

# Welltan

## Introduction:

The Western diet, high in fats and sugars and low in greens, can disrupt the gut microbiota eubiosis, leading to different chronic diseases related to inflammation. Supplementation with bioactive compounds can help to maintain a healthy and balanced state.

**Welltan** is a tannin complex from Quebracho and Chestnut that induces healthy changes in the gut microbiota system, increasing microbiota diversity and short-chain fatty acid (SCFA) production.

**Welltan Active** has been developed to preserve gut microbiota balance. Is able to exert beneficial effects by **increasing microbiota diversity and short-chain fatty acid (SCFA) production**.

The inclusion of **Welltan Active** in the diet triggered a tendency to **increase the growth of beneficial bacteria**, which can **mitigate** the negative impact of inflammation through immune regulatory effects. In particular, the growth of several genera belonging to the families

*Lachnospiraceae*, *Ruminococcaceae* and *Oscillospiraceae*, which are involved in the regulation of the immune system and numerous physiological metabolic functions, was promoted. In parallel, this supplementation also led to a **reduction in several potentially pathogenic taxa** isolated mostly from patients with intestinal diseases.

It was this very targeted bacterial action by **Welltan Active** that induced an increase in the three main SCFAs (acetic, propionic and butyric acids).

**Welltan Complex** has been **designed for gastrointestinal disorders**, frequently associated with **irritable bowel syndrome, subtype diarrhea (IBS-D)**. **IBS-D** is characterized by recurrent abdominal pain, discomfort and changes in bowel habits.

The intestinal microbiota of affected patients presents altered characteristics compared to healthy individuals. This is due to the

microbiota's close relationship with both the **gastrointestinal and psychological symptoms** (via the microbiota-gut-brain axis) commonly experienced by those with IBS-D.

In a clinical trial, **Welltan Complex** demonstrated the ability to promote **beneficial shifts in gut microbiota composition and activity in IBS-D patients**. The specific action of the supplement was directed toward decreasing the relative abundance of taxa involved in the onset and development of this subtype of the syndrome, like *Blautia*, *Eubacterium hallii* group and *Dorea*.

The modulation of microbiota may have played a crucial role in the **significant improvement of both gastrointestinal symptoms** (i.e. reduced intestinal pain and bloating, as well as improved bowel consistency and frequency) **and psychological symptoms** (i.e. reduced stress, depression and anxiety indices).

## Applications:

- Microbiota eubiosis
- Inflammation prevention
- SCFA increase
- IBS-D symptoms prevention
- Microbiota gut-brain axis modulation
- Intestinal permeability balance

## Dosages:

Recommended dose:

- Welltan Active: 240 mg/day
- Welltan Complex: 2\*240 mg/day of

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## Bibliography:

Molino S, Lerma-Aguilera A, Jiménez-Hernández N, Rufián Henares JÁ, Francino MP. Evaluation of the Effects of a Short Supplementation With Tannins on the Gut Microbiota of Healthy Subjects. *Front Microbiol.* 2022 Apr 27;13:848611. doi: 10.3389/fmicb.2022.848611. PMID: 35572677; PMCID: PMC9093706.