

# DIGESTIVE FORMULA

## Unique Digestive Tract Formulation



**What makes Digestive Formula different from other digestive aids?** Digestive Formula is a unique digestive supplement that helps support the acidifying and enzymatic steps in the healthy digestive process.◊ Acidifying nutrients support an environment which normally helps to initiate and facilitate digestion. Supportive carbohydrate, protein and fat hydrolyzing enzymes further support this process. The multifunctional pancreatic enzymes are especially important, because they help the digestion of all foods, including proteins, fats and complex carbohydrates.◊ Use of Digestive Formula can help improve digestion in many people, including those who may experience occasional indigestion or heartburn.◊

### **Supports Acid-alkaline Balance in the Digestive System**

Hydrochloric acid, produced by the stomach, plays an important role in the first phase of digestion. Optimal digestion begins with a pH (a measure of acid/alkaline balance) between 1 and 2, which is as strong as the acid used in car batteries. In addition to initiating the proper digestion of protein, fat, and carbohydrate, strong stomach acid also creates a barrier against foreign bacteria, fungi, and parasites that may be on the food that we eat. The stomach lining is designed to withstand the strong acid generated during and after eating; however, the esophagus is not. Various factors may cause one to have occasional heartburn.

Antacids and acid blocking agents provide relief, however natural methods for minimizing incidences of occasional heartburn may be better in the long term. These include weight loss, proper breathing, and

avoiding certain foods such as chocolate, mints and other spices with strong aromatic oils, coffee, tea, alcohol, tobacco, and carbonated drinks. Frequent small meals, not eating 4-5 hours before bedtime, elevating the head of the bed by six inches, and sleeping on the left side can also be helpful.

The whole process of digestion requires more energy from the body than any other process. Hydrochloric acid production diminishes easily under stress and also decreases as we grow older.

Among other things, adequate levels of stomach acid are needed for optimal absorption of minerals and vitamin B-12, as well as for complete digestion of dietary proteins. These functions may be needed in order to maintain the ability to make adequate amounts of stomach acid.

Additionally, if the material coming from the stomach is not acidic enough, a weak signal to

the pancreas is generated. This prevents enough bicarbonate from being produced, resulting in a pH that is not alkaline enough for optimal pancreatic enzyme function.

### **Unique Digestive Tract Formulation**

Digestive Formula is a unique formulation which releases ingredients for optimal support of the natural digestive tract.◊ This unique formulation includes specially selected acidification and enzyme factors which are important to the natural process.

Key acidification ingredients are betaine hydrochloride and glutamic acid, to help support the healthy acidic enzyme environment of the stomach. Additionally, bicarbonate is included for its pH buffering potential. And, finally, a full range of important enzymes are included:

- proteolytic enzymes: plant-derived protease, bromelain, papain,

- fat-hydrolyzing lipase enzyme along with the important emulsifying action of bile,
- carbohydrate-hydrolyzing amylase,
- along with the multi-functional enzymes pancreatin and pancrelipase which help support protein, fat, and carbohydrate digestion.<sup>◊</sup>

### Beneficial Microflora in Addition to Digestive Enzymes

In addition to the different protein,

fat, and complex carbohydrate digesting enzymes included in Digestive Formula, it also supplies a proprietary blend of beneficial microflora in a stabilized media including whole-leaf Aloe vera, beet root, and lecithin.

### Suggestions for Use:

Digestive Formula may be taken on a routine basis to provide additional support for healthy digestion. Most people take 1 tablet with small meals and 2 tablets with larger ones, though more can be taken if

desired. If stomach discomfort increases after taking Digestive Formula, discontinue use and consult a health care practitioner.

The old saying “you are what you eat” is only partly true; you are what you eat, digest, and assimilate. Healthy digestion is fundamental to good health.

Try Digestive Formula for a month or two and see if it makes a difference. If it does, you and your entire body will be glad you did!<sup>◊</sup>

### REFERENCES:

1. Sturniolo GC, Montino MC, Rosssetto L, et al. Inhibition of gastric acid secretion reduces zinc absorption in man. J Am Coll Nutr 1991; 10
2. Allison JR. The relation of hydrochloric acid and vitamin B complex deficiency in certain skin conditions. South Med J 1945; 38
3. Giannella RA. Influence of gastric acidity on bacterial and parasitic enteric infections. A perspective. Ann Intern Med 1973; 78
4. Stockbruegger RW. Bacterial overgrowth as a consequence of reduced gastric acidity. Scand J Gastroenterol Suppl 1985; 111
5. Suarez F, Levitt MD, Adshead J, Barkin JS. Pancreatic supplements reduce symptomatic response of healthy subjects to a high fat meal. Dig Dis Sci 1999;44:1317-21.
6. Heinicke RM, Levand O, Sugai R, Larson C. Supplementary proteases and gastric digestion. Exp Med Surg 1967;25(1):156-68

### Supplement Facts

Serving Size / 1 Tablet

Servings Per Container / 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Amylase (vegetable)	50 mg *	Glycine	5 mg *
Bile	45 mg *	Aloe Vera Leaf	5 mg *
Bromelain	30 mg *	Beet ( <i>Beta vulgaris rubra</i> L.) Root	5 mg *
Lipase (vegetable)	25 mg *	Lecithin (Soy)	5 mg *
Pancreatin	100 mg *	Peppermint Leaf	5 mg *
Pancrelipase	110 mg *	Probiotic Blend	20 mg *
Papain	30 mg *	<i>Lactobacillus acidophilus</i> 0.64 mg,	
Protease (vegetable)	70 mg *	<i>Bifidobacterium bifidum</i> 0.16 mg,	
Betaine HCl	150 mg *	<i>Lactobacillus salivarius</i> 0.12 mg,	
L-Glutamic Acid	20 mg *	*Daily Value not established	

INGREDIENTS: Betaine HCl, Pancrelipase, Dicalcium Phosphate, Pancreatin, Pepsin (Vegetable), Amylase (Vegetable), Bile, Bromelain, Papain (with Sulfites), Lipase (Vegetable), L-Glutamic Acid, ProBioTx™ Stabilized Probiotic Blend (providing over two hundred million (200,000,000) beneficial micro-flora including *Lactobacillus acidophilus* DDS-1, *Bifidobacterium bifidum*, and *L. salivarius*), Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Silica, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, Zucchini), Aloe Vera Leaf, Beet (*Beta vulgaris rubra* L.) Root, Glycine, Lecithin (Soy), and Peppermint Leaf.

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Each tablet contains ACTIVE ENZYMES (Pancreatin, Pancrelipase, Plant-Derived Protease, Amylase, Papain, Bromelain, and Lipase), NATURAL BUFFERING AGENTS (Betaine HCl, Glycine, L-Glutamic Acid and Calcium Carbonate), BENEFICIAL LACTOBACILLUS MICRO-FLORA (*Lactobacillus acidophilus* DDS-1, *Bifidobacterium bifidum*, and *L. salivarius*), and SYNERGISTIC INGREDIENTS (Bile, Lecithin, Peppermint Leaf, Aloe Vera and Beet Root).

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for “extra” phytonutrient cofactors.

As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Allergy Information: This product contains soy-derived lecithin, and sulfite, and is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

Contains the following Porcine ingredients: Bile, Pancreatin, and Pancrelipase.

This product was not tested on animals.

**DIRECTIONS:** 1 to 3 tablets per meal, with a maximum of 10 per day. Store in a cool dry place and keep tightly closed. Do not refrigerate.

◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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