



# DIGEST PLUS

## PANCREATIC ENZYMES



**UNIQUE  
DIGESTIVE  
ENZYME BLEND  
FAST ACTING!**

## What are digestive enzymes, and why are they so important?

We eat food, but our digestive system doesn't absorb food, it absorbs nutrients. Food has to be broken down from things like steak and broccoli into its nutrient pieces: amino acids (from proteins), fatty acids and cholesterol (from fats), and simple sugars (from carbohydrates), as well as vitamins, minerals, and a variety of other plant and animal compounds. Digestive enzymes, primarily produced in the pancreas and small intestine, break down our food into nutrients so that our bodies can absorb them.

If we don't have enough digestive enzymes, we can't break down our food - which means even though we're eating well, we aren't absorbing all that good nutrition.

### PRODUCT INFORMATION

#### Ingredients:

Lipase, cellulose, protease, amylase, bromelain, papain, lactase

**ALLERGY ADVICE:** for allergens see ingredients in Bold.

#### Suggested usage:

Take 1 capsule with each meal or as directed by a health professional

#### Each 3 capsules provide:

Lipase (10,000 FIP/G),	31.3 mg
Cellulase Trichoderma (3,000U/G),	66.6 mg
Protease (10,000 HUT/G),	1 g
Amylase (50,000 SKBU/G),	100 mg
Bromelain (2000 GDU/G),	100 mg
Papain (6,000 U/G),	100 mg
Lactase (65,000 U/G),	61.5 mg

**Capsule Shell:** Vegetable Cellulose (Suitable for vegetarians)

**Contains no:** gluten, wheat, lactose, added sugar, artificial preservatives or colourings.

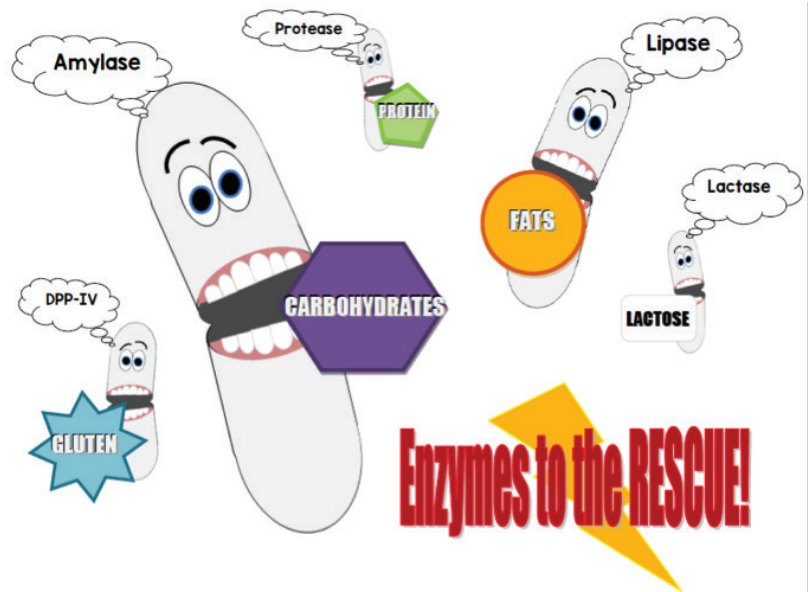
# What would cause digestive enzymes to stop working correctly in the body?

First, diseases may prevent proper digestive enzyme production.

- Pancreatic problems, including cystic fibrosis, pancreatic cancer, and acute or chronic pancreatitis.
- Brush border dysfunction, the most severe is long standing Celiac disease, where the brush border is flattened or destroyed. Other diseases like Crohn's can also cause severe problems.

But even in the absence of any obvious disease, things still may not be working properly.

- Low-grade inflammation in the digestive tract (such as that caused by "food allergies," intestinal permeability, dysbiosis, parasitic infection, etc.) can lead to deficiencies in digestive enzymes.



- Aging has been associated with decreased digestive function, though I personally wonder if this is a result of aging, or aging badly.
- Low stomach acid - if you have low stomach acid, it's likely that you won't have adequate digestive enzymes either.
- Chronic stress. This is the most common reason for digestive enzyme problems. Our body has two modes: sympathetic "fight or flight," and parasympathetic "rest and digest." When we're in "fight or flight" mode, digestive is given a very low priority, which means digestive function (including digestive enzyme output) is dialed down. Chronic stress = constant "fight of flight" mode = impaired digestive enzyme output.

## How do I know if I should be taking digestive enzyme supplements?

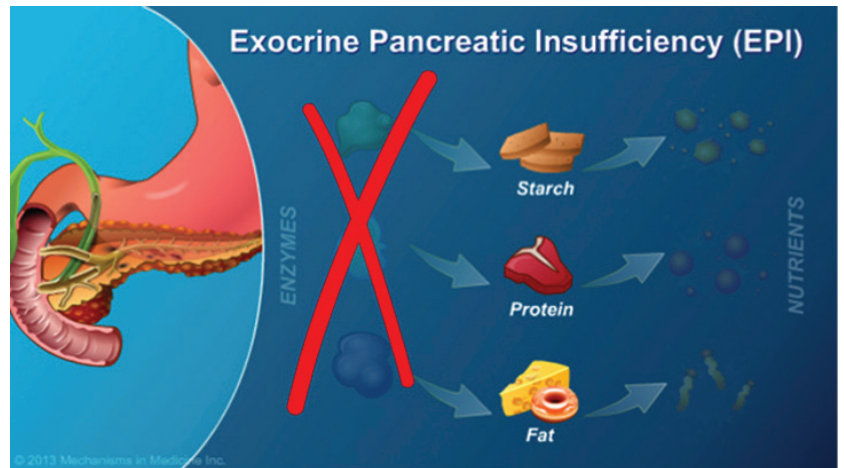
Symptoms that suggest you might have problems with digestive enzymes are:

- Gas and bloating after meals
- The sensation that you have food sitting in your stomach (a rock in your gut)
- Feeling full after eating a few bites of food
- Undigested food in your stool\*
- Floating stools (an occasional floating piece is fine, but if all your poop consistently floats, that might be a sign something is wrong)
- Undigested fat in the stools.

The good news is that since digestive enzymes are very safe and reasonably cheap, you can always try them and see if you notice any difference in your digestion.

# Who Should Take Digestive Enzymes?

An increasing number of people take digestive enzymes today, and certain health conditions like the ones below are good reasons to supplement.



## Digestive Diseases

If you have any type of digestive disease such as acid reflux, gas, bloating, leaky gut, irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, diverticulitis, malabsorption, diarrhoea or constipation, then digestive enzymes can help. Digestive enzymes can take stress off of the stomach, pancreas, liver, gallbladder and small intestine by helping break down difficult-to-digest proteins, starches and fats.

## Age-Related Enzyme Insufficiency

As we age, the acidity of our stomach acid becomes more alkaline. In respect of enzyme production, this means there's an increasing likelihood the acidic "trigger" produced when chyme enters the intestine may fail. If the acidity trigger fails, then the "signal" isn't given to secretin, which in turn prevents pancreatic secretions from releasing.

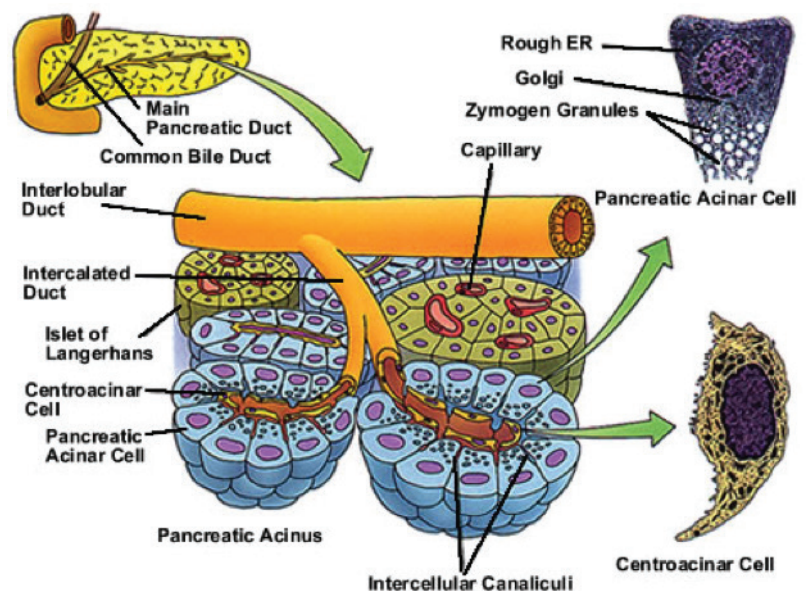
Concurrent illnesses aside, as we age there's increasing suspicion that digestive problems may result from either low stomach acid or enzyme insufficiency in the elderly, which could be what causes acid reflux.

## Hypochlorhydria

It's not only the elderly who suffer from hypochlorhydria or have too little stomach acid. Aside from a decrease in stomach acid that fails to trigger reactions, the acid itself cannot break down foods to release minerals, vitamins and nutrients. Many micronutrients are "cleaved" or released from food while it's in the stomach - if this action fails, then there's an automatic nutritional or enzymatic insufficiency.

## Liver Disease

Anyone with liver disease should be suspected as having a concurrent enzyme insufficiency. One of the more common conditions is known as alpha-1 antitrypsin deficiency, a genetic disorder that affects roughly one in 1,500 people worldwide. Typically first hitting adults between ages 20–50 with breathing and other respiratory complaints, as roughly 15 percent of adults develop liver disease.



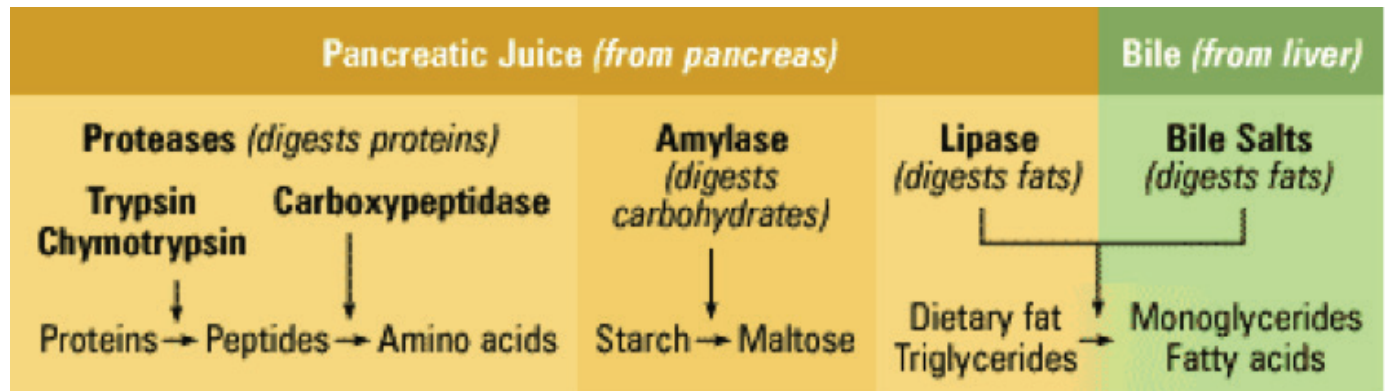
Other illnesses, which may at first diagnosis appear unrelated to enzymatic deficiency, also deserve attention:

- Crohn's disease may result in enzyme deficiency.
- Iron deficiency or vitamin B12 deficiency may suggest that the digestive process is failing to cleave these nutrients from food.
- Vitamin D deficiency may indicate another malabsorption issue, just like night blindness can result from a vitamin A deficiency.



Diagnosed illnesses aside, there are many symptomatic indicators of enzymatic insufficiency. Although some could be attributed to other conditions, several relate primarily to the failure of pancreatic enzymes to be released.

- Stool changes - If the stool is pale and floats in the toilet bowl, because fat floats, this is indicative of pancreatic enzymes not functioning correctly. Another indication can be greasy or fatty deposits left in the toilet water after you defaecate.
- Gastrointestinal complaints - Another indicator, together with stomach distension, around an hour after eating is diarrhoea. Flatulence and indigestion are also indicative that the patient may have an enzyme insufficiency.



## When should I take digestive enzyme supplements, and how much should I take?

Take your digestive enzymes with food. Most people find it easiest to pop them just before they sit down to eat, but anytime within about 30 minutes of your meal is going to be beneficial.

Take 1 capsule with major meals. (Most people don't need to take any with light meals or snacks). Differences that you will notice is that gas or bloating after meals will disappear, along with the feeling of a stone in the gut, and your faeces should get better. If you do not see these changes, try increasing your dose slowly, by one pill per meal, giving it at least 3 days to a week to evaluate how things are working.

