

Plant Digestive Enzymes



Get more energy from your food



vegan

120 vegetable capsules

Expressed in enzyme activity units, which measure the actual potency and activity level of the enzyme.

Plant enzymes 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.

- ➔ Improves digestion.
- ➔ Increases energy.
- ➔ Stops bloating and gas.
- ➔ Increases vitamin & mineral absorption from foods.



Nutritional information: 3 capsules (1 662 mg)

Protease I	124 311 FCC HUT
Protease II	22 140 FCC HUT
Protease III	171 FCC SAP
Papain	900 000 FCC PU
Amylase	35 436 FCC DU
Lactase	1 632 FCC ALU
Lipase	9 000 FCC LU
Cellulase	3 780 FCC CU
<i>alpha</i> -Galactosidase	57 FCC GalU
Maltase	390 FCC DP
Invertase	240 FCC INVU
Pectinase	180 endo-PGU
Glucoamylase	150 FCC AGU
Hemicellulase	99,9 FCC HCU
Phytase (phosphorus)	7,5 FCC FTU
Bromelain (<i>Ananas comosus</i>) (60 mg)	2 160 000 FCC PU
Dipeptidyl peptidase IV	6 150 FCC HUT

FCC: Food Chemical Codex

Highlights:

- Protease, amylase, and lipase break down protein, carbohydrates, and fat, respectively, to maximise nutrient absorption from food⁽¹⁾.
- Papain breaks down proteins into amino acids and peptides for ease of intestinal absorption^(2,3).
- Lactase facilitates the digestion of dairy products^(4,5).
- Cellulase breaks down fibre^(4,5).
- *alpha*-Galactosidase breaks down sugars^(5,6).
- Maltase breaks down carbohydrates, malt, grains and simple sugars^(7,8).
- Invertase breaks down carbohydrates^(5,6).
- Pectinase breaks down carbohydrates such as pectin^(4,7,8).
- Glucoamylase breaks down carbohydrates, especially glucose polysaccharides⁽⁵⁾.
- Hemicellulase is a mix of enzymes that can hydrolyse the non-digestible components of plant fibres⁽¹⁾.
- Phytase degrades phytic acid in cereals and legumes, improving mineral absorption^(4,6,7).
- Bromelain divides nutritive proteins, and like papain, supports the effect of fungal proteolytic enzymes, relieving the inflammation associated with infection and physical injury⁽⁹⁾.
- Dipeptidyl peptidase IV hydrolyses casein, gluten and other small peptides⁽⁵⁾.

Recommended daily dose:

1 capsule three times daily with a meal. Do not use on an empty stomach. For occasional use only.

References:

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3. Yogiraj V, et al. Carica Papaya Linn: An overview. *International Journal of Herbal Medicine* 2014; 2 (5): 01-08.
4. Keller, J., Layer, P. (2003). Pancreatic Enzyme Supplementation Therapy. *Curr Treat Options Gastroenterol*, 6(5), 369-374.
5. Cerf-Bensussan, N., Matysiak-Budnik, T., Cellier, C., Heyman, M. (2007). Oral proteases: a new approach to managing celiac disease. *Gut*; 56, 157-160.
6. Munasinghe, SA., Oliff, C., Finn, J., Wray, JA. (2010). Digestive Enzyme Supplementation for Autism Spectrum Disorders: A Double-Blind Randomized Controlled Trial. *J Autism Dev Disord*, 40(9), 1131-1138.
7. Hoffmeister, D., Keller, NP. (2007). Natural products of filamentous fungi: enzymes, genes, and their regulation. *Nat. Prod. Rep.*, 24, 393-416.
8. Spök, A. (2006). Safety Regulations of Food Enzymes. *Food Technol. Biotechnol.*, 44(2), 197-209.