



## DIGESTZYMES™

DIGESTIVE ENZYME WHICH HELPS DIGEST PROTEINS AND AIDS IN FAT DIGESTION

90 VEGETARIAN CAPSULES | NPN80052365 | DIG090-CN  
180 VEGETARIAN CAPSULES | NPN80052365 | DIG180-CN



**Digestzymes™** is comprised of a proprietary blend of digestive enzymes along with betaine HCl to support optimal digestion of food. It contains the special protease DPP IV (dipeptidyl peptidase IV), which aids in the breakdown of casomorphin (from casein) and gluteomorphin (from gluten). More than 7 million Canadians experience lactose intolerance. Digestzymes™ also includes the enzyme lactase, which helps break down the dairy sugar lactose. Canadians have some of the highest rates of digestive disorders in the world, and Digestzymes may provide a valuable tool in the GI healing process.

The pancreas produces enzymes that are required for digestion and absorption of food. Enzymes secreted by the pancreas include lipases that digest fats, proteases that digest proteins, and amylases that digest starch. The health of the digestive tract is crucial for the overall health of the body. If food is not digested properly and toxins are not eliminated, it becomes very difficult to achieve optimal health. In addition, virtually every chronic condition will be exacerbated if the intestinal tract accumulates toxic by-products. Digestive enzymes decline 1% every three years after age thirty. Therefore, it is understandable why so many people need to supplement them for optimal digestion and assimilation of nutrients from food. Deficiency

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of endogenous production of digestive enzymes can lead to gas, bloating, constipation, mal-absorption and a feeling of fullness after eating only a small quantity of food.

## INFLAMMATORY DISEASE

Proteases are important in preventing tissue damage during inflammation and in the formation of fibrin clots. Fibrin promotes inflammation by forming a wall around the area of inflammation that results in the blockage of blood which leads to swelling. Fibrin can also cause the development of blood clots that may dislodge and produce strokes or heart attacks.

## FOOD ALLERGIES

Individuals who do not secrete enough proteases suffer from multiple food allergies. Failure to digest food allows for large molecules of the undigested food to be absorbed and cause such problems as food allergies, colitis, and immune system weakness. Proteases are essential in preventing the deposit of immune complexes in body tissue. Protease enzymes are effective in reducing circulating immune complex levels in patients with autoimmune disease. Undigested food also allows yeast organisms to thrive. Thus, those with *Candida Albicans* may benefit from Digestzymes™ supplementation with their meals.

## WEIGHT LOSS

Digestzymes can also be an important adjunct to assist with healthy weight management. Improved digestion results in better absorption of nutrients, which may enhance production of cellular energy and boost overall metabolism, thereby aiding weight loss. Additionally, better digestion of food allows for faster bowel transit time and more frequent bowel movements, both of which aid weight loss.

### Medicinal Ingredients (per capsule):

Betaine hydrochloride (Betaine hydrochloride) .....	200 mg
Wild ox ( <i>Bos Taurus</i> -Bile).....	50 mg
Peptidase (DPPIV) (Protease, <i>Aspergillus flavus var. oryzae</i> -Whole) .....	37.31 mg (10260 FCC HUT)
Taka-diastrase (4-alpha-D-Glucan glucanohydrolase) ( <i>Aspergillus flavus var. oryzae</i> -Whole).....	26.67 mg (4000 FCC DP)
Pepsin ( <i>Sus scrofa</i> ).....	25 mg (250000 FCC PU)
Glucosylase ( <i>Aspergillus niger</i> -Whole, Glucan 1, 4-alpha-glucosidase) .....	10 mg (12 FCC GalU)
Bacterial Protease ( <i>Bacillus subtilis</i> -Whole cell).....	5.79 mg (5788 FCC PC)
Fungal protease ( <i>Aspergillus flavus var. oryzae</i> -Whole).....	5.27 mg (4212 FCC HUT)
Lactase (beta-D-galactoside galactohydrolase, <i>Aspergillus flavus var. oryzae</i> -Whole) .....	5 mg (500 FCC ALU)
Acid protease (Protease, <i>Aspergillus niger</i> -Whole).....	2.22 mg 200 FCC HUT
Alpha-Amylase (4-alpha-D-Glucan glucanohydrolase) ( <i>Bacillus subtilis</i> -Whole cell).....	2 mg (250 FCC ADU)
Invertase (beta-D-fructofuranoside fructohydrolase, <i>Saccharomyces cerevisiae</i> -Whole) .....	2 mg (400 FCC SU)
Lipase (Triacylglycerol lipase, <i>Rhizopus oryzae</i> -Whole).....	1.90 mg (133 FCC LU)

**Non-Medicinal Ingredients:** Capsule (hypromellose, water), microcrystalline cellulose, medium chain triglycerides. **Recommended Dose:** Adults: Take 1 capsule per day with or immediately before a meal/food. Take a few hours before or after taking other medications.

## REFERENCES

For a list of references cited in this document, please visit: <http://catalog.designsforhealth.com/assets/itemresources/DigestzymesReferences.pdf>

# Digestzymes™

*Synergistic formula to support optimal digestion*

Digestzymes™ combines betaine hydrochloride (HCl) along with a comprehensive, synergistic blend of enzymes which are vital for the digestion of proteins, fats and carbohydrates.

## The importance of healthy digestion

A proper diet is the foundation for good health and maintaining an appropriate body weight. However, the well-known phrase “you are what you eat” is only part of the equation. We are not just what we eat, we’re also what we *digest, absorb, and assimilate*. If digestive function is compromised, we cannot fully benefit from the nutrients in our diet, no matter how high the quality of our foods.

## Proper digestive function is beneficial for:

- Sustained energy
- Bowel regularity
- Robust immunity
- Balanced moods
- Healthy skin and strong nails
- Reproductive health

Digestion can be weakened for many reasons. Our busy modern lives are a recipe for suboptimal digestion. The “fight or flight” mechanism that gets us through everyday stressful situations prevents the “rest and digest” mode from doing its job. Feeling worried, anxious, or simply eating too quickly can lead to occasional insufficient stomach acid production. In addition, the production of our own digestive enzymes naturally declines 1% every three years after age thirty. Therefore, it is understandable why so many people benefit from enzyme supplementation for optimal digestion and assimilation of nutrients from food.

## Signs that you may benefit from digestive enzymes include:

- Occasional bloating and gas, particularly after eating
- Feeling full after eating only a small quantity of food
- Infrequent mild indigestion/heartburn (components of undigested food bubbles back up into the esophagus)
- Bowel irregularities such as occasional diarrhea and/or constipation

## Digestzymes™ Highlights

► **Betaine hydrochloride (HCl)** – an excellent source of hydrochloric acid, also known as stomach acid. Betaine HCl helps to support proper stomach acidity, as adequate HCl is necessary to begin the breakdown of proteins, and to trigger the secretion of enzymes that help digest fats, carbohydrates and proteins.

### ► **Proprietary blend of digestive enzymes includes:**

- *Taka-diastase and Alpha-amylase* – which aid in the breakdown of starches and reduce inflammation
- *Lactase* – the enzyme which helps digest lactose, from dairy
- *Wild ox and lipase* – to emulsify and digest fats and fat-soluble vitamins

**Recommended Dose: Adults:** Take one capsule per day with a meal, or as directed by your health care practitioner. Take a few hours before or after taking other medications. **Does not contain gluten.**



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (877) 414-9388, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.CA](http://WWW.DESIGNSFORHEALTH.CA)

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