

*A synergistic blend of enzymes important for the digestion of proteins, fats, and carbohydrates*

By David M. Brady, ND, DC, CCN, DACBN & Suzanne Copp, MS

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Digestzymes™ is comprised of a proprietary blend of digestive enzymes along with betaine HCl to support optimal digestion of proteins, fats, and carbohydrates. This product contains the special protease DPP IV (dipeptidyl peptidase IV), which aids in the breakdown of the problematic peptides gliomorphin (from gluten) and casomorphin (from casein). Digestzymes™ also includes the enzyme lactase, which helps break down the dairy sugar lactose.

The mechanical and enzymatic breakdown of food begins in the mouth, but the stage for efficient digestion is truly set in the stomach. Stomach acid, or HCl, denatures proteins, unraveling them in order to give proteases more surface area to work upon. It also provides the proper acidity to trigger the release of bicarbonate in the duodenum, which creates the alkaline environment required for optimal efficacy of pancreatic enzymes in the small intestine. Acute and chronic stress, as well as certain medications, may impair secretion of HCl and create a need for supplementation.

The pancreas produces enzymes that are required for digestion and absorption of food. Enzymes secreted by the pancreas include lipases, proteases, and amylases, which digest fats, proteins, and starches, respectively. Proper functioning of the digestive tract is crucial for the overall health of the body. It is very difficult to maintain optimal health when food is not digested properly and toxins are not eliminated. In addition, virtually every chronic condition may be exacerbated if the intestinal tract accumulates toxic by-products and some of these are reabsorbed into the systemic circulation. Production of digestive enzymes declines 1% every three years after age thirty, so it's understandable why many people may benefit from supplementation. Deficiency of endogenous production of digestive enzymes may lead to gas, bloating, constipation, malabsorption, or a feeling of fullness after eating only a small quantity of food.

## 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 an overgrowth of *Candida albicans* may benefit from Digestzymes™ supplementation with their meals.

Available in 60, 90 and 180 count capsules

## Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Betaine HCl	200 mg *
GastroENZ™ Proprietary Blend	180 mg *
Ox Bile Extract, Peptidase (DPPIV), Amylases, Pepsin, Proteases, Glucoamylase, Lactase, Lipase, Invertase	

\* Daily Value not established.

**Other Ingredients:** Capsule (hypromellose, water), microcrystalline cellulose, medium chain triglycerides.



**Inflammation**

The 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.

**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.

**Recommended Use:**

- As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

*For a list of references cited in this document, please visit:*

<http://catalog.designsforhealth.com/assets/itemresources/DigestzymesReferences.pdf>

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