

DigestiveEnzymes

Purpose & Rationale

This product supplies a digestive enzyme complex with five forms of naturally occurring digestive enzymes, α-amylase, lactase, lipase, cellulase and a neutral protease to support healthy digestion which is often compromised by western lifestyles including diet, stress, aging, chemicals, etc. Digestive enzymes are necessary for the proper breakdown of carbohydrates, proteins, milk-based products, oils, fats, fibers, and other food components to yield the nutritional constituents that are indispensable in human structural development, function and maintenance throughout life. By consuming these five supplemental enzymes, which are obtained from gastric-resistant microbial sources, the objective is to add to the body’s natural production to assist in proper digestion of foods to improve non-clinical digestive irregularities such as bloating, gas, cramps, and constipation while enhancing extraction/absorption of the nutrients (amino acids, vitamins, minerals, glucose, etc.) contained in foods. Additionally, some evidence supports the use of digestive enzyme supplementation (primarily proteases) for attenuating inflammation and enhancing exercise-induced muscle recovery.

Typical Use

- Take three (3) capsules total daily. Take one (1) capsule with each of three main meals or as directed by a health professional.
- Not recommended if contraindicated by an existing health condition or discouraged through qualified medical advice.
- If using solely for GI discomfort, and if after 30-days of proper use there is no change, there may be no reason to continue use for this goal.
- For exercisers to potentially reduce exercise-induced DOMS and improve nutrient uptake to enhance recovery.

Unique Features

DigestiveEnzymes 5-enzyme complex (DigeZyme) is from Sabinsa Corporation, a manufacturer with more

than 120 scientists conducting ongoing research both in India and the United States.

- Contains microbe-derived enzymes, which have distinct advantages over animal-based enzymes
 - Survives the different pH levels in the GI tract for more activity throughout passage
 - Lower dosages with more potency
 - Heat stable - can operate in high temperatures
 - Economical and sustainable source
 - Vegan friendly and gluten free
- Specifications adhere to the most stringent international standards and regulatory norms – Food Chemicals Codex, an acceptable standard for the US FDA
- Contains lactase to help breakdown lactose from dairy and other foods and cellulase to specifically assist in helping manage the digestion of fibers
- Manufactured in a regularly inspected NSF certified facility, in compliance with Good Manufacturing Practices (GMPs)

Contraindications

Should be avoided during pregnancy or lactation because of lack of data or should only be used as recommended by the attending physician. According to the Natural Medicine Data Base, proteases may be contraindicated when taking anticoagulant/antiplatelet drugs and Amoxicillin (Amoxil, Trimox).¹³⁷

Supplement Facts		
Serving Size: 1 Capsule		
	Amount Per Serving	% DV
Digestive Enzyme Complex (Digezyme®)	50 mg	*
Alpha Amylase (1200 DU), Protease (300 PC), Cellulase (55 CU), Lactase (200 ALU), Lipase (10 FIP)		
* Daily Value not established.		