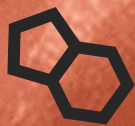




Colonauts

The Board Game



Design and Illustrations
by Manuel Zúñiga Trier

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Illustrations and Game design by Manuel Zúñiga Trier

Online version available in Tabletopia.com

Components



4 Gut Boards



4 Colonocyte
Counters



1 ColoNauts
Coin



26 Different
Chronic Coins



36 Meal cards



61 Event cards



24 Explosive cards



28 Beneficial
ColoNaut Cards



24 Harmful
ColoNaut Cards

Introduction

Welcome to your gut, things are about to get a bit weird here. No pressure, but you're on charge of fighting this life-threatening situation.

As food starts to rain over your colon cells, early signs of sickness begin to build up. The moment might come, when a nasty disease attacks your chances to live another week.

You'll have to either react quickly or be lucky enough if you want to survive. But don't worry! You're not alone...

Working in the shadows, the tiny inhabitants of your colon will happily assist you to stay nice and healthy.

They don't ask for much. Just some nutrients and a tidy home will be enough to convince the ColoNauts to proliferate in you.




But be careful. Not all ColoNauts have the same intentions...


Overview

In ColoNauts, you'll be competing to build a deck with the best food and activities to outlive your opponents.

Make sure to keep your mucus layers populated with heaps of friendly ColoNauts, as the healthiest player wins the game when the first player gets too sick to continue!

 30-60 min

 + 13 yo



 2-4 players

Some anatomy...

















Most of us has guts inside. We acknowledge that so and have a Gut Board for every player! Check it out:



The Gut Board sports different areas that will allow you to create the strongest Deck, collect the best ColoNauts and keep an eye on your Health Levels.


1. Deck: the Deck you build will be sitting on the bottom left corner of your Gut Board. From here you'll get the cards needed to have a 5 card hand every Week (round).
2. Digesting Pile: right on the opposite corner, sits the Digesting Pile, where many used and newly obtained cards will wait for their turn to become part of your ever-growing Deck.
3. Incoming Events and Meals Zone: when playing Event Cards  and/or Meal Cards  from your hand, make sure to land them in their respective

Zone at the top of the Gut Board of the target player (left for Events, right for Meals).

4. Nutrient Score Icons: paying in Nutrients will be the way you access certain powerful cards. You'll be able to keep track of the quantity you get with every Meal through these icons. Five icons represent 5 types of Nutrients (from left to right: Fructan  , Sugar  , Ferment  , Fat  and Protein  , being Ferment a wild Nutrient type).
5. Chronic Coin Slots: some cards will have long lasting effects on you. To set a reminder of their permanence, you'll have access to Chronic Coins that will be fitting in the slots at the top corners of your Gut Board.
6. Health Level Icons: at the very bottom of the Gut Board, you'll find your Tension  , Inflammation  , Infection  and Malnutrition  Levels. You'll soon enough realise how card effects will be messing around with them. Fight to keep them as low as you can before you get very sick!
7. Toxicity Bar: some Meal Cards might display the Drug Icon  . The Toxicity Bar keeps track of that kind of Meals and advises when enough is enough by triggering the Toxic Effect of a Meal Card as it reaches the bar's limit .
8. Colonocyte Counter: a center piece of the game sits right next to your Health Levels. The Colonocyte Counter  starts in '3' and can be modified by card effects. They are color-coded to label the Tension  , Inflammation  , Infection  and Malnutrition  players.
9. Mucus layer: right in the middle of the Gut Board all the ColoNauts you foster, will have their place to settle. This is you Mucus Layer, which can hold up to 3 ColoNaut Cards at a time. Just make sure they are all on your side!




The war is on!



Now that we know each other inside-out, it's time for some to get some resources.

The player who took the most recent poo, will pick the ColoNauts Coin  and lead the way into the first Week.

I. Shopping

The first Phase of every Week, is the Shopping. During the very first Shopping Phase of the game, every player will take:

- 1 Biffidum ColoNaut card and put in the first slot of their Mucus Layer.
- 1 random Initial Event Card  (Anger, Loneliness, Stress, Poor Hygiene, Sedentary Lifestyle, Bankrupt or Auto-immune Response) and put it in their hand. Whatever card remains unpicked, are shuffled into the Events Pile.
- 1 Diarrhea Event card and put it in their hand.
- 2 random Meal Cards  and 1 random Explosive card  and put them in their hand.

In the subsequent Shopping Phases, a Menu of 3 random Event Cards  and 3 random Meal Cards  will be set in the middle of the table and revealed. Starting by the leader, every player will choose to take one of each from the Menu or 2 of each from the Piles and put them in their Digesting Pile face down. Whenever a card is picked from any of the Menus, must be replaced by a new one from the Pile before the next player make their choice.

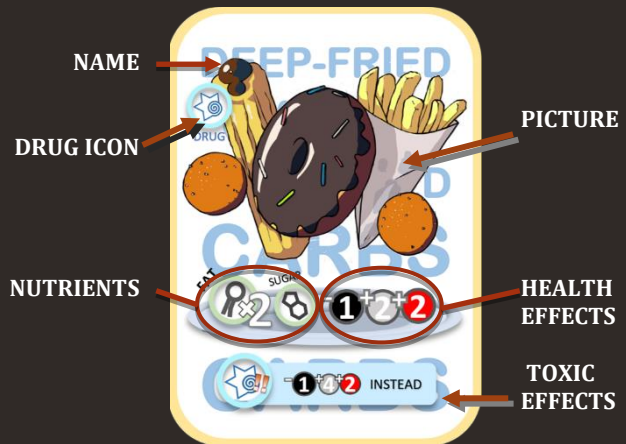
Once a player is done getting new cards into their Digesting Pile, they will grab a hand of 5 random cards from their Deck. If there are not enough cards in their Deck, they'll shuffle their Digesting Pile and create a new Deck to draw cards for their hand.

CARDS?

Meal Cards,



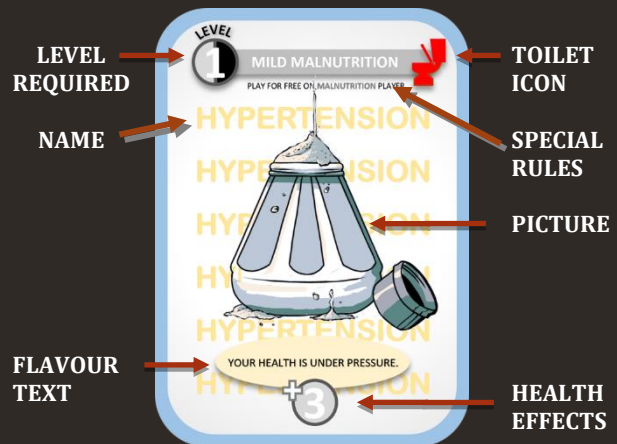
represent the alimentary habits of a player a Week. A yellow margin and a crossed knife and fork identify them. They carry effects and provide precious Nutrients that set the starting point for the game to develop. Some of them might contain Drugs.



Event Cards,



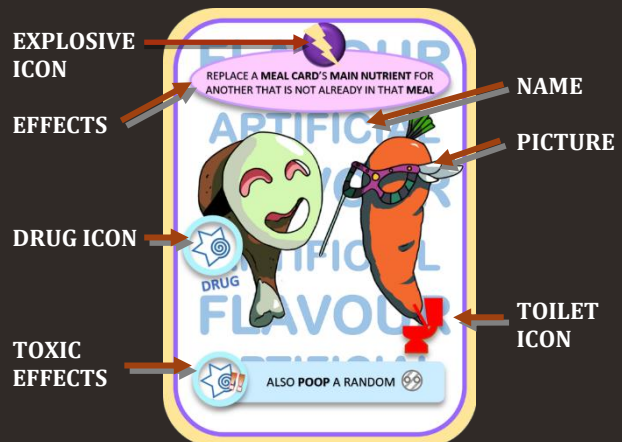
represent different activities, dangers and diseases of the environment. They can be identify by their blue margin and question mark at the back. They carry all sorts of effects, from mild to harsh, and often require the target player to be already under a certain level of struggle.





Explosive cards





are special kind of cards that can be played and apply their effects out of the normal mechanics of the game. They are clearly identified by a lightening icon at the top of the card and a secondary purple margin. Explosive cards can be played in any number as long the situation meets their requirements and descriptions. They do not replace the chance of using a normal Meal or Event Card.



II. Food War!

Once everyone is armed, Food War commences. Every player starting by the leader, will land one Event Card  and one Meal Card  in either their or other player's Event and/or Meal Zones.

Any card that is attempted to be used, must be confirmed to have their requirements covered (as per minimum Health Level of the target if applies) and have a free Zone to be landed on (if applies).

At any point during Food War, players are allowed to play their Explosive Cards  or normal cards with Explosive Effects, to interrupt actions and change the course of the game (upon confirmation of requirements if applies). Once an Explosive Card  is played, the normal succession of turns return is resumed, unless another Explosive Card is played.


**DID YOU JUST
PLAYED 'RANCID
FOOD' ON MY
MEAL CARD??**





Food war



Example:



(A) This player has received an Event Card  from another player. That means that no one can land any more Event Cards on this player this Week.





(B) In their turn, this player decides to Serve a Meal Card  to themselves as they are still Hungry (vacant). They then become Served and cannot receive any more Meal Cards this Week.

(C) Then also decides to play an Event Card  on someone else as they received one, but haven't played any of their own.

(D) Finally plays a Normal Meal Card with Explosive Effect  to bonify their current Served Meal. They could do this because despite being a Meal Card, the played card has the Explosive Symbol  on it and has no requirements. Meaning, this particular card can be played at any time with no limitations.

III. Digestion





Digestion, proceeds once Food War is settled and no players have any moves left to make. In this phase, starting from the leader to the left, the players:


- Digest (resolve) Event Cards  and/or existing Chronic Coin (if any).
- Digest Meal Cards  (if any).
- Digest any Explosive Card  or Normal Card with Explosive Effects that takes place on Digestion. If the Explosive Card takes the place or attaches to an Event or Meal Card, apply its effects simultaneously with them.
- Poop (discard) all cards with the Toilet Icon  on them, and move to the Digesting Pile – face down – all those cards without it.



**DUDE.
I DON'T TALK.
I'M A SHAKER.**




DIGEST EFFECTS?



Inflammation , Infection , Malnutrition  and Tension  Levels, worsen or ease responding to the + or - effects of Digested cards. If at any moment, a player reaches level 10 in the color of their Colonocyte Counter, they are considered unable to continue and the game is over.

Some Digested cards can affect directly the number on the Colonocyte Counter . If by an unfortunate reason, a Colonocyte count zeroes, the player who owns it is out and the game is over.

The Intoxication Token  moves one stage to the right in the Toxicity Bar of the Gut Board, every time a player Digests a Meal with a Drug Icon .

Intoxication resets, once it reaches its maximum  and triggers of the Toxic Effect of the Meal Card.



Chronic Coins are granted by specific cards. Each one indicates the periodicity and duration (in Weeks) of their specific effects. They are placed on the Gut Board Chronic Slots as a reminder of their effects.


Your ColoNauts performance can be also affected by Boosting  or Nerfing  Effects. In every case, you'll see clearly described when this will happen and in what proportion their abilities will be modified.








Digestion

Example:







(A) By the end of the Food War this player ends up with one Event Card  (played while its requirements - Level 3 in Malnutrition - were met) and one Meal Card .

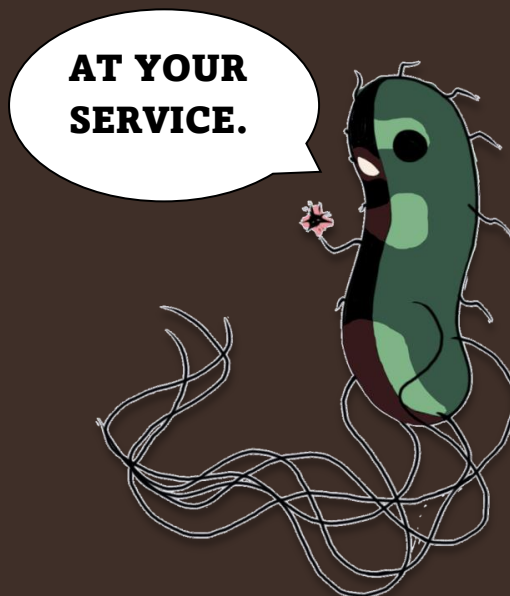
(B) In their Digestion Phase, this player Digests the Event Card  first (worsen Malnutrition by two stages and picks a specific Chronic Coin),

(C) following with the Digestion of the Meal Card  (Gains two Sugar Nutrients  and eases Tension  by one stage, but also worsens Inflammation  and Malnutrition  by one stage each). As the Served Meal displays the Drug Icon , this player must increase Toxicity  by one stage.

IV. Proliferation



Proliferation, proceeds once Digestion is settled and no players have any more effects left to resolve. Proliferation can be merged into one big phase along with Digestion, to keep the flow going. Starting from the leader to the left, the players:




- May choose to exchange gained Nutrients for new Explosive Cards  and put them face down on their Digesting Pile.
- May exchange specific Nutrients to gain a new Beneficial ColoNaut  and put it in their Mucus Layer.
- May exchange Nutrients to gain a Harmful ColoNaut  and put it in their hand.
- May play Harmful ColoNaut  from their hand on a target.
- Apply the permanent effects of all existing ColoNauts (if possible).
- Finalise, by choosing unused cards from their hand to go face down on their Digesting Pile (whatever remains in their hand, will be available next Week).





ColoNauts!

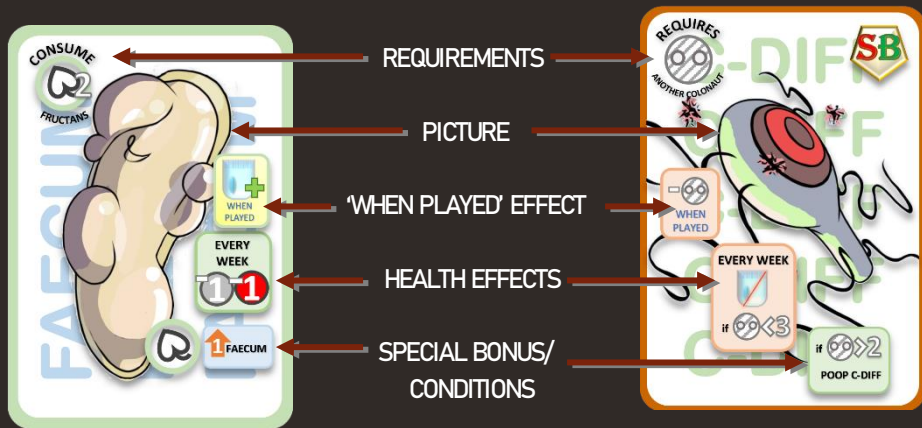
ColoNauts represent the wide biodiversity that inhabits the colon. They work as permanent or semi-permanent elements that modify the Health and Nutrient availability of their owner.

There are 2 ColoNaut Cards types: Beneficial ColoNaut Cards , identified by a green margin and a clear eyed ball over a pink background on the back, and Harmful ColoNaut Cards , easily distinguishable by a dark orange margin and a dark red-eyed ball over an orange background on the back.

Cards will refer to Beneficial Colonauts through the clear ball symbol , while with the dark ball symbol  will stand for Harmful ones. Whenever the card is referring to either type, you will see a colorless ColoNaut Symbol .

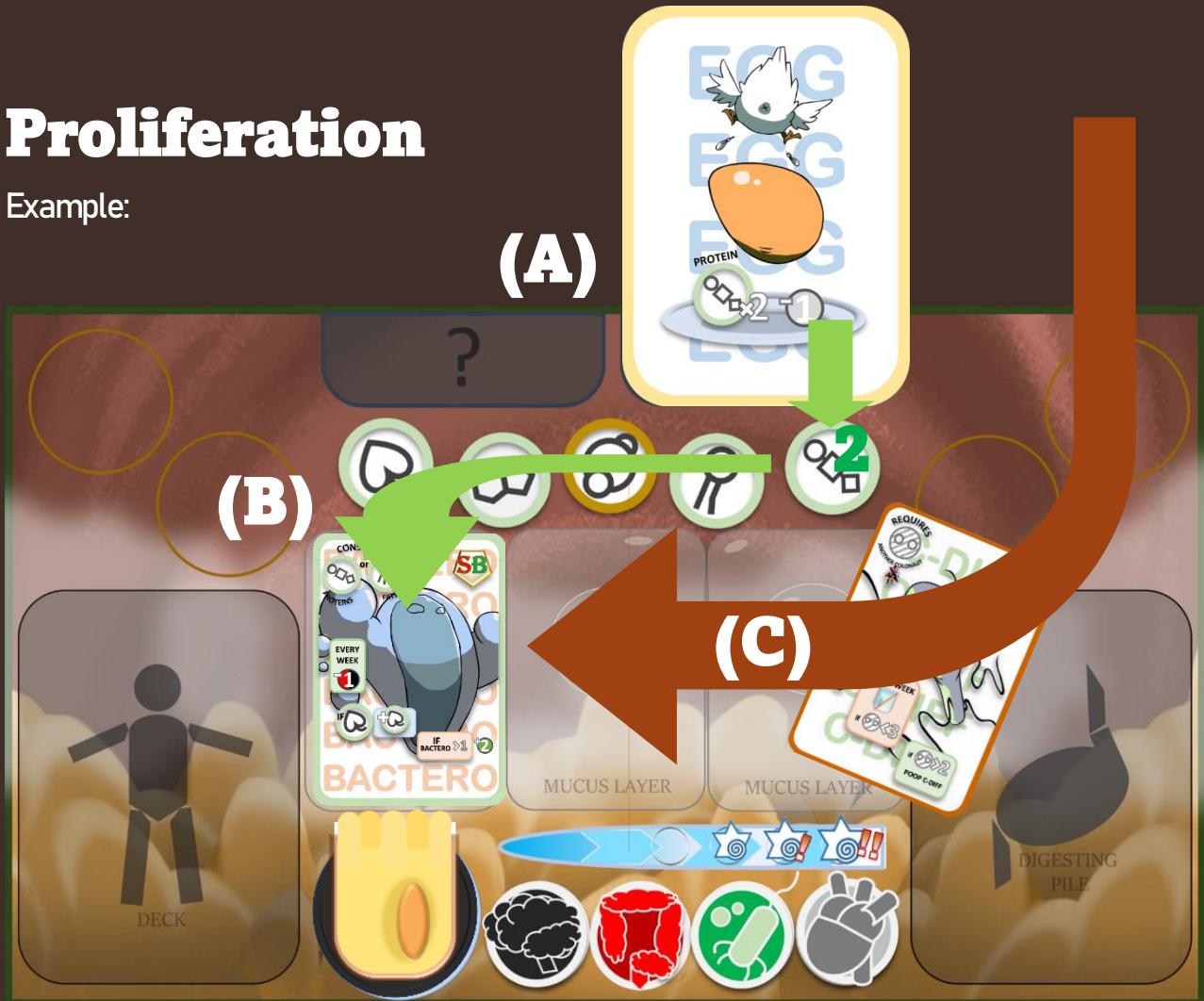
Once a Beneficial ColoNaut  Nutritional Requirements are paid, its card is placed directly into a Mucus Layer Slot. A purchased Harmful ColoNaut  will go into your hand, until your target meets their requirements for invasion. You can keep up to 3 ColoNauts in your Mucus Layer.


Beneficial ColoNaut example Harmful ColoNaut example











Proliferation


Example:



(A) This player managed to **Digest** a **Meal** successfully, so now they are in possession of the **Nutrient Protein** .

(B) During their turn, they decide to pay a **Protein**  to foster a **Beneficial ColoNaut**  that consumes **Protein**  or **Fat**  and it takes the first slot of their **Mucus Layer**. Thanks to this specific **ColoNaut**, they can now ease one stage of **Inflammation**  or **Tension**  per **Week**, among other benefits.

(C) However, by doing so, they gave their opponent the chance to play a **Harmful ColoNaut**  from their hand that depends on the target owning at least one **ColoNaut**. This specific **Harmful ColoNaut** knocks off a pre-existing random **ColoNaut** from the **Mucus Layer** when played, so the player must return their recently obtained **Beneficial ColoNaut**  back to the **Pile**.

(D) This bug also reduces the **Colonocyte Counter**  by one every **Week** if there are less than 3 **ColoNauts** in the **Mucus Layer**. So unless, this player finds out a way to neutralise or get rid of the threat, will be in serious trouble in the **Weeks** to come.

And the winner is...

The game continues repeating cycles of Shopping, Food War, Digestion and Proliferation, passing on the ColoNauts Coin leftwards at the end of every Week, until one of the players either:

- Gets a count of '0' in their Colonocyte Counter,
- Reaches Level 10 in the color of their Colonocyte Counter, or
- Is given a Deadly Disease Event Card.

Then, the rest of the players compare the final number in their Colonocyte Counter. The player with the highest score, aka the healthiest, wins the game.

In case of a tie, the winner will be the player who has the lowest Levels.



Our stars

Every **ColoNaut** in the game is based on a real-life species or genus of gut microorganisms. Their relationships and properties were considered at the time of creating the mechanics of the game. Keep reading to learn some details about these wonderful beings!

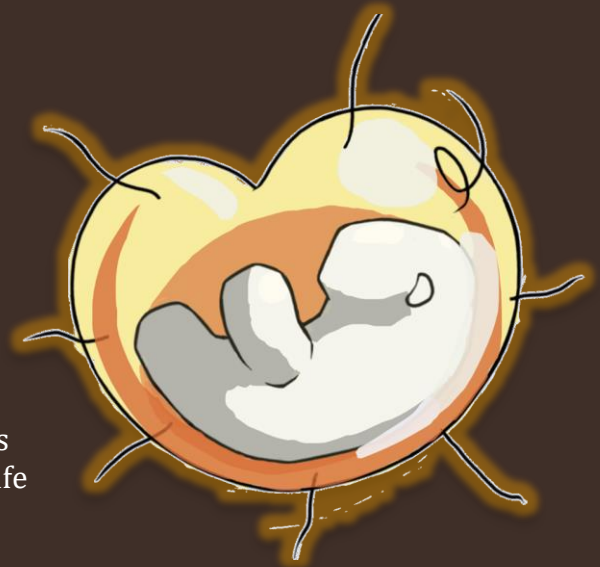
BIFIDUM

Actinobacteria

Based on the Bifidobacterium genus, that belongs to an ancient branch of earth roaming bacteria.

The reasons why many species became symbionts in the human gut remain a mystery, but truth is, life without them now is unthinkable.

Bifidobacteria play a paramount role helping breaking down milk in our early stages development and their numbers drop as we age.



FAECUM

Firmicutes

Based on *Faecalibacterium prausnitzii*, a notorious bacteria from the colon. Its abundance makes them the most numerous species in the gut.

It feeds on fructans such *inuline* and produces *butyrate*, an excellent natural anti-inflammatory and super-nutrient.

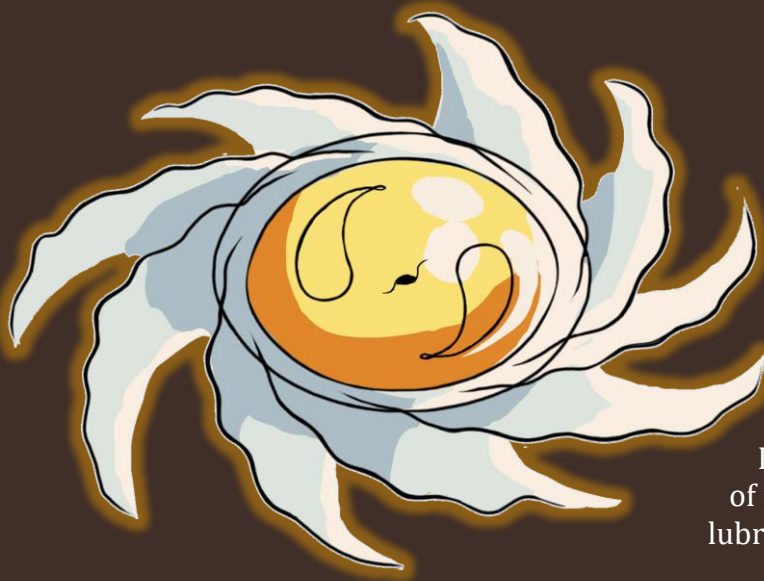
Although it's one of the most desirable microorganisms to have, *F. prausnitzii* finds it hard to colonise the gut without help of other organisms.

BACTERO

Bacteroidetes

Based on bacteria of the genus *Bacteroides*, who have chemically powerful capsules that allow them breaking down all sorts of substances.

While in the gut, they help other organisms to obtain otherwise inaccessible nutrients. But on the loose, *Bacteroides* will break everything in their way, including organs, skin and flesh, and there is no easy way to stop them.



AKKMA

Verrugomicrobia

Based on *Akkermansia musciphila*, an ovoidal-shaped bacteria that feeds on mucins —proteins that make up the mucus layer of the colon.

By doing so, they promote healthy cycling of nutrients and mucins, maintaining then a lubrication and several invaders in check.

Mr. SMITHII

Archaeobacteria

Based on *Methanobrevibacter smithii* who's not bacteria, but belongs to a primitive group of life forms called Archeobacteria.

They are so tiny in the colon, that can only feed on bigger organisms' leftovers. As a result, they clear the colon of waste and boost others' performance.

However, if they get too excited, they may bloat the gut with their own waste: methane farts.



BILO

Proteobacteria

Based on *Bilophila wardsworthia*, a sloppy bile and fat-loving bacteria.

Some suggest that organisms such as *B. wardsworthia*, apply pressure on their hosts in order to make them consume the nutrients they grow better with.

Akkma it's known to counter act the toxins produced by bacteria like Bilo.



COLI

Proteobacteria

Based on the well-known bacteria *Escherichia coli*.

Coli is a common inhabitant of the gut and often cooperates with the housekeeping in the colon. However, some greedy strains of this bacteria might colonise every now and then and try to monopolise resources causing *cytotoxin* damage as they grow in numbers.

It wouldn't be all that bad if it wasn't for its current resistance to all sorts of antibiotics.



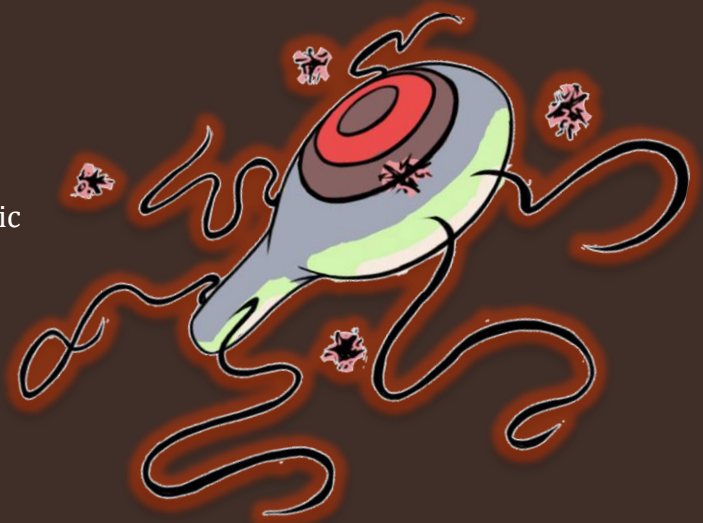
C-DIFF

Firmicutes

Aka: *Clostridium difficile*, bloats into its iconic matchstick shape to hold its highly durable spores.

This makes incredibly difficult to fight a C-Diff infection and stop it from poisoning your insides with *cytotoxins*.

Recovering the biodiversity of the gut flora and outcompeting this super-bug is the best way to get rid of the invasion. Biffidum seems to specially good at kicking them out.





SALMONELLA

Proteobacteria

Based on *Salmonella enterica*. This gut cell predator hangs out inside other animals, until we consume them without cooking or washing their products properly.

When we are under Salmonellosis, the colon swells and flushes liquid trying to get rid of the swarm and prevent it to proliferate inside the body.

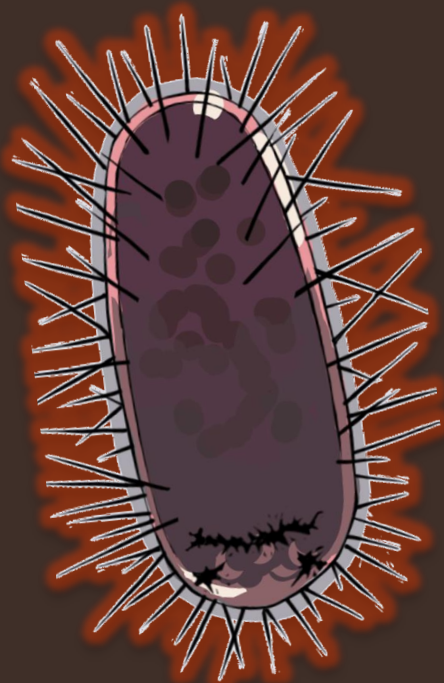
While salmonella is inside, consumes colon cells from inside out and creates more copies of itself.

CAMPYLO

Proteobacteria

Based on *Campylobacter jejuni*, one of the best food poisoners around.

While many *bacillus-shaped* bacteria await motionless for their food to show up, this bug makes intensive use of its *spirilla* shape and *flagellum* to actively swim towards its victims.



SHIGELLA

Proteobacteria

Based on bacteria of the *Shigella* genus. Silent and motionless angels of death.

They invade colon cells entering them by their sides and destroy one by one making serious damage and inducing very nasty diarrheas.

Here is when you wonder, how such a small being can cause so much harm?

When I was a young child, too young to remember, I caught a life-threatening chest infection.

As the situation demanded, I was prescribed wide spectrum antibiotics by the physician.

They managed to control and save me from the infection. But as a side effect, I got my young gut flora completely wiped out, and my gut, wrecked.

After having overcome such alarming first challenge, my parents had to face yet another: quick weight loss. No food would feed me.

Soon, I didn't have strength left to move, not to cry. I was in a free fall to death.

Then, an experimental treatment with Bifidobacterium as prebiotic was offered to my parents, who in their desperation, agreed to.

That's how now, more than 30 years later, I'm here telling this story.

Believe that I'm grateful for my parent's decision and for the thousands of little life-saver fellows that reside deep in my insides. Those who teamed up to keep me alive.

This game is for them.

This game is for you.

Manuel.