

# Coffee and Tea Gut-Fit Decision Guide

## If This Happens

Symptom pattern	First variable to test
Heartburn or sour regurgitation	caffeine, acidity, timing, late-day intake
Urgency or diarrhea	caffeine dose and morning timing
Bloating or gas	milk, sweetener, carbonation, drink size
Upper-stomach fullness or nausea	empty stomach, dose, strength
No symptoms but microbiome curiosity	keep the claim modest and focus on overall food pattern

## Stop Self-Testing

Seek medical care for bleeding, black stool, persistent vomiting, unexplained weight loss, progressive trouble swallowing, severe new pain, or symptoms that feel clearly different.