

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

Ingredients

Each vegetable capsule contains:

Protease – Providing the following:

Protease I (all proteins)	41,437 FCC HUT
Protease II (all proteins)	7,380 FCC HUT
Protease III (all proteins)	57 FCC SAP
Amylase (all carbohydrates)	11,812 FCC DU
Bromelain (from pineapple [<i>Ananas comosus</i> var. <i>comosus</i>] stem) (proteins)	720,000 FCC PU (20 mg)
Cellulase (all fibres)	1,260 FCC CU
Dipeptidyl-peptidase IV (gluten)	2,050 FCC HUT
<i>alpha</i> -Galactosidase (beans and legumes)	19 FCC GalU
Glucosylase (starch)	50 FCC AGU
Hemicellulase (plant fibres)	33.3 FCC HCU
Invertase (sugar)	80 FCC INVU
Lactase (milk sugar)	544 FCC ALU
Lipase (all fats and oils)	3,000 FCC LU
Maltase (all grains)	130 FCC DP
Papain (from papaya [<i>Carica papaya</i>] fruit) (all proteins)	300,000 FCC PU
Pectinase (pectins)	60 endo-PGU
Phytase (phosphorus)	2.5 FCC FTU

Other ingredients: Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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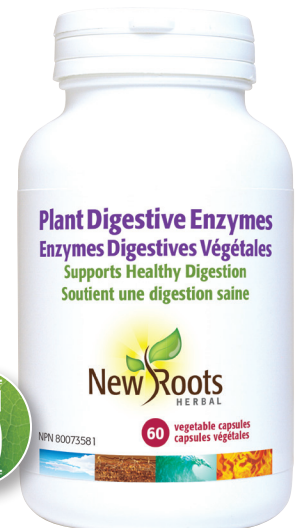
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Plant Digestive Enzymes

Get more out of every meal

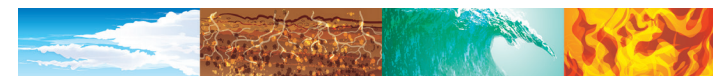


- Digestive enzymes



Tested in our
ISO 17025
Accredited Laboratory

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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.

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.

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.

Phytase

The mechanism of phytase starts when it 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

The protein-digesting enzymes found in bromelain promote and maintain proper digestion.

Directions of Use

Adults: Take 1 capsule three times daily with a meal or as directed by your health-care practitioner.

Note

Not to be taken on an empty stomach if you have ulcers. **Consult a health-care practitioner for prolonged use.**

References

1. Mössner, J., et al. "Influence of exogenous application of pancreatic extracts on endogenous pancreatic enzyme secretion". *Pancreas* Vol. 6, No. 6 (1991): 637-644.
2. Dominguez-Muñoz, J.E., et al. "Effect of oral pancreatic enzyme administration on digestive function in healthy subjects: comparison between two enzyme preparations". *Alimentary Pharmacology & Therapeutics* Vol. 11, No. 2 (1997): 403-408.
3. Friess, H., et al. "Influence of high-dose pancreatic enzyme treatment on pancreatic function in healthy volunteers". *International Journal of Pancreatology* Vol. 23, No. 2 (1998): 115-123.