

Digest

Full Spectrum Digestive Formula*

ENZYMEDICA
The Enzyme Experts

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Digest contains a high potency, balancing blend of all the necessary enzymes to assist the body in digesting and assimilating the nutrients in every meal.*

Enzymes are a delicate lifelike substance found in all living cells whether human, animal or plant. There are two types of enzymes that the body produces. The first, called metabolic enzymes, catalyze and regulate all biochemical reactions that occur within every living cell. The second, called digestive enzymes, turn the food we eat into energy and unlock this energy for use in the body. Our bodies naturally produce both digestive and metabolic enzymes as they are needed. Since most of the foods we eat are either cooked or processed (destroying the enzymes contained within the food) our bodies must produce the majority of the digestive enzymes we require, unless we use supplemental enzymes to aid in the digestive process.

We are all born with the ability to produce a finite number of enzymes during our lifetime. Studies dating from the 1940s prove that this ability varies in each of us and is dependent on our individual DNA. This enzyme-making potential gives our body's organs the ability to produce either metabolic enzymes or digestive enzymes. When we eat a meal, the requirements for digestive enzymes become a high priority. Our body must work overtime and often still cannot meet the demand for all of the enzyme requirements the body may have. Since digestion always takes precedence over nearly everything else, many body functions requiring metabolic enzymes are often shortchanged during these times. The result is a lower disease-fighting capability and a general weakening of the body's ability to mend itself. Over the course of many years, we use up so much of our enzyme potential making the digestive enzymes necessary to digest our food, we begin to run short. Our ability to keep up with the digestive enzyme requirements begins to suffer. This deficiency leads to malabsorption and poor nutrition, plus the many digestive problems suffered by the elderly. Undigested foods collect in the colon.

Poorly digested protein putrefies, fats turn rancid and carbohydrates ferment. These undigested food particles may leak back into the bloodstream from the colon and create further toxicity. As we use up and abuse our enzyme potential, we begin to lose energy, lose our ability to fight disease, and lose the ability for our body to remedy its own naturally occurring malfunctions. Supplementing with a high potency plant based enzyme formula may aid in preventing this process.

Acid Soothe may also be taken after each meal for the symptoms of heartburn, gastritis, IBS, and other inflammatory issues.

Recommended Usage

1-3 capsules with every meal. The dosage is dependent on the types of foods eaten and the individual's difficulty of digestion. If alcohol is consumed with the meal dosage should be increased.

- High potency
- Complete formula
- Easy to swallow capsule



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30, 90, 180, 240

Amount Per Serving		%DV
Amylase <i>Thera-blend</i> TM	12,000 DU	*
Protease <i>Thera-blend</i> TM	42,000 HUT	*
Lipase <i>Thera-blend</i> TM	500 FCCFP	*
Cellulase <i>Thera-blend</i> TM	200 CU	*
Lactase	850 ALU	*
Alpha Galactosidase	75 GalU	*
Maltase	200 DP*	*
Invertase	175 INVU	*
Phytase/Pectinase	50 Endo-PGU	*

* Daily Value not established

OTHER INGREDIENTS: 100% Vegetarian Capsule (cellulose, water)
CONTAINS NO dairy, preservatives, salt, sucrose, soy, wheat, yeast,
nuts, corn, gluten, casein, potato, rice, artificial colors or flavors.

Keep closed in dry place; avoid excessive heat.



90 count

**Also available in 30, 180
and 240 count**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.