

Digestive Enzymes



Digestzymes: New & Improved Formula from Designs for Health

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Designs for Health is continually searching for manufacturing improvements and new science which is why we go to industry events such as Supply Side East and West - to stay up-to-date on the latest that scientists and technology have to offer. Designs for Health continues to be extremely impressed with National Enzyme Company (NEC), which maintains the industry standards for enzyme manufacturing. National Enzyme Company now supplies every ingredient in this improved Digestzymes formula. NEC was also chosen by Designs for Health because of their GMP certification.

Digestzymes

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 overall health of the body. If you cannot digest your food and eliminate toxins well, you do not stand a good chance of being optimally healthy. In addition, virtually every chronic condition will exacerbate if the intestinal tract accumulates toxic by-products. Production of our own digestive enzymes declines 1% every three years after age thirty. It is understandable why so many patients need to supplement them for optimal digestion and assimilation of nutrients from food. Symptoms of deficiency of digestive enzymes include gas, bloating, constipation, malabsorption and a feeling of fullness after eating only a small quantity of food.

Inflammatory Disease

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 and leads to swelling. Fibrin can also cause the development of blood clots that may dislodge and produce strokes or heart attacks. Pancreatic enzymes are useful in the treatment of many acute and chronic inflammatory conditions, including arthritis¹, sinusitis, sprains, strains, hematomas, dislocations, and even postoperative conditions. Pancreatic enzymes can also be used to prevent abnormal clot formation which can lead to cardiovascular disorders.

Supplement Facts

Serving Size 1 capsule
Servings Per Container 180

Amount Per Serving		% Daily Value
Betaine HCl	200 mg	*
Pancreatin NF 10X	65 mg	*
Protease	16,250 USP	*
Amylase	16,250 USP	*
Lipase	1,300 USP	*
Pepsin (1:10,000)	50 mg	*
Bile Extract	50 mg	*
BioCore Carbo™	43 mg *	*
Amylase (from <i>Aspergillus oryzae</i>)	3,526 DU	*
Glucoamylase (from <i>Aspergillus niger</i>)	11.8 AGU	*
Invertase (from <i>Saccharomyces cerevisiae</i>)	473 SU	*
Malt Diastase (from <i>Hordeum vulgare</i>)	3,870 DP°	*

*Daily Value not established.

Other Ingredients: Rice bran, gelatin (capsule), and water.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.

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, leaky gut syndrome, 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. Studies have shown that pancreatic enzymes are effective in preventing food allergies.² Undigested food also allows yeast organisms to thrive. Patients with *Candida Albicans* will benefit from Digestzymes supplementation with their meals.

Weight Loss

Pancreatin supplementation can result in decreased food intake and loss of body weight in animals.³ Pancreatin appears to either contain or stimulate the manufacture of compounds that suppress appetite. Evidence has been reported in human weight loss with pancreatic enzyme supplementation. Better digestion of food also allows for faster bowel transit time and more frequent bowel movements, both of which aid weight loss.

Suggested Dose: 1-2 capsules with each meal as recommended by a health practitioner. *Do not take with history of ulcers.*

Common Questions About Digestzymes • Q & A with Linda Lizotte, RD

Q: My ulcer is acting up and I am not digesting well. Can I take Digestzymes?

A: Digestzymes contains HCL which can aggravate an ulcer so it would be contraindicated. DFH makes a Plant Enzyme formula without HCL. This would be a better choice for aiding digestion for those with ulcers.

Q: Can Digestzymes alone stop my constipation problem?

A: Clients of mine with difficult constipation problems have become completely regular taking Digestzymes with every meal. Always start with 1 capsule per meal and increase slowly if necessary. One particular client of mine with hypothyroid requires 4 capsules per meal to allow for regular bowel movements. She swears by Digestzymes and her husband loves them too. He did not believe in supplements until he started taking Digestzymes and his heartburn stopped. Now he takes whatever his wife gives him.

Q: Won't they stop my production of my own HCL if I take them for a long time?

A: This is possible, however many people are not producing enough HCL for adequate digestion and this can be difficult to correct. To be on the safe side, I limit use of Digestzymes to a 6 month period, and then change to the Plant Enzyme Formula without HCL for the next few months and resume Digestzymes again. Herbal Digestive Bitters can also be used in the interim.

Q: How should Digestzymes be taken?

A: Ideally, take these capsules right before eating so the body is ready for digesting when the food arrives. In case they are forgotten, it is appropriate to take them for up to 1 hour after eating since the body will still be digesting. I am often reminded to take them when I have eaten a heavy meal and still feel full 45 minutes later. They always help. I decide my dosage based on how much food I ate and how full I feel.

Q: Do you really see Digestzymes make a difference with weight loss?

A: Oh yes. I can't tell you how many times I've seen it make a difference. I'll give you one example. I had a client, age 52, who was exercising 6 times per week and followed all my protocols strictly. She was desperate to lose 10 lbs. I changed her diet 10 times and tried her on 10 different supplements. Her weight wouldn't budge. She complained of bloating which I assumed was from menopause, but in case it was poor digestion, I tried her on Digestzymes - 2 per meal. She lost 2 pounds every week after that and was at her goal in 5 weeks.

References

1. Miehlike. Enzymtherapie bei rheumatoider arthritis. Natur-undGanzheits-medizin 1988;108-111.
2. Carroccio A ea. Pancreatic enzymes therapy in childhood celiac disease: A double-blind prospective randomized study. Dig Dis Sci 1995; 40:2555-2560.
3. Hiramoto Da. Weight Loss during pancreatin feeding of rats. Nutr Rep Intl 1984; 29:167-172.