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ESSENTIALS

ENZYME DIGEST

Enzymes, betaine HCl & peppermint oil to aid digestion and for relief of digestive discomfort

Nutritional Information

One Tablet provides:

Papain (48 000 USP Units/g)	4.17 mg
Amylase (40 000 SKB Units/g)	10 mg
Lipase (105 000 Lipase Units/g)	5.56 mg
Bromelain (1200 GD Units/g)	5 mg
Betaine HCl	100 mg
Peppermint Oil	2 mg

Take up to two tablets with each meal. Swallow with water.



SUMMARY

- Broad spectrum digestive enzyme formula to aid in the breakdown of foods.
- Aids with the breakdown of protein, fats and carbohydrates.
- Contains Betaine HCl to support the activation of digestive enzymes.
- With peppermint oil for its calming and antispasmodic effect.

DESCRIPTION

Enzyme Digest contains a broad spectrum of digestive enzymes needed to support the proper digestion of proteins, fats and carbohydrates. Betaine HCl works to make the enzymes more effective. Peppermint oil has calming and antispasmodic properties.

Natural digestive enzyme production decreases with age and stress. It is important to replace these enzymes for the proper utilisation of food. Athletes and sports people who take higher levels of protein have an increased need for enzymes in order for them to utilise the extra fuel effectively. Poor digestive enzyme status can lead to unpleasant symptoms such as heartburn, indigestion, bloating and flatulence.

HOW DOES ENZYME DIGEST HELP WITH THE DIGESTION OF FOODS?

Digestive enzymes are naturally secreted in the body from the salivary glands, lingual glands, stomach, pancreas, liver and intestinal mucosa. Some people have a reduced ability to produce digestive enzymes. This may be the case with genetic predispositions, illness, injury, chronic stress, ageing or with excessive exercise. There may be times in people's lives where their need for enzymes increases, such as with increased protein and calorie intake with athletes on a weight gain diet. This can have a profound effect on the breaking down of foods, resulting in many unpleasant symptoms of compromised digestion, including gas, bloating, cramping, diarrhoea, indigestion, heartburn and food sensitivities¹.

Enzyme Digest contains 6 active ingredients for proper digestion and digestive comfort.

Papain for the digestion of protein: Papain is a proteolytic enzyme that helps to breakdown dietary protein and tough meat fibres. Proteases such as papain also digest substances which are composed of protein, such as toxins from dead bacteria and other microorganisms². Deficiency of protease leads to protein intolerance.

Amylase for the digestion of carbohydrates: Amylase breaks carbohydrates down into disaccharides which are later converted into monosaccharides (simple sugars) such as glucose and fructose. If the amount of natural amylase is not sufficient, it can lead to fermentable carbohydrates reaching the large intestine¹ causing gas and diarrhoea.

Lipases for the digestion of fats: Lipase breaks neutral fats (triglycerides) into an alcohol (glycerol) and fatty acids. Pancreatic lipase in the digestion and emulsification of dietary fats and fat soluble vitamins³. Inadequate lipase can lead to abnormal faecal secretion and vital nutrients such as essential fatty acids and fat soluble vitamins not being absorbed¹.

Bromelain for the digestion of protein: Derived from pineapple, bromelain is a protease which breaks protein down into amino acids ready for absorption. One review of enzymes concludes that plant based enzymes such as bromelain are effective for the breakdown of proteins within the gut², thereby aiding the digestive process.

Betaine HCl for the breakdown of food substances in the stomach: Betaine hydrochloride (HCl) is needed to assist in ensuring the proper breakdown of foods in the stomach. The optimal pH of stomach acid is 1.5-1.6. The acidity of natural hydrochloric acid can become compromised in states of stress, and a natural decrease in acidity is seen with age. It is often necessary to decrease the pH with betaine hydrochloride for effective breakdown of proteins. One study reported the reacidification of stomach acid with the use of betaine HCl supplementation⁴.

Peppermint oil for its culminative and antispasmodic properties: Peppermint oil, a intestinal antispasmodic is used for the relaxation of the intestines, for a reduction in cramping and for the comfortable release of gas. A placebo controlled study with peppermint oil was given for the relief of IBS and associated symptoms. The results were statistically significant in favour of peppermint oil⁵.

HOW SHOULD ENZYME DIGEST BE TAKEN?

Take up to two tablets with each meal. Swallow with water.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING ENZYME DIGEST?

This product is designed exclusively for people seeking digestive support and is not suitable for:

- Pregnant and breast feeding women;
- Children;
- Individuals with gastric ulcers.

FEATURES

- Combines 6 active ingredients in a specialist digestive support formula.
- With protease, lipase and amylase for the digestion of fats, proteins and carbohydrates.
- With peppermint oil for the comfortable release of gas and pain.

HEALTH NEEDS



GUT AND DIGESTION



SENIOR'S HEALTH

SCIENTIFIC REFERENCES

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2. Altern Med Rev. 2008;13:4:307-314.
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4. Mol. Pharmaceutics.2013;10:11:4032-4037.
5. Digestive and liver disease. 2007;39;6:530-536

