

Digestive Enzymes



Improve digestion and increase your energy



100 vegetable capsules

- Improves digestion by breaking down difficult-to-digest protein and sugars like gluten, lactose and casein.
- Reduces stress and inflammation in the gut.
- Improve cellular energy production and immune responses.
- Increases nutrient assimilation and absorption from food.



Nutritional information:	1 capsule
Pancreatin (porcine) 4x	200 mg
Protease	20 000 USP-PC
Amylase	20 000 USP-AGU
Lipase	4 000 USP-LU
Betaine HCl	105,3 mg
Bile extract [10:1]	64,8 mg
Pepsin A (162 mg)	324 000 IU-PU
Papain (10,97 mg)	384 000 USP-PU

Highlights:

- Protease, amylase and lipase break down protein, carbohydrates, and fat, respectively, to maximize nutrient absorption from food⁽¹⁾.
- For conditions that cause malabsorption, such as pancreatic insufficiency and cystic fibrosis⁽²⁾.
- Ox bile salts emulsify fats and help the body absorb the fat-soluble vitamins A, D, E, and K⁽³⁾.
- Betaine hydrochloride is essential in breaking down fats and proteins and in establishing a proper pH for overall gastric function⁽⁴⁾.
- Papain and pepsin break down proteins to amino acids and peptides for ease of intestinal absorption^(5,6).

Recommended daily dose:

1 capsule one to four times daily with food. Do not crush or chew.

References:

1. Keller, J., & Layer, P. (2005). Human pancreatic exocrine response to nutrients in health and disease. *Gut*, 54(suppl 6), 1-28.
2. DiMagno, E. P., Malagelada, J. R., Vay, L. G., & Moertel, C. G. (1977). Fate of orally ingested enzymes in pancreatic insufficiency: comparison of two dosage schedules. *New England Journal of Medicine*, 296(23), 1318-1322.
3. Hofmann, A. F. (1984). The Bile-Loss Syndrome: A Doubtful Entity. In *Nonsurgical Biliary Drainage* (pp. 120-126). Springer, Berlin, Heidelberg.
4. Sugimoto K, et al. Betaine improved restriction digestion. *Biochemical and Biophysical Research Communications*. 2005; 337: 1027-1029.
5. Hernández-Ledesma B, et al. Identification of bioactive peptides after digestion of human milk and infant formula with pepsin and pancreatin. *International Dairy Journal*. 2007; 17: 42-49.
6. Yogiraj V, et al. Carica Papaya Linn: An overview. *International Journal of Herbal Medicine* 2014; 2 (5): 01-08.