

The Gastrointestinal Benefits of Butyric Acid

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Butyric acid is a short chain fatty acid that is produced by certain helpful bacteria called probiotics. Butyric acid (butyrate, when in salt form) is an important short-chain fatty acid because it has been shown to support mucosal integrity in the colon by acting as the primary fuel for the colonic epithelium, or colonocytes. Butyrate is also responsible for supporting the epithelial lining of the gastrointestinal tract, which is important for proper absorption of nutrients, maintaining a healthy microbial balance in the gut.

There are many scientific citations that document the gastrointestinal benefits of butyric acid and its important role in maintaining correct colon health. Some of the relevant papers are cited below:

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