



Ingredients

Each vegetable capsule contains:

Digestive properties are marked in parenthesis (...)

Protease I (all proteins)	41,437 hut
Protease II (all proteins)	4,500 pc
Protease III (all proteins)	57 sap
Protease IV (all proteins)	100,000 pu
Protease V (all proteins)	100,000 pu
Papain (all proteins)	300,000 pu
Amylase (all carbohydrates)	11,812 du
Lactase (milk, sugar)	544 lacu
Lipase (all fats & oils)	2,000 lu
Cellulase (all fibres).....	1,260 cu
Alpha-Galactosidase (beans & legumes)	19 galu
Maltase (all grains).....	130 dp
Peptizyme SP (peptides from protein)	187 sp
Invertase (sugar).....	80 invu
Pectinase (pectins).....	60 endopgu
Glucoamylase (starch).....	50 agu
Hemicellulase (plant fibers)	33.30 hcu
Phytase (minerals).....	2.50 ftu
Bromelain (protein) 2400 gdu.....	20 mg



PLANT DIGESTIVE ENZYMES
Sold exclusively to finer health food stores
www.newrootsherbal.com/store

PlantDigestive Enzymes

Get more energy out of every meal

HELP YOUR BODY BREAK DOWN AND ABSORB VITAMINS, MINERALS, NUTRIENTS AND FATS.



PLANT DIGESTIVE ENZYMES supplies your body with natural plant digestive enzymes that lower stress in nutrient processing, and allow your body to fully extract nutrients from food. Plus, **PLANT DIGESTIVE ENZYMES** not only converts foods into energy rapidly: it's also perfect for vegetarian diets, and it prevents heartburn and indigestion.



Why supplement enzymes?

Enzymes play a vital role in converting food into energy. Unfortunately, when foods are cooked and processed, natural plant enzymes are typically destroyed. When the food you eat does not contribute some of the enzymes needed for its own digestion, your body has to contribute more than its share, diverting enzymes from other necessary functions. This deficiency can lead to all manner of health problems.

TEMPERATURES ABOVE 48 °C (118 °F) (COOKING, PASTEURIZATION, CANNING AND MICROWAVING) DESTROY MUCH NEEDED DIGESTIVE ENZYMES

Why PLANT DIGESTIVE ENZYMES?

- They are not derived from animals and are therefore suitable for vegetarians
- They are active over a broader range of foods than animal-derived enzymes
- They begin working in the stomach: animal enzymes begin working only later, in the intestines
- They avoid the possible risk of diminished pancreatic enzyme production that can result if your body mistakes the animal-derived enzymes as its own

The importance of enzymes.

You are what you eat, right? Wrong! What you eat is useless to you unless it can be broken down into vitamins, minerals, nutrients and fats that can be absorbed by your body.

When it is in its natural state, raw and unprocessed, the food you eat, along with its many nutrients, contains some of the enzymes you need specifically to break down that food. But many of us exist on a diet of primarily cooked food, and digestive enzymes are extremely sensitive to heat. In fact, they are more sensitive to heat than vitamins are, and they are destroyed by any heat above 48 °C (118 °F), so imagine what cooking does to digestive enzymes and to your digestion! Not only cooking, but also pasteurization, canning, and microwaving destroy digestive enzymes. When the food you eat does not contribute some of the enzymes needed for its own digestion, your body has to contribute more than its share, diverting enzymes from other vital functions, and creating all manner of health problems.

PLANT DIGESTIVE ENZYMES offers a variety of digestive enzymes:

Proteases

Protease, as the name suggests, breaks down proteins. Without proper protein digestion, a whole host of health problems from food allergies, to leaky gut syndrome, to toxicity and even skin diseases like psoriasis, become possible.

Papain

Papain, derived from papaya, is a proteolytic enzyme which digests inert (non-living) proteins. Frequently, papain can aid individuals with cystic fibrosis or

pancreatic conditions. Because it improves digestion in general, papain has also been used to treat digestion disorders such as bloating and chronic indigestion.

Amylase

Amylase breaks down carbohydrates. It is present in human saliva, where it begins the chemical process of digestion. The pancreas also makes amylase to break down stored glycogen into glucose, to supply the body with energy.

Lactase

Lactase is the enzyme required to break down lactose, the primary sugar in milk. Many people suffer from lactose intolerance, as their lactase gene is turned off and it was delivered only in their mother's milk.

Lipase

Lipase is responsible for digesting fats. Without lipase, we would not only poorly absorb fats, but also the fat-soluble vitamins, like vitamins A, D, E and K, and all the carotenes.

Cellulase

Cellulase breaks down fibre and is found only in plants and plant enzymes: it is absent from both the pancreatic enzymes produced by your body and from the pancreatic enzymes found in animal source digestive enzymes.

Alpha-galactosidase

Alpha-galactosidase breaks down oligosaccharide linkages, which humans cannot digest. It allows humans to absorb single-component sugar residues.

Maltase

Maltase hydrolyses maltose into two molecules of glucose. It is present in the brush border of the intestinal mucosal cells. Maltase breaks down carbohydrates, malt, grains and simple sugars.

Peptizyme SP

Peptizyme SP is a natural anti-inflammatory for conditions associated with pain. Peptizyme SP has a "scavenging" effect. It also helps chelate heavy metals through which the body releases toxins, and hence modulates the immune system, addresses hormonal imbalances, speeds wound healing and tissue repair time.

Invertase

Invertase breaks down carbohydrates, especially sucrose.

Pectinase

Pectinase breaks down carbohydrates, such as pectin found in many fruits and vegetables.

Glucoamylase

Glucoamylase breaks down carbohydrates, specifically polysaccharides into glucose.

Hemicellulase

Hemicellulase is a mixture of enzymes which can hydrolyze the indigestible components of plant fibers. Since humans lack the endogenous enzymes required to digest plant fibers, supplementation provides humans with an additional source of nutrition and reduces the bulking effect of fibrous foods.

Phytase

Phytase primarily aids with mineral absorption. Its mechanism starts when phytase catalyzes the hydrolysis of phytic acid found in the leaves of plants and arranges them into component parts. Since humans lack endogenous phytase, the supplementation of phytase can release important mineral nutrients that would otherwise be lost in digestion. Scientific evidence suggests that enzymes, such as phytase, can be useful supplements for digestive support and general nutritional support.

Bromelain

Bromelain is particularly used in relieving inflammation associated with infection and physical injuries. The protein-digesting enzymes found in bromelain promote and maintain proper digestion and may relieve symptoms of stomach upset or heartburn, particularly when used with other enzymes.

Suggested Use

Take one capsule at the beginning of the meal. For heavy meals, take an additional capsule in the middle of the meal.

Note

Not to be taken on an empty stomach, as it may irritate ulcers.

References:

1. Eur J Clin Invest. (2003).
2. Mossner J, Pancreas (1991).
3. Dominguez-Munoz JE, Aliment Pharmacol. (1997).
4. Friess H. Int. J. Pancreatology (1998).