

TOP QUESTIONS:

Will enzymes replace a restrictive diet?

We recommend diet and enzymes together as an ideal starting place. Many parents report that over time, as the gut is repaired, children are able to tolerate a greater variety of foods when eaten along with enzymes.

What do I do if my child is a grazer, or snacks continuously throughout the day?

Whether you have a healthy eater or a grazer, ideally you will administer digestive enzymes when your child eats his or her largest meals or snacks, and administer therapeutic enzymes when they eat the least amount. For example, if they eat three large meals daily, give their digestive enzymes during those times, and administer therapeutics at times when they are grazing.

How do I administer enzymes while my child is at school?

We recommend that you ask your doctor to write a note to give to your child's school nurse. Many parents send the digestive enzymes to be administered by a school's nurse at lunch time.

If my child takes digestive or therapeutic enzymes, does that mean they will stop making their own?

No. Enzymes play a vital role in digestion, metabolism and a healthy inflammatory response. It is not uncommon for our enzyme producing organs to become overwhelmed by poor food choices, toxicity, illness or a compromised digestive system. Enzymes, taken supplementally will aid digestion, and maximize breakdown and assimilation of foods, thereby reducing stress on our internal metabolism and enzyme producing organs.

Should I begin with digestive and therapeutic enzymes simultaneously?

We recommend beginning with a digestive enzyme and adding therapeutics at a later date.

How do I start incorporating enzymes?

Enzymedica recommends starting with low dosages and slowly working up. This means that you may choose to start with half a capsule and work your way up to a full capsule after 3-7

days. We suggest charting any difference in behaviors, bowel movements, sleep, and moods. Some children have a sensitive constitution and may need to start off lower and slower than others. (See Recommended Usage Chart pg 2)

Can I give too many enzymes?

Enzymedica encourages the low and slow dosage method. Supplemental enzymes will not go wasted in the body, and will help aid digestion and maximize breakdown and assimilation of foods. (See Low & Slow Method Chart pg 3)

My child follows a special diet. Can we use your product?

Yes. Enzymedica products contain no fillers and are 100% natural. They are in compliance with the Gluten Free/Casein Free Diet, the Specific Carbohydrate Diet, and the Body Ecology Diet. Enzymedica products

contain NO corn, rice, potato, soy, sugar, gluten or casein.

Do you have a chewable or something that tastes good?

Many chewable and flavored products include ingredients and substances which may compromise enzymes in their pure state. Enzymedica offers a clean product, free of fillers and excipients. For children that cannot swallow capsules, many parents choose to open the capsule to administer the enzymes directly in beverages, or on foods that their children enjoy. We can work with you to brainstorm ways to incorporate the enzymes in a fun and generally undetectable way.

Products to check out:

Digest Spectrum, Digest Basic, Digest, Digest Gold, GlutenEase, CarbGest, Gastro, Candidase, ViraStop and ViraStop 2X. (All SCD Legal – approved by Pecanbread.com)



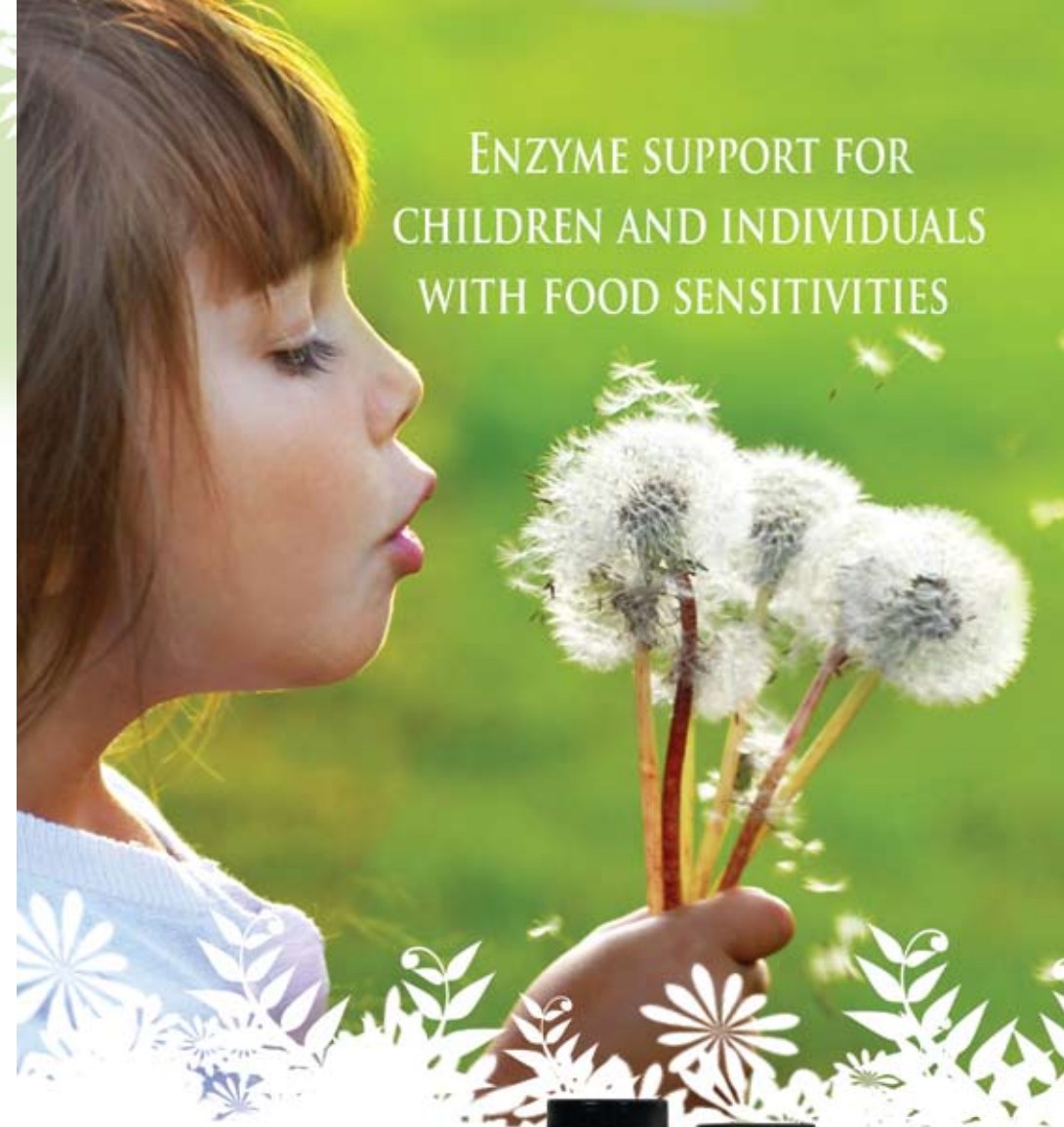
Please stay connected with us on Facebook and Twitter.

ENZYMEDICA
The Enzyme Experts

752 Tamiami Trail, Port Charlotte, FL 33953
888.918.1118 • www.enzymedica.com

H68

ENZYME SUPPORT FOR CHILDREN AND INDIVIDUALS WITH FOOD SENSITIVITIES



Supplemental enzymes are vital at any age, especially individuals and children with digestive sensitivities and intolerances. Enzymedica formulas are of the highest quality, contain absolutely no fillers and are 100% vegetarian. We are proud to offer enzyme supplements which are in compliance with the Gluten Free / Casein Free Diet, the Specific Carbohydrate Diet (SCD), and the Body Ecology Diet.



ENZYMEDICA
The Enzyme Experts

RECOMMENDED USAGE FOR CHILDREN

Enzymes are catalysts, which spark countless reactions necessary to maintain life. All functions including digestion, immunity, and cellular repair require the action of enzymes. Though our bodies produce enzymes, the enzymes found in fresh wholesome foods and natural enzyme supplements can greatly support overall health, especially known deficiencies that cause and contribute to food intolerances.

WHY SUPPLEMENTAL ENZYMES?
It is important to note that raw food manifests only enough enzymes to digest that particular food, and cooking or processing will destroy these enzymes. Food enzymes also degrade

PRODUCT	3 mths to 3	3 to 6	6 and Older	When
Digest Basic	1/2 capsule	1 capsule	1-5 capsules	With each meal
Digest	1/4 capsule	1/2 -1 capsule	1-3 capsules	
Digest Gold	0 capsule	1/4 capsule	1/2 capsule	
CarbGest	1/4 capsule	1/2 -1 capsule	1-2 capsules	
Digest Spectrum	1/4 capsule	1/2 -1 capsule	1-2 capsules	
Gastro	1/4 capsule	1/2 -1 capsule	1-2 capsules	Three times daily On empty stomach
GlutenEase	1/4 capsule	1/2 -1 capsule	1-2 capsules	
Candidase	1/4 capsule	1/2 -1 capsule	1-2 capsules	
ViraStop	1/4 -1/2 capsule	1/2 -1 capsule	1-4 capsules	
ViraStop 2X	0 capsule	1/4 -1/2 capsule	1/2-2 capsules	

over time. In other words, the fresher our foods are, the more enzyme activity they sustain. Note: Cooking foods over 118 degrees will destroy enzyme activity. Consider your child's diet. If they are eating overcooked, processed, micro-waved or fast foods, they likely are receiving little or no support from food enzymes.

DIGESTIVE ENZYMES:

Digestive enzymes are taken with the first bite of food and help break down what we eat, allowing proper digestion and absorption of vitamins, minerals and nutrients.

THERAPEUTIC ENZYMES:

Therapeutic enzymes support systemic health as well as detoxification and elimination of toxins. These enzymes are taken on an empty stomach, one-half hour before or two hours after a meal.

Enzymes are among the safest supplements available. While certain vitamins may contribute to toxicity when consumed in large doses, this does not occur with enzyme supplementation. When using enzymes for chronic conditions, the intake may safely exceed the recommended dosage as established by a health care provider.

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

LOW & SLOW (STAGES 1-3)

Enzymedica recommends that when introducing enzymes to children (or sensitive individuals), the caregiver start with lower potency choices. The chart below indicates product by lowest to highest potency. By gradually building up to Stage 3, the child is more likely to tolerate the regimen. Each product has been formulated for a specific indication and should be chosen based on the needs of the individual. Refer to dosing chart if under age 6.

1- 888-918-1118 www.enzymedica.com



HOW CAN I ADMINISTER SUPPLEMENTAL ENZYMES TO CHILDREN WHO DON'T SWALLOW CAPSULES?

- Twist open the capsule and pour the contents in a small amount of water or juice. (Whichever beverage is allowed on your child's diet.) Do not place in hot foods as it will destroy the enzyme activity.
- Twist open the capsule and pour the contents on the first bite of food, such as applesauce or pear sauce.
- Digestive enzymes work best when given with the first bite of food.
- Therapeutic enzymes should be given away from food, ideally on an empty stomach. However, you may need to give a couple bites of food to administer.

