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Reset Single Package

Data Sheet

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Give Your Gut a Fresh Start

Bring your gut back into balance, run through life full of energy, and prevent modern diseases – these are the goals of the 30-day RESET Gut Program.

Through the scientifically-based and online-supported step-by-step program, you will sustainably learn how to eat a diverse, balanced, and species-appropriate diet.

Instead of counting calories, you will learn what truly benefits you and receive optimal support – both in the exclusive \Mein RESET\ online area and through interaction in an active community.

- RESET Brochure
- Recipe Cards
- Daily Online Support
- Interaction in the Facebook Group
- Improved Well-Being

What is Reset Single Package?

Restoring gut balance, running through life full of energy, and preventing modern diseases – these are the goals of the 30-day RESET Gut Cleanse. Through the scientifically-based and online-supported step-by-step program, you'll learn how to nourish yourself in a diverse, balanced, and natural way, laying a foundation for your future well-being.

Our lifestyle, diet, and various environmental factors play a significant role when it comes to gut health. This is where the RESET Gut Restoration program comes in. With a brochure filled with valuable background information and tips, multiple recipe cards, an extensive food list, and exclusive access to daily online guidance, you'll be guided step-by-step, making it as easy as possible for you to adjust your diet.

Instead of counting calories, you'll learn what truly benefits you and receive optimal support – both in the exclusive \My RESET\ online area and through interaction within an active community.

Why Reset Single Package from artgerecht?

- Scientifically-based 30-day gut cleanse
- Brochure with valuable background information
- Many recipe cards & additional ideas in the online magazine
- Access to the exclusive \My RESET\ online area with helpful knowledge, health tips & more
- Active exchange in a large community
- Optimal support through selected supplements
- Improved quality of life – increased well-being and more energy through a diverse, balanced, and natural diet
- Many recipe ideas – delicious, seasonal, and updated every month in our online magazine, on Facebook, and Instagram
- Daily online guidance in the exclusive \My RESET\ area
- Online support from our experts and exchange in the Facebook group \artgerecht - RESET\
- Regular challenges on Instagram @artgerecht_official

Scientific background to Reset Single Package?

One-sided diets, many ready-made products, and large meal frequencies put a strain on our gut and often lead to a feeling of discomfort. A healthy gut is the foundation of our health. Its tasks go far beyond just digesting our food.

Around 80% of all immune cells are located in the gut, which plays a significant role in defending against diseases and shaping the immune system. In addition, a variety of body's own messenger substances and vitamins are produced in the gut. The composition of the gut microbiome influences these immune cells and the entire immune system in many ways. Dysbiosis has also been linked to an increase in infections and inflammation.

If things go wrong in the gut, it affects various processes throughout the body – many lifestyle diseases can be traced back to this. Our lifestyle, diet, and various environmental factors play a major role when it comes to gut health.

This is where the RESET program comes in. With the help of a brochure full of background knowledge and tips, several recipe cards, an extensive food list, and exclusive access to daily online guidance, you will be guided step by step, making it as easy as possible for you to adjust your diet. Instead of counting calories, you'll learn what truly benefits you and receive optimal support – both in the exclusive \My RESET\ online area and through interaction within an active community.

Frequently Asked Questions

What makes RESET different from other diets?

The so-called “gut restoration” (also called gut detox) is about supporting or restoring a healthy balance of gut bacteria. It is often done after an antibiotic treatment or in cases of irritable bowel syndrome.

Important: RESET is not a diet but a sustainable experience that will change your perspective on healthy eating. Even after the 30 days, you will continue to feel the positive effects. No calories are counted, and weight is not regularly measured. You can eat as much as you want during meals and will be able to enjoy many surprising, species-appropriate recipes.

Whats the difference between gut restoration and gut detox?

The terms gut detox and gut restoration are often used interchangeably and both refer to the rebuilding of a healthy gut flora.

When is the best time to start my RESET?

In principle, RESET can be started at any time. You can decide for yourself when the right time is for you. If you know in advance that you have holidays, important birthdays, or other celebrations coming up in the next 30 days, you might prefer to choose a less eventful period. What matters is that you feel comfortable with your starting point and don't feel stressed about your diet.

Who is RESET suitable for?

RESET is a lifestyle concept with a species-appropriate eating plan that is generally suitable for almost everyone. The recommended food sources consist of selected vegetables, fruits, and high-quality animal sources. The products included in the package are not suitable for children under 6 years old. If you have known intolerances or existing health conditions, you should consult your doctor or therapist to check if RESET is suitable for you.

Why does the program last exactly 30 days?

During these 30 days, your gut has the opportunity to regenerate and you have the chance to internalize the species-appropriate lifestyle. After 30 days, it doesn't have to end. The program (or parts of it) can be continued in daily life to enjoy the benefits long-term.

Can RESET be repeated, and if so, how often?

We recommend conducting the program once a year – for a regular “restart” for you and your gut.

How do I ensure I meet my protein needs during RESET?

Protein is important – for the immune system, muscle building, and weight loss (nutritive thermogenesis). This means we need to consume enough protein (minimum 1 g/kg body weight/day – for endurance athletes, 1.5 g, and for hypertrophy athletes, 2-3 g). It's important to always consider normal kidney function. To ensure adequate protein intake, a shake/protein powder can be useful. However, many manufacturers add extra ingredients, artificial additives, and often high amounts of protein. These may not be broken down properly, which can harm the gut. Therefore, if you choose shakes or protein powders, we recommend using hemp or chlorella (both have a good amino acid profile) without sweeteners or additives – and include enough protein in your food: poultry, whole eggs, or fish, but also any plant-based source, as the combination increases biological value. In addition to fish/meat/eggs, nuts and mushrooms are excellent natural sources of protein. We also recommend our AMIN – right after exercise or anytime during the day, 2x5 g per day: It contains all the essential amino acids your body needs to form proteins, without causing significant insulin release; it directly initiates recovery and increases the biological value of other protein sources.

I am a vegetarian – how can I get enough protein during RESET?

In a vegetarian diet, animal protein is often replaced with legumes. Since legumes, including soy and pea proteins, are excluded, you may need an alternative. We recommend hemp protein powder and/or chlorella (algae), combined with NZYM for proper breakdown – which is already included in RESET. Additionally, our AMIN can be used: 2x5 g per day. This is a species-appropriate amino acid powder made from free-form, protein-forming amino acids derived from fermented vegetables, free from artificial additives. If you occasionally eat fish, it's recommended to have it more often during RESET. Nuts and mushrooms also provide good protein sources. Another potential protein source can be eggs, if you eat them.

I follow a vegan diet – what should I consider during RESET?

In principle, RESET is possible within the context of a vegan diet, though it is a bit more “complicated” to ensure proper nutrient intake. You are likely already familiar with potential “micronutrient deficiencies.”

Supplementation of Vitamin B12:

400-800 µg per day. This vitamin can only be obtained through animal products – plants today have too little B12. However, there are vegan products available on the market.

Adequate Protein:

In a vegan diet, animal protein is often replaced with legumes. Since legumes, including soy and pea proteins, are excluded, you may need an alternative. We recommend hemp protein powder and/or chlorella (algae), combined with NZYM for proper breakdown. Additionally, our AMIN can be used – 2x5 g per day. This is a species-appropriate amino acid powder made from free-form, protein-forming amino acids derived from fermented vegetables, free from artificial additives.

Essential Fatty Acids:

This topic is probably already familiar: Omega-6 and Omega-3. Omega-3 is more important here, as modern diets usually contain enough Omega-6. Appropriate sources of Omega-3 include fish, seafood, and algae, the latter being vegan. A vegan Omega-3 supplement from algae may be beneficial (such as our OMEGA VEGAN). For fats, we recommend plenty of olive oil (min 20 ml/day), avocado, and nuts.

LFERRIN:

This health supplement from us is not vegan, as the protein is extracted and purified from cows milk. We understand if you choose not to take this in a vegan diet, but: We work with a local dairy farm, and its truly pure lactoferrin, which technically is not a classic milk protein but produced by mammals. Regarding the 30 days of RESET, its only around 16 g of lactoferrin protein. The properties of lactoferrin are simply too good to skip during RESET gut restoration.

Lastly, total calorie intake:

If you dont intend to lose weight with RESET, the total calorie intake should be adequate. A low meal frequency with large portions helps. If youre also exercising, the calories burned should be compensated. You can supplement with fats, nuts, or avocado to achieve this.

Ingredients

Contents

- Brochure with background knowledge, scientific explanations, food lists, and a consumption plan
- Several cards with delicious, species-appropriate recipes, exclusively developed for the program
- Access code for the \My RESET\ online area with helpful knowledge, lifestyle and health tips, a journal feature, and more – with exclusive text, image, and video content, you will be accompanied and supported daily throughout the entire program
- Four selected supplements (LFERRIN, BIOTIC, NZYM, and PROTECT) as the perfect accompaniment and support for your gut
- Dietary change: 30 days of healthy eating without deprivation
- Diverse diet: approx. 160 foods per month
- Low meal frequency: a maximum of 19 meals per week
- Intermittent fasting: 16-hour pause between dinner and breakfast
- Accompanying products: A detailed list of all ingredients and legal notices can be found on the back labels of our products: NZYM Back Label, PROTECT Back Label, LFERRIN Back Label, BIOTIC Back Label

Our tip: It's much easier to implement the dietary change with a friend or in a group of like-minded people – and it's a lot more fun. So grab your sister, your dad, your best friend, and/or your partner, and hit the RESET button together now!

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