

Healthy Digestion

Good nutrition is not only what you eat, but also what you digest and absorb. The two most important factors in promoting proper digestion are enzymes and fiber. Unfortunately, many of us do not produce enough enzymes, nor do we ingest enough fiber through our diets to achieve optimal intestinal health. Deficiencies can lead to irregularity and the associated pain and discomfort of indigestion. Thankfully, there are nutritional measures we can take to aid in greater nutrient absorption and healthy digestion.

Fiber

Fiber is deficient in the diets of most Americans due to frequent consumption of overprocessed foods, stripped of their natural fiber content. The recommended intake of fiber for the general public is from 25-35 grams per day for optimal health. Short term inadequate fiber intake can cause stomach discomfort, such as constipation, and over time it can lead to more serious and uncomfortable complications like diverticulosis. Fibers are classified into two categories according to their structure and how they work in the body. Insoluble fibers, such as cellulose, hemicellulose, and lignin, do not dissolve in water. Soluble fibers, such as gum and pectin, do dissolve in water. We need both types of fiber every day.

Our Fiber Products

Super Fiber Tabs

- Contains both soluble and insoluble fiber
- Promotes cardiovascular health by binding dietary fats
- Complements a weight loss program

Whole Psyllium Husk

- Bulk forming fiber promoting regularity
- Natural, gentle source non-irritating to the gut
- Provides both soluble and insoluble fiber

Enzymes

Enzymes are as essential to the body as water. They help to break down proteins, fats and carbohydrates and liberate the micronutrients so they can be utilized by the body. When taken for digestive support, enzymes can reduce the amount of gas and bloating that occurs when consuming foods that may not be properly digested due to lack of sufficient enzymes.

Why should I supplement with enzymes?

- Enzymes are found in the food supply, but often not in sufficient amounts needed by the body
- The prevalence of cooked and processed food are two factors that increase the need for digestive enzymes
- By the age of 50 up to 30% of the enzyme production in the body stops and up to fifty percent of adults do not produce enough enzymes to properly absorb nutrients
- A deficiency in digestive enzymes can lead to lack of energy or constant hunger
- May help with constipation, gas, bloating, heartburn
- Promotes a healthy immune system

How do I choose a digestive enzyme supplement?

- Choosing a broad range enzyme product will help support the digestion of various food components including protein, carbohydrate, fat and fiber
- If you are vegan or vegetarian, be sure your supplements are too
- Be sure the enzyme activity is tested by standard procedures recognized by the USP (United States Pharmacopoeia) and FCC (Food Chemical Codex)

How often can I take enzymes?

- Enzymes can be taken before every meal or snack or they can be taken only before foods that may cause digestive upset
- Enzymes are safe to take along with any normal supplement routine

Our Enzyme Products

Chewable Natural Papaya Plus Enzymes

- Great chewable without refined sugar or starch
- Ideal for individuals who specifically have gastric upset when consuming carbohydrate and protein foods

Enzyme Caps

- Contains enzymes to break down protein, starch and fat
- Great for individuals seeking a complete enzyme formula

Enzyme Complex with Herbs - Vegetarian

- Designed to break down protein, starch, fat, lactose, fiber and sugar
- A plant-based complete enzyme formula
- Contains a variety of herbs to further support digestive health

Digestive Herb - Ginger

Specific herbs have been used traditionally to relieve or aid the digestive system. Ginger has a long history of use in promoting healthy digestion, as well as aiding in nausea and morning sickness. For additional digestive support we offer:

Ultimate Ginger Complex[®]

- Contains supercritical ginger extract and whole ginger powder to provide a full spectrum botanical with all the traditional benefits of ginger
- Standardized extract for guaranteed potency

This information is for educational purposes only and should not be construed as medical advice. 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.

References:

Galisteo M, et al. .A Diet Supplemented with Husks of *Plantago ovata* Reduces the Development of Endothelial Dysfunction, Hypertension, and Obesity by Affecting Adiponectin and TNF- α in Obese Zucker Rats. *J Nutr.* 2005 Oct;135(10):2399-404.

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