Claims

1. A composition consisting of at least two ingredients selected from the group consisting of:

   from 10% to 90% by weight of an extract of *Abelmoschus esculentus*, based on the combined weight of the at least two ingredients;

   from 10% to 90% by weight of an extract of *Withania somnifera*, based on the combined weight of the at least two ingredients; and

   from 10% to 90% by weight of an extract of *Amorphophallus paeoniifolius*, based on the combined weight of the at least two ingredients;

   wherein the composition is effective for improving at least one gut health function selected from gut-brain axis, easing of constipation, bowel movement, gastro-intestinal (GI) motility, digestion and gut immunity; or reducing gut inflammation.

2. The composition as claimed in claim 1, wherein the composition consists of:

   from 25% to 75% by weight of the extract of *Abelmoschus esculentus*, based on the combined weight of the at least two ingredients, and

   from 25 to 75% by weight of the extract of *Withania somnifera*, based on the combined weight of the at least two ingredients.

3. The composition as claimed in claim 1, wherein the composition consists of:

   from 25% to 75% by weight of the extract of *Abelmoschus esculentus*, based on the combined weight of the at least two ingredients, wherein the extract of *Abelmoschus esculentus* comprises from 12.8% by weight to 49% by weight polysaccharides, and

   from 25 to 75% by weight of the extract of *Withania somnifera*, based on the combined weight of the at least two ingredients, wherein the extract of *Withania somnifera* comprises from 0.35% by weight to 3.1% by weight withanolides.

4. The composition as claimed in claim 1, wherein:

said extract of *Abelmoschus esculentus* is standardized to total polysaccharides; wherein a concentration of the total polysaccharides varies in the range of 0.01% to 50% by weight of the composition; and/or

wherein said extract of *Withania somnifera* is standardized to total withanolides; wherein a concentration of the total withanolides varies range of 0.01% to 50% by weight of the composition.

5. The composition as claimed in claim 1, wherein each ingredient is obtained from at least one plant part selected from the group consisting of leaves, stems, twigs, aerial parts, a whole fruit, a fruit peel rind, seeds, flower heads, a root, bark, hardwood, a whole plant, and mixtures thereof.

6. The composition as claimed in claim 1, wherein each ingredient is obtained using a solvent selected from the group consisting of C1-C5 alcohols, ketones, chlorinated solvents, water, C1-C7 hydrocarbons, esters, and mixtures thereof.

7. The composition as claimed in claim 1, wherein each ingredient is produced using at least one solvent selected from the group consisting of ethanol, methanol, n-propanol, isopropyl alcohol, acetone, methyl isobutyl ketone, methylene dichloride, chloroform, water, hexane, ethyl acetate, and mixtures thereof.

8. A dosage form comprising an herbal composition, wherein the herbal composition consists of:

from 25% to 75% by weight of an extract of *Abelmoschus esculentus*, based on the weight of the herbal composition, wherein the extract of *Abelmoschus esculentus* is a fruit extract obtained by extraction with water, an alcohol, a ketone, or a mixture thereof;

from 25% to 75% by weight of an extract of *Withania somnifera*, based on the weight of the herbal composition, wherein the extract of *Withania somnifera* is a root extract obtained by extraction with water, an alcohol, a ketone, or a mixture thereof; and optionally

an extract of *Amorphophallus paeoniifolius*.

9. The dosage form as claimed in claim 8, wherein the herbal composition contains the extract of *Amorphophallus paeoniifolius*.

10. The dosage form as claimed in claim 8, wherein the dosage form further comprises at least one pharmaceutically, nutraceutically or dietetically acceptable excipient, carrier, or diluent.

11. The dosage form as claimed in claim 10, wherein the pharmaceutically, nutraceutically, or dietetically acceptable excipient, carrier, or diluent is selected from the group consisting of monosaccharides, disaccharides, polysaccharides, dextrins, polyhydric alcohols, sugar alcohols, cellulose and derivatives thereof, silicates, metallic stearates, organic acids, fatty acid esters, esters of poly sorbate, natural gums, B vitamins, nicotinamide, calcium pantothenate, amino acids, proteins, metal salts, natural pigments, flavors, class I & class II preservatives, and combinations thereof.

12. The dosage form as claimed in claim 10, wherein the pharmaceutically, nutraceutically or dietetically acceptable excipient, carrier, or diluent is selected from the group consisting of glucose, dextrose, fructose, galactose, sucrose, maltose, lactose, lactulose, trehalose cellobiose, chitobiose, starch, modified starch, sodium starch glycolate, pre-gelatinized starch, soluble starch, yellow dextrin, white dextrin, maltodextrin, sorbitol, mannitol, inositol, xylitol, isomalt, microcrystalline cellulose, hydroxy propyl methyl cellulose, hydroxy ethyl cellulose, magnesium aluminometasilicate, smectite, talc, colloidal silicon dioxide, calcium stearate, magnesium stearate, zinc stearate, citric acid, tartaric acid, malic acid, succinic acid, lactic acid, L-ascorbic acid, fatty acid esters, esters of poly sorbate, acacia, carrageenan, guar gum, xanthan gum, nicotinamide, calcium pantothenate, amino acids, casein, gelatin, pectin, agar, sodium chloride, calcium chloride, dicalcium phosphate, zinc sulphate, zinc chloride, natural pigments, flavors, class I & class II preservatives, and combinations thereof.

13. The dosage form as claimed in claim 8, wherein the dosage form is selected from the group consisting of a dry powder form, a liquid form, a beverage, a food product, a dietary supplement, a tablet, a capsule, a soft chewable tablet, and a gummy bear.

14. The dosage form as claimed in claim 8, wherein the dosage form is a food product selected from the group consisting of a chocolate bar, a nutritional bar, a cream, a jam, a gel, a beverage, a lactic acid bacteria beverage, a drop, a candy, a chewing gum, a gummy candy, a yoghurt, an ice cream, a pudding, a soft adzuki bean jelly, a jelly, a cookie, a tea, a soft drink, a juice, milk, coffee, cereal, and a snack bar.

15. A composition comprising:

an extract of *Abelmoschus esculentus*;

an extract of *Withania somnifera*; and

an extract of *Amorphophallus paeoniifolius*;

wherein:

the extract of *Abelmoschus esculentus* and the extract of *Amorphophallus paeoniifolius* are used in a ratio ranging from 1:2 to 2:1, and

the composition is effective for improving at least one gut health function selected from gut-brain axis, easing of constipation, bowel movement, gastro-intestinal (GI) motility, digestion and gut immunity; or reducing gut inflammation.