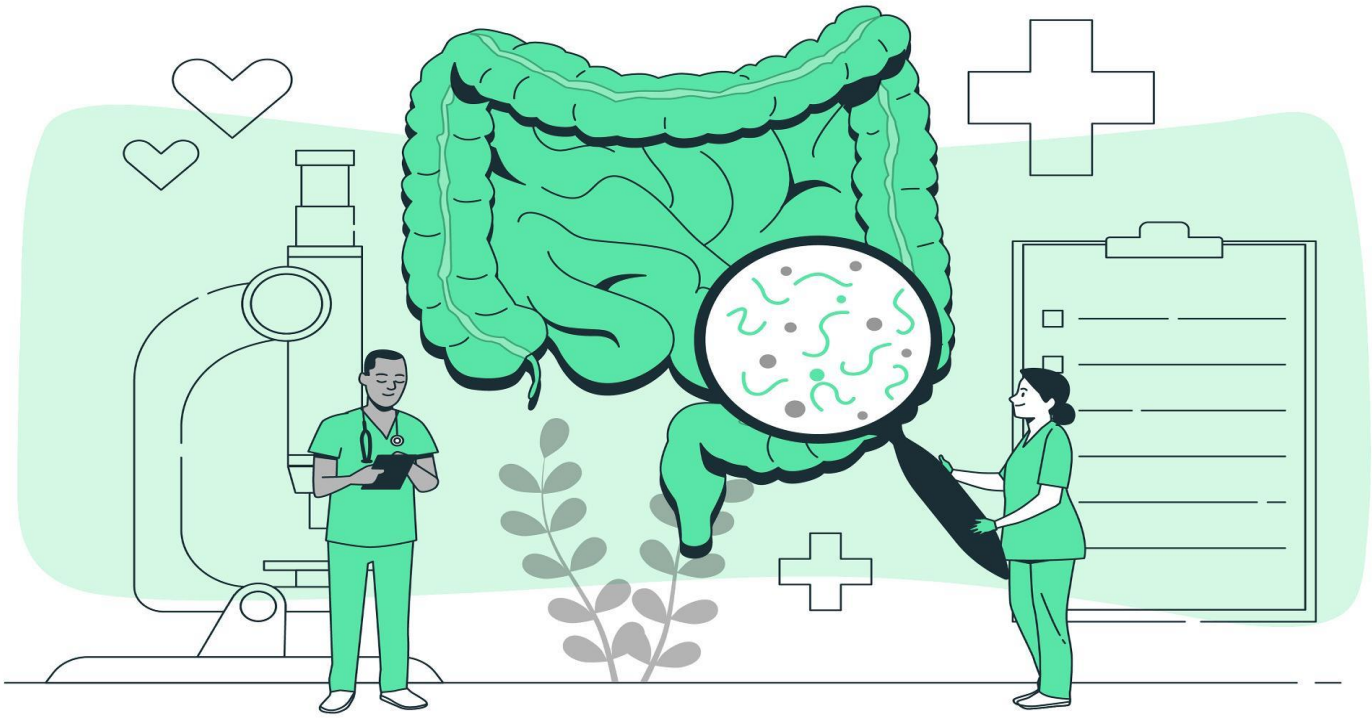

Digestive Enzymes

Three Types Of Enzymes

Metabolic enzymes

Your body produces them naturally. These enzymes are necessary for the growth, maintenance, and repair of all tissues and organs. They're also essential for the disposal of microscopic debris and waste, keeping us clutter-free at the cellular level.

Digestive enzymes

These specialized enzymes break down the foods we eat into nutrients and waste, and are responsible for the absorption and delivery of these nutrients to the target tissues and organs.

Food-Based enzymes

Food enzymes are the only enzymes our body uses that are produced externally. They're obtained from raw foods and supplements and assist your body's demolition crew, helping the body's internally produced digestive enzymes break down the foods we eat.

In humans and many other vertebrates, digestion is the process of breaking down the foods we ingest into smaller, more absorbable molecules, including the nutrients our body needs to function properly. Enzymes present in our saliva begin the process of breaking down food into individual components, and they continue

this process until your pre-digested food reaches the stomach. Different digestive enzymes take over here, further breaking down your food and preparing it for its individual components to be properly absorbed, or disposed of during the final phase of digestion, which occurs in the small intestine. Digestive enzymes play a major role in the digestive process. Without them, we wouldn't be able to obtain the nutrients from our food.

How can I improve my digestion?

The easiest way to maintain healthy digestion is to eat a healthy, balanced diet, which can provide all the nutrients your body needs in the proper ratios for optimal health. Try to reduce or eliminate processed foods and focus on raw and whole foods to maintain healthy digestion.

Primary Digestive Enzymes

Lipase

An enzyme that processes fats, oils, and triglycerides. Since fat isn't water-soluble, it requires special digestive processing before it can be absorbed and utilized by your body. Also, lipase facilitates the absorption of fat-soluble vitamins and nutrients, including vitamins A, D, E, and K, as well as carotenoids like lutein and astaxanthin and plant constituents like curcumin.

Protease/proteolytic

In order to properly break down protein the body needs a specific group of enzymes called proteases, which are also referred to as proteinases. These enzymes are secreted by glands in the stomach and pancreas. There are different proteases produced that act at different pH levels through the intestinal tract. This helps generate greater value from the foods we eat.

Amylase

Today's diets are typically heavy on carbohydrates, and the job of breaking them down goes to amylase. This important enzyme is present in our saliva, most importantly amylase converts carbohydrates into simple sugars to be used by your body, primarily for energy.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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