you will need to take. It is available in capsule or powder form.

How much should I take?
**Kids:** take 1/8 or 1/4 teaspoon **AuRx powder** mixed with liquid or food three times a day. Note that the capsule contents have added cellulose, so if you are planning to mix with liquid, it is best to buy the powder form.

**Adults:** take one **ProButyrate** capsule two times a day as a starting dose. This can be increased to two capsules twice a day if more therapeutic effect is needed. Be careful about taking too much butyrate if you have IBD, as excess butyrate may be harmful in cases of gut inflammation.